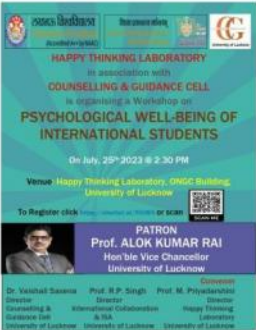
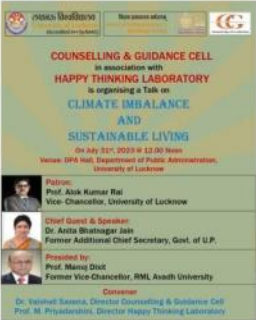
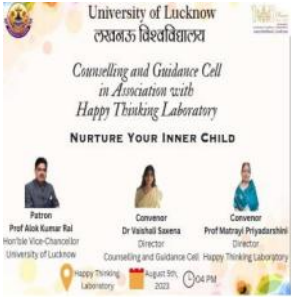
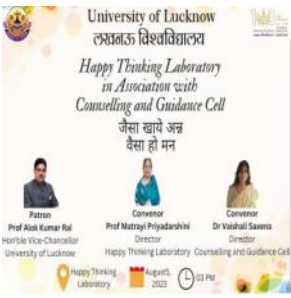
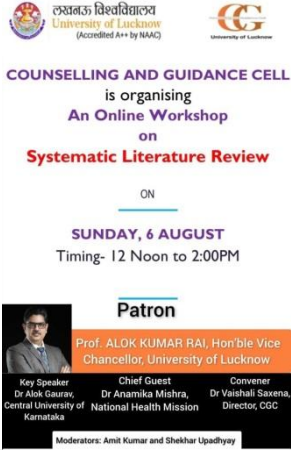
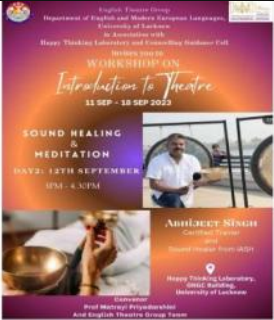






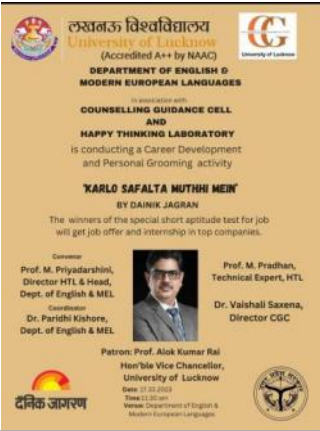

CONTENTS
REPORT OF PROGRAMS
UNIVERSITY OF LUCKNOW
COUNSELLING AND GUIDANCE CELL
(2023-24)



S. N.	DATE/TIME	NAME OF EVENT	VENUE	RESOURCE PERSON/Associates	View /Download
	25/07/2023	Psychological Well-Being Of International Students 	Happy Thinking Lab	Prof. R. P. Singh	View/Download
	31/07/2023	Climate Imbalance and Sustainable living 	DPA Hall , Department of Public Administration	Dr. Anita Bhatnagar Jain	View/Download

	5/08/2023	<p align="center">Nurture Your Inner Child</p>  <p>University of Lucknow लखनऊ विश्वविद्यालय</p> <p align="center"><i>Counselling and Guidance Cell in Association with Happy Thinking Laboratory</i></p> <p align="center">NURTURE YOUR INNER CHILD</p> <p>Patron: Prof. Alok Kumar Rai, Hon'ble Vice-Chancellor, University of Lucknow Convenor: Dr. Vaishali Saxena, Director, Counselling and Guidance Cell, Happy Thinking Laboratory Convenor: Prof. Manjari Priyadarshini, Director, Happy Thinking Laboratory</p> <p>August 5th, 2023 04 PM</p>	Happy Thinking Lab	Dr. Vandita	View/Download
	5/08/2023	<p align="center">JaisaKhaye Ann, Vaisaho Mann</p>  <p>University of Lucknow लखनऊ विश्वविद्यालय</p> <p align="center"><i>Happy Thinking Laboratory in Association with Counselling and Guidance Cell</i></p> <p align="center">जैसा खाये अन्न वैसा हो मन</p> <p>Patron: Prof. Alok Kumar Rai, Hon'ble Vice-Chancellor, University of Lucknow Convenor: Prof. Manjari Priyadarshini, Director, Happy Thinking Laboratory Convenor: Dr. Vaishali Saxena, Director, Counselling and Guidance Cell</p> <p>August 5th, 2023 03 PM</p>	Happy Thinking Lab	Dr. Vandita	View/Download
	6/08/2023	<p align="center">Special workshop on Systematic Literature Review (SLR)</p>  <p>लखनऊ विश्वविद्यालय University of Lucknow (Accredited A++ by NAAC)</p> <p align="center">COUNSELLING AND GUIDANCE CELL is organising An Online Workshop on Systematic Literature Review</p> <p align="center">ON</p> <p align="center">SUNDAY, 6 AUGUST Timing- 12 Noon to 2:00PM</p> <p align="center">Patron Prof. ALOK KUMAR RAI, Hon'ble Vice-Chancellor, University of Lucknow</p> <p>Key Speaker: Dr. Alok Gaurav, Central University of Karnataka Chief Guest: Dr. Anamika Mishra, National Health Mission Convener: Dr. Vaishali Saxena, Director, CGC</p> <p align="center">Moderators: Amit Kumar and Shekhar Upadhyay</p>	Online	Dr. Alok Kumar Gaurav	View/Download
	12/08/2023	<p align="center">Anti Ragging Awareness program</p>	Lavanya Hall	Prof. B.D. Singh	View/Download



3/09/2023	Career Opportunity in development Sector		Online	Mr. Saurabh Chauhan	View/Download
8/09/2023	Finance Awareness Program		Happy Thinking Lab	Prof. Uttam Kumar	View/Download
11/09/2023	Sound Healing and Meditation		Happy Thinking Lab	Abhishek Singh	View/Download




					
23/09/2023	<p>Special Talk on Learner’s Autonomy And Happiness</p> 	Happy Thinking Lab	Dr.Laurie A. Baker-Malungu	View/Download	
26/09/2023	<p>Sushasan:Ek Samvad</p> 	DPA Hall Department of Public Administration	DR Dinesh Sharma	View/Download	
9/10/2023 10/10/2023	<p>Experiencing our Inner Energy</p> 	Happy Thinking Lab	Mr.Nishit Gupta	View/Download	

	10/10/2023	<p>Mental Health is a universal Human Right</p> 	Happy Thinking Lab	-	View/Download
	17/10/2023	<p>Kar Lo Safita Mutthi me</p> 	Department of English	DainikJagran	View/Download
	20/10/2023	<p>Karlo Safita Muthhi Me</p> 	Department Of Phycology	DanikJagran	View/Download

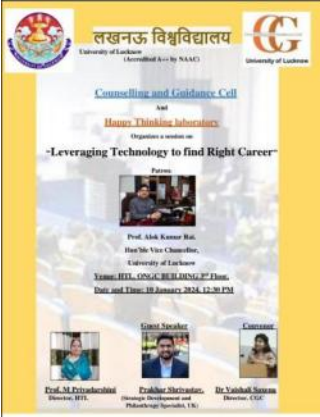

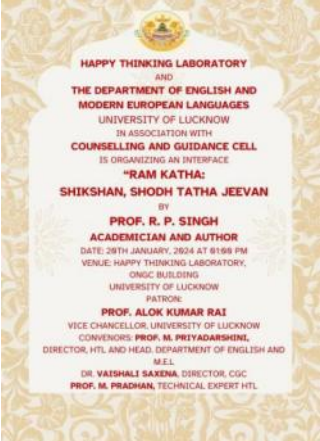
	21/10/2023	<p style="text-align: center;">Competitive competence</p> 	Happy Thinking Lab	Alok Ranjan	View/Download
	04/11/2023	<p style="text-align: center;">Kar lo safalta Mutthi me</p> 	Department of Social Work	Dainik Jagran	View/Download
	06/11/2023	<p style="text-align: center;">An outreach visit to bhartiya bhadhir vidyalaya</p> 	Bhartiya badhir vidyalaya	Ms Geetanjali Nair	View/Download

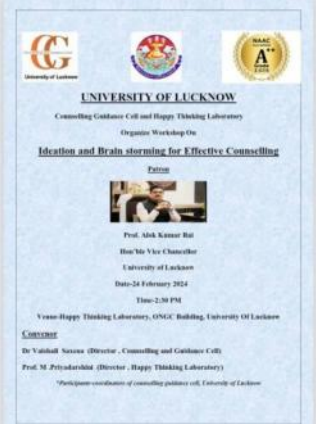


09/11/2023	<p>Work opportunities in social/development sector</p> 	DPA hall department of public administration	Saurabh Chauhan	View/Download
22/11/2023	<p>Kar lo safalta mutthi me .</p> 	Department of sociology	Danikjagran	View/Download
22/11/2023	<p>Karlo safalta mutthi me.</p> 	Department of Hindi	Dainikjagran	View/Download



<p>29/11/2023</p>	<p>Holistic Health And Wellbeing (For doctors and professionals)</p>  <p>The poster is for a pre-convocation event titled "Holistic Health And Wellbeing" for doctors and medical professionals. It is organized by the Happy Thinking Laboratory in association with the Counselling & Guidance Cell. The event is held at the 3rd floor of the 3rd Hall, University of Lucknow. The participation fee is 1000/- INR. The event is patronized by Prof. Alok Kumar Rai, Vice-Chancellor of the University of Lucknow. The event is scheduled for 08:00 AM on 29 Nov. 2023. The poster lists three speakers: Dr. Vashali Saxena (Director, Counselling & Guidance Cell), Prof. Madhusena Pradhan (Technical Expert, HTL), and Prof. M. Priyadarshini (Director, Happy Thinking Laboratory). The coordinator is Dr. Vanshi Sinha. A QR code for registration is provided.</p>	<p>Happy Thinking Lab</p>	<p>Dr VanditaSinha</p>	<p>View/Download</p>
<p>1/12/2023</p>	<p>Life is beautiful (pre convocation)</p>  <p>The poster is for "Pre Convocation Events 2023" with the theme "Life is beautiful". It is organized by the Happy Thinking Laboratory in association with the Counselling & Guidance Cell. The event is held at the 3rd Hall, University of Lucknow. The date is 01 December / 01:30. The event is patronized by Prof. Alok Kumar Rai, Vice-Chancellor of the University of Lucknow. The poster lists three speakers: Dr. Vashali Saxena (Director, Counselling & Guidance Cell), Prof. M. Pradhan (Technical Expert, Happy Thinking Laboratory), and Prof. M. Priyadarshini (Director, Happy Thinking Laboratory & Head, Dept. of English & IIS). The poster also lists activities: poster making, poetry recitation, singing, handicrafting, rangoli, and essay competition. Prizes and participation certificates will be given. A QR code for registration is provided.</p>	<p>Happy Thinking Lab</p>	<p>Happy thinking lab Counselling & guidance cell</p>	<p>View/Download</p>

2/12/2023	<p>Enduring Students' Personality (pre convocation events)</p> 	Happy Thinking Lab	BhashaSansthan ,UP,Shasan	View/Download
2/12/2023	<p>Bhasha Evam Vyaktitva par Karyashala.</p> 	Happy Thinking Lab	BhashaSansthan ,UP,Shasan	View/Download
13/12/2023	<p>Kar lo safalta mutthi me.</p> 	Faculty of Engineering and Technology ,University of Lucknow	MR. Tauqeer	View/Download

16/12/2023	<p>Clash of opinions 2.0</p> 	Seminar Hall (225N) (New building,FOET)	Dr.A K Singh	View/Download
21/12/2023	<p>Classroom conduct and behaviour management</p> 	Department of Education ,university of Lucknow	Prof. Azizuddin Khan	View/Download
25/12/2023	<p>Ideas for the vision Viksit Bharat @2047 Photo and poster competition</p> 	Faculty of fine arts	-	View/Download

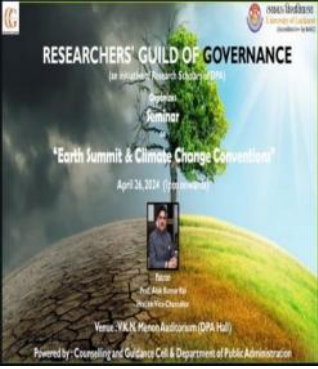

	10/01/2024	<p style="text-align: center;">Leveraging Technology to find Right Career</p> 	Happy Thinking Lab	Prakhar Shrivastav	View/Download
	16/01/2024	<p style="text-align: center;">Prakrati our Ham</p> 	Happy Thinking Lab	Brijendra Pal Singh	View/Download
	20/01/2024	<p style="text-align: center;">Ram Katha : Shikhan, Shodh Tathajiven</p> 	Happy Thinking Lab	Prof. R.P. Singh	View/Download

	24/02/2024	<p style="text-align: center;">Ideation and storming for Effective Counselling</p> 	Happy Thinking Lab	-	View/Download
	1/03/2024	<p style="text-align: center;">Conclave on Career Choices Unveiled Navigating New horizons for Success</p> 	Malviya Sabhagar	<p style="text-align: center;">Dr Abhishek Lakhtakiya</p> <p style="text-align: center;">Sri Abhishek Prakash</p>	View/Download
	10/03/2024	<p style="text-align: center;">Well "M" a session on mental health and well being for hostelers of university of Lucknow</p> 	Birbal Sahani Hall (Girls)	<p style="text-align: center;">Prof. M. Priyadarshini</p> <p style="text-align: center;">Dr. Vaishali Saxena/ DSW</p>	View/Download

10/03/2024	<p>Well “M” a session on mental health and well being for hostelers of university of Lucknow</p> 	Aacharya Nagendra Dev Hostel (boys)	Prof. M. Priyadarshini Dr. Vaishali Saxena/ DSW	View/Download	
12/03/2024	<p>Well “M” a session on mental health and well being for hostelers of university of Lucknow</p> 	Ganga Hall And Lavanya hall girls hostels	Dr. Kavita Upadhyay/DSW	View/Download	

	18/03/2024	<p>Well “M” a session on mental health and well being for hostellers of university of Lucknow</p> 	Tilak hall girls hostel	Dr. Shivani Mishra/DSW	View/Download
	19/03/2024	<p>Well “M” a session on mental health and well being for hostellers of university of Lucknow</p> 	Nivedita Hall girls hostel	Dr. Shivani Mishra/DSW	View/Download
	20/03/2024	<p>Well “M” a session on mental health and well being for hostellers of university of Lucknow</p> 	Subhas Hall boys hostel	Dr. Shivani Mishra/DSW	View/Download

	10/04/2024	<p>Well “M” a session on mental health and well being for hostellers of university of Lucknow</p> 	R S Bisht hall University of Lucknow	Dr. Shivani Mishra/DSW	View/Download
	22/04/2024	<p>Competition on Transforming Trash Into Treasure</p> 	Happy thinking Lab	-----	View/Download
	22/04/2024	<p>Vasudha Swachhata aur Hum</p> 	Happy thinking Lab	-----	View/Download

	26/04/2024	<p>Seminar on Earth Summit & climate change Conventions</p> 	V.K.N. Menon Auditorium (DPA Hall)	-----	View/Download
	1/05/2024	<p>Well "M" a session on mental health and well being for hostellers of university of Lucknow</p> 	Kailash girls hostel	Dr. Kavita Upadhyay/DSW	View/Download