



**UNIVERSITY OF LUCKNOW
HAPPY THINKING LABORATORY**

In collaboration with
COUNSELING AND GUIDANCE CELL

An interactive session on
"Competitive Competence"

By

Mr. Alok Ranjan
Former Chief Secretary, Government of UP



Date: 21 October, 2023 ; Time: 12:30 PM

Venue: Happy Thinking Laboratory, ONGC Building, 3rd Floor

PATRON

Prof. Alok Kumar Rai
Hon'ble Vice Chancellor, University of Lucknow

CONVENOR

Prof. M. Priyadarshini, Director HTL & Head, Dept. of English & MEL

Prof. M. Pradhan, Founder Director & Technical Expert, HTL

Dr. Vaishali Saxena, Director CGC

Session on 'Competitive Competence'

On 21st October, 2023, Happy Thinking Laboratory in collaboration with Counseling and Guidance Cell organized a program on 'Competitive Competence'. The speaker of the session Prof. Alok Ranjan, IAS, Former Chief Secretary, Government of Uttar Pradesh, was welcomed by Prof. M. Priyadarshini, Director, Happy Thinking Laboratory. The program started with an introduction of the program by Dr. Vaishali Saxena, Director, Counselling and Guidance Cell. Prof. Madhurima Pradhan, Founder Director and Technical Expert, Happy Thinking Laboratory gave a brief introduction about the speaker of the session.

Mr. Alok Ranjan started the session by talking about the concept of Happiness, training for happiness and how to attain happiness. He talked about Happy Thinking Laboratory by mentioning the lab as a Psychological Gym to train our mind. He interacted with students preparing for Competitive Exams and suggested ways to find out the inner calling. He advised the students to choose a career that matches their potential which is essential to be happy both personally and professionally.

By quoting Abraham Lincoln, " If you want to know someone's character, give them power" he elaborated and advised students not to get allured only by power and status of civil services.

He shared his personal life experiences and how he dealt with ups and downs in his professional life. He shared that he cleared the UPSC exam in his first attempt and got All India Rank 4th. He gave tips to excel competitive exams by throwing light on the necessary competitive competence aspirants should have. He also gave tips for writing an effective answer by adopting a balanced approach, critical and analytical thinking, creativity and a spiritual connect. He also added that there should be a flow of thinking, a wider perspective in writing the answers. He advised students to read as many books as possible as reading books will enhance aspirants' in-depth knowledge about general affairs. At the end of the session, students asked their questions and Mr. Alok Ranjan answered each and every question very patiently, briefly and enthusiastically. All the students found the session very useful in their preparation, they thanked sir for all the insight they got. Prof. M. Priyadarshini concluded the session by thanking students for their active participation and gave an official vote of thanks to the honest and speaker, Mr. Alok Ranjan sir.

He also visited the research room of Happy Thinking Laboratory and got himself tested on Biowell Machine. Prof. Madhurima Pradhan explained to him the report. Students from Psychology, English and Public Administration Department were present apart from many students from Abhyudaya Coaching center of University of Lucknow.



Competitive Competence

21/10/2022

S.N.	Name	Contact	Signature
1.	Rashmi Shukla	8960322641	Rashmi Shukla
2.	Shweta Shukla	9451335236	Shweta Shukla
3.	Ayushi shakya	8923309075	Ayushi Shakya
4.	Sabeeka Noori	7860101858	Sabeeka Noori
5.	Mansi Srivastava	6306007747	Mansi Srivastava
6.	Km Madha	9120724847	Madha Kumari
7.	Shreshiprabha	9569128368	Shreshiprabha
8.	Valshnavi Gautam	8957068490	Valshnavi
9.	Medha gupta	8299435051	Medha
10.	Komal Kashyap	9794198282	Komal Kashyap
11.	Anjali Dasg	9696260932	Anjali
12.	Deepika Yadav	9956910930	Deepika Yadav
12.	Sanjana Yadav	9170012126	Sanjana Yadav
13.)	Anju Srivastava	9125635216	Anju
14.)	Sandhya Chaudhary	8853374028	Sandhya
(15)	Ruchi Yadav	8303896166	Ruchi Yadav
(16)	Riagya Awasthi	8382861000	Riagya
(17)	Rihana Khan	9569082059	Rihana
18	Rohit Kumar	8953729617	Rohit
19	Pawana Verma	7005842827	Pawana
20	Abhishek Awasthi	6388375140	Abhishek
21	-Ratnesh k-	629638280	Ratnesh
22	Sanjeet Kumar	8858545745	Sanjeet
23	Swati	715205034	Swati
24	Mallika Shukla	8960890942	Mallika
25	Yashvardhan Dixit	8423186670	Yashvardhan Dixit
26	Nawal bano	9219174456	Nawal bano
27	Sanjay Kumar	8182844852	Sanjay
28.	Shalini Yadav	9336793966	Shalini Yadav
29	Shalini Yadav	8960345256	Shalini Yadav
30	Preeti	7310263939	Preeti
31	Shivani	6388651565	Shivani
32	Jaya Mishra	9219532826	Jaya Mishra

S.N.	Name	Contact	Signature
33.	Disha Shukla	7460944422	Disha Shukla
34.	Khushboo Kumari	9369272110	Khushboo Kumari
35.	Ziya Sildar	7525073181	Ziya Sildar