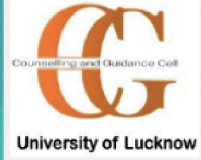




लखनऊ विश्वविद्यालय
University of Lucknow
(Accredited A++ by NAAC)

विद्यया प्रकाशस्य वर्षशतम्
A century of leading generations to
light through learning



HAPPY THINKING LABORATORY
in association with
COUNSELLING & GUIDANCE CELL
is organising a Workshop on
**PSYCHOLOGICAL WELL-BEING OF
INTERNATIONAL STUDENTS**

On July, 25th 2023 @ 2.30 PM

Venue: **Happy Thinking Laboratory, ONGC Building,
University of Lucknow**

To Register click <https://shorturl.at/fHUWX> or scan



PATRON
Prof. ALOK KUMAR RAI
Hon'ble Vice Chancellor
University of Lucknow

Dr. Vaishali Saxena
Director
Counselling &
Guidance Cell
University of Lucknow

Prof. R.P. Singh
Director
International Collaboration
& ISA
University of Lucknow

Prof. M. Priyadarshini
Director
Happy Thinking
Laboratory
University of Lucknow

Convener

Report

Happy Thinking Laboratory in collaboration with Counselling and Guidance Cell, University of Lucknow organized one-day workshop on 25th July 2023. The topic of the workshop was **'Psychological Well-Being of International Students'**. The workshop held in Happy Thinking Laboratory, ONGC Building, University of Lucknow. More than 50 National and International Students attended the workshop the conveners of the program were Director, Happy Thinking Laboratory Prof. M. Priyadarshini and Director, Dr. Vaishali Saxena, Counselling & Guidance Cell. The event started on a pious note by the lightening of the lamp. The Guest of honour for the occasion was Prof. R.P. Singh Director, International Collaboration and ISA welcomed by Prof. M. Priyadarshini, she also welcomed other guests also. She spoke about the need for such guidance programs for international students. Dr. Vaishali Saxena also welcomed international students at Happy Thinking Laboratory and discussed the cultural diversity of our country. She also shared her experiences of working in different countries culture. Prof. R.P. Singh had appreciated this initiative. His suggestions to students for were found to very valuable by them. The session was ended with discussion on Psychological well-being followed by Question Answer session.

During the discussion Dr. Aparna Godbole had given tips to cop up with stress. Dr. Archana Tiwari suggested the need to have nutritious food and to stay healthy. The students actively participated in tree activity. Students were from different countries like Tajikistan, Mauritius, Afghanistan, Bangladesh and Namibia also participated in the workshop. Dr. M. Priyadarshini and Dr. Vaishali thanked Dr. Ruchi, Dr. Vineet Maxwell David, Dr. Anu Kohli, Dr. Nazneen Khan for sharing their views on the occasion. Both of them thanked Retd. Prof. Madhurima Pradhan for gracing the occasion by her warm presence.

The students also visited different sections of Happy Thinking Laboratory

- Research room
- Spiritual Library
- Wisdom Hall
- Silence Room





Date
25/7/23

Psychological Wellbeing of Dr

Sr.	Name	Class/Dept.	Mobile No.
1	Priya Maruya	MA (Eng)	7398874649
2	Shubham Singh	M.A (Eng)	9984747276
3	Izatyush Pandey	Ph.D	9451345445
4	Dumal Patil	Ph.D	9343471171
5	Vatsal Sharma	Ph.D	7800292367
6	Akshay Bhardwaj	Ph.D	7488545551
7	Shivani	Ph.D	6397001919
8	Km Ankita Chaudhary	Ph.D	9170547443
9	Metarova Ashrafno	MA (Eng)	9129590249
10	Diana Debora	MA (ENG)	9044122464
11	Sharipova Nahtoubi	MA (Eng)	8695786538
12	Khudzieva Jamira	MA (Exp)	9044113324
13	Nozimova Maxizha	B.A. (NEP)	9305522386
14	Miroda Fakhmina	M.A (Eng)	8178803957
15	Gurbannamadar Umed	M.A (Eng)	9695786686
16	Selma Mulwisa	Ph.D	9667491186
17	Khushvart Sidiqov	Ph.D (Bus. Adm)	9044119290
18	Chinaphat Jeeva	M.A English	7906711151
19	Khodzhaev Iskandar	M.A. Political	8354929063
20	Maxwan Alkozai	Ph.D	7380847924
21	Abdulhadi Maimanul	BISA	7280846994
22	Sadick Richard Kutika	BA - NEP	8009618928
23	Ahmad Gul	Ph.D	8953204691
24	Arpana Godbole	Faculty L.V	9839041493
25	Prof. Nazreen Khan	Faculty (Dept of English)	9335090402
26	Dr. Archana Tenkari	Western History	9838815846
27	Dr. Anu Kerku	Business Admin	9839279002
28	Dr. Madhurima Radha	Psychology	941518870
29	Dr. Paridhi Kishore	English	8187961991
30	Dr. Kinnet Maxwell Daniel	English	950634225
31	Dr. Abhishek Kumar Jaiswal	English	786086842
32	Dr. Ruchi Singh	English	99116333
33	Prianti Reja Easha	(B.A. Psychology)	90441125

International Students

Email

maisyahpsitya.936@gmail.com
 badeli88521@gmail.com
 Pratyush.pandey31@outlook.com

utsalsharma0710@gmail.com
 akshay.lkouniv@gmail.com
 shivaniprajapati131198@gmail.com
 chaulharyankita120@gmail.com
 ashiraismometarova@gmail.com
 dianadebra25@gmail.com

mariga.9809.r@gmail.com
 indiaaazdra227@gmail.com
 mnozineovam2002@gmail.com
 tmirzode@gmail.com
 Ume@qur'anedausbopmashadev@gmail.com
 mukulnagaachroel@gmail.com
 khesk.sidiqou@gmail.com
 www.abdulfatta@gmail.com
 khabibovskandar40@gmail.com
 marwanalkazeem23@gmail.com

richard lochebor@gmail.com
 Gul ahmad 968@gmail.com
 apansa - mandlekar@yahoo.co.in

nazneenkhanli@gmail.com
 archanatewarsi1972@gmail.com
 anukohli18@gmail.com
 praethan.wadhwan@gmail.com

dr.poojithi.kis.here@gmail.com
 vineetomaxwelldavid@gmail.com
 duryank.123.aptd@gmail.com
 richi.singh51@gmail.com
 prionti.eashra@gmail.com

Feedback

Very good event.
 Insightful

Good vibes.
 Positive atmosphere.

Good ambience.

Good event
 Good event
 Amazing event
 Good event
 Productive event
 Productive

~~ATD~~
~~CTP~~
 Excellent
 Excellent
 good

Awsome.
 lol

Very good event.
 Very nice and interak
 Positive enriching inter
 Excellent effort by
 Welcoming, Peaceful &
 enlightening. Thankyou for
 opportunity.
 Very good and enthusiastic
 Learned Someth