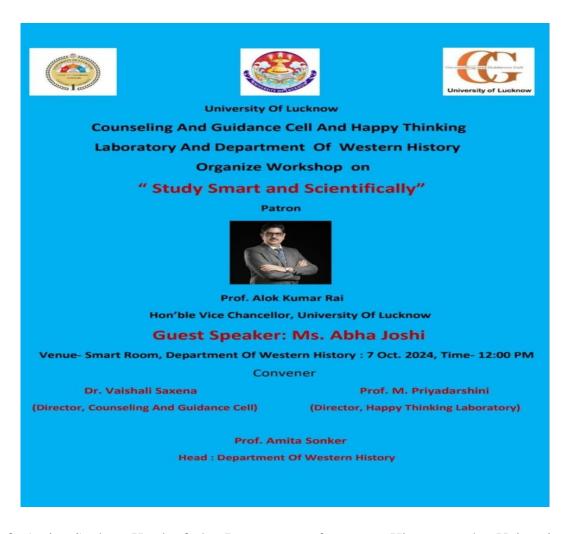
Report: Workshop on "Study Smart and Scientifically"

On 7 October 2024, the Department of Western History at the University of Lucknow hosted a workshop titled "Study Smart and Scientifically" Organized by the Counselling and Guidance Cell in collaboration with the Happy Thinking Laboratory, the workshop aimed to empower students to study more effectively, ultimately enhancing their academic performance and well-being. The event featured 'Ms. Abha Joshi' as the esteemed guest speaker, enriching the experience and offering valuable insights to all attendees.



Prof. Amita Sonker, Head of the Department of western History at the University of Lucknow, emphasized the significance of sharing experiences and providing mutual support in managing time while studying smartly and scientifically. The workshop aimed to foster mental awareness and encourage sustainable study practices among students, educators, and

community members alike. By promoting effective study strategies, the event sought to create a supportive environment that enhances academic success and overall well-being.





Ms. Abha Joshi shared evidence-based techniques to improve memory retention and concentration, highlighting the significance of recognizing individual learning styles. Participants were provided with practical strategies, including time management skills, effective note-taking methods, and the use of technology to support their studies. Her engaging presentation style made complex concepts accessible and relatable, captivating the audience and encouraging them to adopt these techniques for enhanced academic performance.



Prof. M. Priyadarshini, Director of the Happy Thinking Laboratory, spoke about the concept of studying smartly. She emphasized the importance of adopting effective study techniques that maximize learning efficiency and retention. Her insights encouraged participants to integrate innovative approaches into their study routines, ultimately aiming to enhance academic performance while reducing stress.



This workshop successfully fulfilled its objectives, providing students with valuable tools to improve their academic experience. The collaboration between the CGC and HTL, along with the expert guidance of Ms. Abha Joshi, contributed to a productive and enriching session. Future workshops are encouraged to continue supporting students in their educational journeys.

Prof. M. Priyadarshini, Director of the Happy Thinking Laboratory, spoke about the concept of studying smartly. She emphasized the importance of adopting effective study techniques that maximize learning efficiency and retention. Her insights encouraged participants to integrate innovative approaches into their study routines, ultimately aiming to enhance academic performance while reducing stress





In her closing remarks, Dr. Vaishali Saxena expressed sincere gratitude to the Honourable Vice Chancellor, Prof. Alok Kumar Rai sir, Prof. Amita Sonker, Head of Department of Western History, Prof. M. Priyadarshini, Director of HTL, all participants, guest, and organizers for their collaborative efforts that contributed to the event's success.

