


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.



The poster features three logos at the top: the University of Lucknow emblem, the Counselling and Guidance Cell logo, and the Happy Thinking Laboratory logo. The text is centered and reads: 'University Of Lucknow Counseling And Guidance Cell And Happy Thinking Laboratory And Department Of Western History Organize Workshop on "Study Smart and Scientifically" Patron Prof. Alok Kumar Rai Hon'ble Vice Chancellor, University Of Lucknow Guest Speaker: Ms. Abha Joshi Venue- Smart Room, Department Of Western History : 7 Oct. 2024, Time- 12:00 PM Convener Dr. Vaishali Saxena (Director, Counseling And Guidance Cell) Prof. M. Priyadarshini (Director, Happy Thinking Laboratory) Prof. Amita Sonker Head : Department Of Western History'.

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.

7/10/24

Study Smart and Scientifically
Venus - Western History Deptment @ 12:00 pm

Name	Class/dep/Contact	Feedback
Sahana	M-III year	
Pranod Kumar	Camprochitaboy 7997727187	
Shashi Prakash	M.A. Comp. and 6387197820	
Vikas Verma	M.A. Com. 7905902924	
Vannika Kalyan	M.A. Com. III sem 8419826127	
Arbhug' Nagar	M.A. Comp. Sem III 9696357108	
Deepak Kumar	BA 1st year. Sem I 7237814585	
Upendra Yadav	PhD 1 st Sem 9554423511	Very nice
Rituraj yati	Phd 2nd Year 9452968974	Very nice
Malay Kumar	Phd - 2-year 6507664366	very nice
Shailosh yadav	Phd - (1st year) 8887965364	very nice
Pradeep Kumar	Ph.D. (Coursework) 9161119426	very nice
Shubham yadav	Ph.D (coursework) 7905394336	very nice
Tripathi Niharika	B.A. III sem 6392756142	very productive
Shikha	MA 3 rd Sem 7275511213	very nice
Vadika Soni	PhD (1st year) 2023-24 -	Very nice
Mahendra yadav	Phd II nd year 9721418162	Very nice
VISHAL KUMAR	Phd 3 rd year 9716689857	Very nice
MANISH	Ph.D 2 year 9451369413	Very nice
TIBKAR JAUHARI	Ph.D 1 year 8858499850	Fantastic
AKASH KUMAR PASWAN	Ph.D. (1st) 8115622835	Learn more
SHEFALI	ph.D (I) 9013444623	informative
Amar Bahadur Singh	Ph.D (II) 7007153494	very good
Shubham Tripathi	" 9839686552	SH
Aman	Ph.D (II) 9839364468	Aman