



**Counselling and Guidance Cell & Happy Thinking Laboratory**  
in association with  
**Department of Geography**  
organize a workshop on

## **BUILDING COMPETITIVE COMPETENCIES**

### **Patron**



#### **Date/ Time**

21/10/2024 @ 12:30



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



#### **Venue**

Department of Geography



#### **Chief Guest & Key Speaker :**

**Prof. Arvind Mohan**  
Dean, Faculty of Arts  
Lucknow University

#### **Convener**

**Dr. Vaishali Saxena,**  
Director,  
Counselling and Guidance Cell

#### **Convener**

**Prof. Durgesh Srivastava**  
HOD,  
Department of Geography

#### **Convener**

**Prof. M. Priyadarshini,**  
Director,  
Happy Thinking Laboratory

## **Report on the Event Organized by the Counselling and Guidance Cell and Happy Thinking Laboratory of the University of Lucknow**

**Topic: Building Competitive Competency**

**Date: 21st October 2024**

**Venue: Department of Geography, University of Lucknow**

On 21st October 2024, the **Counselling and Guidance Cell** and the **Happy Thinking Laboratory** of the University of Lucknow, in collaboration with the **Department of Geography**, organized an insightful event centered around the theme “**Building Competitive Competency**.” The event was aimed at empowering students with the skills and mindset needed to excel in the increasingly competitive academic and professional landscapes. The program was graced by distinguished speakers, including **Professor Arvind Mohan**, Dean of the Faculty at the University of Lucknow, who served as the Chief Guest, and **Professor M. Priyadarshini**, Director of the Happy Thinking Laboratory, who shared valuable insights as a guest speaker. The session was conducted under the able guidance of **Dr. Vaishali Saxena**, Director of the Counselling and Guidance Cell, and was attended by students, faculty members, and staff from various departments across the university.

The event commenced with an opening address by **Dr. Vaishali Saxena**, who extended a warm welcome to the participants. She set the tone for the day by emphasizing the significance of building competitive competency, particularly in today’s fast-paced world. Dr. Saxena highlighted that success in both academic and professional spheres is no longer solely reliant on rote learning or technical skills. Rather, it requires a combination of critical thinking, emotional intelligence, adaptability, and resilience. She discussed how students can leverage the resources available at the university, particularly the Counselling and Guidance Cell, to enhance their soft skills and foster a mindset geared toward growth and excellence. Dr. Saxena encouraged the attendees to embrace challenges and develop a holistic approach to building competency.

The keynote address was delivered by **Professor Arvind Mohan**, Dean of the Faculty of the University of Lucknow, who offered his valuable perspectives on the changing nature of competition and its implications for students. Professor Mohan stressed the importance of collaboration, both within and outside academic circles, as a key driver of success. He spoke about the evolving demands of the global job market and how students must continuously upskill themselves to remain relevant. Professor Mohan underscored that competitive competency is not just about academic excellence but also about cultivating a mindset of lifelong learning, innovation, and collaboration. His speech resonated with the students, inspiring them to broaden their horizons and actively engage in both academic and extra-curricular activities.

The next speaker, **Professor M. Priyadarshini**, Director of the Happy Thinking Laboratory, addressed the significance of mental well-being in achieving competitive competency. She highlighted the connection between emotional health and academic performance, pointing out that stress, anxiety, and other emotional barriers can hinder a student’s ability to perform at their

best. Professor Priyadarshini shared practical strategies for maintaining a positive mindset, managing stress, and enhancing overall emotional resilience. She emphasized that a healthy mind is critical for unlocking one's potential, and therefore, students should prioritize mental health as part of their journey toward success.

Throughout the session, participants were encouraged to engage actively, ask questions, and reflect on their personal experiences and challenges related to competition. The event was structured as an interactive platform, providing students with opportunities to learn not only from the speakers but also from their peers. The discussions ranged from time management techniques to strategies for emotional regulation, with a focus on practical, actionable takeaways.

At the end of the session, **Professor M. Priyadarshini** delivered the **vote of thanks**, expressing gratitude to the Chief Guest, Professor Arvind Mohan, and all the esteemed speakers for their valuable contributions. She also extended her appreciation to **Dr. Vaishali Saxena** for her continued leadership and vision in organizing such important events. Professor Priyadarshini thanked the participants for their active engagement and insightful questions, highlighting the importance of collaboration in building competitive competency. She concluded by encouraging students to apply the knowledge and strategies shared during the session in their personal and academic lives, emphasizing the need to continue growing both intellectually and emotionally to succeed in today's competitive world.

In conclusion, the event was a resounding success, providing students with valuable insights into building competitive competency in a holistic manner. The collaborative effort between the Counselling and Guidance Cell, the Happy Thinking Laboratory, and the Department of Geography, combined with the expertise of the speakers, ensured that students left the event feeling empowered and motivated. The key takeaways from the event reinforced the idea that building competitive competency requires more than just academic achievements—it requires a balanced approach that nurtures both the mind and the spirit.











# ATTENDANCE

21/10/24 Building Competitive Competencies  
Department of Geography

Name	dept./class/contact	Profile
1. Abhishek Verma	Geo / M.A. / 6999332366	Good
2. Divanand Chetkar	Geo / B.A. / 5019080930	Good
3. Palak Yadav	Geo / M.A. Sem I / 6052701636	Good
4. Namshika Nary	Geo / M.A. Sem I / 853600455	Good
5. Rajeev Kumar	Geo / M.A. Sem I / 6302222016	Good
6. Jaswant	Geo / M.A. Sem I / 795049575	Good
7. Vijay Ranat	Geo / M.A. 1st Sem / 508170462	Good
8. Aman Raj	Geo / M.A. 1st Sem / 9151261037	Good
9. Abantou Mishra	Geo / M.A. 1st Sem / 8004262736	Good
10. Ashu Singh	Geo / M.A. 1st Sem / 8707093319	Good
11. Kirti Verma	Geo / M.A. 1st SEM / 7355613730	Good
12. Chetna Singh	Geo / M.A. 1st sem / 6955500371	Good
13. Anuradha Gupta	Geo / M.A. / 7060526524	Good
14. Divya Maurya	Geo / M.A. 1st Sem / 9336704761	Good
15. Garima	Geo / M.A. 1st Sem / 9368523473	Good
16. Shweta Verma	Geo / M.A. 1st Sem / 8007895262	Good
17. Ua Mishra	Geo / M.A. 1st Sem / 9110752544	Good
18. Saishiti Tandon	Geo / M.A. 1st Sem / 7094308243	Good
19. Prashant Tiwari	Geo / M.A. 1st Sem / 9170356711	Good
20. Shubh Sarker	Geo / M.A. 1st Sem / 7001008605	Good
21. Pavita Maurya	Geo / M.A. 1st / 7657934345	Good
22. Karshanki Mishra	Geo / M.A. 1st / 8175452263	Good
23. Fatima Zahara	M.A. 1st Sem / 8008600071	Good
24. Ganeshji	MA 1st sem - 5307526352	Good
25. Atishay Chandra	MA 1st Sem - 9696271665	Good
26. Shivansh Singh	M.A. 1st Sem - 9738163489	Good
27. Siddharth Bhaskar	M.A. 1st Sem - 7607272669	Good
28. Rajay Chauranya	M.A. 1st Sem - 6987845297	Good
29. Abhishek Singh	M.A. 1st Sem - 8127226822	Good
30. Abhishek Mishra	M.A. 1st Sem - 8009881129	Good
31. RAJAT KUMAR	MA 1st Semester - 9149108446	Good
32. MUKESH VERMA	M.A. 1st semester - 9510442244	Good
33. Priyanka Yadav	MA 1st sem - 9569783162	Good
34. Pooja Devi	M.A. 1st semester - 83218614236	Good