



REPORT: WORKSHOP ON “KEY REQUISITE TO PREPARE FOR COMPETITIVE EXAMINATIONS”


On November 14, 2024, the Department of Medieval and Modern History at the University of Lucknow organized a workshop titled “Key Requisites to Prepare for Competitive Examinations,” in collaboration with the Counselling and Guidance Cell (CGC) and Happy Thinking Laboratory (HTL). The workshop aimed to equip students with effective study strategies to enhance their competitive performance and overall aptitude. The event featured Ms. Antara Banerjee, Account Officer at the University of Lucknow, as the keynote speaker, who shared valuable insights and enriched the experience for all participants.



UNIVERSITY OF LUCKNOW

**Counselling And Guidance Cell and Happy Thinking Laboratory
In Collaboration
With Department of Medieval and Modern History
Organize Workshop on
Key Requisite To Prepare for Competitive
Examinations**

Patron



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

Date- 14 November 2024
Time- 12:30 PM

Venue- Happy Thinking Laboratory ,3rd floor ,ONGC building

Expert- Ms. Antara Banerjee, Account Officer, University of Lucknow

Convener

**Dr Vaishali Saxena ,Director ,Counselling and Guidance Cell
Prof.M Priyadarshini ,Director,Happy Thinking Laboratory
Prof. S A Rizvi ,Head, Department of Medieval and Modern History**

Coordinator
Dr Deepti Jaiswal department of medieval and modern history

The objective of the workshop was to equip students with effective strategies for preparing for competitive examinations. It aimed to enhance their study techniques, time management, and stress management skills, while promoting a balanced approach to academic success. The session also focused on building motivation and resilience during preparation.

The event commenced with the ceremonial lighting of the lamp. Ms. Antara Banerjee shared valuable insights on effective exam preparation. She stressed the importance of a structured study plan, breaking down the syllabus into manageable sections and setting clear goals. Consistency and discipline were highlighted as essential for maintaining progress, even during low-motivation periods. Ms. Banerjee encouraged active learning over rote memorization, alongside regular mock tests for self-assessment. She also emphasized the significance of mental well-being, advising students to balance study with self-care, physical activities, and relaxation. Furthermore, she discussed the importance of time management, prioritization, and leveraging available resources, such as books and online platforms, to enhance exam readiness and personal growth.

Dr. Vaishali Saxena outlined essential competencies such as analytical, technological proficiency, competitive aptitude and effective collaboration. She shared practical examples from her experience at HTL, demonstrating how these skills can be applied in real-world scenarios. Additionally, she encouraged participants to actively seek out opportunities for hands-on experience and continuous learning.

Prof. M. Priyadarshini, Director of HTL, spoke on the significance of adopting a holistic approach to competitive exam preparation. She emphasized the importance of mental resilience, consistent study habits, and stress management. Prof. Priyadarshini encouraged students to cultivate a positive mindset and utilize available resources effectively to enhance both their academic performance and overall well-being.

Dr. Vaishali Saxena, Director of the CGC, delivered the vote of thanks at the workshop, expressing her sincere gratitude to all participants, organizers, and guest speakers for their valuable contributions. She acknowledged and appreciated the efforts of everyone involved in making the event a success.

Dr. Vaishali Saxena highlighted the significance of the insights shared during the session and encouraged attendees to implement the strategies discussed to improve their study habits and overall well-being. In her closing remarks, she also extended heartfelt thanks to the

Honorable Vice Chancellor, Prof. Alok Kumar Rai, Prof., Account Officer at the University of Lucknow, Ms. Antara Banerjee, Head of the Department of Medieval and Modern History at the University of Lucknow, Prof. S.A. Rizvi and all participants, Coordinator of this workshop, Dr. Deepti Jaiswal from the Department of Medieval and Modern History, guests, and organizers for their collective efforts in ensuring the workshop's success.

The workshop on successfully met its objectives and provided participants with the tools they need to approach their exam preparation with confidence and clarity. It emphasized the importance of a well-rounded approach that balances effective study techniques with mental well-being. We hope that the participants leave with the motivation to implement these strategies in their daily routines and competitive life to maximize their chances of success.







Attendance

17/12/2024 (Key Requisite to Prepare for Computer Examinations) venue - HTL

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