

REPORT- "HER SPACE, HER VOICE: CONVERSATION AND COUNSEL"

On December 14, 2024, Happy Thinking Laboratory (HTL) in collaboration with the Counseling & Guidance Cell (CGC), University of Lucknow, organized an insightful and empowering event titled "Her Space, Her Voice: Conversation and Counsel." This event, held in the Kailash Hall hostel premises at the University of Lucknow, was specifically designed for the female students residing in the hall. The primary objective of the event was to raise awareness about mental health and its importance, while also promoting the practice of meditation as a tool for emotional well-being and self-care. The Provost of this Programme was Prof. Babita Jaiswal, University of Lucknow and the Key speaker and Facilitator of this event was Dr. Shiwani Mishra.



HER SPACE, HER VOICE: CONVERSATION AND COUNSEL

A program for female residents of Chandrashekhar Azal Hall, Golden Jubilee Hall, Kailash Hall, Nivedita Hall & Tilak Hall

Facilitator and Moderator: Dr. Shivani Misra

DATE : 14th December, 2024
Time : 3 pm Onwards
Venue : Kailash Hall, University of Lucknow

Patron



Prof. Alok Kumar Rai
Vice-chancellor
University of Lucknow

Co-Patron



Prof. Manuka Khanna
Pro Vice-chancellor
University of Lucknow



Prof. V.K. Sharma
Dean Students' welfare
University of Lucknow



Prof. Anoop Kumar Singh
Chief Provost
University of Lucknow

Organised by
Kailash Hall, Counselling and Guidance Cell and Happy Thinking Laboratory, University of Lucknow

Organizing Team

Assistant Provosts

Prof. Babita Jaiswal
Provost, Kailash Hall
University of Lucknow

Dr. Roli Verma
Kailash Hall
University of Lucknow

Dr. Richa Pandey
Kailash Hall
University of Lucknow

Dr. Shalini Pathak
Kailash Hall
University of Lucknow

Prof. Maitraye Priyadarshini
Director,
Happy Thinking laboratory
University of Lucknow

Dr. Vaishali Saxena
Director,
Counselling and Guidance Cell
University of Lucknow

The central theme of the event revolved around creating a safe and supportive space for the female students, where they could freely discuss mental health, express their emotions, and gain valuable counseling. Dr. Roli Verma, the opening speaker, began the event by emphasizing the importance of mental health in academic and personal growth. She encouraged the students to embrace mindfulness and meditation as powerful tools for managing stress and fostering emotional well-being. She highlighted the significance of creating supportive spaces for women.

The event “Her Space, Her Voice: Conversation and Counsel” was a step forward in breaking the silence around mental health and providing young women with the resources they need to cope with stress and emotional challenges. The collaboration between Happy Thinking Laboratory, the Counseling & Guidance Cell, and the University of Lucknow created a safe, inclusive, and supportive environment for students to speak out, seek help, and learn self-care techniques. The event has laid the foundation for more such programs that will continue to promote mental well-being and empower students to take control of their mental health.

Dr. Shiwani Mishra, the key speaker, emphasized the crucial role of mental health awareness in students' lives. She highlighted that recognizing and nurturing one's emotional well-being is essential for both personal development and academic achievement. Dr. Mishra urged participants to incorporate regular meditation into their routines, as it helps in reducing stress, staying centered, and maintaining mental clarity, leading to a more balanced and healthy lifestyle. Dr. Shiwani Mishra provided valuable one-on-one counselling, offering students advice on how to navigate their personal and academic challenges.

Prof. M. Priyadarshini praised the event “Her Space, Her Voice” for providing a platform where women could openly discuss mental health. She emphasized the need for such initiatives to foster emotional well-being, encourage self-expression, and promote overall empowerment. Dr. Vaishali Saxena highlighted the significance of creating safe spaces for women to express themselves. She praised the initiative "Her Space, Her Voice" for encouraging open dialogue on mental health and emphasized the importance of counseling and self-care for emotional well-being.

Prof. Babita Jaiswal expressed sincere gratitude to Honorable Vice Chancellor Prof. Alok Kumar Rai, Co-Patron, Prof. Manuka Khanna, Key organizer Dr. Roli Verma, Chief Speaker Dr. Shiwani Mishra for her valuable insights and guidance. Prof. Jaiswal also extended appreciation to Prof. M. Priyadarshini, Happy Thinking Laboratory and Dr. Vaishali

Saxena, Counseling & Guidance Cell for organizing such a meaningful event, emphasizing the importance of mental health awareness and self-care. She thanked all the participants for their active involvement and attention throughout the session.







ATTENDANCE

14 Dec 24		Kailash Shakti	
Workshop on the Space for Voice			
Conversation and Counsel			
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