





**Ideation and Brainstorming for Effective Counselling: A Workshop by Lucknow University**



**UNIVERSITY OF LUCKNOW**  
Counselling Guidance Cell and Happy Thinking Laboratory  
Organize Workshop On  
**Ideation and Brain storming for Effective Counselling**  
**Patron**



**Prof. Alok Kumar Rai**  
Hon'ble Vice Chancellor  
University of Lucknow  
Date-24 February 2024  
Time-2:30 PM  
Venue-Happy Thinking Laboratory, ONGC Building, University Of Lucknow

**Convenor**  
Dr Vaishali Saxena (Director , Counselling and Guidance Cell)  
Prof. M .Priyadarshini (Director , Happy Thinking Laboratory)  
*\*Participants-coordinators of counselling guidance cell, University of Lucknow*

The Counselling and Guidance Cell and Happy Thinking Laboratory of Lucknow University are pleased to announce a workshop titled "Ideation and Brainstorming for Effective Counselling." This workshop, held under the esteemed patronage of Professor Alok Kumar Rai, Honorable Vice-Chancellor of Lucknow University, aims to equip counselling professionals with innovative approaches to enhance their counselling practices.

### **Workshop Details:**

Date: Friday, February 24, 2024

Time: 2:30 PM

Venue: Happy Thinking Laboratory, ONGC Building, University of Lucknow

Convener: Professor M. Priyadarshini, Director, Happy Thinking Laboratory, and Dr. Vaishali Saxena, Director, Counselling and Guidance Cell

Target Audience: Coordinators of Counselling and Guidance Services, Lucknow University

### **Workshop Objectives:**

- Develop creative problem-solving skills in a counselling context.
- Explore effective brainstorming techniques for generating new ideas and solutions.
- Foster collaboration and knowledge sharing among counselling professionals.
- Enhance the effectiveness of counselling interventions for student well-being.

### **Benefits for Participants:**

- Improved Skills: Participants will gain practical skills in ideation and brainstorming, allowing them to approach counselling challenges with fresh perspectives.
- Enhanced Creativity: The workshop will encourage participants to think outside the box and develop innovative solutions for complex student concerns.
- Collaborative Learning: The interactive format will foster knowledge sharing and collaboration among counselling professionals, leading to a more unified approach to student support.
- Increased Effectiveness: By adopting creative problem-solving techniques, participants can potentially improve the effectiveness of their counselling interventions and better serve students.

### **Workshop Structure:**

The workshop follows a dynamic structure that incorporates interactive elements to maximize participant engagement. Here's a possible outline of the programme

- Welcome and Introduction: Professor Priyadarshini and Dr. Saxena will welcome participants and introduce the workshop's objectives and format.
- Understanding Ideation and Brainstorming: An introductory session defined ideation and brainstorming techniques, highlighting their importance in effective counselling.

- **Interactive Activities:** Participants engaged in facilitated activities designed to practice brainstorming techniques and apply them to real-world counselling scenarios.
- **Group Discussions:** Breakout sessions or facilitated discussions allowed participants to share their experiences, challenges, and successful strategies in utilizing creative approaches to counselling.
- **Wrap-up and Action Planning:** The workshop concluded with a summary of key takeaways and a session dedicated to developing action plans for implementing learned techniques in participants' counselling practices

### **Importance of this Workshop:**

Student well-being is a complex and ever-evolving concern in educational institutions. Counsellors play a vital role in supporting students' academic, personal, and social development. This workshop equips them with the tools and strategies to approach these challenges with greater creativity and effectiveness.

### **Patronship by Professor Alok Kumar Rai**

The workshop's significance is amplified by the patronage of Professor Alok Kumar Rai, the Honorable Vice-Chancellor of Lucknow University. His support underscores the university's commitment to providing comprehensive student support services and fostering a culture of innovation within the Counselling and Guidance Cell and Happy Thinking Laboratory.

### **Expected Outcome:**

This workshop is expected to equip counselling professionals with valuable skills and strategies to enhance their practices, ultimately leading to improved student support services at Lucknow University.





**Workshop on Ideation and Brain storming for Effective Counselling**  
**Attendance Sheet**  
**(24.02.2024)**

Name	Department	Feedback
Anchal Srivastava	Physics	Small meetings are very useful.
Ravi Kant Pandey	Fine Arts	Very useful for students
Amrita Srivastava	Chemistry	very innovative and useful for studies
Anu Kohli	Business Admn	Very informative brainstorming session
Megha Singh	Psychology	Important in terms of improving our skills.
Abhishek Pr. Jaiswal	English	the talk is practical in approach.
Vipin Pandey	English	make the learners interact through pair work / group activities / innovative practices, induct / orient them more into sports etc
Ansh Sharma	English	The students need to be lent a sympathetic ear to make them feel heard and comforted
Tanuka Chatterjee	English & ME	The counsellors need to be provided a confidential atmosphere of trust, where they can share more of their woes. Social groupings as per their proclivities, need to be created so that they can confide their problems and think of getting more co-curricular experiences
Aparna Lodhale	Absent	
Anupama	Online session	
Anupam	Online session	

