

REPORT

The poster is for a series of sessions titled 'WELL 'M'' (Sessions on Mental Health and Well Being for Hosteler's of University of Lucknow). It is organized by the Counselling and Guidance Cell & Happy Thinking Laboratory. The poster features the University of Lucknow logo at the top, along with accreditation details (Accredited A++ by NAAC). The central text reads 'WELL 'M'' in large blue letters. Below this, it says 'SESSIONS ON MENTAL HEALTH AND WELL BEING FOR HOSTELER'S OF UNIVERSITY OF LUCKNOW'. A circular portrait of Prof. Alok Kumar Rai, Vice Chancellor, is shown. To the left, a box labeled 'OUR ASSOCIATES' lists 'DEAN STUDENT WELFARE' and 'CHIEF PROVOST'. To the right, a box labeled 'CONVENOR' lists 'DIRECTOR, CGC & TEAM' and 'DIRECTOR, HTL & TEAM'. The background includes a faint illustration of a person holding their head in their hands and a circular logo with the text 'MENTAL HEALTH IS IMPORTANT'.

Birbal Sahani International Girls Hostel Mental Health and well-being session for girl international students at Birbal Sahani Hall (11-03-2024)

Mental health and well-being session (Well M) was conducted at Birbal Sahani Hall for the Hostel inmates of Birbal Sahani International Girls Hostel. The session was started with the welcome by provost of Birbal Sahani International Girls Hostel Dr. Tanuka Chatterjee. She welcomed the team. Dr. Manisha Shukla provost of Birbal Sahani International Girls hostel also welcomed the counsel team members and discussed the need for such counselling sessions at the hostels. Dr. Vaishali Saxena, director Counselling Guidance Cell, was leading the team had extended gratitude to the vice chancellor professor Alok Rai for providing the opportunity and understanding the need for such sessions.

Dr. Vaishali Saxena spoke about cross cultural barriers in communication. She emphasized on to develop cultural empathy among international students knowing each other's culture is a best way. Hostel Provost Manisha Shukla also spoke about does and don'ts of the hostel life. Dr. Tanuka Chatterjee assistant provost of the hostel extended vote of thanks to everyone. She also discussed the various dimensions of mental health and well-being- physical, social, emotional, psychological health, etc.

Prof. M. Priyadarshini discussed on cultural distances and spoke about universal values appreciated in every culture. Both the speakers answered many queries of the girl students. They also talked about keeping safe cards while going alone or moving alone at other places than the university. Students discussed the feeling of home sickness and the expert responded and talked about how to handle home sickness in the hostel. The session was attended by hostel inmates of various countries

including Sri Lanka, Botswana, Kazakhstan, Bangladesh, Nigeria, etc. The session was assisted by Nisha of Happy Thinking laboratory.



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Bixbal Sahni Hall

11/3/24

(Mental Health and Wellness) (Session-1)

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