

# REPORT

## Report Ganga Joint Session in Lavanya Hall (11-03-2024)

UNIVERSITY OF LUCKNOW  
(Accredited A++ by NAAC)

**COUNSELLING AND GUIDANCE CELL & HAPPY THINKING LABORATORY**  
ORGANISES  
**WELL 'M'**  
SESSIONS ON MENTAL HEALTH AND WELL BEING  
FOR HOSTELER'S OF UNIVERSITY OF LUCKNOW

**OUR ASSOCIATES**  
DEAN STUDENT WELFARE  
CHIEF PROVOST

**CHIEF PATRON**  
Prof. Alok Kumar Rai  
Vice Chancellor  
University of Lucknow

**CONVENOR**  
DIRECTOR, CGC & TEAM  
DIRECTOR, HTL & TEAM

Mental health and well-being session (Well M) was conducted at Ganga Hall for the Hostel inmates of Ganga and Lavanya hostels. The session was started with the welcome by provost of Ganga hostel Dr. Nitam. She welcomed the team. Dr. Anoopama Srivastava of provost Lavanya 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. She also discussed the various dimensions of mental health and well-being- Physical, social, emotional, psychological health, etc.

Professor M. Priyadarshini, direction Happy Thinking Laboratory had thrown light on how to take freedom with responsibility. She discussed the gap between acceptance level of the students and expectation levels of the students, she emphasized the need for more acceptance of the situation and less expectancies from others are key to happiness. The expert of the session was Dr. Kavita Upadhayay she has a rich experience of counselling in government institutions and educational institutions. She addressed the issue of peer pressure and various distractions in the way of goal achievement by focusing on career goals achievements. The girl students may achieve financial empowerment. Consequently, support them to take in formed social and relationship choices. She also addressed various anxiety issues among girl students.

Professor Madhurima Pradhan of Happy Thinking Laboratory discussed the need to be happy as happiness is important in seeking the balance in life. She also took the questions from the girl students and discussed with them how to remain calm and composed in facing the life challenges. The session was interactive in nature before starting of the session various queries and questions of the hostlers were collected anonymously. For this purpose, a box was placed at a common place before one day. The session was ended with the vote of thanks by the assistance provost Dr. Praniti. The session was attended by 55 students.





12/3/24  
Granga Hall & Lavanya Hall (Session-3)

Name	Contact / Dept / class	Sign
Shamya Inwari	7330768535 Management BBA II <sup>nd</sup> yr.	Shamya
Shreyo Singh	8112393888 BBA II <sup>nd</sup> yr.	Shreyo
Shreaddha Singh	7800027855 BBA II <sup>nd</sup> yr.	Shreaddha
Kavya Singh	7985544287 LL.B (Hons) 1 <sup>st</sup> year 2 <sup>nd</sup> sem	Kavya
Mishwarya Kumari	9356123209 LL.B (Hons) 1 <sup>st</sup> year 2 <sup>nd</sup> sem	Mishwarya
Bopna Kumari	7307920247 MBA (HR) 1 <sup>st</sup> year 2 <sup>nd</sup> sem	Bopna
Vishvami Rastogi	9170142380 LL.B (Hons) 1 <sup>st</sup> year, 2 <sup>nd</sup> semester	Vishvami
Suchita	8057769636 M.B.A (HR) 2 <sup>nd</sup> sem	Suchita
Neha Pandey	9026861605 LL.B (Hons) 1 <sup>st</sup> year, 2 <sup>nd</sup> Sem	Neha
Shalu Singh	8932920989 LL.B (3 year) 1 <sup>st</sup> year 2 <sup>nd</sup> sem	Shalu
Naveerish. Abza	7257895746 MBA (HR) 2 <sup>nd</sup> year 4 <sup>th</sup> sem	Naveerish
Amreen	7273857861 LL.B (2 <sup>nd</sup> year) 4 <sup>th</sup> sem	Amreen
Aliti Singh	7393864955 LL.B (Hons.) (1 <sup>st</sup> year) 2 <sup>nd</sup> sem.	Aliti
Jagriti Pandey	9896559694 LL.B (hons) (1 <sup>st</sup> year) 2 <sup>nd</sup> sem.	Jagriti
Himanshi Mishra	6394760813 LL.B (Hons) (1 <sup>st</sup> year) 2 <sup>nd</sup> sem.	Himanshi
Divya Mishra	9918030079 LL.B (Hons) 1 <sup>st</sup> year 2 <sup>nd</sup> sem.	Divya
Anshulpal	9690880725 B.Tech (CSE) I <sup>st</sup> yr	Anshul
Mansi Singh	9794289359 LL.B (Hons) 1 <sup>st</sup> year 2 <sup>nd</sup> Sem	Mansi Singh
Honey Singh	7061511841 LL.B (Inte. sy) 1 <sup>st</sup> ye 2 <sup>nd</sup> sem	Honey Singh
Shreya Mathur	8791506650 LL.B. (3 year) 1 <sup>st</sup> year 2 <sup>nd</sup> sem.	Shreya
Riya Singh	8948153768 LL.B. (3 year) 1 <sup>st</sup> year 2 <sup>nd</sup> sem	Riya
Nivedita Parural	9027829977 LL.B (3 years) 1 <sup>st</sup> year 2 <sup>nd</sup> sem	Nivedita Parural
Tanya Singh	9569329789 MBA (2 year) 2 sem	Tanya Singh
Shwishi K. Singh	9695480663 MBA (1 year) 2 sem	Shwishi
Akanksha Singh	8172854381 MBA (1 year) 2 sem	Akanksha
Shikha Soni	7880840737 B.Pharm (1 year) 2 sem	Shikha Soni
Janhvi Vishwakum	7839871457 B.Pharm (3 <sup>rd</sup> ) 6 sem	Janhvi Vish
Lucky Mishra	8003171485 LL.B. (3 years) 2 <sup>nd</sup> sem	Lucky Mishra
Priya Kumari	9113313220 LL.B (3 year) 2 <sup>nd</sup> sem	Priya Kumari
Pragya Mishra	7355487664 M.Sc (1 <sup>st</sup> year) 2 sem-2	Pragya
Tanz Baayoon	9451238258 BCA (1 <sup>st</sup> year) sem-2	Tanz Baayoon
Sakina Bano	6306440864 BBA (T) (1 <sup>st</sup> year) sem-2	Sakina
Tani Singh	6393044407 BBA (T) (1 <sup>st</sup> year) sem-2	Tani
Tanya Singh	9642661102 BBA (T) (1 <sup>st</sup> year) sem-2	Tanya
Richa Yadav	8081131414 BBA (T) (1 <sup>st</sup> year) 2 sem-2	Richa