

Well M SESSIONS REPORT

लखनऊ विश्वविद्यालय
University of Lucknow
(Accredited A++ by NAAC)

CGC
University of Lucknow

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

Tilak Hall: Psychological Health and well-being session for girls' inmates of Tilak Hostel (18-03-2024)

Psychological health and well-being session (Well M) was conducted at Tilak Hall for the Hostel inmates on 28.03.2024. Mostly students residing at Tilak Hall are undergraduates enrolled in different faculties. The session was started with the welcome by Provost of Tilak Hall, Dr. Bhuvaneshvari Bharadwaj.

she introduced the team of experts to participants and welcomed them in the premises. she also discussed some psychological pressure experienced by young girls. Prof. M. Priyadarshini director of Happy Thinking Laboratory spoke about role of positive and negative work pressure among young girls. she interacted with the participants and shared her views on work life balance, Time management, discipline and honesty toward ourselves and others. Our significant in building a good personality and their role in interpersonal relationship.

The session expert was Dr. Shivani Mishra. She started her deliberation with emphasizing about our rich culture and respect for the women in our society. Girl students are lucky and

privileged than others who can get opportunity to educate themselves and so this is also a significant responsibility to develop ourselves in a mature and sincere manner and become useful to the society. Her meditation session was based on focusing on our breath as breath is a source of all life. She discussed various reasons for anxiety and stress among students and she spoke about how simple habits and steps may minimize or remove their stress like creating our routine, planning, and preparing for your day, sharing with friends and dear ones, family etc. Afterwards she also conducted a small session on meditation for the students, focusing on their breath.

Director of Counselling and Guidance Cell, Dr. Vaishali Saxena also spoke about importance of managing time in student's life. Managing time means self-management and self-discipline. Instead of wasting time unnecessarily on social media platforms, these platforms can be used to develop strong career connections. She also talked about motivation and positive outlook toward our self and others which enhance our creativity and knowledge. She had shown gratitude to Vice Chancellor Prof. Alok Rai ji for the initiative of the Well M sessions. She also thanked Dr. Abha Assistant Provost of the hostel for coordinating Well M session.

The last segment of the session was answering various issues and queries by the expert team. These questions and queries were unanimously collected from the students. A separate box was placed at the common place in the hostel for dropping their queries and questions.





18/03/24

Tilak Girls Hostel

Name	Contact / Dept / Class	Sign
Deepati Patel	8354882477 B.A. 2 nd year	Deepati Patel
Aparna Mishra	7905407890 B.A. 1 st year	Aparna
Prachi	8303160839 B.A. 1 st year	Prachi
Arushiya Fatima	6393352688 B.Com 3 rd year	Arushiya
Hanshita Maurya	7233018664 B.Com 3 rd year	Hanshita
Vanshika Gupta	8948013967 B.Com 3 rd year	Vanshika
Pooja Nadav	6388097778 B.Com 3 rd year	Pooja
Priyanshi Singh	8858877119 B.A. 2 nd year	Priyanshi
Ayushi Biswas	9026918183 B.A. (second year)	Ayushi
Ragini Gupta	9682214095 B.A. (1 st year)	Ragini Gupta
Akshita Isifathi	8707344752 B.A. (second year)	Akshita
Anamika Mishra	6307674400 B.A. (second year)	Anamika
Aarti	8127914414 B.A. (First year)	Aarti
Divyanshi Singh	8467943077 B.A. (First year)	Divyanshi
Chandani Maurya	7080656419 B.A. (First year)	Chandani
Shivi Rathore	9794871536 B.A. 1 st year	Shivi
Rachna Saxena	9076757418 B.A. 1 st year	Rachna
Saloni Mishra	8604492262 B.A. (1 st year)	Saloni
Jaiya Yadav	6396055521 B.A. (1 st year)	Jaiya Yadav
Shruti Kishor Verma	8005345993 B.A. (1 st year)	Shruti
Pranshi Singh	9140488338 B.A. (1 st year)	Pranshi
Garima Singh	9125910671 B.A. (2 nd year)	Garima
Anjali Singh	7755097903 B.A. (2 nd year)	Anjali
Neha Patel	9565351079 B.A. (2 nd year)	Neha
Aritika Varma	0726168936 B.A. (2 nd year)	Aritika
Ritu Madheshia	8528099626 B.Com (2 nd year)	Ritu
Sakshi Soni	8081536892 B.Com (3 rd year)	Sakshi
Vaishnavi Torpathi	9569654020 B.Com (3 rd year)	Vaishnavi
Chandrikala Kumar	9335631489 B.Com (3 rd year)	Chandrikala
Jenifer Khan	8303027299 B.A. (1 st year)	Jenifer
Shalini Singh	9569740067 B.A. (1 st year)	Shalini
Shachi Torpathi	9125397197 B.A. (1 st year)	Shachi
Kanina Gupta	8814379061 B.A. 1 st year	Kanina
Sabina Rayyan	6387059936 B.A. (1 st year)	Sabina
Abhilasha Yadav	6307867344 B.Com (II year)	Abhilasha

Tilak Girls Hostel.

Name	Contact/Dept./Class	Sign
Geetangali Gahlaut	7318108656 BA 2nd year	
Nibha Chaudhary	8004633098 BA 2nd year	
Pragya Patel	6393219532 BA 2nd Year	Pragya
Ayushi Baranwal	9653085500 BCOM 3rd year	Ayushi
Aparna Singh	6307400567 B.A. III Year	Aparna
Sania Riyaz	8588918133 Bcom 3rd Year	Sania
Muskan Khariwar	6306891322 Bcom 2nd year	Muskan
Sumudra Pandey	9792493200 B.com 2nd year	Sumudra
Tushpa Singh	9569266387 B.COM 2nd Year	Tushpa
Rinki Pal	7307902622 B.COM 2nd Year	Rinki
Ashana Singh	7828574874 B.com 2nd Year	Ashana
Namita Singh	9335050028 B.A 1st year	Namita
Ashwani Sharma	9046052751 B.A 1st year	Ashwani
Tanya Gupta	7705858499 B.COM 3rd year	Tanya
Ritika Yadav	9305938902 B.COM 3rd year	Ritika
Shivangi Chougale	9555930299 B.com 3rd year	Shivangi
Aarabita Srivastava	7054938854 B.com 3rd year	Aarabita
Aarabha Singh	7850856928 BVA 3rd year	Aarabha
Anjali Sahu	6380770397 B.A 1st year	Anjali