

Well M SESSIONS REPORT

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

Nivedita Hall: Psychological Health and well-being session for girls' inmates of Nivedita Hostel (20-03-2024)

Psychological health and well-being session (Well M) was conducted at Nivedita Hall for the hostel inmates on 20.03.2024. Mostly students residing at Nivedita Hall are undergraduates enrolled in different faculties. The session was started with the welcome by Provost of Nivedita Hall Dr. Rohini Yadav. She introduced the team of experts to participants and welcomed them in the premises. She also discussed some psychological challenges of this age.

The session expert was Dr. Kavita Upadhyay. She discussed various reasons goals and how to achieve financial independence through Goal achievement. She also spoke about how to tackle the problems and Let Go the issues and negative circumstances. She shared her valued experience and talked about how to achieve success without being edgy and how to become best version of us.

Dr. Vaishali Saxena director of Counselling and Guidance Cell spoke about Time Management and goal fulfilment. She interacted with the participants and shared her views on values like positive outlook and self-discipline which is significant in building a good personality and their role in interpersonal relationship. She also talked about the value of time and time management not only provide timely success but also it will be beneficial for society as whole to flourish. She had shown gratitude to Vice Chancellor Prof. Alok Rai ji for the initiative of the Well M sessions.

Director of Happy Thinking Laboratory Prof. M. Priyadarshini spoke about importance of Motivation and how motivated people play a major role in work place. Motivated people are just like an asset for any organization because they contribute in organizational achievements at a great pace. 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.

Assistant Provost of Nivedita hostel- Dr. Rohini Yadav has coordinated the entire session and thanked the Counselling and Guidance Cell team for conducting this workshop.





C.T.P. Hostel 20/3/21

Nivedita Hall 19/03/21

Name	Sign.	Feedback
1. Sakshi Rai	<u>Sakshi Rai</u>	
2. Sakshi Singh	<u>Sakshi Singh</u>	Amazing ☺
3. Sakshi Pandey	<u>Sakshi</u>	Good
4. Anjali Verma	<u>Anjali Verma</u>	Appreciable.
5. Ishtha Verma	<u>Ishtha</u>	Enlightening
6. Apurva Singh	<u>Apurva</u>	Very suitable
7. Aisha Patel	<u>Aisha</u>	Awesome
8. Anjali Patel	<u>Anjali</u>	Very nice
9. Shikha Singh	<u>Shikha</u>	Good ☺
10. Anshu	<u>Anshu</u>	Nice
11. Anshu Singh	<u>Anshu</u>	Good
12. Anshu Singh Tedha	<u>Anshu Singh</u>	Nice ☺
13. Anshu	<u>Anshu</u>	Need more of these sessions
14. Anshu	<u>Anshu</u>	best
15. Anshu	<u>Anshu</u>	Nice
16. Anshu Kamrajya	<u>Anshu Kamrajya</u>	Good
17. Anshu	<u>Anshu</u>	Good
18. Anshu	<u>Anshu</u>	Informative
19. Anshu Dubey	<u>Anshu Dubey</u>	Knowledgeable
20. Anshu Patel	<u>Anshu Patel</u>	very helpful
21. Anshu Singh	<u>Anshu Singh</u>	ENLIGHTENING
22. Anshu Gupta	<u>Anshu Gupta</u>	Knowledgeable
23. Anshu	<u>Anshu</u>	Good
24. Anshu	<u>Anshu</u>	Good
25. Anshu Dubey	<u>Anshu Dubey</u>	Good.
26. Anshu Maarga	<u>Anshu Maarga</u>	Nice.
27. Anshu	<u>Anshu</u>	Informative
28. Anshu	<u>Anshu</u>	Amazing.