


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

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

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

Dr. Vaishali Saxena director of Counselling and Guidance Cell spoke about role of positive virtues in our life. She interacted with the participants and shared her views on values like gratitude, sharing, positivity and honesty toward ourselves and others. Our significant in building a good personality and their role in interpersonal relationship. She had shown gratitude to Vice Chancellor Prof. Alok Rai ji for the initiative of the Well M sessions.

The session expert was Dr. Shalini Mishra. 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 Happy Thinking Laboratory Prof. M. Priyadarshini also spoke about importance on managing time in students' 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. 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 Subhash hostel- Dr. S.P. Kannaujiya has coordinated the entire session and thanked the Counselling and Guidance Cell team for conducting this workshop.





Subash Boys Hostel

20/March/2

No	Name	Contact/Dept. Class	Feedback	Signature
	Pushpendra kr. Verma	8172910144 M.Com II	Good	Pushpendra
N	Vishal Gidari	6307010711 M.Com II	Good	Vishal
K	Ashok Kumar Tiwari	7264915494 B.A II	Good Counselling	Ashok
Sh	Anshu Kumar	8546067100 B.Com II	Good	Anshu
S	Anishrag Yadav	6344212036 B.Com II	Good	Anishrag
Au	Parsh Pandey	9956229809 B.A - II	Good	Parsh
T	Suryansh Singh	9999231303 B.Sc - II	Good	Suryansh
To	Ashok kr verma	9319254142 B.Sc II	Good	Ashok
Sh	Tarun Soni	9335876945 B.Com II	Excellent	Tarun
Ch	Rishabh kr Maddhaviya	9565559792 B.Com II	Good	Rishabh
AK	Aditya Shukla	8471695874 B.A 1 st yr	Good	Aditya
F	Vivek Pandey	9839840923 B.A 1 st yr	V. Good	Vivek
	Aditya Singh	6386715452 B.Com 1 st year	V. Good	Aditya
J	Manasi Ojha	9336507754 B.A 1 st year	V. Good	Manasi
Ap	Prateek Mishra	8400042702 BA 1 st year	V. Good	Prateek
A	Arpan kr. Kushwaha	7858807928 BA (1 st sem)	V. Good	Arpan
S	Rahul Yadav	7233022784 B.Com III rd yr	Excellent	Rahul
	Shantanu Khan	7926918302 B.A 1 st yr	Very Impressive	Shantanu
	Pankaj Yadav	8738002258 B.Sc 1 st year	Good	Pankaj
	Pratiksha Pandey	9695838202 B.A 1 st yr	Vs good	Pratiksha
	Aditya Singh	8803474021 B.A 6 th sem AIH	Elegant Like a King	Aditya
	Vishal Dixit	9589818788 B.Com 6 th sem	Very good like a king	Vishal
	Mayank Daddu Singh	8298342365 B.A 6 th sem	Tree & Tree	Mayank
	Rana			
	Hyaz	8601702009 BR 1 st sem	Good	Hyaz
	Shlok Tiwari	6306963915 BA 2 nd sem	Peaceful	Shlok
	Devansh Singh	8853595334 / B.A (2 nd sem)	Perfect	Devansh
	Shwank Singh	9793645060 / BA (2 nd sem)	So peaceful	Shwank
	Ashutosh Rai	6389740036 / BA (3 rd year)	V. Good	Ashutosh
	Vivek Jainmal	7310299291 / B.Com (8 th yr)	Very Good	Vivek
	Aakash	9052604228 / B.A (2 nd yr)	perfect	Aakash
	DEVANSH MISHRA	9651367816 / B.A - 3 rd	perfect	Devansh
	Suraj Giri	6387580609 / BA - II nd sem	Very Good	Suraj
	Arant Patel	8922421707 / B.Sc II nd sem	Good	Arant