



UNIVERSITY OF LUCKNOW



(Accredited A++ by NAAC)

## HAPPY THINKING LABORATORY

In Association With

COUNSELLING AND GUIDANCE CELL

is organising

***A Talk on - Learner's Autonomy And Happiness***



23rd September, 2023



1:00 pm



ONGC Building, Happy Thinking Laboratory  
3rd floor, University of Lucknow

### PATRON

Prof. Alok Kumar Rai  
Vice Chancellor  
University of Lucknow

### GUEST SPEAKER

**Laurie A. Baker-Malungu**  
Adjunct Associate Professor  
University of St. Joseph (USJ):  
School of Education: Macao

### CONVENOR

• Dr. Vaishali Saxena  
Director, CGC  
University of Lucknow  
• Prof. M. Priyadarshini  
Director, HTL  
University of Lucknow

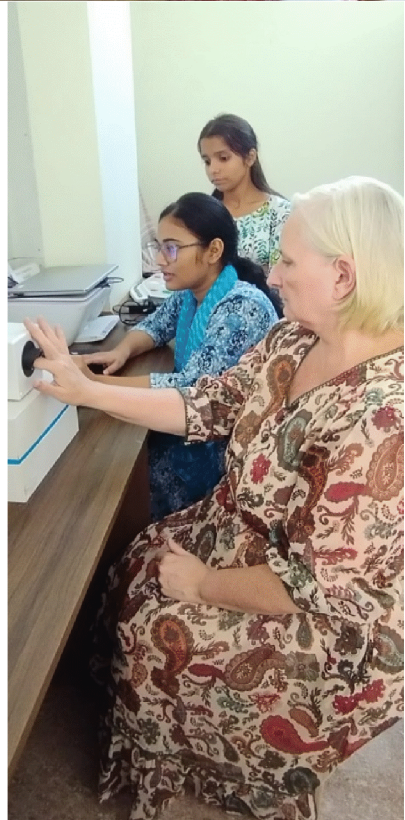
Happy Thinking Laboratory in collaboration with Counselling and Guidance Cell, University of Lucknow, organised a Special Talk on Learner's Autonomy and Happiness on 23 September 2023 in Happy Thinking Lab, University of Lucknow. DR. Laurie A. Baker-Malungu, adjunct Associate Professor, University of St. Joseph(USJ) School of Education: Macao was the chief speaker. Program was presided by Dr. Vaisahali Saxena Director, Counselling and Guidance Cell and Prof. M. Priyadarshini Director, Happy Thinking Laboratory was also there. Guests were welcomed by DR. Vaisahali. The theme of event was learner's autonomy and happiness. As happiness is described as wealth and learner's autonomy means how one can learn the things by itself and make himself knowledgeable and rich.

Laurie A. Baker-Malungu is key speaker. She told about importance of happiness and knowledge autonomy. She describes the various dimensions of career growth along with happiness. She tells about how we can achieve our goal and how to tackle with our mental troubles. This session enlightened us to become growth oriented with positive wellbeing.

There were more than 100 students were present there. Dr. Anupama, Dr. Nagma, Dr. David and others faculty members also present.

Vote of thanks was given by Dr. Anupama.





Date	Name, E-mail & Address / Dept.	Tel. No.	Comments
23/09/23	<u>A Talk on Learner's Autonomy and Happiness</u>		23/9/23
"	ANAB Kafeel, ODEAH CEHMA	9369286242	Feeling good.
23/09/23	Anjali Kavat, Charbagh	9559098462	Feeling good.
23/9/23	Sandhya, Charbagh	9450636565	Feeling energetic
23/9/23	Aman Shukla (munshi Pulia)	9305424398	Feeling good.
23/9/23	Mohd. Suhail, (Bareilly)	6394595304	Very Interesting, knowledgeable
23/9/23	Mohd. Uzair Khan, LKO	6390708527	EXUBERANT
23/9/23	Rishabh Gupta, LKO	9170635077	Feeling good
23/9/23	Akash Kumar, LKO	2076258474	Feeling good
23/09/23	Adarsh Srivastava (Lucknow)	7275850029	Feeling interesting, motivated
23/09/23	Prakhar Singh, LKO	6392445387	A session that caters to all, in an environment of self-induced learning.
23/09/2023	Kanumakar Pratap Singh (Lucknow)	8726768137	Unique experience of my life.
23/09/23	Neha Singh (LKO)	9695222793	Happy to be here.
23/09/23	MOHD ASIF (L.K.O)	9628552845	Feeling good.

Date	Name, E-mail & Address / Dept.	Tel. No.	Comments
23/09/23	Jeeni Gupta - jeenigupta60986@gmail	8887596570	It was a great experience to attend madams talk. I would like to
23/09/23	Kavir		appreciate the talk specially on the balancing of M/F energies and not
23/09/23	Kavirama Bhauti	8398950386	☹️
23/09/23	Swati Vaidya - swati.vaidya30933@gmail.com	9789630933	It was very interesting and valuable session. Thanks.
23/09/23	Aqsa Eram - aqsa.eram@gmail.com	7985521069	It was a thought-provoking session.

Date	Name, E.mail & Address	Tel. No.	Comments
29/09/23	Gaurav Yadav, Habibullah Hostel	9779546285	The vibes of the hall is itself very peaceful
23/09/23	Shradha Ojha, Kapoorthala	6307967097	Extremely relaxing and knowledgeable session
23/09/23	Bushra Fatme, LKO	9934842456	Made to dig deeper in the fact of stiffness
23/09/23	Fiza Parween, Lucknow	7068750676	Wonderfull and Good Session
23/09/23	Esha Singh, Lucknow	6393252596	Good Session!
23/09/23	Shriyanshi Mishra, Lucknow	8090242974	Interactive Session!
23/09/23	Palak Yadav, Lucknow	6308853770	Nice Session...
23/09/23	Nectika Shukla, Lucknow	6328430429	It's a Very Knowledgeable Session!
23/09/23	Shreya Vishwakarma, Lucknow	8887598214	This session brought a positive change in me towards learning.
23/09/23	Shikha Yadav, Lucknow	6393028664	A very humble and Interactive Session.
23/09/23	Garima Devi (Lakhimpur) Khari Filakhal	9454927825	This session create a positive mind
23/09/23	Shivi Kanaujya (Lucknow)	7052009807	It was an informative session great experience
23/09/23	Vivek Mishra (Lucknow)	9128937374	Full Good
23/09/23	Vipul Shukla (Sitapur)	7393807951	Excellent and a feeling of insightment
23/09/23	Jayant Patel (Lucknow)	9005134266	Nice Session and Learned many things.
23/09/23	Apurva Chauhan (Lucknow)	9179745444	It made me much more clear about life and learning
23/09/23	Naina Mishra (Lucknow)	6306898245	The session was truly informational & very interact
23/09/23	Ankita Upadhyaya (Lucknow)	7355707240	The session was very informative & helps to learn new things
23/09/23	Pritam Basak, Dalgamni	7001763916	So much scintillating
23/09/23	Ujjat Gupta	949196486	informative session