



# COUNSELLING & GUIDANCE CELL PROGRAM REPORT

*Submitted by-*

**DEPARTMENT OF ELECTRONICS & COMMUNICATION  
ENGINEERING**

*Along With*

**DEPARTMENT OF ELECTRICAL ENGINEERING  
FoET**

**UNIVERSITY OF LUCKNOW**

## **A TWO-DAY CONSELLING & GUIDANCE PROGRAM**

In Collaboration with Counselling & Guidance Cell

**Name of the host department:** Department of Electronics and Communication Engineering & Department of Electrical Engineering, Faculty of Engineering & Technology, University of Lucknow

### **Date of Counselling Program- WEBINAR**

12<sup>th</sup> July 2021 and 13<sup>th</sup> July 2021

Day 1: 12<sup>th</sup> July 2021

Topic: *Anxiety as an Urban Phenomenon Discussing Mental Health among Youth in Post-Covid times.*

Resource Person: Day 1- **Ms. Aditi Ghildyal**

Day 2: 13<sup>th</sup> July 2021

Topic: *Self-awareness and Personal Growth: Takeaways for Career Development*

Resource Person: Day 2- **Dr. Kranthi Priya Orungati**

**No of Participants:** 100+ (Zoom Platform & YouTube Live Session)

### **Main Points Covered:**

- Discussion over the topic, ‘Anxiety as an Urban Phenomenon Discussing Mental Health among Youth in Post-Covid times.’ Itself acknowledged Students about how to manage anxiety. Students got to know how to manage mental health and anxiety from now on, how to keep upto themselves.
- The topic for second day elaborated more over self knowledge and personality of how it is important to keep oneself updated with the day-to-day technology and how to approach things. While talking of personality, students got to know, how to keep one’s personality upto the job standards.

## Feedback of Students:

- Students found the webinars intriguing.
- Students found both the webinars informative and appealing.
- Students learned how to deal with stress and anxiety as well as they got to know about personal growth and self-awareness.

## Annexure Attached-

01: Event Schedule

02: Screenshots of the Online event

## Annexure 01:

The poster features the University of Lucknow logo and the Faculty of Engineering & Technology logo. The text is in Hindi and English. It announces an online webinar on two days: Day 1 on anxiety and mental health, and Day 2 on self-awareness and personal growth. The dates are July 12 and 13, 2021, at 12:00 pm. The online platform is Zoom, with a link provided. The organizing team includes Prof. Madhurima Pradhan, Dr. Shailendra Kr. Bhasker, Dr. Manoj Kr. Jain, Er. Wazid Ali, Dr. Siddharth Singh, and Student Coordinators Deep Shekhar Bahuguna, Abhishek Pankaj, Chiranjeev Srivastava, and Jijeevisha Giri.

 **लखनऊ विश्वविद्यालय**  
**University of Lucknow**

  
University of Lucknow

**Faculty of Engineering & Technology**  
Department of Electrical Engineering  
&  
Department of Electronics and Communication Engineering  
in collaboration with  
Counselling & Guidance Cell, University of Lucknow  
presents

an online webinar on  
Day 1 Topic-Anxiety as an Urban Phenomenon: Discussing Mental Health among Youth in the Post- Covid times.  
Day 2 Topic-Self-awareness and Personal Growth: Takeaways for Career Development

on  
July 12, 2021 &  
July 13, 2021  
Time - 12:00 pm

  
**Ms. Aditi Ghildyal**  
President  
Rama Prasad Ghildiyal  
‘Pahari’ Foundation,  
Dehradun, Uttarakhand

Online Platform- Zoom  
Link -  
<https://us02web.zoom.us/j/86717968937>

  
**Dr. O. Kranthi Priya**  
Assistant Professor of English  
Department of Humanities &  
Sciences,  
KL University  
Hyderabad

**ORGANIZING TEAM-**

**Prof. Madhurima Pradhan**  
Director,  
Counselling and Guidance Cell  
University of Lucknow

**Dr. Shailendra Kr. Bhasker**  
Incharge, Department of  
Electrical Engineering  
FoET, University of Lucknow

**Dr. Manoj Kr. Jain**  
Incharge, Department of Electronics  
and Communication Engineering  
FoET, University of Lucknow

**Er. Wazid Ali**  
Department of Electrical  
Engineering  
FoET, University of Lucknow

**Dr. Siddharth Singh**  
Department of Electronics and  
Communication Engineering  
FoET, University of Lucknow

**Student Coordinators-**  
Deep Shekhar Bahuguna (EE 3rd Yr)  
Abhishek Pankaj (EE 3rd Yr)  
Chiranjeev Srivastava (ECE 2nd Yr)  
Jijeevisha Giri (ECE 2nd Yr)

## Annexure 02:

