



**Department Of Urdu  
&**



**University of Lucknow**

**Counselling and Guidance Cell  
Organizes Webinar  
On:**

**Positive Mental Health**

**Time: Oct 9, 2021 12:10 PM**



**Speaker:**

**Ms. Seema Rahman**

Freelance psychological Counsellor

**Organizing Team:**

**Prof. Abbas Raza Nayyar**

Head, Department of Urdu  
University of Lucknow

**Prof. Madhurima Pradhan**

Director, counselling and Guidance cell  
University of Lucknow

**Dr. Fazil Ahsan Hashmir**

**Convener of Programme**  
Department of Urdu

**Dr. Jan Nisar Alam**

Department of Urdu

**Mr. Ali Zafar**  
(Sr. Research Scholar)

**Mr. Ghulaam Abbas**  
(Research Scholar)

**Department of Urdu University of Lucknow**

**Join Zoom Meeting**

**[https://us05web.zoom.us/j/81427434977?](https://us05web.zoom.us/j/81427434977?pwd=Yjc5Z01UekRiTjhDd005d2oyL1FiQT09)**

**pwd=Yjc5Z01UekRiTjhDd005d2oyL1FiQT09**

**Meeting ID: 814 2743 4977 Passcode: Urdu110**