

TOI PAGE 2

LU's guidance centre getting more distress calls than job queries

Mohita Tewari
@timesgroup.com

Lucknow: The second wave of the novel coronavirus has hit the Counselling and Guidance Cell of Lucknow University too as it is receiving more Covid-19 stress calls than career-related anxieties.

The cell, which is otherwise meant for helping students to cope with examination/academics related anxieties, to look after the mental health of the students, providing career guidance and preparation for competitive examinations, has received a number of Covid-19 related SOS calls.

A team of 18 LU counsellors spends their entire day consoling students who have lost their friends, relatives and parents to the second Covid wave.

"We have received a number of calls from students who complain of anxiety triggered due to Covid 19 pandemic. Also, an SOS call like a girl who lost both parents due to Covid calling for financial support to raise her brother," said director counselling and guidance cell Madhurima Pradhan.

She said earlier we use to get calls from students who were stressed about getting jobs or were confused about the academic choices they should make but this year the second wave has immensely taken the toll on the mental health of students who are stressed due to uncertainties caused by the pandemic.

Another counsellor from the cell, a faculty of business administration Ritu Narang said, "I got a call from a student who pleaded to help her friend who lost her mother to pandemic, and whose body was still in the house as her father was in a state of shock.

20 counsellors to help beat stress

A team of 20 counsellors of Lucknow University and its associated colleges will be taking calls from people to help them handle stress and anxiety. On six days a week, three or more counsellors will be available for help from 12 noon onwards. The daywise name list of the counsellors along with their contact numbers has been uploaded on the LU website. Team 20 includes renowned counsellors of the city like Prof PK Khatri, Prof Madhurima Pradhan, Manini Srivastava and others.

She herself was infected and no relative was coming for help."

Narang said worried about the uncertain times, students ask questions like when the pandemic will subside and life will be back to normal and when they will not wake up or sleep over the news of someone passing away due to Covid 19.

She said students complained about feelings of fear, anger, sadness, worry, numbness, or frustration.

"We have asked students to engage themselves, they can call us and talk whenever they feel low. I have also sorted out some motivational videos for students who feel low and have asked them to involve themselves in things they enjoy and to stay connected with people in online mode and speak their heart out," she added.

A team of 20 counsellors of Lucknow University and its associated colleges will be taking calls from people to help them handle stress and anxiety.

AMAR UJALA MY CITY PAGE 5

जैव विविधता के प्रति किया जागरूक

लखनऊ। अंतरराष्ट्रीय जैव विविधता दिवस पर यूपी राज्य जैव विविधता बोर्ड के सहयोग से लखनऊ विश्वविद्यालय के इंस्टीट्यूट ऑफ वाइल्डलाइफ स्टडीज की ओर से दो दिवसीय ई-संगोष्ठी का आयोजन किया गया। हम समाधान का हिस्सा हैं विषयक वेबिनार में मुख्य अतिथि डॉ. मनोज पारतेरिया, डीएसटी ने लोगों को इसके फायदे से अवगत कराया। विशिष्ट अतिथि लविवि की डीन रिसर्च प्रो. मोनिषा बनर्जी व यूपीएसबीबी के आशुबोध पंत ने जैव विविधता के लाभ से अवगत कराया। वेबिनार में इंडोनेशिया और पाकिस्तान के वक्ताओं ने भी संरक्षण की बात की। कार्यक्रम में पीपल बायो डायवर्सिटी रजिस्टर मॉड्यूल नामक सार पुस्तक का विमोचन किया गया।

LU talent beams on YouTube, big hit with netizens

TIMES NEWS NETWORK

Lucknow: A YouTube channel which showcases the talent of Lucknow University is gradually gaining popularity.

The channel, titled 'LU wala talent', has videos of dance, vocal and instrumental music, poetry, knowledge sharing on latest technology by students of the university and its associated colleges. The channel crossed 1,000 subscribers on Sunday.

The success of the channel was shared by various students on social media platforms who said it had given them the opportunity to come out with their creativity at the time of Covid 19 pandemic.

The channel was launched last year by a BSc student, Ankit Patel, after the university

was closed following the rise in Covid-19 cases.

"I started this channel in April last year so that all students stay connected during lockdown and get an online stage to perform. Around 50 videos have been uploaded so far and each video has good number of views and appreciation from students," said Ankit.

"We have also created a WhatsApp group on which students drop their videos which are then upload on the channel. The group also has 20 LU faculty members from different departments who guide us on how to make videos better and also suggest how the channel can be made more interactive. The group has a total of 550 members," he added.

HINDUSTAN PAGE 6

जैव विविधता संरक्षण पर किया मंथन

लखनऊ। जैव विविधता अन्तरराष्ट्रीय दिवस अवसर पर यूपी राज्य जैव विविधता बोर्ड के सहयोग से लखनऊ विश्वविद्यालय के एनविस-आरपी, आईडब्ल्यूएस (इंस्टीट्यूट ऑफ वाइल्डलाइफ स्टडीज), लखनऊ विश्वविद्यालय में दो दिवसीय ई-संगोष्ठी का आयोजन किया गया।

संगोष्ठी में वैज्ञानिक डॉ. मनोज पारतेरिया और विशेष अतिथि के रूप में डीन रिसर्च, एल्यू की प्रो. मोनिषा बनर्जी उपस्थित रहीं। यूपीएसबीबी के आशुबोध पंत ने जैव विविधता के एक्सेस बेनिफिट शेयरिंग पर वक्तव्य दिया। इंडोनेशिया और पाकिस्तान के दो मेहमानों ने जैव विविधता संरक्षण पर बात भी की।