

ORIENTATION SESSION: “UNDERSTANDING THE PH.D. JOURNEY”

On 14 November 2025, the Counselling and Guidance Cell (CGC) and Happy Thinking Laboratory (HTL), in collaboration with the Department of Management, Faculty of Management Studies, University of Lucknow, organized an Orientation and Counselling Session titled “Understanding the Ph.D. Journey”. The event was held at the Happy Thinking Lab, 3rd Floor, ONGC Building, University of Lucknow.

The program was held under the patronage of the Hon’ble Vice Chancellor, Prof. Manuka Khanna, whose guidance continues to inspire academic excellence within the University. The session aimed to offer valuable insights to research scholars about the academic, emotional, and professional dimensions of pursuing a Ph.D. It further sought to strengthen participants’ motivation, communication abilities, and interpersonal skills essential for successful doctoral progress.

The poster features logos for the University of Lucknow (CGC), the University of Lucknow (University of Lucknow), and the Happy Thinking Laboratory (HTL). The text is in Hindi and English, detailing the event's purpose and organizers. It includes portraits of Prof. Manuka Khanna (Hon'ble Vice Chancellor), Prof. Vaishali Saxena (Director, CGC), Prof. Maitreyee Priyadarshini (Director, HTL), Prof. Sangeeta Sahu (Dean & Head, FMS-LU), and Dr. Anu Kohli (Co-ordinator). The date and time are 14th November 2025, 12:00 Noon Onwards. The venue is the Happy Thinking Lab, 3rd floor, ONGC Building, University of Lucknow.

नखनक विश्वविद्यालय
**Counselling and Guidance Cell,
Happy Thinking Laboratory**
in collaboration with
**Department of Management
Faculty of Management Studies**
Invites
**Research Scholars for
Orientation & Counselling Session on
'Understanding the Ph.D. Journey'**
Under Patronage

**Prof. Manuka Khanna
Hon'ble Vice Chancellor**

**Prof. Vaishali Saxena
Director, CGC**

**Prof. Maitreyee Priyadarshini
Director, HTL**

**Prof. Sangeeta Sahu
Dean & Head, FMS-LU**

**Dr. Anu Kohli
Co-ordinator**
Date & Time
**14th November 2025
12:00 Noon Onwards**
Venue
**Happy Thinking Lab,
3rd floor, ONGC Building
University of Lucknow**

The event commenced with the lighting of the lamp, symbolizing the start of the session and the illumination of knowledge and learning for all participants. The session was attended by research scholars from various disciplines.



Participants expressed that the programme offered clarity, reassurance, and practical strategies that would support them throughout their research journey. The interactive format helped build a sense of community and confidence among attendees.



The event was expertly led and coordinated by Prof. Vaishali Saxena (Director, CGC), Prof. Maitreyee Priyadarshini (Director, HTL), Prof. Sangeeta Sahu (Dean & Head, FMS-LU), and Dr. Anu Kohli (Co-ordinator). Their combined guidance and efforts contributed to a meaningful, insightful, and engaging experience for all participants. All participants freely and informally shared their thoughts and experiences about their Ph.D. journey, creating an open and supportive environment that encouraged honest reflection, meaningful discussion, and mutual learning among research scholars.



During the session, speakers addressed several important aspects of the Ph.D. journey. They discussed the academic expectations associated with doctoral research and highlighted effective ways to manage stress, maintain motivation, and cultivate self-regulation throughout the process. The session also emphasized the development of strong communication and interpersonal skills, along with fostering a constructive and growth-oriented mindset essential for long-term academic success. Additionally, participants received practical tips for overcoming research challenges and sustaining consistency in their scholarly pursuits.



The event successfully achieved its goal of guiding research scholars through the complexities of the Ph.D. process while equipping them with emotional and academic preparedness. The collaboration between CGC, HTL, and FMS reflected the University of Lucknow's dedication to fostering a supportive and holistic academic environment.

Dr. Vaishali Saxena delivered the Vote of Thanks, expressing her gratitude to all dignitaries, organizers, and participants for their support and active involvement in making the session a success.



The session is expected to inspire sustained motivation among research scholars, enhance their communication and interpersonal skills, and equip them with practical strategies to navigate research challenges. It will also foster a supportive academic community that encourages collaboration, clarity, and consistent progress throughout their Ph.D. journey.

