

## Inauguration -26 October, 2020

The Counselling and Guidance cell was inaugurated on 26 October, 2020 by the Honorable Vice-Chancellor, University of Lucknow, Prof. Alok Kumar Rai, Mr. Alok Ranjan, Former Chief Secretary, UP and Dr. Archana Shukla, Director, IIM, Lucknow. On this occasion Department of Psychology organized a webinar with the theme of **“Mental Health Care and Support: Perspective of NEP 2020”**. This programme was organized under the supervision of Director, CGC Prof. Madhurima Pradhan, and Deputy Directors, Dr. Vaishali Gupta and Dr. Lalit Kumar Singh. The opening remarks of the event were given by Prof. Madhurima Pradhan, Director, CGC in which she highlighted the mission and vision of the Counselling and Guidance Cell and welcomed the speakers to share their thoughts on the need of counselling and guidance to the students.

The event started with the lightening of lamp and welcome address by Prof. Madhurima Pradhan while virtual inauguration was conducted by Prof. Alok Kumar Rai, Vice chancellor University of Lucknow, Prof. Archana Shukla, Director IIM and Prof. Alok Ranjan. The inaugural address was given by Prof. Alok Kumar Rai. He focussed on the concept that students who come to University are in an age where students need both the career and psychological support. He said “We need to be proactive rather than reactive”. Being a vice chancellor of the University, he wants to cater the needs of students who are unable to share their problems and thus, go into depression and stress. He wanted to solve the queries of the different educational needs that different departments have. Thus, this cell is established specifically for students of UG and PG.

Then Prof. Alok Ranjan, Former Chief Secretary, UP, moderator of the session, gave the opening remarks where he focussed that young boy and girl is subjected to academic pressure. As students are getting 100% marks so the other students who secured 97% or 93% marks see themselves as failures. Both the parents and children go into depression or face stress that their children will not be able to achieve more in their lives and are worried about their careers. He emphasized that “Grades are not everything, you have other things in life in which you can excel”. Low grades does not mean that you will fall behind in life. However, people are not ready to accept their low grades and move towards drug addiction which shows their poor mental health. Prof. Ranjan told students that there are thousands of careers in which they can excel besides, Commerce, Science and Arts. He said that the focus needs to be on building all the intelligence viz. spiritual, emotional of the students and should not focus on just study materials which are taught in the class. He wants that structure of colleges and universities need to emphasize on building the overall aspects of individuals life.

After Prof. Ranjan’s session Prof. Archana Shukla, Director IIM, who was the keynote speaker of the program was invited to speak. She started her session with the focus on the parent child relationship. She emphasized that children need not be pressurized on what careers they want to choose. They need to be given enough freedom where they can explore all options they can go

through. Let us as teachers and parents become a facilitator for the students and do not impose things on them of our choice. She pointed out that everyone wants the students to grow in their life and most of the time the teacher is given the responsibility to do so. However, the teachers themselves are so overburdened and are unable to give complete attention to the students. Thus, our focus needs to be on the teachers also as the happy teachers who has resolved their dilemmas can do better for children and help them in their well-being. So our focus should be also on the teachers physical and mental health.

Prof. Shukla quoted that the teacher is the basic unit of change and we need to strengthen the morale of the teachers. They need to learn and unlearn certain concepts in this digitalized age. The goal of teaching is to create a human being who is well adjusted. Students and teachers should be told that it is normal to go into depression and stress but you need to know the steps in how to come out of these problems. She said that IIT Kanpur has also a cell of counselling and it is more digital so the students can get help any time. She requested the counsellors to come forward and give awareness to the students at this point of time which is difficult for them as competition is increasing day-by-day. She believed that despite of awareness about these issues still there is stigma in our society about the psychological problems and therefore, people do not mention that they are taking counselling sessions. Lastly, she concluded by saying that we need to focus on the various Koshas of our life given in our ancient Hindu literatures viz. annayama kosha, pranamaya kosha, manomaya kosha, **vijnanamaya Kosha and anadamaya kosha.**

The inauguration ceremony was live streamed on Youtube . It can be accessed by clicking the following link: <https://youtu.be/hAuqQmumBDw>



# Inauguration of Counselling and Guidance Cell (CGC)

**Psychology Department  
University of Lucknow**

presents a webinar on

## Theme: Mental Health Care and Support: Perspective of NEP 2020

**26, October 2020  
Time: 11:30 AM**



**Prof. Alok Kumar Rai**  
Vice Chancellor  
University of Lucknow  
Patron



**Dr Archana Shukla**  
Director, IIM  
Lucknow  
Key note Speaker



**Dr. Alok Ranjan**  
Former Chief Secretary  
UP  
Session Chair

### Organisers:

- Prof. Madhurima Pradhan,  
Director, Counselling and Guidance Cell  
Head, Department of Psychology, University of  
Lucknow
- Dr. Vaishali Gupta,  
Department of Public Administration, University of  
Lucknow  
Deputy Director (Career Guidance and Skill building)
- Dr. Lalit Kumar Singh, Clinical Psychologist  
Department of Psychology, University of Lucknow  
Deputy Director (Psychotherapy and Counselling)

### Join us at:



Meeting ID: 875 6631 2339  
Passcode: CGC@123

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through YouTube](#)

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us through ZOOM](#)



<https://youtu.be/uE6S5XmpyXg>

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# SCHEDULE

Time	Speaker	Topics
11:30 AM to 11:40 AM	Prof. Madhurima Pradhan Director Counselling and Guidance cell University of Lucknow	Welcome Brief about CGC Introduction of Speakers Request for Inaugural
11:40 AM-11:50 AM	Prof. Alok Kumar Rai Hon'ble Vice Chancellor University of Lucknow	Blessings
11:50 AM-12:00 Noon	Mr. Alok Ranjan Former Chief Secretary, UP	Opening remarks
12 Noon-12:20 PM	Dr. Archana Shukla Director IIM, Lucknow	Key note address
12:20 PM- 12:30 PM		Question & Answer Session
12:30 PM		Vote of Thanks