



**REPORT ON**

**Lucknow University Consultancy  
Clinic PARAMARSH**

**INTERACTION WITH**

**DEPARTMENT OF PSYCHOLOGY**

DATE: 10<sup>th</sup> June 2021 Time: 5:30 PM

Platform: ZOOM

ID: 833 5436009

Password: health

LUCC PARAMARSH team under the dynamic leadership of Dr. Ritu Narang held a virtual meeting with the teachers of Department of Psychology. This meet was held to know about the potential areas of consultancy in the area of Psychology. The meeting was held on ZOOM platform (zoom id - 89751566865) at 5:30 pm on 10/06/2021.

Dr. Ritu Narang, Director apprised the faculty members about the Consultancy Policy 2020 and the role of LUCC PARAMARSH. In this session, she explained the vision and *modus operandi* of PARAMARSH with the help of power point presentation. She was joined by other LUCC team members namely, Dr. M.K. Jain (Additional Director), Dr. Anupma Singh, Dr. Ranvijay Pratap Singh, and Ms. Sidra, a student representative.

Director LUCC informed the house about the potential benefits of consultancy work and role that can be played by the Faculty of Arts. She discussed that consultancy can sharpen the skill set of faculty members exponentially apart from fetching additional revenues for the University and Faculty. She further shared that consultancy work can help immensely in building University brand and bring laurels to University for its collaborative associations with potential clients where University and its client both will be in a win-win situation and mutually gain from each other. Issue of establishment of MOU with different HR companies, Institutes, Hospitals was also discussed and strongly promoted.

After this brief presentation, faculty members shared their views on to promote the consultancy and ways to practice it out of the University. Ideas, views and opinions for bringing in consultancy projects were well addressed and appreciated. Prof. Madhurima Pradhan, Dr. Archana Shukla, Dr. Manini Srivastava, Dr. Lalit Kumar Singh, Dr. Megha Singh apprised the LUCC team about the kind of consultancy work especially in the area of HR areas, Schools, Multinational companies (MNC), NGO's, Colleges, Hospitals that can be done by the experts faculties of the Department of Psychology.

Everyone agreed on the fact that faculty has huge potential to provide consultancy in different areas of Psychology. Promotion of consultancy becomes more important considering current scenario where entire community is going through radical changes including psychological one.

Professor Madhurima Pradhan discussed her main area of working as Positive Psychology, Happiness. Happy Thinking Laboratory would like to provide services for building Psychological capital of people to promote workplace flourishing and sustainable happiness. Indigenous insights engrained in Vedas, Upanishads and Gita promoting inward focus and self transformation through experiential exercises would be the focus of lectures, workshops and trainings. Tentative topics can be Maintaining work life balance, Developing emotional intelligence, team building, conflict resolution, Leadership skills, Mindfulness training and enhancing self awareness, Stress and burnout management.

Dr. Archana Shukla informed the meeting about her potential area like parenting, communication skills, stress Management, Teachers training, Gender sensitization, Mental health among rural and urban women across life span. Working with the pregnant women for holistic development including psycho-social-spiritual would also be her core area.

Dr. Manini Srivastava shared her areas to work like life skills, team building, communication skills, parenting, testing, stress management, emotional intelligence, Attitude change, and other areas related to mental health.

Dr. Lalit Kumar Singh discussed to develop Paid consultancy in HR area, Different companies looking mental health support system and professional for their employee's mental health issues.

He said working with the young generation can be picked up as it is a vital area and offers great future prospect both opportunity wise and financially. Schools are looking for competent mental health professional to care of their students who are going through great psychological crisis. He proposed to develop effective promotional materials to give demonstration to the receiver of the services like Hospitals, Management Institutes etc. He gave proposal for Pre-marital counseling to prepare youth for upcoming psychological, social, familial and professional life which would be really challenging. This was much appreciated by all the present members.

Dr. Megha Singh shared her areas of interest which she would be using in consultancy as stress management, self awareness, and attitude; team building, leadership, communication skills. She emphasized over the potential need of organizing workshops on above topics.

### **Core Areas of Consultancy Identified during Interaction**

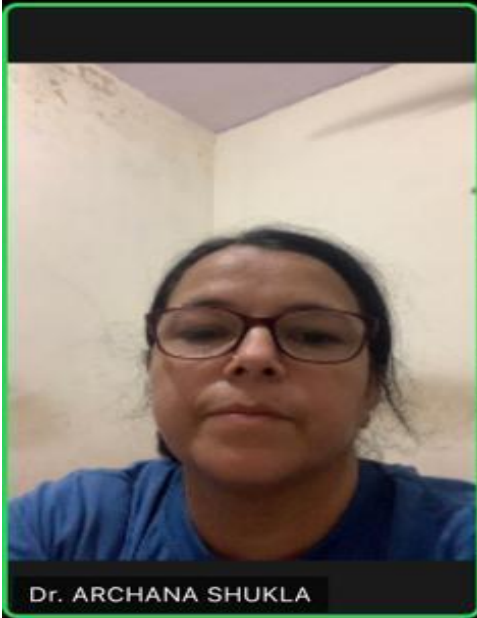
<b>Stream</b>	<b>Nature of Work</b>
<ul style="list-style-type: none"> <li>• Stress Management,</li> <li>• Teachers training,</li> <li>• Gender sensitization,</li> <li>• Mental health among rural and urban women across life span</li> </ul>	<ul style="list-style-type: none"> <li>• To train students and teacher of colleges and students &amp; provide Remedies Consultation for Stress Management</li> <li>• Training of all sections of the society for Gender sensitization</li> <li>• Teaching and training of females of rural and urban areas</li> <li>• Training of SHGs, NGOs, Gram Pradhans and Officers on Rural Governance regarding Gender Awareness</li> </ul>
<ul style="list-style-type: none"> <li>• Life skills,</li> <li>• Team building,</li> <li>• communication skills,</li> <li>• Parenting, testing,</li> <li>• Emotional intelligence,</li> <li>• Attitude change and other areas related to mental health.</li> </ul>	<ul style="list-style-type: none"> <li>• Life skills training with young and adolescents</li> <li>• Team building and communication skill training in HR area</li> <li>• Teaching and training of parents of school going children</li> <li>• Conducting workshops to teaching and train HR employees about Emotional intelligence</li> </ul>
<ul style="list-style-type: none"> <li>• Self awareness,</li> <li>• Attitude Building</li> <li>• Leadership,</li> <li>• Communication skills</li> </ul>	<ul style="list-style-type: none"> <li>• Self awareness for school going children, teachers</li> <li>• Training and skill building in the direction of leadership and communication abilities</li> <li>• Training of NGOs working for Mental Health</li> <li>• Working with children in Difficult Situations</li> </ul>
<ul style="list-style-type: none"> <li>• Maintaining work life balance,</li> <li>• Developing emotional intelligence,</li> <li>• team building,</li> <li>• conflict resolution,</li> <li>• Leadership skills,</li> <li>• Mindfulness training and enhancing self awareness,</li> <li>• Stress and burnout management</li> </ul>	<ul style="list-style-type: none"> <li>• Working with Government Employee including Bank, Hospitals, Police Personal</li> <li>• Working with Students, Army Personal</li> <li>• Working with Management institutes, Youth undergoing training in Government Setups</li> <li>• Working with young Professional and conflict resolution</li> <li>• Working in the area of Personal Development</li> </ul>

## Areas of Expertise of Psychological Consultants

Faculty Members	Nature of Consultancy/Domain Expertise
Prof. Madhurima Pradhan	Maintaining work life balance, Developing emotional intelligence, team building, conflict resolution,
Dr. Archana Shukla	Gender Sensitization, LGBT Group Woman Empowerment
Dr. Manini Srivastava	Emotional Wisdom Developing emotional intelligence, team building,
Dr. Lalit Kumar Singh	Clinical Psychology, Dream Interpretation,
Dr. Megha Singh	Conflict resolution, Leadership skills,, Mental health, Stress Management







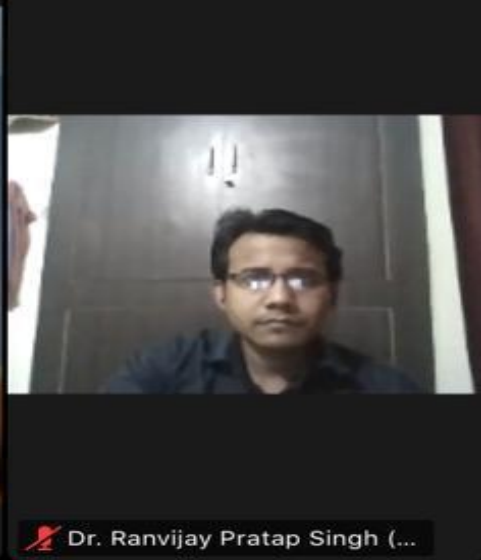
Dr. ARCHANA SHUKLA



Megha Singh



Dr. M. K. Jain Lucknow



Dr. Ranvijay Pratap Singh (...)

