

REPORT OF PROGRAMS
COUNSELLING & GUIDANCE CELL
UNIVERSITY OF LUCKNOW
2024-2025

S. No.	Date/Time	Name of Event	Venue / ON / Offline / Department	Resource Person/ Coordinator	View / Download
1.	12 -18 August 2024	Anti-Ragging Week (Group Discussion, Essay Competition, Poster Making and Slogan Writing, Creative Writing, Documentary Screening)	Department of Public Administration Offline	Dr. Vaishali Saxena Prof.Nand Lal Bharti Prof. O.P. Shukla	View / Download View / Download View / Download View / Download View / Download
2.	11 September 2024	Vivekanand Chikago Speech	Happy Thinking Laboratory Offline	Dr.Shraddha Chandra Dr.Vaishali Saxena Prof.M. Priyadarshini	View / Download
3.	12 September 2024	(Convocation Week Celebration) Monoact Competition Singing Competition	Saminar Hall, Department of English and Modern European Languages Offline	Dr.Vaishali Saxena Prof.M. Priyadarshini	View / Download
4.	25 September 2024	Workshop on Well- being and Stress Management	Department of Applied Economics Offline	Dr. Shivani Mishra Dr.Vaishali Saxena Prof.M. Priyadarshini Prof.Archana Singh Dr. Aastha Pathak	View / Download

5.	26 September 2024	Cyber security for web applications : Defecting against web treats	Happy Thinking Laboratory Offline	Dr.Vaishali Saxena Prof.M. Priyadarshini	View / Download
6.	30 September 2024	Positivity and Success	Subhash Hall Offline	Dr. Shivani Mishra Dr.Vaishali Saxena Prof.M. Priyadarshini Prof.V.K Sharma Prof.Anoop Kumar Singh Dr. S.P. Kannoja Dr. Anand Kumar Pandey	View / Download
7.	07 October 2024 12:00 noon	Study Smart and Scientifically	Smart Room, Dept. of Western History Offline	Ms.Abha Joshi Dr.Vaishali Saxena Prof.M.Priyadarshini Prof.Amita Sonker	View / Download
8.	09 October 9:30 AM	A Step towards mental fitness	Happy Thinking Laboratory Offline	Dr. Anamika Mishra, GM, National Health Mission Prof. Arvind Mohan, Dean of the Faculty of Arts	View / Download
9.	18 October 1:30 PM	A Workshop on Yog Chintan	Oriental Studies in Sanskrit Offline	Prof.Umakant Yadav Dr.Vaishali Saxena Prof.M.Priyadarshini Dr.Perna Mathur	View / Download
10.	21 October 12:30 PM- 3:00 PM	Building Competitive Competencies	Department of Geography Offline	Prof.Arvind Mohan Prof.Durgesh Srivastava Prof.M. Priyadarshini Dr.Vaishali Saxena	View / Download

11.	23 October 2:00PM - 3:00 PM	Rivers And Human Civilization	Counseling & Guidance Cell Class Room Offline	Prof.M. Priyadarshini Dr.Vaishali Saxena	View / Download
12.	25October 2:00PM- 3:00 PM	Technique of Mindfulness	Smart Lab, Department of English and M.E.L Offline	Vasundhara Sharad Shukla Prof.M. Priyadarshini	View / Download
				Dr.Vaishali Saxena	
13.	09 November 2:00PM- 3:00 PM	Career Opportunities Development Sector	HRM Hall,Department of Social Work Offline	Dr. Saurabh Chauhan Prof. Rakesh Dwivedi Prof.M. Priyadarshini Dr. Vaishali Saxena	View / Download
14.	14 November 12:30PM —3:00PM	Key Requisite to prepare for Competition	Happy Thinking Laboratory Offline	Dr.Antara Benerjee Prof.M. Priyadarshini Dr. Vaishali Saxena	View / Download
15.	26-27 November 12:30PM- 3:00PM	Meditation and Wellness	Happy Thinking Laboratory Offline	Prof.M. Priyadarshini Dr. Vaishali Saxena Dr. Shiwani Mishra	View / Download
16.	28 November , 2024 12:30PM - 3:00PM	Professional C V Writing	Thinking Laboratory Happy Offline	Prof.M. Priyadarshini Dr. Vaishali Saxena Ms. Abha Joshi	View / Download

17.	14 December, 2024 12:00PM- 3:00 PM	Sampurna Vyaktitva Vikas Main Panchkoshiy a Shidhanth ki Bhumika	A.K.Saran Conference Hall, Department of Sociology Offline	Prof. Jayashankar Pandey Dr. D.R.Sahu Prof. M. Priyadarshin i Dr. Vaishali Saxena	View / Download
18.	18 December 2024 3:00-PM - 5:00 PM	Her Space Her Voice: Conversation and Counsel	Kailash Girls Hall Offline	Prof. Babita Jaishwal Dr. Shiwani Mishra Prof. M. Priyadarshini Dr. Vaishali Saxena	View / Download
19.	18 December 19, 2024 2:00 PM	The art of Being Well	Birbal Sahni Hall Online	Dr. Manisha Shukla Dr. Tanuka Chatterjee Prof. M. Priyadarshini Dr. Vaishali Saxena	View / Download
20.	21 December 2024 12:00PM- 3:00 PM	Role of Atal Bihari Vajpayee as a Leader of Opposition in Indian Politics	Prof.V.K.N.Menon Auditorium (D.P.A HALL) Offline	Prof. Narendra Kumar from Centre of Political Studies, School of Social Sciences, JNU Prof. Nand Lal BhartiAtal Sushasan Peeth Dr. Vaishali Saxena	View / Download
21.	11 January 2025 12:00-3:00 PM	Quiz Competition on Birth Anniversary of Swami Vivekanand Ji	Thinking Laboratory Happy Offline	Prof.M. Priyadarshini Dr. Vaishali Saxena Dr. Anu Kohli	View / Download

22.	23 January 2025 01:30-3:00 PM	Kumbh and Prakriti	Thinking Laboratory Happy Offline	Shri Gopal Upadhyay, Rashtriya Sah Sangathan Mantri and Shri Krishna Chaudhary, Rashtriya Sampark Pramukh, Lok Bharti Prof.M. Priyadarshini Dr. Vaishali Saxena Dr. Anu Kohli	View / Download
23.	3 rd -4 th February 12:30 onwards	Mastering Soft Skills	Happy Thinking Laboratory Offline	Miss. Jyotsana Walia Dr.Vaishali Saxena Prof.M.Priyadarshini	View / Download
24.	17 th February 3:00 PM- 5:00PM	Meditation And Mental Health	Hindi and Modern Indian Languages Department Offline	Dr.Shiwani Mishra Dr.Vaishali Saxena Prof.M.Priyadarshini Prof. Pawan Agarwal	View / Download
25.	07 th March 2:00PM- 5:00PM	Spirituality, Science and Youth Power	A.P Sen Hall Offline	Prof. Pawan Shinha Dr. Vaishali Saxena Prof. M.Priyadarshini	View / Download
26.	28March 10:30AM - 2:00 PM	A Session with “Divyang”	Happy Thinking Laboratory Offline	Mr.Geetanjali Nair Mr. Dharmesh Dr.Vaishali Saxena Prof.M.Priyadarshini	View / Download
27.	26 March 2:00PM- 5:00PM	Aao Milkar Bethe	Happy Thinking Laboratory Offline	Dr.Vaishali Saxena Prof.M.Priyadarshini	View / Download
28.	7 th April 10:00 AM- 5:00 PM	World Health Day	Happy Thinking Laboratory Offline	Dr.Vaishali Saxena Prof.M.Priyadarshini Prof. Shalie Malik	View / Download
29.	2 nd May 11:00 AM- 2:00 PM	Overcoming Examination Phobia	Happy Thinking Laboratory Offline	Dr.Vaishali Saxena Prof.M.Priyadarshini Prof. Divya Pandey Dr. Richa Chand	View / Download