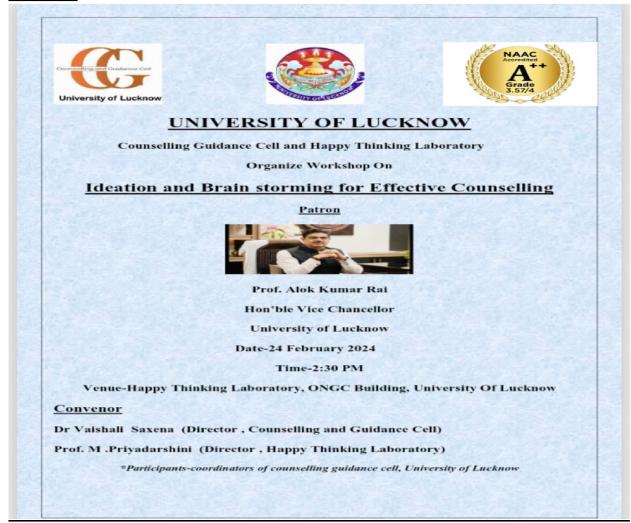
<u>Ideation and Brainstorming for Effective Counselling: A Workshop by Lucknow University</u>



The Counselling and Guidance Cell and Happy Thinking Laboratory of Lucknow University are pleased to announce a workshop titled "Ideation and Brainstorming for Effective Counselling." This workshop, held under the esteemed patronage of Professor Alok Kumar Rai, Honorable Vice-Chancellor of Lucknow University, aims to equip counselling professionals with innovative approaches to enhance their counselling practices.

Workshop Details:

Date: Friday, February 24, 2024

Time: 2:30 PM

Venue: Happy Thinking Laboratory, ONGC Building, University of Lucknow

Convener: Professor M. Priyadarshini, Director, Happy Thinking Laboratory, and Dr. Vaishali

Saxena, Director, Counselling and Guidance Cell

Target Audience: Coordinators of Counselling and Guidance Services, Lucknow University

Workshop Objectives:

- Develop creative problem-solving skills in a counselling context.
- Explore effective brainstorming techniques for generating new ideas and solutions.
- Foster collaboration and knowledge sharing among counselling professionals.
- Enhance the effectiveness of counselling interventions for student well-being.

Benefits for Participants:

- Improved Skills: Participants will gain practical skills in ideation and brainstorming, allowing them to approach counselling challenges with fresh perspectives.
- Enhanced Creativity: The workshop will encourage participants to think outside the box and develop innovative solutions for complex student concerns.
- Collaborative Learning: The interactive format will foster knowledge sharing and collaboration among counselling professionals, leading to a more unified approach to student support.
- Increased Effectiveness: By adopting creative problem-solving techniques, participants can potentially improve the effectiveness of their counselling interventions and better serve students.

Workshop Structure:

The workshop follows a dynamic structure that incorporates interactive elements to maximize participant engagement. Here's a possible outline of the programme

- Welcome and Introduction: Professor Priyadarshini and Dr. Saxena will welcome participants and introduce the workshop's objectives and format.
- Understanding Ideation and Brainstorming: An introductory session defined ideation and brainstorming techniques, highlighting their importance in effective counselling.

- Interactive Activities: Participants engaged in facilitated activities designed to practice brainstorming techniques and apply them to real-world counselling scenarios.
- Group Discussions: Breakout sessions or facilitated discussions allowed participants to share their experiences, challenges, and successful strategies in utilizing creative approaches to counselling.
- Wrap-up and Action Planning: The workshop concluded with a summary of key takeaways and a session dedicated to developing action plans for implementing learned techniques in participants' counselling practices

Importance of this Workshop:

Student well-being is a complex and ever-evolving concern in educational institutions. Counsellors play a vital role in supporting students' academic, personal, and social development. This workshop equips them with the tools and strategies to approach these challenges with greater creativity and effectiveness.

Patronship by Professor Alok Kumar Rai

The workshop's significance is amplified by the patronage of Professor Alok Kumar Rai, the Honorable Vice-Chancellor of Lucknow University. His support underscores the university's commitment to providing comprehensive student support services and fostering a culture of innovation within the Counselling and Guidance Cell and Happy Thinking Laboratory.

Expected Outcome:

This workshop is expected to equip counselling professionals with valuable skills and strategies to enhance their practices, ultimately leading to improved student support services at Lucknow University.





Worksh	op on Ideation an	nd Brain storming for Effective Counselling
		Attendance Sheet
		(24.02.2024)
Name	Department	Feedback .
Anchal Srivaslav	2 Physics	Small meetings are very useful.
Kaw kant lander	fine Arts	Small meetings are very useful. Very useful for Students
America Sriveslas		
Any Kolie	Business Ada	un very informative borain stormin
Megha Single	Rychology	Supertant in terms of any roung our
Ablishek kr Taiswa		after talk is practical in approach
Vipin Landey	langlish	make the learners interact through
. 0	0	pair work group activities
		innovative practices, induct/
		orient them more into sports &
Ansh Sharma	English	The students need to be lent a sy
	0	ear to make them feel heavel
Janua Chatter	ie Endish 2 ME	The counselles aled to be prom
	7	a confidential atmosphere of fre
		work social groupings as per
		where they can share more of wols. Social groupings as per proclinities need to be created they can contide their problem think of getting more co-curricular
		think of getting more co-curren
Aparna Civelboli	Absent	
Anupama	Online Su	ssion
Anupam	Online S	ession