

INVITED SPEAKER

DR. SHAILESH KUMAR SRIVASTAVA
Associate Professor,
Department of Zoology,
Tripura University (A central University), Agartala Tripura

DR ANAND KUMAR RAI
Associate Professor
Department of Computer Science
Lucknow Public College of Professional Studies

MR. CHETAN KHANNA
Assistant Professor
Department of Commerce
Lucknow Public College of Professional Studies

ADITYA VIKRAM SINGH
Head of Placement & Training
Lucknow Public College of Professional Studies

DR. IMRANUR RAHMAN
Assistant Professor
Department of Management
Lucknow Public College of Professional Studies

SALONI AGRAWAL
Assistant Professor
Department of Management
Lucknow Public College of Professional Studies

PROGRAMME SCHEDULE

Day 1, 17 MARCH 2025	
09:00 AM- 11:00 AM	Inaugural Session
10:30 AM- 1:00 PM	Dr. Shailesh Kumar Srivastava
2:00 PM – 4:00 PM	Dr. Anand Kumar Rai
Day 2, 18 MARCH 2025	
09:00 AM- 11:00 AM	Dr. Shailesh Kumar
2:00 PM – 4:00 PM	Chetan Khanna
Day 3, 19 MARCH 2025	
09:00 AM- 11:00 AM	Dr. Shailesh Kumar Srivastava
2:00 PM – 4:00 PM	Aditya Vikram Singh
Day 4, 20 MARCH 2025	
09:00 AM- 11:00 AM	Dr. Shailesh Kumar Srivastava
2:00 PM – 4:00 PM	Dr. Imranur Rahman
Day 5, 21 MARCH 2025	
09:00 AM- 11:00 AM	Dr. Shailesh Kumar Srivastava
2:00 PM – 4:00 PM	Saloni Agrawal
3:30 PM – 4:00 PM	Valedictory Session

MANAGING BOARD

Chief Patron
Dr. S.P. Singh
Chairman,
Lucknow Public College of Professional Studies,
Lucknow

Patron
Ms. Garima Singh
Director, LPCPS

Co-patron
Prof. Anil Singh
Principal, LPCPS

Convener
Prof. (Dr.) Laxmi Shankar Awasthi
Dean Academics, LPCPS

Co-Convener
Dr. Anand Kumar Rai
Associate Professor and HOD
(Department of Computer Science)

Organizing Secretary
Dr. Karuna Shankar Awasthi
(Department of Computer Science)
Dr. AbhayShanker Pandey
(Department of Science)
Ms. Saloni Agrawal
(Department of Management)

Joint Secretary
Ms. RashmiSachan
(Department of Commerce)

Organizing Committee
Ms. Priyanka Singh
(Department of Arts)

Ms. Sweety Jain
(Department of Commerce)
Mr. Rahul Singh
(Department of Commerce)

Mr. AkhileshwaroNath
(Department of Management)
Dr. Taru Gupta

(Department of Commerce)
Mr. Mohit Kumar Maurya
(Department of Commerce)



LPCPS
LUCKNOW PUBLIC COLLEGE
OF PROFESSIONAL STUDIES



FIVE DAYS WORKSHOP

ON

"The Science of Happiness: Nurturing Your Mental Health"

Organized by

Internal Quality Assurance Cell (IQAC)

**LUCKNOW PUBLIC COLLEGE OF
PROFESSIONAL STUDIES (LPCPS)**

(Affiliated to University of Lucknow,
Lucknow, U.P., India)

VinamraKhand, (Near Kathauta Lake) Gomti
Nagar, Lucknow

**Date: 17th March, 2025 to 21
March, 2025**

**Time: 09:00 AM onwards and
02:00 PM onwards**

ABOUT THE WORKSHOP

This **FIVE DAY WORKSHOP, "THE SCIENCE OF HAPPINESS: NURTURING YOUR MENTAL HEALTH,"** explores the art of cultivating happiness and well-being. Through interactive sessions and expert insights, participants will discover evidence-based strategies to manage stress, build resilience, and foster positive relationships. Learn how to rewire your brain for happiness, develop self-care habits, and create a supportive network. Take home practical skills to nurture your mental health and embark on a journey of lifelong well-being and happiness.

ABOUT THE ORGANIZING INSTITUTION



Lucknow Public College of Professional Studies, Lucknow, established in 2009, is a private and multidisciplinary college, affiliated to University of Lucknow, situated at prominent and approachable location at VinamraKhand, opposite Kathauta Lake, Gomtinagar, and Lucknow. The college was established under the

aegis of Lucknow Public Educational Society, A-Block, Rajajipuram, and Lucknow.

VISION

Excellence for all, Excellence from all is the epitome of our academic eco-system. In a caring and positive environment, the college provides education to enrich its students to manifest their full potential, to achieve high standards of excellence in academic society, research and hands-on projects as well as in supportive areas of physical, cultural and social development, inculcating civic and human values.

MISSION

To nurture individual talent to optimize their full potential and to inculcate professional, social and cultural values through holistic approach by providing world class education. LPCPS is one of the most coveted institutions for admission for Under-graduate programmes in Northern India. The institute brings together knowledge; research and industry experience at one place and confers upon its graduates professional degrees which are recognized globally.

The professional degrees are offered after the successful completion of the undergraduate programmes which are approved by UGC and other statutory bodies overseeing the running of universities and colleges in India. The degrees are affiliated to the University of

Lucknow, one of the oldest and renowned government owned institution of Indian Higher Education.

The LPCPS board is comprised of highly qualified, enthusiastic and passionate faculty members who are involved in delivering, enriching and empowering students enrolled in various programmes/fields viz- Computer science, Commerce, Management and Journalism, contributes to remarkable and tremendous efforts in shaping and transforming aspirants into Business Leaders, Skilled Managers, and Entrepreneurs.

REGISTRATION LINK

REGISTER ON-

<https://forms.gle/NQx8fGrsG1WAcSTr5>

CERTIFICATES

All attending participants will get certificates after registering their attendance/presence.

VENUE

Conference Hall
LPCPS Campus,
Gomti Nagar, Lucknow

FOR FURTHER INFORMATION-

Write us at- rsrchcellpcps@gmail.com
Contact - **Dr. Anand Kumar Rai**
Mob: +919453302061/ +918787224265