

REPORT

On

ONE WEEK FACULTY DEVELOPMENT

"The Necessity of Inner Engineering in Modern Society: A Vedic Science Perspective"

Date: JANUARY 11th-16th, 2024

Time: 10:00 AM onwards

In the contemporary landscape of fast-paced living, technological advancements, and ever-increasing societal pressures, the title "The Necessity of Inner Engineering in Modern Society: A Vedic Science Perspective" signifies a compelling exploration into the profound relevance of inner engineering practices. As society grapples with stress, anxiety, and the quest for holistic well-being, the emphasis on cultivating inner resilience becomes imperative.

The term "inner engineering" encapsulates a range of psychological, spiritual, and mindfulness techniques aimed at fostering self-awareness, emotional balance, and overall mental fortitude. In the context of modern society, where individuals often find themselves overwhelmed by the demands of a rapidly changing world, the need for such inner mastery becomes apparent. This title propels us to delve into the rich reservoir of Vedic science, an ancient Indian system of knowledge that has stood the test of time.

Vedic science, with its roots in ancient texts like the Vedas and Upanishads, provides a holistic understanding of the mind, body, and spirit. The title implies an exploration of how these timeless teachings can be applied and adapted to address the unique challenges posed by the complexities of the modern era. It invites an in-depth examination of Vedic practices, including meditation, mindfulness, and yogic principles, as potent tools for achieving a harmonious and balanced life. The theme suggests a bridge between the ancient wisdom of Vedic science and the contemporary quest for self-realization and fulfillment. By delving into this intersection, the exploration seeks to uncover practical applications that can empower individuals to navigate the complexities of modern existence with a sense of purpose, resilience, and inner tranquility. Ultimately, the title prompts a journey into the synthesis of age-old wisdom and modern aspirations, envisioning a society where inner engineering is not just a choice but an essential pathway to a more fulfilling and sustainable way of life.

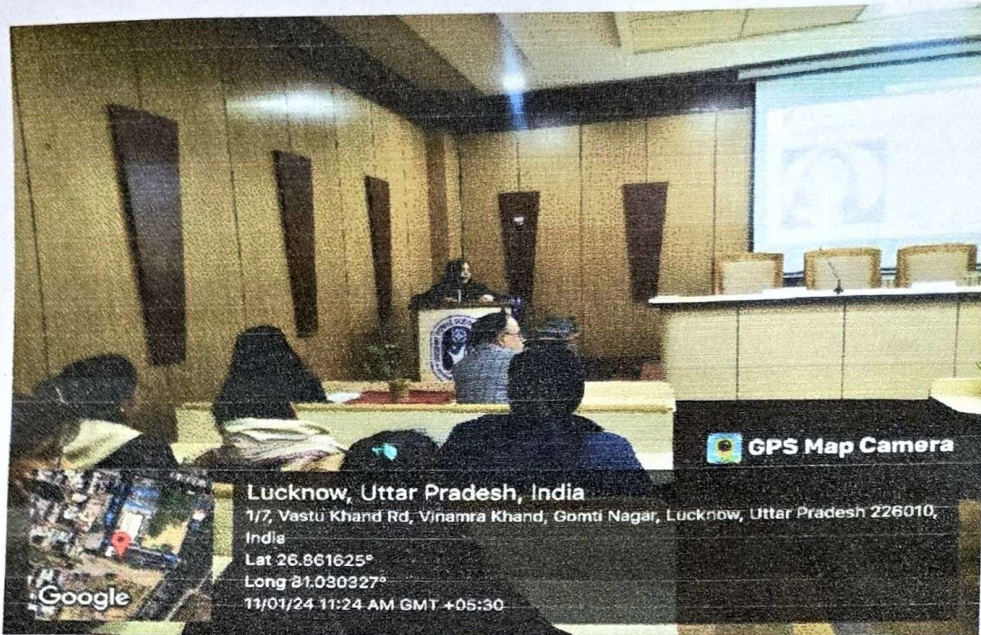
Objective of the conference:

- Understanding the Mind-Body Connection
- Cultivating Emotional Resilience
- The Power of Self-awareness
- Nurturing Healthy and Fulfilling Relationships
- Tools for Managing Stress and Finding Inner Peace

Asmita
Principal

Lucknow Public College of Professional Studies
Vinayra Khand, Gomtinagar, Lucknow

Day 1 (11 January ,2024)



Mrs. Parul Shukla told that **Your Mind** is the most important aspect of your existence. This is what you need to understand. It is the manufacturing unit of all the thoughts and affects your life, if you are able to control it, you can win this life.

MIND a gift to the human beings, it makes us the most conscious animals or life forms on the planet, it provides a way out of this life-death cycle..but we use it to create miseries and troubles for each other.

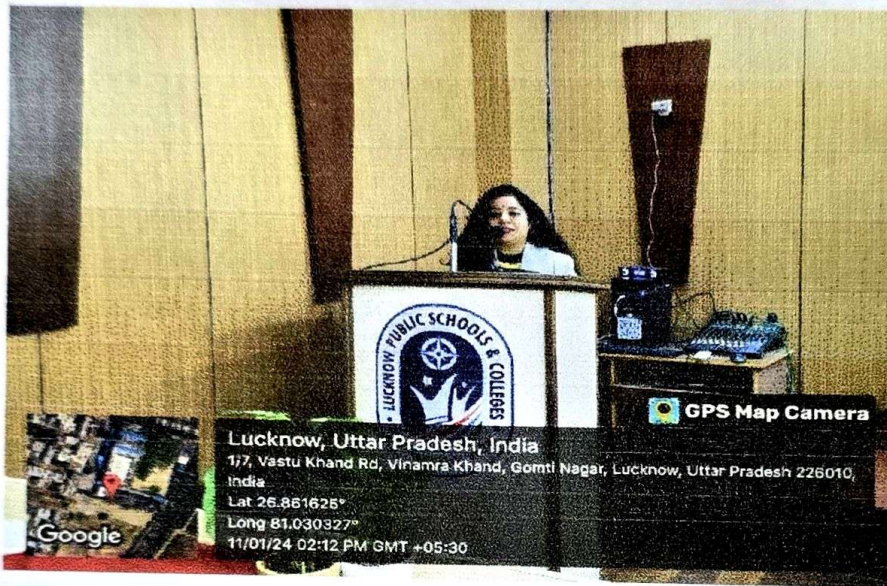


Asma!
Principal
Lucknow Public College of Professional Studies
Vinamra Khand, Gontinagar, Lucknow

Dr. Akansha dixhit told that It is the greatest question in the entire cosmos if that question is asked by one to oneself but if you the same question to someone else, it becomes the most stupid question ever asked..

You need to identify yourself, be the best and happiest version of yourself. Remember, in this mind, there is no division or subtraction, there is only addition and multiplication. Tell yourself, whatever the hell happens in your life, you will be ALRIGHT.

Day 2, 12 January 2024



MS. AANCHAL NIGAM VERMA was telling about “HANDS ON MUDRAS FOR SEVEN CHAKRAS” Our bodies and everything in the universe are made of 5 elements: earth, water, fire, air, and space.

Each finger is also associated with one of these elements.

- Fire - the thumb relates to the fire element, connected to the solar plexus chakra.
- Air - the index finger represents the air element, connected to the heart chakra.
- Space - the middle finger represents the space element, connected to the throat chakra.
- Earth - the ring finger represents the earth element, connected to the root chakra.
- Water - the pinky finger represents the water element, connected to the sacral chakra.

Aanchal

Principal

Lucknow Public College of Professional Studies
Vinamra Khand, Gomtinagar, Lucknow

Yoga mudras are energetic closures or gestures made with our hands and fingers to help direct the flow of energy within the body, stimulating specific areas of the body and the brain. It's helpful to use mudras along with meditation, pranayama and asana postures to promote healing and balance in the body, between the elements and the chakras.



ASMA HUSSAIN was telling about The movement of positive education is growing globally. Positive education aims to balance academic skills with skills of wellbeing. This study introduces the “Inner Engineering” methodology and evaluates its impact on promoting wellbeing and flourishing for college students. Based on the science of yoga, the Inner Engineering methodology comprehensively addresses four major dimensions of human experiences—physiological, cognitive, affective, and energetic experiences and offers methods and processes to optimize wellbeing in all of these dimensions.

Abinil

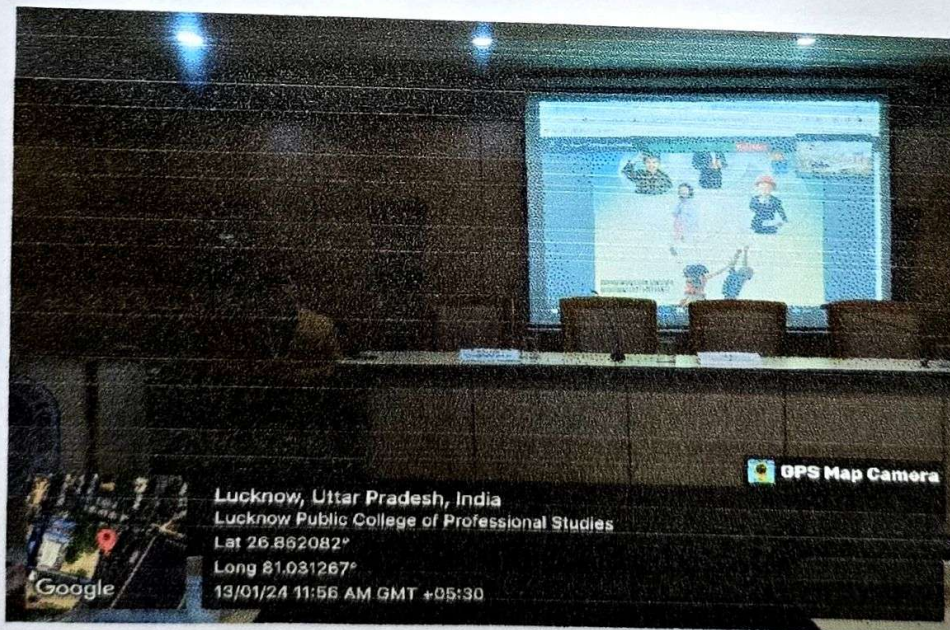
Principal

Lucknow Public College of Professional Studies
Vinamra Khand, Gomtinagar, Lucknow

Day 3, 13 January 2024



DR. DIVYA CHAUDHARY ,If you can think a little better than someone else, it is considered as intelligence today. If someone says one thing and you can say ten things to that, you may be socially smart, but you are not any more intelligent. Unfortunately, in today's systems of education and academics, everything is determined by this. If you can make more things out of it, you are considered intelligent, which is not true – you only have a sharper buddhi. The buddhi will not take you beyond limits in any way, because it can only function based on the data that is already there. It is not capable of accessing anything beyond that.

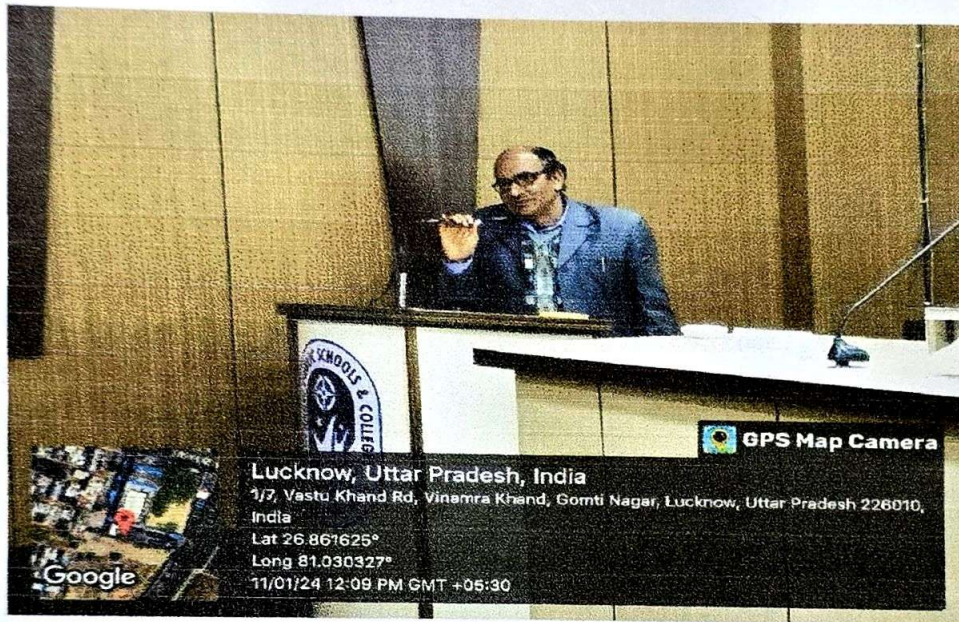


Asingh
Principal
Lucknow Public College of Professional Studies
Vinamra Khand, Gomtinagar, Lucknow

DR. MAYANK SINGH Dermatoglyphics refers to the branch of science in the study of the patterns of skins (dermal) ridges present on the fingers, toes, and the soles of humans. It reveals the congenital links between our fingers and our intrinsic qualities and talents. These patterns are formed from the external ectoderm and usually occur during the fetal development stage, The human's fingerprints form is thus formed from the 13th to 21st week.

Medical experts and scientists thus discovered that the amount of brain cells distributed in different parts of the brain helps us understand a person's multiple intelligences as well as his innate potential capabilities and personality through U.S. Patented DMIT Test.

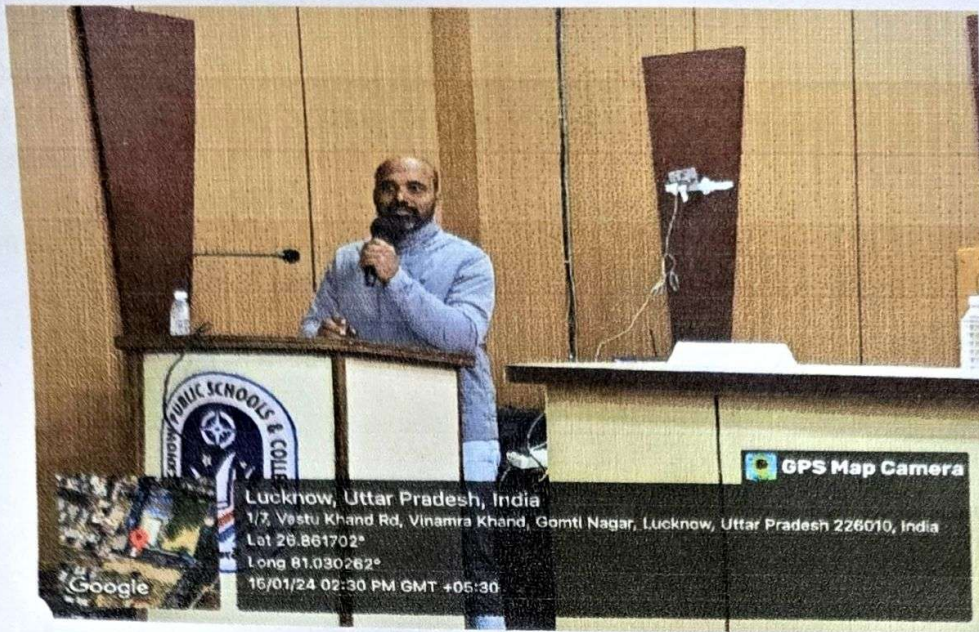
Day 4, 15 January 2024



DR. ANAND KUMAR RAI was telling that Quantum healing is both a phrase and evolving field of research that explores how well-being can be influenced by the smallest level of physics. According to quantum healers, the simple act of exhaling can affect everything else in the universe. In essence, everything has a ripple effect.

By guiding you into deeper states of consciousness and using various holistic tools like meditation, Ayurveda, and others, quantum healers can shift energy and support healing by way of mindful intention. With practice and focus, you can even learn to shift your own energy.

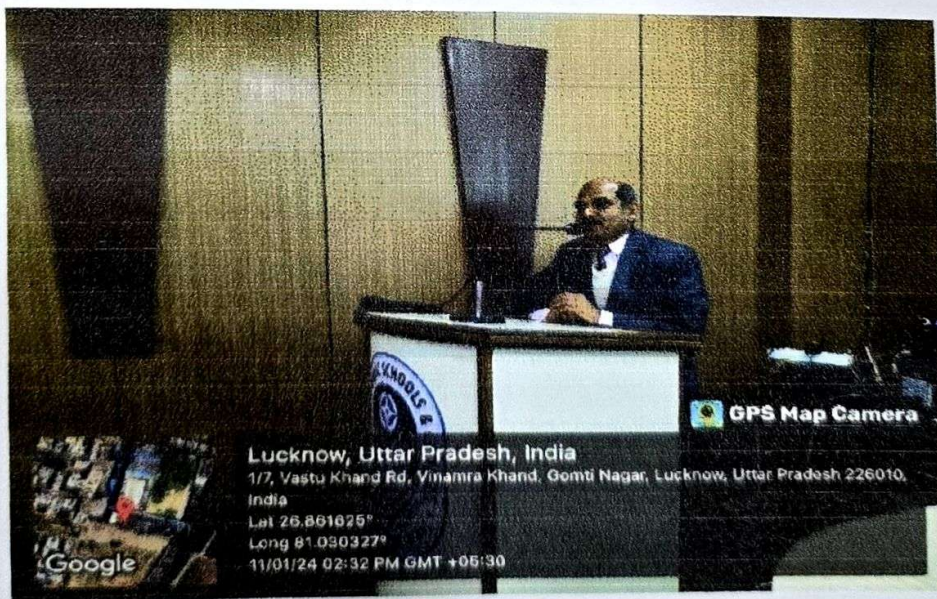
Anand Rai
Principal
Lucknow Public College of Professional Studies
Vinamra Khand, Gomtinagar, Lucknow



SHIVENDRA PRATAP SINGH was telling that Charvaka was a school of philosophy of ancient India of the Na-astika tradition (those that do not recognize the authority of Vedas and the existence of Brahm (the eternal being in Vedic Religion, do not confuse it with Brahmin caste). It was started by Vrihaspati/Charvaka and the followers were known as Charvakas (From Sanskrit Charu - Sweet , Vaka - Mouthed/Words).

Charvakas donot believe or recognize the existence of soul or aatma. They believe in only what can be grasped by the senses as the reality as truth. It can be said that Charvakas believed solely on materialism.

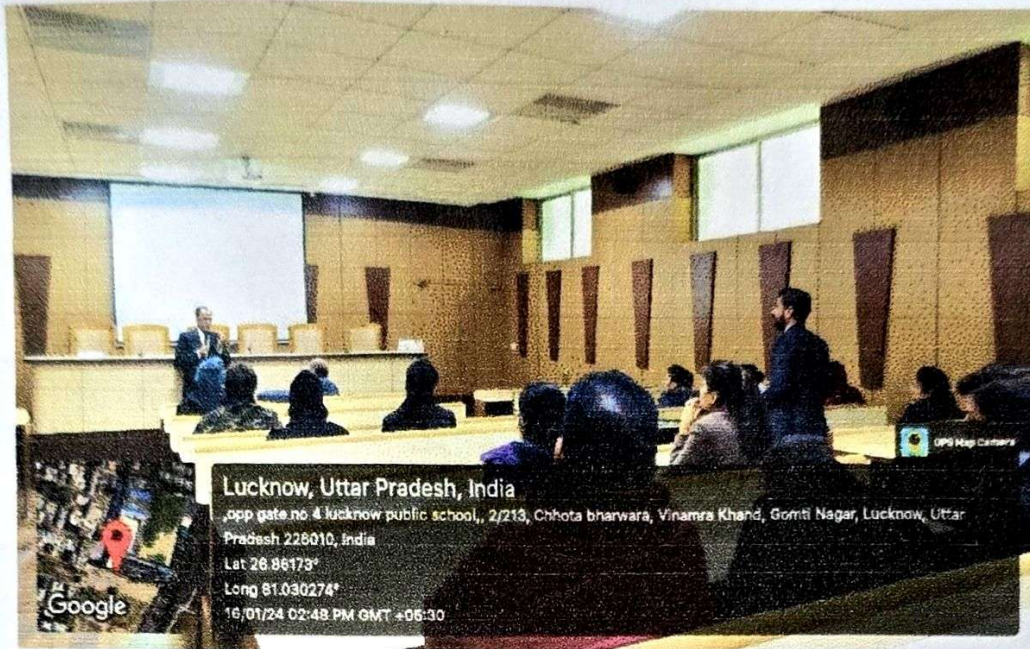
Day 5, 16 January 2024



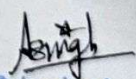
Asingh

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 Lucknow Public College of Professional Studies
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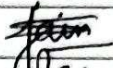

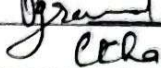
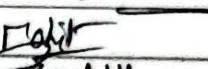

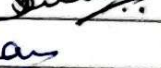
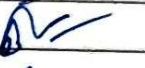

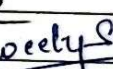


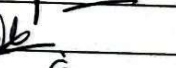














Prof. (Dr.) Laxmi Shankar Awasthi was telling that The Bhagavad Gita encourages us to live life with purity, strength, discipline, honesty, kindness and integrity. In this way we can find our purpose and live it fully. Just as Krishna urges Arjuna to cast aside all doubts and trust in his highest *Self*, we too can use the wisdom of the Bhagavad Gita to meet our own difficulties and decisions with fearlessness and honesty, and learn to live life authentically and fully.



MR. VIJAY MISHRA was telling that one of the major ways we limit ourselves is by identifying with our physical bodies. Focusing on sex traps us in our physical bodies and doesn't allow for spiritual growth. Sex is a natural biological drive, he says. We should neither deny it nor focus on it. Every other animal just acts on this imperative when they need to, and otherwise it has nothing to do with their lives. They don't sit around dwelling on it, nor do they deny it when it's necessary.


Principal
Lucknow Public College of Professional Studies
Vinamra Khand, Gominagar, Lucknow

LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES
One Week Workshop on The Necessity of Inner Engineering in Modern Society: A Vedic Science Perspective (January 11-16, 2024)
Attendance Sheet
Day 1
Date : 11 January 2024

S.No	Name of Participant	Designation	Institute/University	Signature
1	MS. SWEETY JAIN	ASSISTANT PROF.	LPCPS	
2	MS. PRIYANKA SINGH	ASSISTANT PROF.	LPCPS	
3	Ms Saloni Agrawal	Assistant Prof.	LPCPS	
4	Mr. Chetan Khanna	Assistant Prof	LPCPS	
5	Mr. Mohit K. Maurya	Assistant Prof	LPCPS	
6	Ms. Ram Kaika Singh	Assistant Prof	LPCPS	
7	Ms. Anchal N. Verma	Asst. Prof.	LPCPS	
8	Dr. Taru Gupta	A. P	LPCPS	
9	Dr. Anand K. Ran	Assoc. Prof.	LPCPS	
10	Dr. Imroon Rehman	Asst. Prof.	LPCPS	
11	Dr. H.M. Saxena	A. Prof.	LPCPS	
12	Ms. Sweety Sinha	Assistant Prof.	LPCPS	
13	Dr. Samir Kumar	Asst. Professor	LPCPS	
14	MS. RASHMI SACHAN	ASST. PROF	LPCPS	
15	Mohini Gupta	Asst. Prof.	LPCPS	
16	Manisha Kakkar	Asst Prof	LPCPS	
17	Shivendra Pratap Singh	Asst Prof	LPCPS	
18	Daya Shanker	Asst. prof.	LPCPS	
19	Saurabh Srivastava - Asst. Prof.	Asst. Prof.	LPCPS	
20	Aditya Bajpai	Asst. Prof.	LPCPS	
21	Preshabh Dev.	Assistant. Professor	LPCPS	
22	AKhileshwara Nath	Assistant Prof.	LPCPS	
23	Aditya Vikram Singh	ASST. PROF.	LPCPS	
24	Anchal Praveen	Asst. Prof.	LPCPS	
25	Dr. Kamna Shanker	ASSOCIATE PROF.	LPCPS	
26	Dr. Akhilesh	Asst. Prof	LPCPS	
27	Dr. Abhay S. Pandey	Associate Prof	LPCPS, LKO, U.P.	
28	Meenu Verma	Asst. Prof	LPCPS	
29				


 Principal



LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES

One Week FDP on The Necessity of Inner Engineering In Modern Society: A Vedic Science Perspective (January 11-16, 2024)

Attendance Sheet

Day 2

Date : 12 January 2024

S.No	Name of Participant	Designation	Institute/University	Signature
1	MS. RASHMI SACHAN	ASST. PROF	LPCPS	Rashmi
2	MS. SWEETY JAIN	ASST. PROF.	LPCPS	Sweety
3	MRS. ANCHAL PRAVEEN	ASST. PROF	LPCPS	Anchal
4	Ms. Manisha Kulkarni	Asst Prof	LPCPS	Manisha
5	DR. IMRAN ULLAH RAHMAN	Asst. Prof.	LPCPS	Imran
6	V.P. Senapati	ASST. Prof	LPCPS	V.P. Senapati
7	Shivendra Singh	Assistant Prof	LPCPS	Shivendra
8	Dr. Aditya Bhatia	Assistant Prof	LPCPS	Aditya
9	Ms. Mohini Gupta	Assistant Professor	LPCPS	Mohini
10	Ms. Sweety Sinha	Assistant Professor	LPCPS	Sweety Sinha
11	Dr. H. M. Saxena	A. Professor	LPCPS	H. M. Saxena
12	Dr. Samir Kumar	Asst. Professor	LPCPS	Samir Kumar
13	Mrs. Rahul K. Singh	Asst. Professor	LPCPS	Rahul K. Singh
14	Mr. Preshant Dew	Assistant Professor	LPCPS	Preshant Dew
15	Mr. Akhileshwar Nath	Assistant Prof.	LPCPS	Akhileshwar Nath
16	Sauabhi Srivastava	"	"	Sauabhi Srivastava
17	Shivendra Bhatia	"	"	Shivendra Bhatia
18	Mrs. Saloni Agrawal	Assistant Prof	LPCPS	Saloni Agrawal
19	MS. PRIVANKA SINGH	ASST. PROF.	LPCPS	Privanka Singh
20	Dr. Anand K. Rai	Assoc. Prof	LPCPS	Anand K. Rai
21	Ram Krishna Singh	Asst. Prof	LPCPS	Ram Krishna Singh
22	Mohit K. Maurya	Asst. Prof	LPCPS	Mohit K. Maurya
23	Dr. Karuna Shankar	Associate Prof.	LPCPS	Karuna Shankar
24	Dr. Mayank	Associate Prof.	LPCPS	Mayank
25	Dr. Akhilesh	Asst. Prof.	LPCPS	Akhilesh
26	MEENU VERMA	ASST. PROF	LPCPS	Meenu Verma
27	E. Shivan Prakash		LPCPS	E. Shivan Prakash
28	Ashwini			Ashwini
29	Aditya	Asst. Prof	LPCPS	Aditya
30	Neeraj Singh	Asst. Prof.	LPCPS	Neeraj Singh


 Principal
 Lucknow Public College of Professional Studies
 Vinayakhand, Gomti Nagar, Lucknow



LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES

One Week FDP on The Necessity of Inner Engineering In Modern Society: A Vedic Science Perspective (January 11-16, 2024)

Attendance Sheet

Day 2

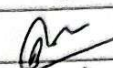

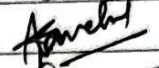



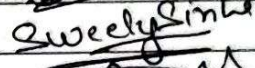

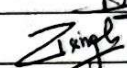


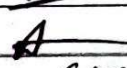
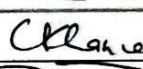
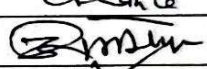

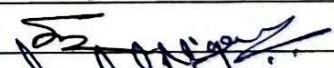
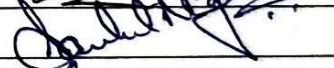
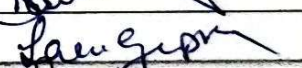



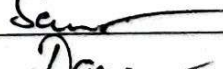


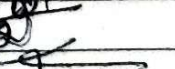
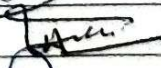


Date : 12 January 2024

S.No	Name of Participant	Designation	Institute/University	Signature
31	ROHIT KAPOOR	Asst. Professor	LPCPS	
32	Chetan Khanna	"	LPCPS	
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Principal

Lucknow Public College of Professional Studies
Vinayra Khand, Geminagar, Lucknow

Attendance Sheet
Day 3
Date : 13 January 2024

S.No	Name of Participant	Designation	Institute/University	Signature
1	Dr. Arun K. Rai	Assoc. Prof.	LPCPS	
2	Ms. Gauvi Shukla	Assist. Prof.	LPCPS	
3	Mrs. Anchal Rawan	Asst. Prof.	LPCPS	
4	MS. Saloni Agrawal	Asst. Prof.	LPCPS	
5	MS. RASHMI SACHAN	ASST. PROF	LPCPS	
6	Ms Manisha Kakkar	Asst Prof.	LPCPS	
7	Ms. Sweety Sinha	Asst. Prof.	LPCPS	
8	Mr. Akhileshwar Nath	Assist. prof.	LPCPS	
9	Mr. Rahul K. Singh	Asst. Prof.	LPCPS	
10	Dr. IMRANUL RAHMAN	Asst. Prof.	LPCPS	
11	Ms. V. P. Singh	Asst. Prof.	LPCPS	
12	Dr. Aditya Bhatta	Asst. Prof.	LPCPS	
13	Mr. Chetan Khanna	Assistant Prof	LPCPS	
14	Ms. Ram Krupa Singh	Asst. Professor	LPCPS	
15	Ms. Mohit Maurya	Asst. Professor	LPCPS	
16	Dr. Sameer Kumar	Asst. Professor	LPCPS	
17	Ms. Anchal N. Vana	A.P.	LPCPS	
18	Dr. Taru Gupta	A.P.	LPCPS	
19	MS. PRIYANKA SINGH	ASST. PROF.	LPCPS	
20	Mr. Shivendra Singh	Asst. Prof.	LPCPS	
21	Mr. Gourabh	"	LPCPS	
22	Dr. Roy a	"	LPCPS	
23	Mr. Neeraj K. Singh	Asst. Prof.	LPCPS	
24	Rohit Kapoor	Asst. Prof.	LPCPS	
25	Dr. Karuna Shankar	Associate Prof.	LPCPS	
26	Meenu Verma	Asst. Prof.	"	
27	MS. SWEETY JAIN	ASST. PROF.	LPCPS	
28	Dr. Akhilesh	Asst. Prof.	LPCPS	
29				


Anil



LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES

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Attendance Sheet

Day 4

Date: 15 January 2024

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1	MS. SWEETY JAIN	ASST. PROF.	LPCPS	
2	MS RASHMI SACHAN	ASST. PROF.	LPCPS	
3	MS. MANISHA KAKKAR	ASST. PROF.	LPCPS	
4	Mr Shivendra	"	LPCPS	
5	MO. Aditya. Vikram	Asst. Prof	LPCPS	
6	MO. Charan Khona	Asst. Prof	LPCPS	
7	V.P. Singh	Asst. Prof	LPCPS	
8	Mr. Rahul Kr. Singh	Asst. Prof.	LPCPS	
9	Mr. Teshabhi Dev.	Asst. Prof.	LPCPS	
10	Dr. Imranul Karim	Asst. Prof.	LPCPS	
11	Meenu Verma	Asst. Prof	"	
12	Aanchal Praveen	" "	"	
13	Mohini Gupta	Asst. Prof	LPCPS	
14	Sweety Sinha	Asst. Prof.	LPCPS	
15	Dr. Akhilesh	Asst. Prof.	LPCPS	
16	Mr. ROHIT KAPOOR	Asst. Professor	LPCPS	
17	Sauzabh Srivastava	"	"	
18	Dr. Lav Srivastava	"	"	
19	Dr. Nidhi Soni	"	"	
20	Mr Mohit Kr Malhotra	"	"	
21	Dr. Him. Saxena	A. Prof.	"	
22	Dr. Sameer Kumar	Asst. Professor	"	
23	Sabri Agrawal	Asst. Prof.	LPCPS	
24	Aanchal K Verma	A-P	LPCPS	
25	Gauri Shukla	A-P	LPCPS	
26	Dr. Karuna Shankar	Assoc Prof.	LPCPS	
27	Navej K. Singh	Asst. Prof.	LPCPS	
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Asmita
Principal



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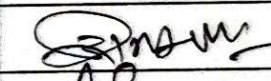
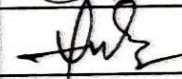

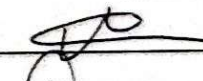

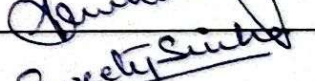


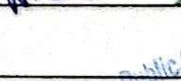
Day 5

Date : 16 January 2024

S.No	Name of Participant	Designation	Institute/University	Signature
1	Ms. Sweety Jain	Assistant Professor	LPCPS	
2	Ms. Manisha Kakkar	Assistant Professor	LPCPS	
3	Ms. Gauni Shukla	Assistant Professor	LPCPS	
4	Ms. Rashmi Sachan	Assistant Prof.	LPCPS	
5	Ms. Saloni Agrawal	Assistant Prof.	LPCPS	
6	Mr. Rahul Kumar Singh	Assistant Prof.	LPCPS	
7	Mr. Shivendra Pratap Singh	Assistant Prof.	LPCPS	
8	Saurabh Srivastava	"	"	
9	Dr. Lov Srivastava	"	"	
10	Rushabh Dev	"	"	
11	Dr. Imranur Rahman	"	"	
12	Dr. Aditya Bajpai	"	"	
13	Mr. V.P. Singh	"	"	
14	Mr. Chetan Khanna	"	"	

Principal
Lucknow Public College of Professional Studies
Vinsitra Khand, Gomtinagar, Lucknow

LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES
One Week FDP on The Necessity of Inner Engineering in Modern Society: A Vedic Science Perspective (January 11-16, 2024)
Attendance Sheet
Day 5
Date : 16 January 2024

S.No	Name of Participant	Designation	Institute/University	Signature
15	Dr. Daya Shankar	Assistant Prof.	LPCPS	
16	Mr. Akhileshwaro Nath.	Assistant Prof.	LPCPS	
17	Mr. Mohit K. Maurya	"	LPCPS	
18	Mrs. Renu Kapoor Singh	"	LPCPS	
19	Dr. H. M. Saxena	Associate Prof.	LPCPS	
20	Dr. Sameer Kumar	Asst Professor	LPCPS	
21	Dr. Akhilesh	Asst. Prof.	LPCPS	
22	Meenu Verma	" "	"	
23	Aanchal Nigam Verma	" "	"	
24	Sweetly Sinha	" "	"	
25	Mohini Gupta	Asst. Prof.	"	
26	Dr. Nidhi Soni	"	"	
27				
28				

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