

SEMINAR ON STRESS CAN BE YOUR FRIEND

Date: 23rd March, 2022

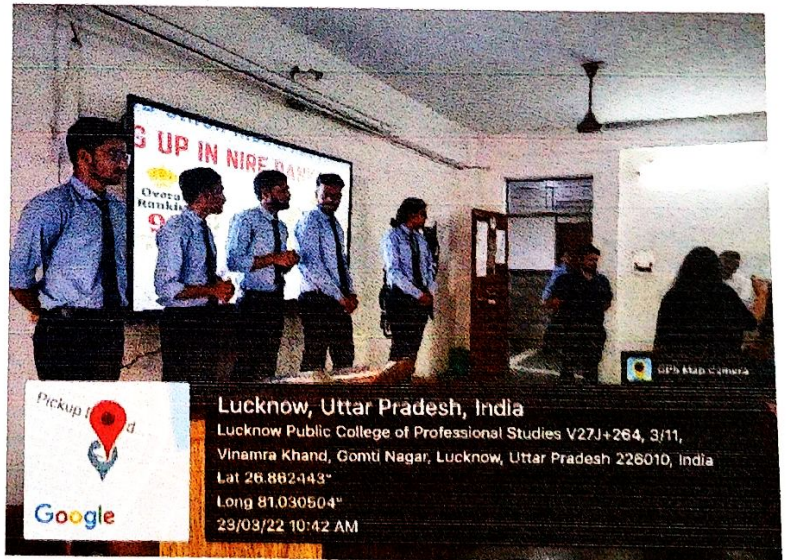
Time: 10 AM onwards

Resource Person: PROFESSOR ANKITA INDU (FACULTY, INDRAPRASTHA UNIVERSITY, DELHI)

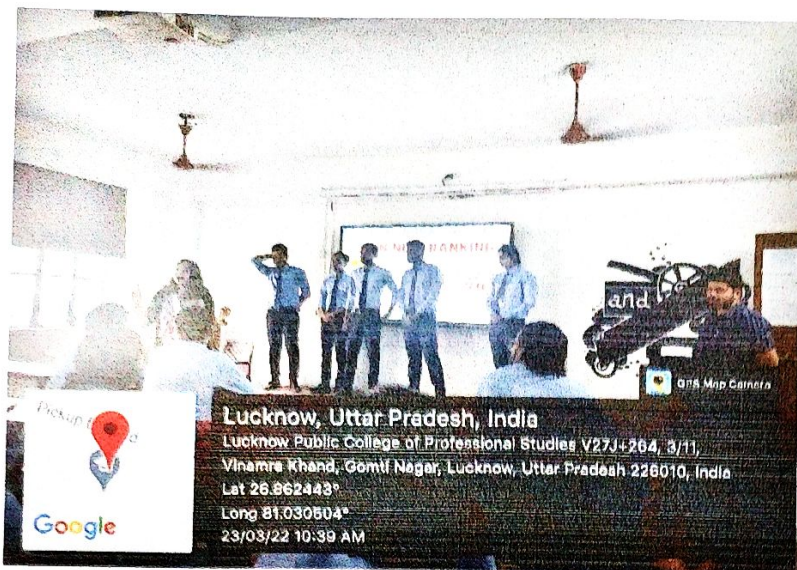
Stress is your body's response to changes in your life, and anyhow we all experience this. But to develop resilience and coping skills to address stress physically and psychologically by people, a seminar was organized by LPCPS on March 23, 2022 in association with **Accman Business School, Indraprastha University, Delhi.**

Prof. Ankita started with a set of 3 or 4 activities which involved a group of 10 students per activity to engage with the students and interact with them.

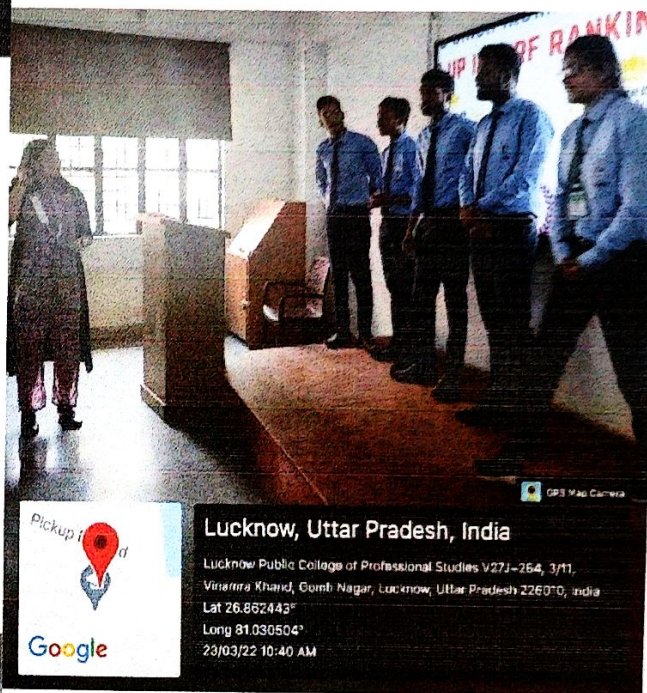
Where attending members learned about effective Stress Management Techniques' to make stress work for them as friends rather than against them. They participated in few activities and a healthy interaction was viewed all over the third year (3rd) students of our college with the presenter.




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



Lucknow, Uttar Pradesh, India
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Vinamra Khand, Gomti Nagar, Lucknow, Uttar Pradesh 226010, India
Lat 26.862443°
Long 81.030504°
23/03/22 10:39 AM



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Lat 26.862443°
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23/03/22 10:40 AM



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Lat 26.862443°
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23/03/22 10:42 AM

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

LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES

ONE DAY SEMINAR ON STRESS CAN BE YOUR FRIEND

March 23, 2022

ATTENDANCE SHEET

S N	FULL NAME	Course	SIGNATURE
1	ASHISH GUPTA	B COM IV Semester	Ashish Gupta.
2	BHAVESH KALRA	B COM IV Semester	Bhavesh Kalra
3	KHUSHI MATHUR	B COM IV Semester	Kushi
4	KUSHAL CHOUDHARY	B COM IV Semester	Kushal Choudhary
5	MILI SINGH	B COM IV Semester	Mili Singh
6	MUDIT CHATURVEDI	B COM IV Semester	Mudit
7	ASHMITA SINGH	B COM VI Semester	Ashmita
8	GAURAV SINGH	B COM VI Semester	Gaurav
9	JUNED KHAN	B COM VI Semester	Juned
10	LAXMI SHARMA	B COM VI Semester	Laxmi
11	MAYANK MAURYA	B COM VI Semester	Mayank
12	ABHAY PRATAP SINGH	BCA IV Semester	Abhay
13	ABHISHEK GUPTA	BCA IV Semester	Abhishek Gupta.
14	ANSHU MISHRA	BCA IV Semester	Anshu
15	KSHITIJ RASTOGI	BCA IV Semester	Kshitij
16	MANSI AGARWAL	BCA IV Semester	Mansi
17	PARTH DHAWAN	BCA IV Semester	Parth
18	PRAJJWAL SINGH	BCA IV Semester	Prajwal
19	BUDDHA DHIRWANI	BCA VI Semester	Buddha.
20	GAURAV SINGH	BCA VI Semester	Gaurav
21	HARSHIT MISHRA	BCA VI Semester	Harshit
22	ISHAN SINGH	BCA VI Semester	Ishan
23	KARNEET SINGH	BCA VI Semester	K Singh
24	MANNY KUMAR	BCA VI Semester	Manny. K.
25	NIKHIL SINGH	BCA VI Semester	Nikhil Singh.
26	OJESVE SHARMA	BCA VI Semester	Ojesh
27	ADITYA VERMA	B Sc IV Semester	Aditya Verma.
28	ANJALI PANDEY	B Sc IV Semester	Anjali Pandey
29	ARPIT MISHRA	B Sc IV Semester	Arpit.
30	HIMANSHU YADAV	B Sc VI Semester	Himanshu Yadav
31	ABHISHEK SINGH	B Sc VI Semester	Abhishek.



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32	AMAR SINGH	B Sc VI Semester	<u>Amar</u>
33	AZAD	B Sc VI Semester	<u>Azad.</u>
34	ANJALI SINGH	B Com (H) IV Semester	<u>Anjali</u>
35	AVANTIKA YATI	B Com (H) IV Semester	<u>Avantika</u>
36	DEVESH MADNANI	B Com (H) IV Semester	<u>D</u>
37	DIVYA KUNWAR SINGH	B Com (H) IV Semester	<u>Divya Kumar</u>
38	GARIMA RAI	B Com (H) IV Semester	<u>Garima</u>
39	RIYA KUMARI SHAW	B Com (H) IV Semester	<u>Riya K. Shaw</u>
40	SADHANA SINGH	B Com (H) IV Semester	<u>Sadhana</u>
41	BHUMIKA PANDEY	B Com (H) VI Semester	<u>Bhumika</u>
42	DIKSHA BISHT	B Com (H) VI Semester	<u>Diksha</u>
43	DIVYANSHI SRIVASTAVA	B Com (H) VI Semester	<u>Divyanshi Srivastava</u>
44	GUNIKA SODHI	B Com (H) VI Semester	<u>Gunika</u>
45	HARSH JAISWAL	B Com (H) VI Semester	<u>Harsh.</u>
46	JUHI JAISWAL	B Com (H) VI Semester	<u>Juhi</u>
47	KARAN GIRI	BA-JMC IV Semester	<u>Karangi</u>
48	KHUSHI	BA-JMC IV Semester	<u>Kushi</u>
49	NANDINI SINGH	BA-JMC IV Semester	<u>Nandini</u>
50	ANANYA MISHRA	BBA IV Semester	<u>Ananya</u>
51	ANUBHAV PAL	BBA IV Semester	<u>Anubhav Pal</u>
52	ARYAN ARORA	BBA IV Semester	<u>Aryan</u>
53	SHLOK SINGH	BBA IV Semester	<u>Shlok Singh</u>
54	SURYANSH GUPTA	BBA IV Semester	<u>Suryansh</u>
55	CHAMAN KUMAR	BBA VI Semester	<u>Chaman</u>
56	KAJAL SETH	BBA VI Semester	<u>Kajal</u>
57	KIRTI SINGH	BBA VI Semester	<u>Kirti</u>
58	MOHAMMAD BILAL	BBA VI Semester	<u>Md. Bilal.</u>
59	MUSKAN RASTOGI	BBA VI Semester	<u>Muskan</u>
60	SAKSHI CHAURASIA	BBA VI Semester	<u>Sakshi</u>

Asish

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