

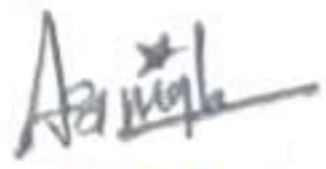
SAMPLE OF SPECIAL SESSIONS

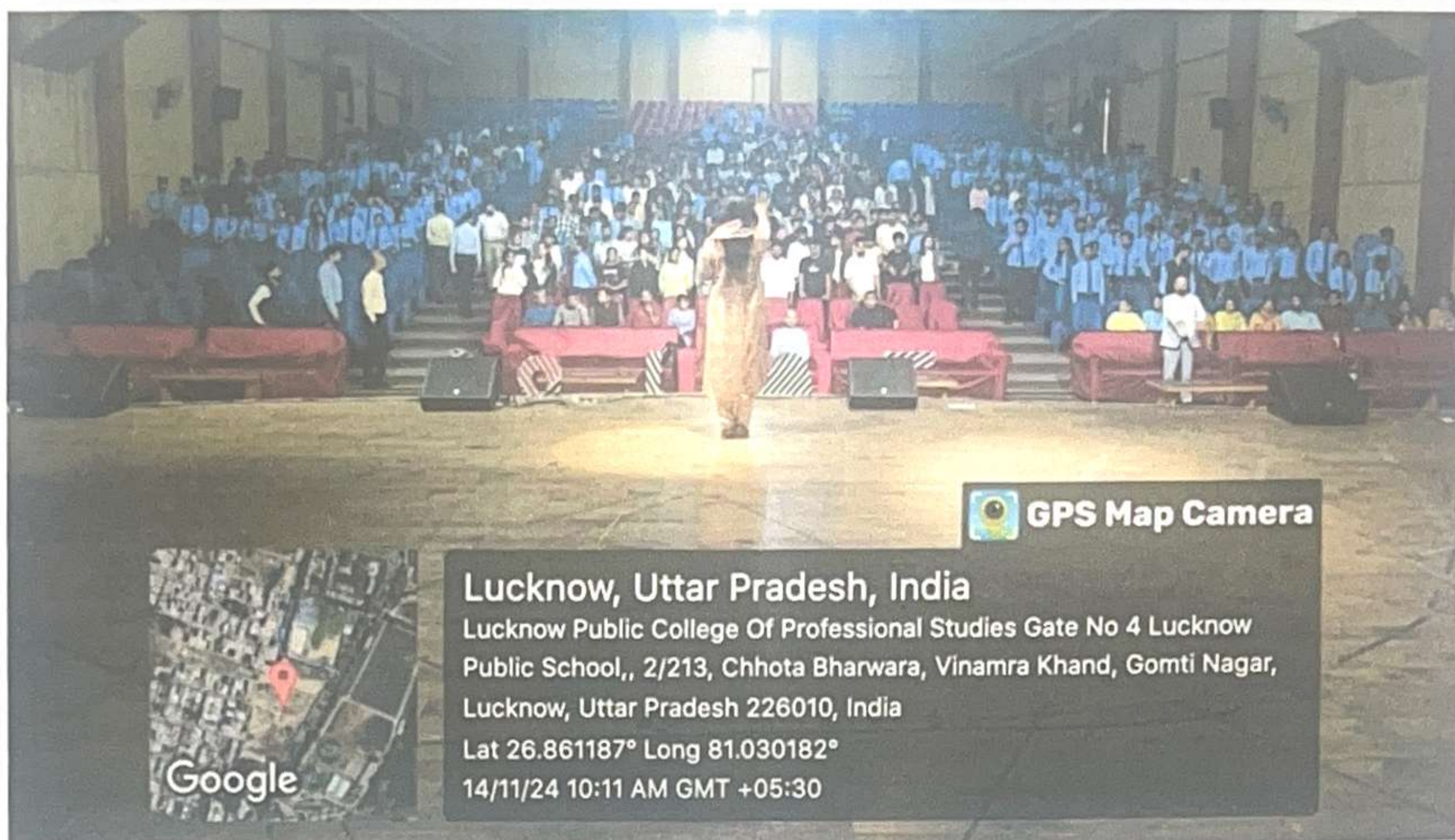


Vigilance Awareness Session

On **28th October 2024**, Lucknow Public College of Professional Studies (LPCPS) conducted a **Vigilance Awareness Session** to promote ethical practices, transparency, and accountability within the campus community. The session emphasized the importance of integrity in both professional and personal life. Participants were introduced to the principles of vigilance, legal frameworks, and mechanisms for reporting corruption. Interactive discussions and Q&A segments encouraged critical thinking and open communication. Students and faculty appreciated the session's informative content and practical insights. Overall, the programme successfully fostered greater awareness, reinforcing LPCPS's commitment to building a culture rooted in honesty, responsibility, and ethical conduct.

Webpage Link: <https://lpcps.org.in/Event/1635>



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



Meditation Session

On **14th November 2024**, Lucknow Public College of Professional Studies (LPCPS) conducted a **special meditation session** to promote mental well-being and inner peace among students and faculty. Led by **Ms. Priyanka from the Art of Living**, the session introduced guided meditation, breathing exercises, and mindfulness techniques aimed at reducing stress, improving concentration, and fostering a positive mindset. Designed for participants of all experience levels, the session encouraged holistic development alongside academic growth. The initiative reflected LPCPS's commitment to nurturing emotionally strong and resilient individuals. The positive response highlighted the importance of incorporating mindfulness practices into the college's overall learning environment.

Webpage Link: <https://lpcps.org.in/Event/1637>



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

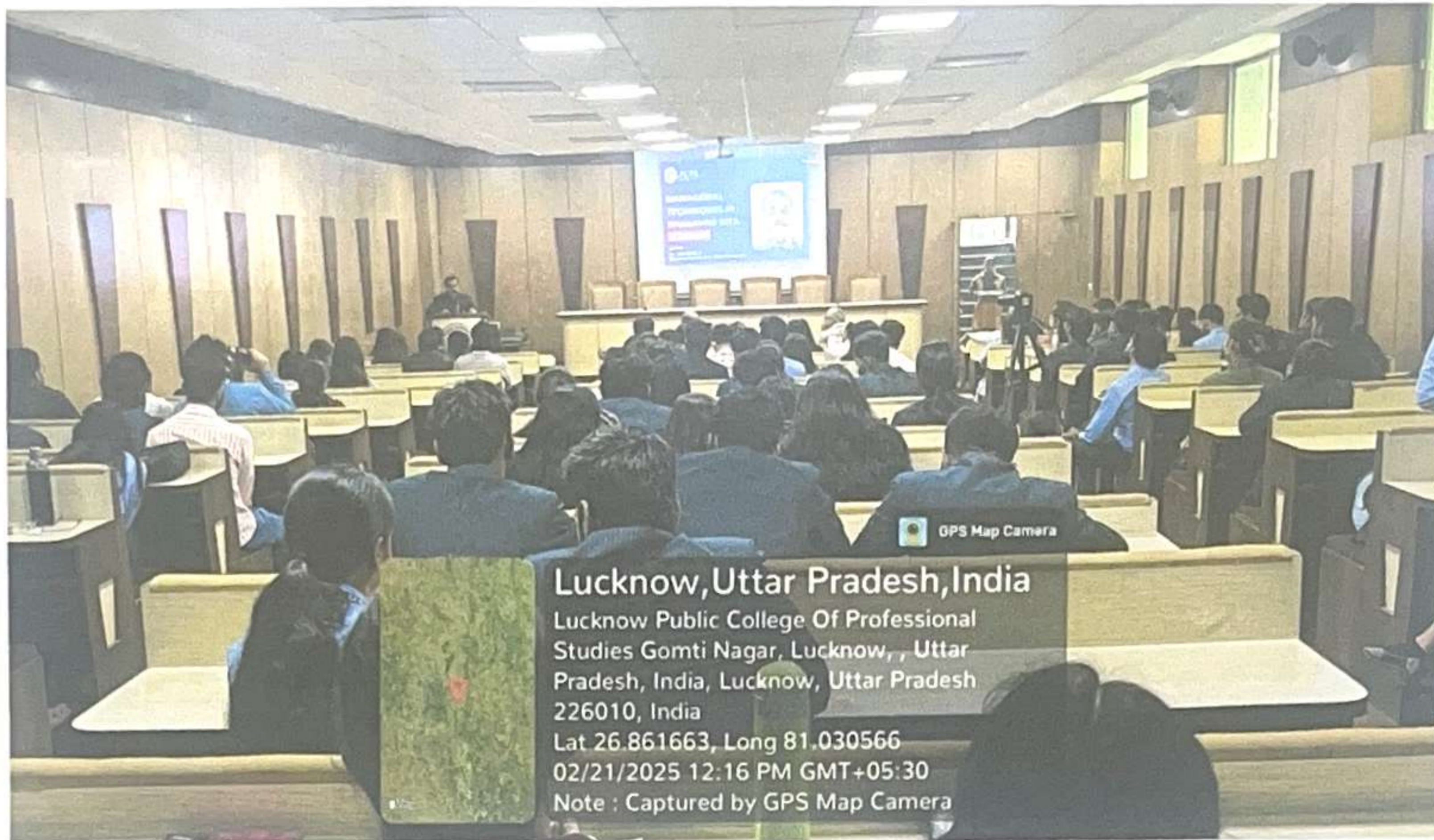


CPR Training Session

On **11th December 2024**, Lucknow Public College of Professional Studies (LPCPS) organized an informative and hands-on **CPR training session** to equip students with essential life-saving skills. The session was conducted by **Dr. Ajay Kumar Verma**, Professor of Respiratory Medicine, and **Dr. Sateesh Verma**, Professor (Junior Grade) of Anaesthesiology, from King George's Medical University, Lucknow. Students received expert guidance on CPR techniques and learned about its crucial role during medical emergencies. The initiative reinforced LPCPS's commitment to promoting practical knowledge, emergency preparedness, and student empowerment. The session was highly appreciated for its relevance, clarity, and real-world impact.

Webpage Link: <https://lpcps.org.in/Event/1668>


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



Session: Managerial Techniques in the Bhagavad Gita

Lucknow Public College of Professional Studies (LPCPS) organized an insightful session on “**Managerial Techniques in the Bhagavad Gita,**” featuring a lecture by **Dr. Suman K. S.** from Tripura University. The session explored the relevance of the Bhagavad Gita’s timeless wisdom in modern management and organizational practices. Dr. Suman discussed key principles such as **leadership**, drawing inspiration from Krishna’s qualities; **ethical decision-making** in challenging situations; and **motivation and performance**, emphasizing self-discipline, focus, and excellence. He also highlighted the Gita’s guidance on **stress management**, helping individuals maintain balance at the workplace, and the importance of **work ethics**, including duty, integrity, and selfless service.

The session provided students and faculty with a fresh perspective on management, demonstrating how ancient philosophy can address contemporary professional challenges. Interactive discussions and a Q&A segment made the lecture engaging and thought-provoking. Participants

Asmita

Principal

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

appreciated the session's depth, gaining a clearer understanding of the Bhagavad Gita's practical applications in leadership and management.

Webpage Link: <https://lpcps.org.in/Event/1645>



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