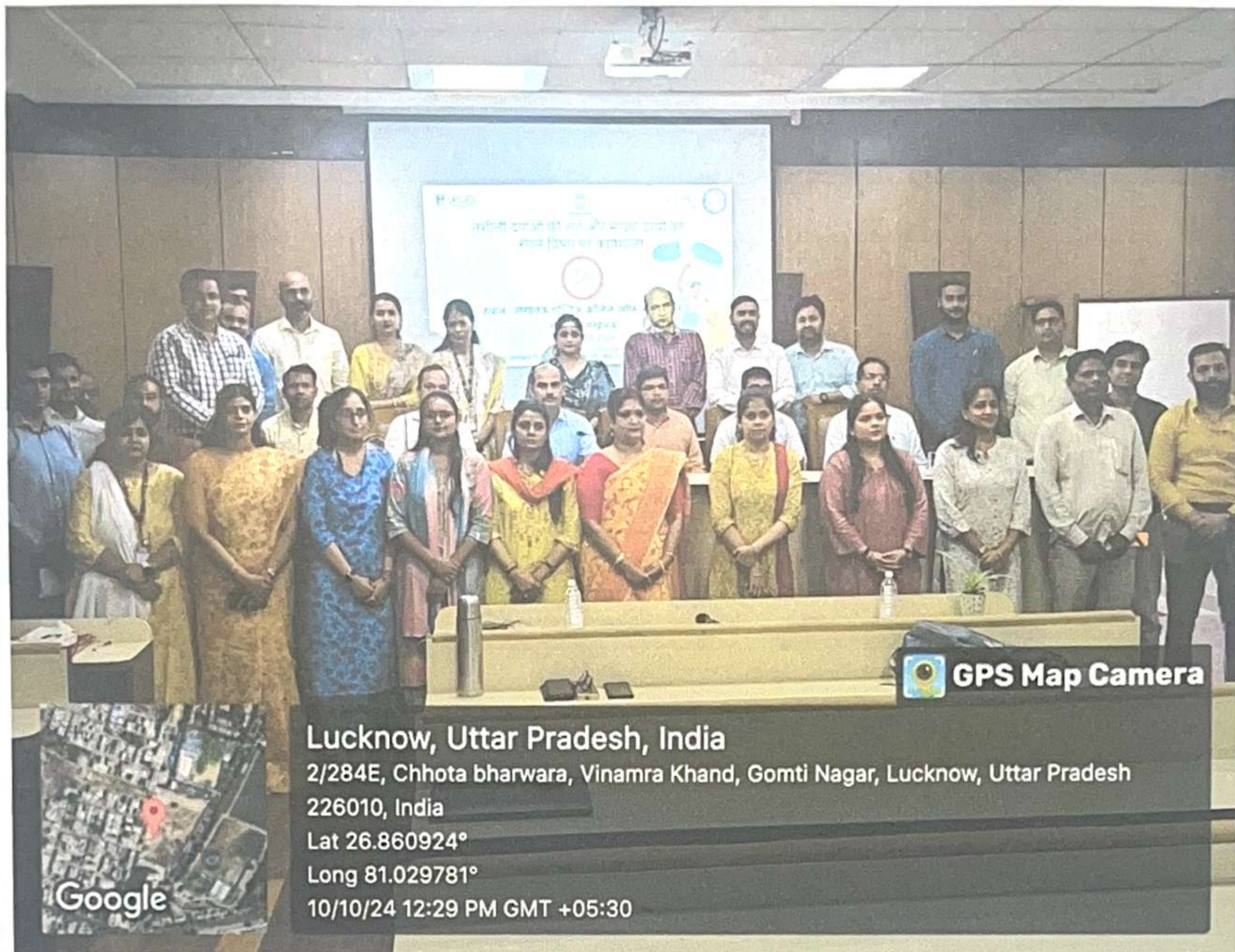


**SAMPLE OF WORKSHOP**

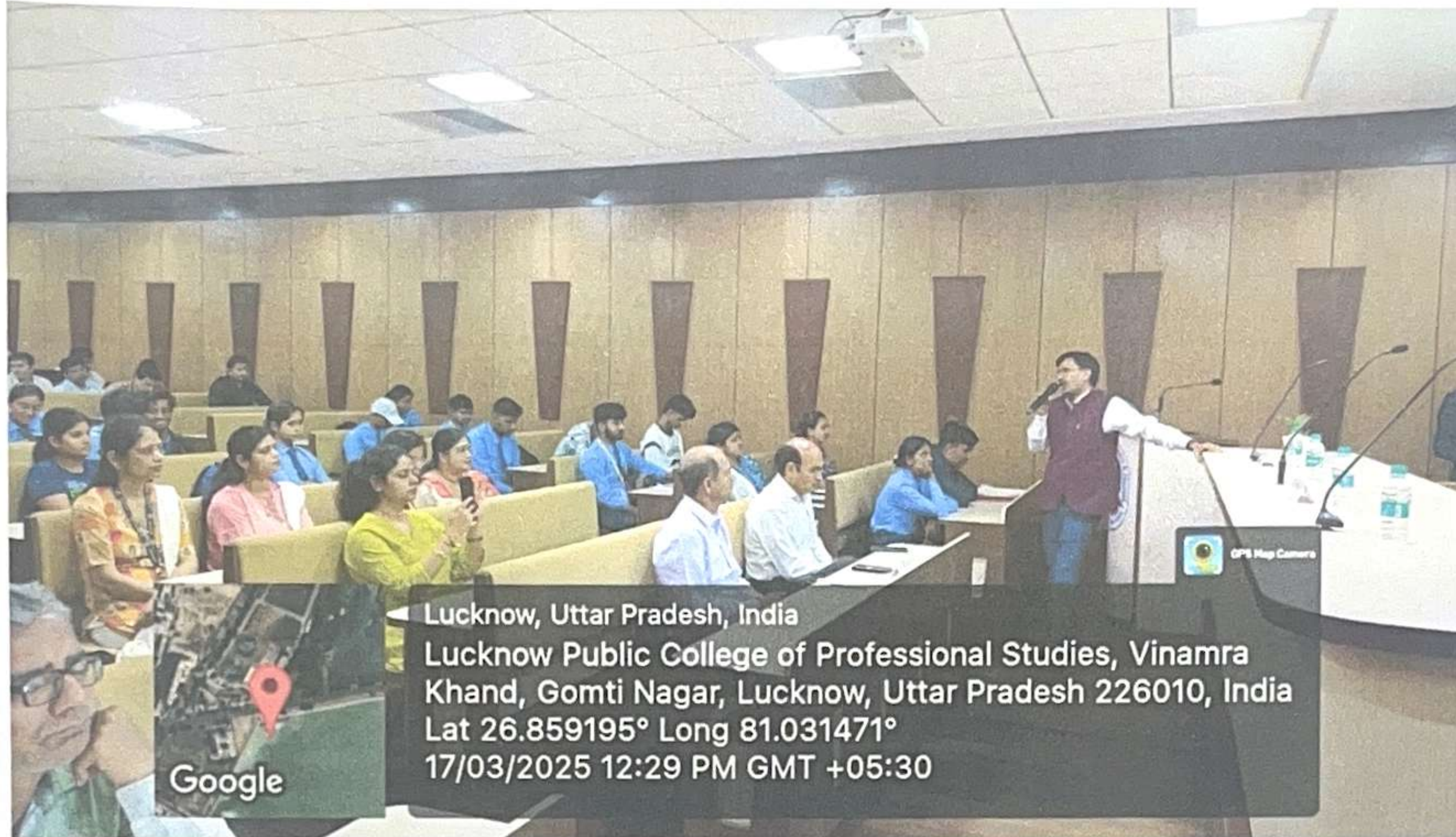


### “Say No to Drugs” Workshop

On **10th October 2024**, Lucknow Public College of Professional Studies (LPCPS) organized an important workshop on **Drug Addiction and Substance Abuse** to raise awareness among students and faculty. The event began with an address by **Dean Academics, Prof. Awasthi**, who stressed the role of educational institutions in promoting healthy living and preventing addiction. A senior official from the **Department of Youth Affairs, Government of India**, delivered the keynote session, explaining the causes, risks, and consequences of drug abuse, along with prevention and intervention strategies. The workshop concluded with a call to action, encouraging participants to spread awareness, support affected individuals, and help build a drug-free community.

Webpage Link: <https://lpcps.org.in/Event/1634>

*Asingh*  
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## Five-Day Workshop on Mental Health Matters

Lucknow Public College of Professional Studies (LPCPS), affiliated with the University of Lucknow, recently hosted a successful **five-day workshop** titled **"Mental Health Matters: Prioritizing Well-being in a Fast-Paced World."** Held from **March 17th to March 21st, 2025**, the workshop ran daily with sessions commencing at **9:00 AM and 2:00 PM**.

The program underscored the critical importance of mental well-being in our increasingly demanding world. Recognizing that modern life often leads to overlooked mental health, the workshop emphasized the detrimental effects of constant pressure, stress, and multitasking. Participants engaged with vital concepts surrounding mental health, with a strong focus on practical strategies for maintaining well-being. Key discussions revolved around **prioritizing self-care, understanding when to seek professional help, and cultivating supportive environments**. The initiative highlighted how acknowledging and addressing mental health concerns not only enriches individual lives but also significantly boosts productivity and strengthens relationships, contributing to a more balanced and healthier society for everyone.

Webpage Link: <https://lpcps.org.in/Research/2025/4>

  
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