



**LPCPS**  
LUCKNOW PUBLIC COLLEGE  
OF PROFESSIONAL STUDIES

## LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES

Ref.: LPCPS/PRINCIPAL/21-22/.....03/06

Date: 21/03/2022

### NOTICE

This is to inform you that college is organizing a seminar for 3<sup>rd</sup> Year students in association with Accman Business School on "Stress Can Be Your Friend" with Prof. Ankita Indu (Faculty, Indraprastha University, Delhi) on 23<sup>rd</sup> March, 2022 at 10:00am in the Room No. A-101 (Ground Floor) of the college.

(Prof. Anil Singh)

**Principal**  
Principal

Lucknow Public College of Professional Studies  
Vinamra Khand, Gomti Nagar, Lko

Copy to:

- Dean Academics
- Director, IQAC
- HODs of All Concerned Departments
- All Notice Boards

## RESOURCE PERSON

**Professor Ankita Indu**

**Indraprastha University, Delhi**

## ABOUT THE SEMINAR

We see stress as a monster to our peace and health and something we need to battle. But what if we told you that seeing this old foe of ours in a different light could empower us to feel better when faced with it. Here is a revolutionary new way of looking at stress.

Stress is a **feeling of emotional or physical tension**. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline.

Stress is a fact of life, wherever you are and whatever you are doing. You cannot avoid stress, but you can learn to manage it so it doesn't manage you. Changes in our lives—such as going to college, getting married, changing jobs, or illness—are frequent sources of stress. Keep in mind that changes that cause stress can also benefit you. Moving away from home to attend college, for example, creates personal-development opportunities—new challenges, friends, and living arrangements. This seminar will help the participants to develop coping techniques for managing stress.

## MANAGING BOARD

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**Dr. S.P. Singh**

**General Manager,**

**Lucknow Public College of Professional Studies,  
Lucknow**

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**Ms. Garima Singh**

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**Prof. Anil Singh**

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*Convener*

**Prof. (Dr.) Laxmi Shankar Awasthi**

**Dean Academics, LPCPS**

*Co-Convener*

**Dr. Vrijesh Kumar Pandey**

**(Department of Science)**

**Dr. Nripendra Singh**

**(Department of Science)**

*Organizing Secretary*

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**(Department of Science)**

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**(Department of Computer Science)**

**Dr. Karuna Shankar Awasthi**

**(Department of Computer Science)**

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**Ms. Saloni Agrawal**

**(Department of Management)**

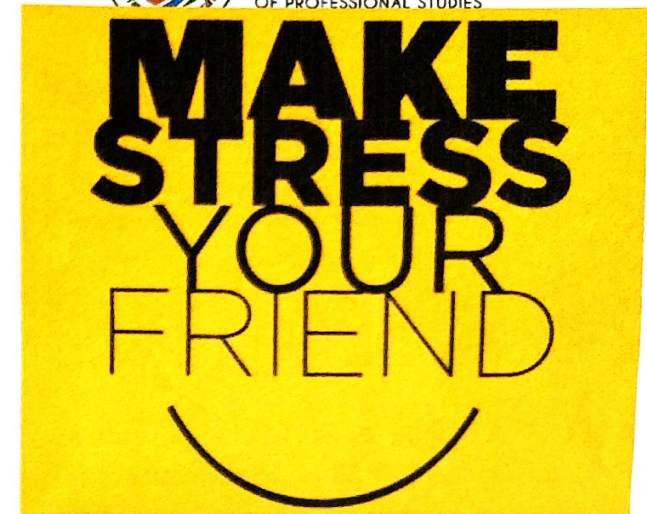
**Ms. Aanchal Praveen**

**(Department of Arts)**



# LPCPS

LUCKNOW PUBLIC COLLEGE  
OF PROFESSIONAL STUDIES



ONE DAY

## SEMINAR ON STRESS CAN

## BE YOUR FRIEND

(2022)

Organized by

### LUCKNOW PUBLIC COLLEGE OF

### PROFESSIONAL STUDIES

### (LPCPS)

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

Vinamra Khand, (Near Kathauta Lake) Gomti  
Nagar, Lucknow

**Date: March 23, 2022**

**Time: 10:00 AM onwards**

*Awasthi*  
Principal

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



## 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 Vinamara Khand, opposite Kathuta Lake, Gomti nagar, Lucknow. The college was established under the aegis of Lucknow Public Educational Society, A-Block, Rajajipuram, 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 institution for admission for Under-graduate programmes in the 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 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 spectacular success achieved by the college in such a short time is the result of the foresightedness, exceptionally dynamic leadership and guidance of the visionary Founder & General Manager.

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.

## CERTIFICATES

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

## VENUE-

**Block A**

**LPCPS Campus**

## For Further Information-

**Contact - Dr. Vrijesh Kumar Pandey**

**Mob: +919473959844**

**+917011681660**

**+918957733506**

**E-Mail- [lpcpsconference@gmail.com](mailto:lpcpsconference@gmail.com)**



CERTIFICATE NO.  
LPCPS/RPDC/SMNR/2021-22/03/001



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## SEMINAR

This is to certify that

**PROF. ANKITA INDU**

**Professor, Indraprastha University, Delhi has successfully imparted her valuable insight as an eminent speaker in the One Day Seminar on "STRESS CAN BE YOUR FRIEND" successfully organized by Lucknow Public College of Professional Studies, Vinamra Khand, Gomti Nagar, Lucknow, India held on 23rd March, 2022.**

*Garima*

Mrs. Garima Singh  
Director, LPCPS

*Anil*  
Principal

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

*Anil Singh*

Prof. (Dr.) Anil Singh  
Principal, LPCPS

*AS*

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

CERTIFICATE NO.  
LPCPS/RPDC/SMNR/2021-22/03/01



# LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES

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## SEMINAR

This is to certify that

**ASHISH GUPTA**

a student of **B.COM IV Semester** of Lucknow Public College of Professional Studies, Lucknow has participated in the one day seminar on "STRESS CAN BE YOUR FRIEND" successfully organized by Lucknow Public College of Professional Studies, Vinamra Khand, Gomti Nagar, Lucknow, India on 23rd March, 2022.

*Garima*

Mrs. Garima Singh  
Director, LPCPS

*Anil Singh*

Principal

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

*Anil Singh*

Prof. (Dr.) Anil Singh  
Principal, LPCPS

*AS*

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



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## SEMINAR

This is to certify that

**BHAVESH KALRA**

a student of B.COM IV Semester of Lucknow Public College of Professional Studies, Lucknow has participated in the one day seminar on "STRESS CAN BE YOUR FRIEND" successfully organized by Lucknow Public College of Professional Studies, Vinamra Khand, Gomti Nagar, Lucknow, India on 23rd March, 2022.

*Garima*

Mrs. Garima Singh  
Director, LPCPS

*Asingh*  
Principal

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

*Asingh*

Prof. (Dr.) Anil Singh  
Principal, LPCPS

*AS*

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

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**LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES**  
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**SEMINAR**

**This is to certify that**

**KHUSHI MATHUR**

**a student of B.COM IV Semester of Lucknow Public College of Professional Studies, Lucknow has participated in the one day seminar on "STRESS CAN BE YOUR FRIEND" successfully organized by Lucknow Public College of Professional Studies, Vinamra Khand, Gomti Nagar, Lucknow, India on 23rd March, 2022.**

*Garima*

Mrs. Garima Singh  
Director, LPCPS

*Asingh*  
Principal

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

*Asingh*

Prof. (Dr.) Anil Singh  
Principal, LPCPS

*AS*

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



CERTIFICATE NO.  
LPCPS/RPDC/SMNR/2021-22/03/04



# LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES

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## SEMINAR

This is to certify that

**KUSHAL CHOUDHARY**

a student of B.COM IV Semester of Lucknow Public College of Professional Studies, Lucknow has participated in the one day seminar on "STRESS CAN BE YOUR FRIEND" successfully organized by Lucknow Public College of Professional Studies, Vinamra Khand, Gomti Nagar, Lucknow, India on 23rd March, 2022.

*Garima*

Mrs. Garima Singh  
Director, LPCPS

*Anil*  
Principal

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

*Anil Singh*

Prof. (Dr.) Anil Singh  
Principal, LPCPS

*AS*

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