



LPCPS
LUCKNOW PUBLIC COLLEGE
OF PROFESSIONAL STUDIES

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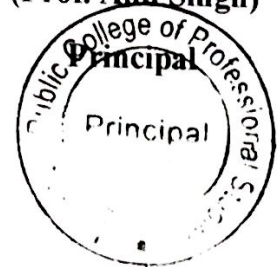
Ref.: LPCPS/PRINCIPAL/21-22/...04/01.....

Date: 01/04/2022

NOTICE

This is to inform you that college is organizing a "Yoga Session by Dr Brijendra Pratap Singh, (Ph.D Yoga, Yoga Expert, Yoga Instructor, Rajkiya Ayurvedic Chikitsalaya, Gudamba, Lucknow, Ayush Department U.P) on 02nd April, 2022 at 11:00am in the auditorium of the college. Kindly ensure your presence.

Anil Singh
(Prof. Anil Singh)

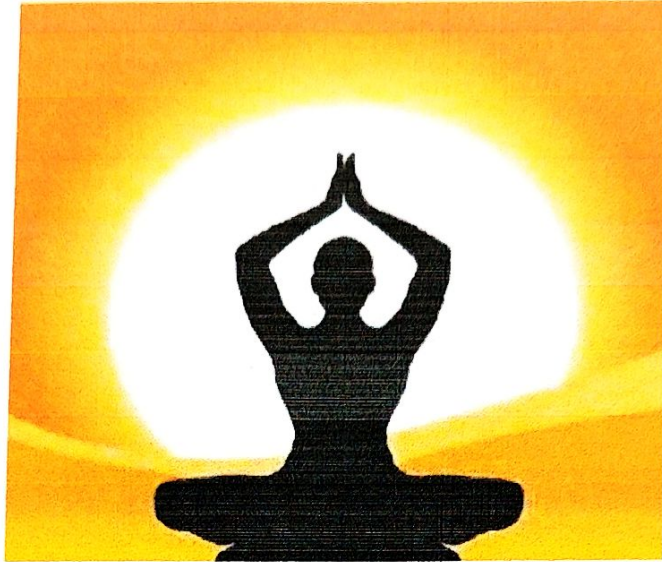


Copy to:

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



LPCPS
LUCKNOW PUBLIC COLLEGE
OF PROFESSIONAL STUDIES



ONE DAY

“SEMINAR ON YOGA”

Organized by

**LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES
(LPCPS)**

(Affiliated to University of Lucknow)

Vinamra Khand, (Near Kathauta Lake)

Gomti Nagar, Lucknow

Date: April - 2, 2022

Time: 11:00 AM Onwards

Asingh

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

MANAGING BOARD

Chief Patron

Dr. S.P. Singh
General Manager,
Lucknow Public College of Professional Studies,
Lucknow

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Director, LPCPS

Copatron

Prof. Anil Singh
Principal, LPCPS

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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

Dr. Abhay Shanker Pandey
(Department of Science)

Dr. Santosh Kumar
(Department of Computer Science)

Dr. Karuna Shankar Awasthi
(Department of Computer Science)

Organizing Committee

Ms. Saloni Agrawal
(Department of Management)

Ms. Aanchal Praveen
(Department of Arts)

Asingh

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

ABOUT THE SEMINAR

The "Seminar on Yoga" offers an immersive and insightful journey into the ancient practice of yoga, encompassing both its physical and philosophical dimensions. Through expert guidance and interactive sessions, participants delve into various yoga postures (asanas) and breathing techniques (pranayama) that promote physical flexibility, strength, and mental tranquility. Beyond the physical, the workshop delves into the philosophical underpinnings of yoga, exploring concepts such as mindfulness, meditation, and the union of mind, body, and spirit. Participants gain a deeper understanding of yoga's holistic benefits, its potential to reduce stress, and its role in enhancing overall well-being. By fostering a harmonious blend of practical exercises and theoretical insights, the workshop equips attendees with valuable tools for integrating the principles of yoga into their daily lives, fostering a path toward greater inner balance and vitality.

KEY SPEAKER

Dr. Brijendra Pratap Singh

PhD Yoga, Yoga Expert,
Yoga Instructor Rajkiya Ayurvedic Chikitsalaya, Gudamba, Lucknow
Ayush Department U.P

VENUE

Shri Ram Lal Memorial Auditorium,

LPCPS



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

CERTIFICATE NO.
LPCPS/RPDC/SMNR/2021-22/04/A/001



LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES
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SEMINAR

This is to certify that

DR. BRIJENDRA PRATAP SINGH

**PhD Yoga, Yoga Expert, Yoga Instructor Rajkiya Ayurvedic Chikitsalaya, Gudamba,
Lucknow,
Ayush Department U.P has successfully imparted his valuable insight as an eminent
speaker in the One Day Seminar on "YOGA" successfully organized by Lucknow Public
College of Professional Studies, Vinamra Khand, Gomti Nagar, Lucknow, India held on
2nd Apr, 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

CERTIFICATE NO.
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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 "YOGA" successfully organized by Lucknow Public College of Professional Studies, Vinamra Khand, Gomti Nagar, Lucknow, India on 2nd April, 2022.

Garima

Mrs. Garima Singh
Director, LPCPS

Asish

Principal

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

Asish

Prof. (Dr.) Anil Singh
Principal, LPCPS

AS

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

CERTIFICATE NO.
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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 "YOGA" successfully organized by Lucknow Public College of Professional Studies, Vinamra Khand, Gomti Nagar, Lucknow, India on 2nd April, 2022.

Garima

Mrs. Garima Singh
Director, LPCPS

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

Anil

Prof. (Dr.) Anil Singh
Principal, LPCPS

AS

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

Website: www.lpcps.org.in

Email: rsrchcelllpcps@gmail.com

CERTIFICATE NO.
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SEMINAR

This is to certify that

CHARANDEEP SINGH

a student of B.COM IV Semester of Lucknow Public College of Professional Studies, Lucknow has participated in the one day seminar on "YOGA" successfully organized by Lucknow Public College of Professional Studies, Vinamra Khand, Gomti Nagar, Lucknow, India on 2nd April, 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

DEVANSH SINGH

a student of B.COM IV Semester of Lucknow Public College of Professional Studies, Lucknow has participated in the one day seminar on "YOGA" successfully organized by Lucknow Public College of Professional Studies, Vinamra Khand, Gomti Nagar, Lucknow, India on 2nd April, 2022.

Garima

Mrs. Garima Singh
Director, LPCPS

AS

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

Website: www.lpcps.org.in

Email: rsrchcelllpcps@gmail.com