



LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES

Sample of Seminars



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 3rd Year students in association with Accman Business School on "Stress Can Be Your Friend" with Prof. Ankita Indu (Faculty, Indraprastha University, Delhi) on 23rd 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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General Manager,

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

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Director, LPCPS

Copatron

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(Department of Science)

Dr. Nripendra Singh

(Department of Science)

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(Department of Science)

Dr. Santosh Kumar

(Department of Computer Science)

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(Department of Computer Science)

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(Department of Management)

Ms. Aanchal Praveen

(Department of Arts)



LPCPS
LUCKNOW PUBLIC COLLEGE
OF PROFESSIONAL STUDIES

**MAKE
STRESS
YOUR
FRIEND**



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

Asst. Principal

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

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



LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES

(Affiliated to University of Lucknow)

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

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

(Affiliated to University of Lucknow)

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
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/2021-22/03/02



LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES

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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, Gomti Nagar, Lucknow

Asingh

Prof. (Dr.) Anil Singh
Principal, LPCPS

AS

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

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



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

(Affiliated to University of Lucknow)

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

LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES

ONE DAY SEMINAR ON HOW TO

START UP

(9TH APRIL, 2022)

The poster is dark blue with white and yellow text. At the top center is the LPCPS logo, which includes a circular emblem with a book and a lamp, followed by the text 'LPCPS' and 'LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES'. Below the logo, the main title 'HOW TO START UP?' is written in large, bold, yellow letters. Underneath, 'LECTURE: 1' is in white, and 'CHOOSING ONE IDEA OUT OF MANY' is in yellow. The organizer information 'ORGANIZED BY: TRAINING & PLACEMENT CELL LPCPS' is in white. The speaker information 'SPEAKER: MR. ADITYA VIKRAM SINGH, TRAINING & PLACEMENT HEAD' is also in white. At the bottom, there are four icons with text: a calendar icon for '9th APRIL, 2022', a clock icon for 'REPORTING TIME: 12:50 PM', a location pin icon for 'CONFERENCE HALL, LPCPS', and a QR code on the right. A white button at the bottom center contains the text 'REGISTRATION LINK IN THE DESCRIPTION'.

A seminar was designed and curated by the Training and Placement cell of LPCPS. The keynote speaker of these lectures was Mr. Aditya Vikram Singh, the Training and Placement Head at LPCPS. The lecture on "How to choose one idea from many" was delivered well by Mr. Aditya Vikram Singh on 9th April 2022, at 12.50 PM in the conference hall of LPCPS.

Asmita
Principal
Lucknow Public College of Professional Studies
Vinayra Khand, Gomtinagar, Lucknow

Registration link was sent to the students to enroll and register. Also, announcements were made by the LTF Academic Head in each and every class mentioning the entire details and the perks of attending the session. No fee was charged from students, it was free of cost.

LPCPS brings to you paved ways towards Entrepreneurship.

We are organizing a seminar on "How to Start Up" for the budding entrepreneurs to take over their goals in lives.

Link to the registration:

<https://forms.gle/YNV7AHHuAqQiUGWw5>

The students were explained about entrepreneurship, business, how to grow as an individual, how to be creative and innovative besides cognitive learning and emotional intelligence. The lecture was of 1 hour 15 mins which included introduction about the lecture, and was concluded with a Q and A session.



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



Anand
Principal
Lucknow Public College of Professional Studies
Vinamra Khend, Gomtinagar, Lucknow

LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES

ONE DAY SEMINAR ON HOW TO START UP

April 9, 2022

ATTENDANCE SHEET

S N	FULL NAME	Course	SIGNATURE
1	ANUSHKA JAIN	B COM IV Semester	<i>Ajain</i>
2	DEVANSH SINGH	B COM IV Semester	<i>Devansh</i>
3	MUSKAN VERMA	B COM IV Semester	<i>Muskan Verma</i>
4	PRIYA SINGH	B COM IV Semester	<i>Priya Singh</i>
5	NEHA YADAV	B COM VI Semester	<i>Neha</i>
6	OJAS SAHU	B COM VI Semester	<i>Ojas</i>
7	PRAGYA SINGH	B COM VI Semester	<i>Pragya Singh</i>
8	AMAN KATIYAR	BCA IV Semester	<i>Aman</i>
9	HARDIK PANDEY	BCA IV Semester	<i>Hardik</i>
10	SHRUTI SINGH	BCA IV Semester	<i>Shruti</i>
11	AMAN KUMAR SINGH	BCA VI Semester	<i>Aman K. Singh</i>
12	KUSHAL GURNANI	BCA VI Semester	<i>Kushal</i>
13	PRIYANKA GIRI	BCA VI Semester	<i>Priyanka</i>
14	RIYA SHARMA	BCA VI Semester	<i>Riya Sharma</i>
15	ANKUL VERMA	B Sc IV Semester	<i>Ankul</i>
16	SHALINI YADAV	B Sc IV Semester	<i>Shalini</i>
17	AKARASH GUPTA	B Com (H) IV Semester	<i>Akarash Gupta</i>
18	ANJALI SINGH	B Com (H) IV Semester	<i>Anjali Singh</i>
19	RIYA	B Com (H) IV Semester	<i>Riya</i>
20	SHRISTI RAWAT	B Com (H) IV Semester	<i>Shristi</i>

Amit
Principal
Lucknow Public College of Professional Studies
Vishwara Khand, Gomtinagar, Lucknow