



P.P.N. (P.G.) College, Kanpur

96/12 Mahatma Gandhi Marg, Kanpur -208001

•Telefax:(0512)2361924 •Website:www.ppncollege.org•


•email:ppncollegekanpur@gmail.com•


K.I. :- 5.1.2 (QnM) Capacity development and skills enhancement activities are organised for improving students' capability.

INDEX I

S.No.	Activities	Session	Annexure
1.	Soft Skills	2018-2019	-
		2019-2020	-
		2020-2021	-
		2021-2022	1a, 1b, 1c, 1d
		2022-2023	2a, 2b, 2c, 2d, 2e, 2f
2.	Language and communication skills	2018-2019	-
		2019-2020	-
		2020-2021	3a, 3b, 3c, 3d
		2021-2022	-
		2022-2023	-
3.	Life skills	2018-2019	-
		2019-2020	4a, 4b, 4c, 4d 5a, 5b, 5c, 5d
		2020-2021	-
		2021-2022	6a, 6b, 6c, 6d, 6e 7a, 7b, 7c, 7d 8a, 8b, 8c, 8d, 8e 9a, 9b, 9c, 9d, 9e, 9f
		2022-2023	-


Prof. Abha Singh
Convener
IQAC


Prof. Suman Singh
Convener
NAAC


Prof. Anoop Kumar Singh
Principal
P.P.N. P.G. College

01/03/2021

Notice


Counselling & Placement is organising an expert talk on -

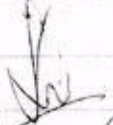
Self Awareness; Key to Capacity building.

Time : 2 pm Date : 03/03/2021

Venue : Auditorium

Interested students are requested to be seated by 1.45 pm


Dr. Akha Singh


Dr. Surman S.

Self Awareness is a Key to Capacity Building 16

03.03.2021

Dr. Abha Singh

Names	Class	Phone No.	Sign
Vampire blood	B.A.IV	6306895963	<u>Vampire</u>
Shrisha Mishra	B.A.II	8957479787	<u>Shrisha</u>
Vimi Nigam	BSC-I	89076758210	<u>Vimi</u>
Sana fatima	BSC-I	8418933052	<u>Sana fatima</u>
Dr. S.P. Soirastava	Faculty	-9458329730	<u>S.P.</u>
Dr. Kemu Goel	"	9411914866	<u>Kemu</u>
Mudassar Rehman	"	6391435629	<u>Mudassar</u>
Dr. Yashveer Gauram	"	9025747406	<u>Yashveer</u>
Dr. Rizwan	Faculty	9450133849	<u>Rizwan</u>
Mohd. Zariyab	BSC-I	9889544077	<u>Zariyab</u>
Mariya Mohsin	BSC-I	9519867370	<u>Mariya</u>
Ilma Nihal	BSC-I	8175028257	<u>Ilma Nihal</u>
Subiya Khan	BSC-I	6387551018	<u>Subiya</u>
Mohd Sameer	BSC-I	8429040769	<u>Mohd Sameer</u>
Akshat Katiyar	BSC-I	8400120551	<u>Akshat</u>
Nishtha Bhaduria	B.A.I	9369932332	<u>Nishtha</u>
Anushka Dhiman	BA I st	7992129177	<u>Anushka</u>
Khushi Maurya	B.Sc II nd	8707431380	<u>Khushi</u>
Arshi shukla	B.A.III rd	8957923174	<u>Arshi</u>
Priya Yadav	B.A.III	8303403567	<u>Priya</u>
Diksha Das	B.A.III	8707854426	<u>Diksha Das</u>
Palak Patel	B.A.III	7704975035	<u>Palak Patel</u>
Rahmeen	B.A.III rd	8957924993	<u>Rahmeen</u>
Souza	B.A.III	9696797792	<u>Souza</u>
Ilma Khan	B.Sc I	7007264408	<u>Ilma Khan</u>
Zoya Siddiqui	B.Sc.I	9044252709	<u>Zoya Siddiqui</u>
Naseema Bano	BA.I	9628773007	<u>Naseema Bano</u>
Ayushi Mishra	B.Sc-I	8840769596	<u>Ayushi Mishra</u>
Geetika Shukla	B.Sc-I	8299543878	<u>Geetika Shukla</u>
Ayushi Jaiswar	B.Sc-I	9305297302	<u>Ayushi Jaiswar</u>
Khalida Ansari	B.Sc I	9956787701	<u>Khalida</u>
Mohish Jahan	B.Sc I	8318731355	<u>Mohish</u>
T. V. A. D. S. P.	B. Sc - I	9000000000	<u>T. V. A. D. S. P.</u>

S.No.	NAME	CLASS	CONTACT NO.	SIGN
33.	Sana Fatima	M.Sc. Final	7380768721	Sana Fatima
34.	Astha Katiya	M.Sc. Final	7080823267	Astha Katiya
35.	Diksha Dohre	B.Sc II nd	8303850025	Diksha Dohre
36.	Shreya Pandey	B.Sc II nd	9532972725	Shreya
37.	Oseen	B.Sc II nd	9696613006	Oseen
38.	Sakshi Singh	B.Sc II nd	6388386968	Sakshi
39.	Roshni Mowya	B.Sc II nd	6394905307	Roshni Mowya
40.	Ziya Nafis	B.Sc II nd	9588264596	Ziya Nafis
41.	Maazreen Bano	B.Sc I st	8756292803	Maazreen Bano
42.	Sabha Gupta	B.A III rd	6394838739	Sabha Gupta
43.	Prachi Gupta	B.A III rd	6394315277	Prachi Gupta
44.	Shweta Sharma	B.A III rd	6394315274	Shweta
45.	Nikhil Fatima	B.Sc I st	9336500288	Nikhil Fatima
46.	Bhavana Gautam	B.Sc I st	8318137321	Bhavana
47.	Anvesha Katiyar	B.Sc I st	7398885448	Anvesha Katiyar
48.	Amushka Kamariya	B.Sc I st	7755852384	Amushka Kamariya
49.	Fiza Mateen Khan	B.Sc I st	9115216822	Fiza
50.	Shatabdi Ghosh	B.Sc I st	6306178530	Shatabdi Ghosh
51.	Isha Gupta	B.Sc I st	9044372382	Isha
52.	Deeksha Trivedi	B.Sc I st	9795740585	Deeksha Trivedi
53.	Alaishika	B.Sc I st	8528511641	Alaishika
54.	Shreya Yadav	B.Sc I st	9455584429	Shreya
55.	Mansi Gautam	B.Sc I st	9044680048	Mansi
56.	Deepika Verma	B.Sc I st	8400196097	Deepika
57.	Deepali Verma	B.Sc I st	7260048590	Deepali
58.	Robin Singh Yadav	B.Sc II nd	9580263374	Robin
59.	Aman Dwivedi	B.Sc II	8576969568	Aman Dwivedi
60.	Mohd. Rehan	B.Sc I st	8858887904	Mohd. Rehan
61.	Anku Samantia	B.Sc I st	9636487434	Anku
62.	Mridu Ramoon	M.Sc. Part	7843997565	Mridu
63.	Priya	B.Sc I st	9839286699	Priya
64.	Agam Shukla	B.C.T	9828112151	Agam

CELL, P.P.N. CAMPUS

PRINCIPAL
NATH (P.G.) COLLEGE



P.P.N. (P.G.) College, Kanpur

96612 Mahatma Gandhi Marg, Kanpur -208001

• Telefax: (0512)2361924 • Mob.: 8707538344 •

• Website: www.ppncollege.org • email: ppncollegekanpur@gmail.com •

REPORT

ONLINE LECTURE ON	: "SELF AWARENESS : KEY TO CAPACITY BUILDING"
EVENT ORGANIZED BY	: Counselling & Placement Cell
RESOURCE PERSON DETAILS	: Dr. Abha Singh Head Department of Psychology, PPN (PG) College, Kanpur
DATE OF THE EVENT	: 3 rd March, 2022
EVENT VENUE	: College Auditorium
TIME	: 2:00 pm
NO. OF PARTICIPANTS	: 64

On 03/03/2021, Dr. Abha Singh, Head, Department of Psychology, Convener, Counselling Cell gave lecture at 2.00 pm throughout the lecture she inspired all the students. It was an informative and motivating session, which initiated the students, how to boost up self confidence, patience and willingness.

She also told about self awareness as a key to happiness. Students can achieve their maximum growth through understanding of their own potentialities. Our speaker also shared her own experiences and the way in which she reached the heights and also answered all the questions asked by the students, which was very useful. She also guided on the process how to attain self awareness.

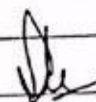
Abha Singh
PRINCIPAL
PT. PRITHI NATH (P.G.) COLLEGE
KANPUR

5.1.2022


NOTICE

The Counselling & Placement Cell is organizing a talk on, 'Academic Leadership' for the students and faculty members by an experienced Consultant from, New Hampshire U.S.A, Dr. Sonal Kumar, on the 10th of Jan. 22.
 Time : 3 pm - 4 pm
 Venue : College Auditorium.

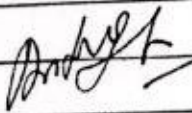
All interested students and faculty are requested to reach the venue by 2.45 pm.


 (Dr. Suman Singh)

COUNSELLING & PLACEMENT
 CELL, R.P.N. College,
 Kanpur.


 (Dr. Abha Singh)

5.1.2022
 COUNSELLING & PLACEMENT
 CELL, R.P.N. College,
 Kanpur.


 (Prof. Anoop Kumar Singh)
 Principal



Guest Lecture On "ACADEMIC LEADERSHIP" by

Dr. Sonal Kumar (Consultant)
Franklin Pierce University, USA

Organized By:- Counselling & Placement Cell

On 10th Jan. 2022, at 3 p.m., Venue: Auditorium, P. P. N. College

Prof. Anoop Kumar Singh
Principal
P.P.N. College, Kanpur

Convenor:
Dr. Suman Singh
Dr. Abha Singh

Members:
Dr. Anita Rai
Dr. Neeraj Verma

फलांशप दगा। वन 1980
किया था। वर्तमान में पवन बैंकिंग इन्वेस्टमेंट कंपनी गोल्डमेन सचेस सेन फ्रांसिस्को
में मैनेजिंग डायरेक्टर हैं। (ब्यूरो)

स्कूलों में लगे वैक्सीनेशन कैंप

कानपुर। महारानी अहिल्याबाई होल्कर विद्यालय प्रबंधक कल्याण समिति ने डीएम को स्कूलों में वैक्सीनेशन कैंप लगवाने के लिए ज्ञापन सौंपा। अध्यक्ष बृजेश सिंह ने बताया कि ग्रामीण और मलिन बस्तियों के अधिकतर स्कूलों में वैक्सीनेशन कैंप नहीं लगा है। इस मौके पर राम बहादुर सिंह, एसके पाल, बलराम सिंह, शिवांग सिंह गौड़ आदि मौजूद रहे। (संवाद)

कम्युनिकेशन स्किल पर ध्यान दें छात्र

कानपुर। पीपीएन महाविद्यालय में काउंसलिंग एवं प्लेसमेंट सेल की ओर से आयोजित ऑनलाइन व्याख्यान का शुभारंभ प्राचार्य अनूप कुमार सिंह ने किया। यूएसए से जुड़ी डॉ. सोनल कुमार ने छात्रों से कहा कि कम्युनिकेशन स्किल को और अच्छा बनाएं। अपने विजन और मिशन को लेकर स्पष्ट रहें। छात्र अपनी रुचि को समझकर जीवन में प्रगति करें। संचालन सेल की समन्वयक डॉ. सुमन सिंह और डॉ. आभा सिंह ने किया। इस दौरान डॉ. नीरज कुमार, अनीता राय, डॉ. धनंजय, डॉ. मधुबाला आदि मौजूद रहे। (संवाद)

दस शेफ को मिले डिप्लोमा



कानपुर। कविता मास्टर कुकरी क्लासेस गोविंद नगर के 9वें वार्षिकोत्सव पर दस शेफ को डिप्लोमा दिए गए। कविता सिंह ने बताया कि पायल साहू, पूजा शर्मा, निधि विश्वकर्मा, नीलम शर्मा, अलीशा, दीपिका श्रीवास्तव, सवनीत कौर, मनमीत कौर, इनामुल हक, मोहम्मद सकबी ने एक साल तक ट्रेनिंग ली है। उन्होंने कहा कि प्रयास है कि गरीब बच्चों को निशुल्क क्लास दी जाए। (संवाद)

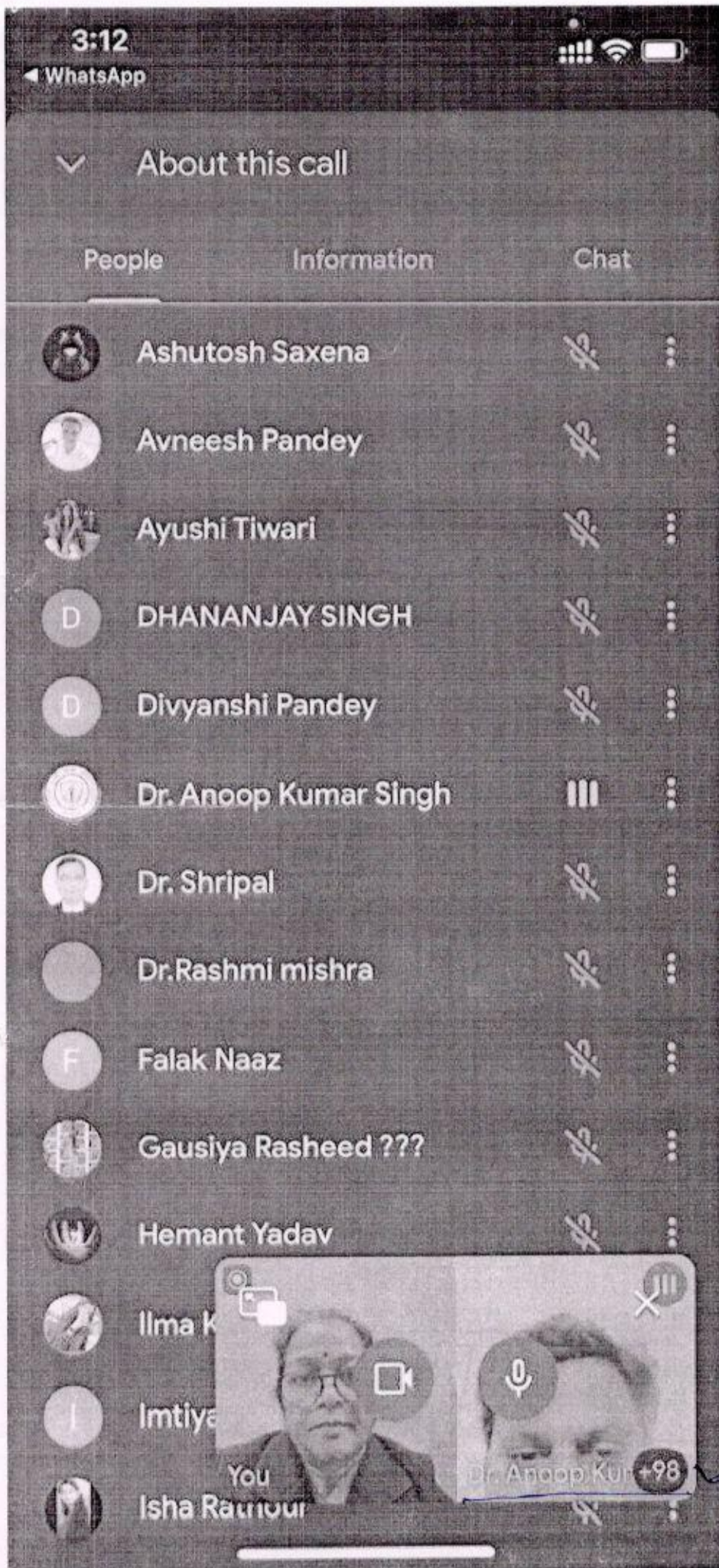
प्रो. रचना अस्थाना बनीं एआईटीएच की निदेशक

कानपुर। डॉ. आंबेडकर इंस्टीट्यूट ऑफ टेक्नोलॉजी फॉर हैंडीकैप्ड (एआईटीएच) की निदेशक फिर प्रो. रचना अस्थाना बनीं हैं। वह दूसरी बार निदेशक बनीं हैं। प्रो. अस्थाना एचबीटीयू के इलेक्ट्रानिक्स इंजीनियरिंग विभाग की शिक्षिका हैं। नए



Screenshot of the Online Talk by Dr. Sonal Kumar

Screenshot of the Online Talk by Dr. Sonal Kumar.





P.P.N. (P.G.) College, Kanpur

96/12 Mahatma Gandhi Marg, Kanpur -208001

• Telefax: (0512)2361924 • Mob.: 8707538344 •

• Website: www.ppncollege.org • email: ppncollegekanpur@gmail.com •

REPORT

ONLINE LECTURE ON	: "ACADEMIC LEADERSHIP"
EVENT ORGANIZED BY	: Counselling & Placement Cell
RESOURCE PERSON DETAILS	: Dr. Sonal Kumar Consultant USA
DATE OF THE EVENT	: 10 th January, 2022
EVENT LINK	: Google meet -pur-dmos-zks
TIME	: 3:00 pm
NO. OF PARTICIPANTS	: 97

On 10/01/2022, Dr. Sonal Kumar, experienced consultant, U.S.A. gave talk at 3.00 pm throughout the lecture she inspired all the students. It was a motivating lecture which initiate the students how to enhance self leadership character.

She also told about being a good teacher/good student may require effective leadership skills. These skill can help you offer guidance to student to help them succeed. She explained what academic leadership is, discussed the traits that effective leaders may have, and give steps can follow to improve these traits and become a better person.

Students asked so many questions and this session was very useful and interesting session.

Sonal Kumar
PRINCIPAL
PT. PRITHI NATH (P.G.) COLLEGE
KANPUR

Sent through W-app.

13.01.2021

NOTICE

The Counselling Cell is organizing a lecture on the topic "How to enhance spoken English" by Dr. Suman Singh, ^(Placement Cell) Convener and Associate Professor, Dept. of English.

This lecture will be held on 22 Jan. 2021 at 2:15 pm in the Auditorium, PPN College, Kanpur. All the students of the College are invited to attend the lecture.

~~Dr. B. D. Pandey~~

[Dr. Suman Singh]

(PRINCIPAL)

[Dr. Abha Singh]

13.01.2021

COUNSELLING & PLACEMENT CELL, P.P.N. College Kanpur

(This section contains numerous handwritten signatures and initials, many of which are crossed out with lines. Some legible words include 'Dr.', 'Suman', 'Abha', and 'Principals'. There are also some faint stamps or markings.)

22/01/2021

Guest Lecture on "How to enhance spoken English"
by Dr. Suman Singh

36

S.No.	NAME	CLASS	CONTACT NO.	SIGN
1.	Dr. S P. Srivastava		9450329730	S.P. Srivastava
2.	Dr. Shailendra P. Singh		9897418337	Shailendra P. Singh
3.	Dr. Anita Rani		9415991325	Anita Rani
4.	Dr. Suman Singh		9335307414	Suman Singh
5.	Dr. Abha Singh		9450130802	Abha Singh
6.	Neeraj Verma		7310543550	Neeraj Verma
7.	Pratyusha Tiwari	B.S.C. Ist	9569595631	Pratyusha Tiwari
8.	Shivangi Tiwari	B.A. Ist	9260914051	Shivangi
9.	Aditee Shrivastava	B.A. I st	9336399700	Aditee
10.	Sana Parveen	B.A. I st	8858469143	Sana Parveen
11.	Swati Mishra	B.A. I st	7565899234	Swati Mishra
12.	Sachal Jaiswal	B.A. I st	6393223166	Sachal Jaiswal
13.	Eisha Trivedi	M.A. II	8957631573	Eisha Trivedi
14.	Asiya Ansari	M.A. II	8840944801	Asiya Ansari
15.	Deepika Singh	M.A. II	8840944801	Deepika
16.	Akanksha Singh	M.A. II	9170085306	Ringh
17.	Mohd Amir	M.A. - F	9565824940	Amir
18.	Kisa Fatima	B.A. - I st	6394267688	Katrina
19.	Prince Chakravarthy	B.A. - I st	8687302632	Prince
20.	Sameera Fertima	B.A. - I st	8429762880	Sameera Fertima
21.	Shatabdi Srivastava	B.A. - I st	6394459910	Shatabdi
22.	Kashish Gupta	B.A. - I	9956719626	Kashish
23.	Ankita Verma	B.A. - I st	8604315867	Ankita Verma
24.	Kashish Sonker	B.A. I st	9026395598	Kashish Sonker
25.	Neeti Yadav	B.A. I st	9140633070	Neeti Yadav
26.	Shagufta Noor	B.A. III	8115444116	Shagufta Noor
27.	Shifa Rafeeq	B.A. III	8604062052	Shifa Rafeeq
28.	Taiba Noor	B.A. III	9369228942	Taiba Noor
29.	Tanu Verma	B.A. III	6306564658	Tanu Verma
30.	Harshita Mishra	B.A. III	7393990689	Harshita
31.	Rishi	B.A. III	6387686943	Rishi

S. No.	NAME	CLASS	CONTACT NO.	SIGN	S.No.
32.	Anti Gupta	B.A III rd	9005305190	Anti Gupta	1
33.	Adeeba Siddique	B.A. I st	7881100698	Adeeba Siddique	2
34.	Jaya Gupta	B.A. I st	7905031852	Jaya Gupta	3
35.	Aryansh Kaustubh Dhot	B.A. III	6392771727	Aryansh	4
36.	Sajal Arif	B.A. III	9026252386	Sajal Arif	5
37.	Akanksha Maurya	B.A. I	9236110949	Akanksha	6
38.	Akshita Gupta	B.Sc II	9839802709	Akshita	7
39.	Atshoy Pratap Singh	B.Sc II	6307167147	Atshoy Pratap Singh	8
40.	Taha Khan	B.Sc I	7355202840	Taha	9
41.	Abhinav Singhania	B.Sc II	8576078850	Abhinav	10
42.	Sumit Tiwari	B.A II nd	7908552042	Sumit	11
43.	Rinku Samseiya	B.Sc II	7881190476	Rinku	12
44.	Aryansh Kahl	B.A. III	9026316168	Aryansh	13
45.	Darshit Maurya	B.A II	8887677618	Darshit	14
46.	Adarsh Patel	B.A. II	9005822197	Adarsh	15
47.	Deeksha Trivedi	B.Sc-I	7607638577	Deeksha	16
48.	Alaisheka	B.Sc-I	8528511641	Alaisheka	17
49.	Jayanti Pandey	B.Sc-I	9651491122	Jayanti	18
50.	Sachin Gupta	B.Sc I	7275670791	Sachin	19
51.	Saumya Sharma	B.Sc I	9569419985	Saumya	20
52.	Priya	B.Sc I	9555651722	Priya	21
53.	Ananya	B.Sc I	9026980217	Ananya	22
54.	Shamshani	B.Sc I	9140086614	Shamshani	23
55.	Khushi Maurya	B.Sc I	8081274038	Khushi	24
56.	Garima	B.Sc I	8115920021	Garima	25
57.	Zeba - Fatima	B.Sc I	8887621714	Zeba Fatima	26
58.	Rimsha - Fatima	B.Sc I	7275843164	Rimsha Fatima	27
59.	Shubhi Srivastava	B.Sc I	9648974855	Shubhi	28
60.	Ananya Shukla	B.Com I	8896615582	Ananya	29
61.					30
62.					31



P.P.N. (P.G.) College, Kanpur

9612 Mahatma Gandhi Marg, Kanpur -208001

• Telefax: (0512)2361924 • Mob.: 8707538344 •

• Website: www.ppncollege.org • email: ppncollegekanpur@gmail.com •

REPORT

LECTURE	: "HOW TO ENHANCE SPOKEN ENGLISH"
EVENT ORGANIZED BY	: Counselling & Placement Cell
RESOURCE PERSON DETAILS	: Dr. Suman Singh Convener, Placement Cell, Department of English PPN (PG) College, Kanpur
DATE OF THE EVENT	: 22 January, 2022
EVENT VENUE	: College Auditorium
TIME	: 2:15 pm
NO. OF PARTICIPANTS	: 60

A counseling and placement cell organized a talk on "How to enhance spoken English". The speaker Dr. Suman Singh told about how to improve communication skills. We are living in an increasingly communications - driven world. There are very few professions where employee can thrive without sharp English Communication Skills. Which is why, Dr. Singh told about the necessity of students having strong verbal and written skills.

She also discussed that English is a lingua franca, meaning it is a "bridge" language. When two people who speak different non-english languages meet, very often the common language they use to connect is English.

The lecture was vital for students who increased their knowledge about the importance of communication Skills in English.


PRINCIPAL
PT. DRITHI NATH (P.G.) COLLEGE
KANPUR

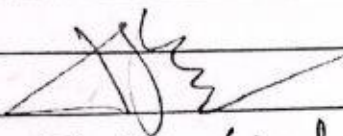
23/11/19

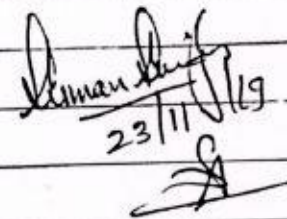
Notice

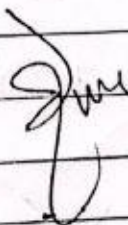
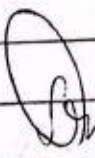
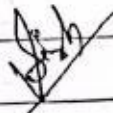


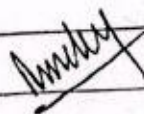
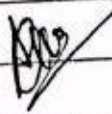
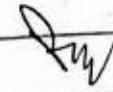

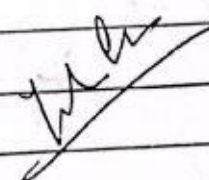


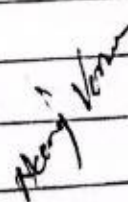
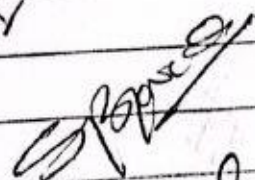

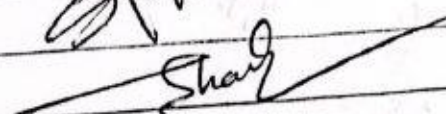
The counselling cell is organizing an awareness on cervical cancer through a seminar by several doctors and gynaecologists in the college auditorium on the 27/11/19 at 3 pm.

(ONLY FOR FEMALE CANDIDATES)

Duration - 1 hr. 15 min.


Dr. T. J. Singh
(Principal)


23/11/19
(Abha Singh)

Awareness on Cervical Cancer.

CLT. 2:15 pm
4b

S.No	NAME	CLASS	PHONE NO.	SIGN.
1.	Akansa Bajpai	B.A. IVr.	8004658762	A Bajpai
2.	Shagufta Naaz	B.A. IVr	8576938309	Shagufta
3.	Zahida Fatima	B.Sc IIIyr	9451674291	Zahida Fatima
4.	Shivangi Sharma	B.Sc. IIIyr	8858297895	Shivangi Sharma
5.	Mansi Verma	B.Sc. III yr.	8299780767	Mansi
6.	Mahima Verma	B.Sc. 3 rd yr.	9682747597	Mahima
7.	Akash Katiyar	B.A. II nd	8840190446	Akash
8.	Udendra Singh	B.A. II nd	8299518018	Udendra
9.	Shashank Divedi	M.A. (I) Ge.	7607321416	Shashank
10.	Amit Mishra	M.A. I (Gen)	8787240234	Amit
11.	Navneet Shukla	B.A. II	811504430	Navneet
12.	Yash Pandey	B.A. II	8953535010	Yash
13.	Somya Mishra	B.Sc. II	7052365555	Somya
14.	Shubhi Sachan	B.Sc. II	8707477696	Shubhi
15.	Vikram Singh	BA - II	9198027012	Vikram
16.	Ankit kumar	B.A. II	9140617596	A. kumar
17.	Abhishek Shukla	BA II	9169221257	Abhishek
18.	Akash Yadav	BA II	8299007512	Akash
19.	Anshika Gautam	B.A. II	8318411457	Anshika
20.	Swati Chauhan	B.A. II	9554577317	Swati
21.	Sonam Rajbhar	M.A. I	7860099707	Sonam Rajbhar
22.	Sangam Rawat	M.A. I	7905719941	Sangam Rawat
23.	Annu Verma	B.A. I st	8840254476	Annu Verma
24.	MD. Danish	M.A. I	8563802484	Danish
25.	Anamika Singh	M.A. I	7905872965	Anamika
26.	Nileeta Gupta	B.A. I	7652092588	Nileeta
27.	Anjali	B.A. I	6386649686	Anjali
28.	Uday Pratap	B.Sc. I	6387107366	Uday
29.	Aashi Sharma	B.A. I	7376110227	Aashi
30.	Oro Awasthi	BA - II	9795812212	Oro
31.	Akshansh Kaligay	B.A. II	7651828570	Akshansh

Awareness on Cervical Cancer

4C

(continued-)

32.	Rohan Gupta	B.A II	8934097997	Rohan
33	Saurabh Jainwal	B.Sc III	9140728101	Saurabh
34	Vishank Vaish	B.Sc III	7668553689	Vishank
35	Vaibhav Chaurasia	B.Sc III	9450794505	Vaibhav
36.	Arash Awasthi	B.Sc III	8004756659	Arash
37.	Priyanshu Yadav	B.Sc. III	7275949673	Priyanshu
38.	Afreen Jahan	B.A. I	7308522904	Afreen
39	Rashmi Maurya	M.A. (I)	7348172482	Rashmi
40	Asad Azeem	B.A I	9598895941	Asad
41	Jyoti Gupta	M.A. I st	7275287515	Jyoti
42	Susmita Gaur	M.A (P)	6399912836	Susmita
43	Megha Verma	B.A III	7460949471	Megha
44	Shivani Sharma	M.A(P)	9336653980	Shivani
45	Ratna Priya Yadav	B.A III	7784884600	Ratna Priya

COUNSELLING & PLACEMENT
CELL, P.P.N. College
Kanpur

PRINCIPAL
PT. PRITHI NATH (P.G.) COLLEGE
KANPUR



P.P.N. (P.G.) College, Kanpur

96812 Mahatma Gandhi Marg, Kanpur -20800

•Telefax: (0512)2361924 • Mob.: 8707538344•

•Website: www.ppncollege.org•Email:ppncollegekanpur@gmail.com•

4d

REPORT

LECTURE	:	“CERVICAL CANCER”
EVENT ORGANIZED BY	:	Counselling & Placement Cell
RESOURCE PERSON DETAILS :		Dr. Sangeeta Saraswat Gynaecologist G.S.V.M. Medical College Kanpur
DATE OF THE EVENT	:	27 November, 2019
EVENT VENUE	:	College Auditorium
Time	:	3.00 pm
NO. OF PARTICIPANTS	:	45

On 28/11/2019, Dr. Sangeeta Saraswat, Health Officer, G.S.V.M. Medical College, Kanpur give a talk at 3.00 pm on the topic “Cervical Cancer”, in her program she brought out awareness all the girl students regarding cervical cancer.

Dr. Saraswat explained in very detail the cause, symptoms and treatment of this disease. Regular gynaecological screenings with a pap test can detect most cases of cervical cancer. She told about HPV vaccine which is approved for children and adults aged 9 to 45 and protects against the development of cervical cancer. In the last of the session she answered all the questions asked by the students.

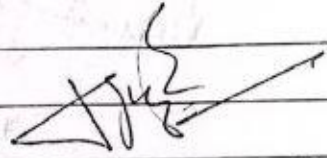

PRINCIPAL
PT. PRITHI NATH (P.G.) COLLEGE
KANPUR

25.11.19

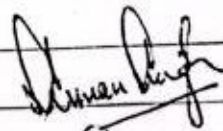
NOTICE

The counselling Cell is organizing a guest lecture on the topic "Role of Balanced Diet on Personality Growth" by Dr. Sangeeta Sarawat (Gynecologist)


This lecture will be held on 28 NOV 19 at 3:00 pm at Auditorium, PPN College, Kanpur.



Dr. I. J. Singh


[Dr. Suman Singh]

[Principal]


[Dr. Abha Singh]

~~Handwritten signatures and scribbles, including names like 'Suman Singh' and 'Abha Singh'.~~

Role of Balanced Diet on Personality

28.11.19 56

1	Sankha Shukla	032	7007973930	
2	Siddhaddha	259	9696654653	Sou.
3	Srijanshi Yadav	038	9369739840	Srijanshi
4	Amushka	013	8887732653	Amushka
5	Arshi	804	8318606155	Arshi
6	UJAWAL SAINI	195	6390984083	UJAWAL
7	Veera Bhadra Ray	314	8707685750	Veera B. Ray
8	Yash Bharti	811	7879368172	Yash Bharti
9	Aditya Taurani	248	7275894387	Aditya
10	Shiva	278	8604355013	Shiva
11	Akhil Kalyan	053	848901516	Akhil
12	Tushar Kumar	078	9956626333	Tushar
13	Yash Verma	088	7398253109	Yash
14	Mohit Verma	086	8299805194	Mohit
15	Ayush	142	9044470623	Ayush
16	Abhinav Mawya	157	6386195133	Ab
17	Anshika Awasthi	064	8127670778	Anshika
18	Aiman Khan		8429173403	Aiman Khan
19	Divyanshi Yadav	104	9696525798	Divyanshi
20	Anshika Singh	42	7518893935	Anshika
21	Somya Agarwal	068	9089600272	Somya
22	Ayushi	035	8738051965	Ayushi
23	Utsav	158	87376660794	Utsav
24	Nikhil Mawya	149	9044740987	Nikhil Mawya
25	Akhil Patil	116	7388709081	Akhil
26	Shrasti Verma	1115	7068995266	Shrasti
27	Ashutosh Saxena	133	9519195768	Ash
28	Tushar Singh	205	7007816015	T. Singh
29	Ishwari Gupta	146	6391219735	Ishwari
30	Saurabh Thuri	099	9369649344	
31	Pragati Pandey	042	8957051875	Pragati
32	Deepsi Jha		734851748	
33	Swati Verma		6388004071	Swati
34	Anju		8090249387	Anju

33	Shagufta Naaz		8115444116	Shagufta Naaz
34	Ratna Gupta		9792424394	Ratna Gupta
35	Shivangi Singh	2061	9569420985	Shivangi
36	Arantika	012	9450336428	Arantika
37	Tanu Chauhan	117	9532837107	Tanu Chauhan
38	Smriti Tiwari		9648816243	Smriti
39	Priya Yadav		9140375175	Priya
40	Malaika Zehra	1026	6394517319	Malaika
41	Gausiya Rasheed	1192	7080106013	Gausiya Rasheed
42	Rifat Khan	1289	9580730922	Rifat Khan
43	Zoya Firoz	1170	8417005747	Zoya Firoz
44	Ayeeba Ali	1271	9696956046	Ayeeba Ali
45	Shrisha Mishra	202	8957479781	Shrisha
46	Aditee Shrivastava	193	9936399728	Aditee
47	Sakshi Senha	215	7565024317	Sakshi
48	Aman Sharma	001	8836359277	Aman Sharma
49	Khushi Yadav	008	7080972927	Khushi
50	Shushila Tiwari	213	7394068057	Shushila
51	Priya Tiwari	151	9555644217	Priya
52	Khushi Gaur	132	7309596949	Khushi
53	Shreya Singh	005	7398499094	Shreya
54	Ayushi Tripathi	007	7355759190	Ayushi
55	Khushi Soni	083	7985108371	Khushi
56	Sameena Fatima	238	8429762880	Sameena Fatima
57	Rimsha Fatima	284	7275843104	Rimsha Fatima
58	Shreya Yadav	309	9455584428	Shreya
59	Priya	233	9555651722	Priya
60	Isha Gupta	295	9044372382	Isha
61	Rashmi Singh	096	7985864642	Rashmi Singh
62	Garima Singh	063	8887906200	Garima
63	Muskan Dubey	287	7309065203	Muskan
64	Afreen Parwez	024	8318756038	Afreen
65	Ananya Singh	027	8423555415	Ananya
66	Jayanti Pandey	246	9651491122	Jayanti



P.P.N. (P.G.) College, Kanpur

5d

96812 Mahatma Gandhi Marg, Kanpur -20800

•Telefax: (0512)2361924 • Mob.: 8707538344•


•Website: www.ppncollege.org•Email:ppncollegekanpur@gmail.com•

REPORT

LECTURE	:	'ROLE OF BALANCED DIET ON PERSONALIRY GROWTH'
EVENT ORGANIZED BY	:	Counselling & Placement Cell
RESOURCE PERSON DETAILS :		Dr. Sangeeta Saraswat G.S.V.M. Medical College Kanpur
DATE OF THE EVENT	:	28 November, 2019
EVENT VENUE	:	College Auditorium
Time	:	3.00 pm
NO. OF PARTICIPANTS	:	65

The counselling and placement cell organized a talk on 'Role of Balanced diet on personality growth' at 3.00 pm in College Auditorium. The Chief orator Dr. Sangeeta Saraswat, Gynaecologist, G.S.V.M. Medical College, Kanpur told about food and nutrition as one of the important factors that influences our personality apart from contribution to physical health. Apart from the environmental factors which have lasting effects on a person's personality, good nutrition, balanced in both macro and micro nutrients is of vital importance.

Students asked many questions. The lecture was very informative and increased their knowledge about the importance of balanced diet on personality growth.


PRINCIPAL
PT. PRITHI NATH (P.G.) COLLEGE
KANPUR

सूचना / NOTICE

30/4/2022

आंतरराष्ट्रीय योग दिवस परंपरा के अन्तर्गत सांस्कृतिक समिती विभिन्न मार्मिकों का आयोजन कर रही है जिस हेतु दल-दाताएं अपना नाम ड्रैफ्ट इंचार्ज के पास लिखवाएं -

1. 4/05/2022 समय 2 PM Lecture by DR Rashmi Mishra
Incharge - DR Anila, DR ALKA, DR Anoop
Place - Botany lab
2. 4/05/2022 slogan Related to yog 1. PM
DR Nidhi, DR Richa, DR ALKA
3. 6/05/2022 and 7/05/2022 9 - 11 AM
DR Nidhi, DR Anoop, DR Rema, DR ALKA
Yoga Instructor MA Abhay Singh
Sibilling Director of Superhouse.
4. Quiz 11 May
DR Maninder Singh
DR Yashveer Gautam
DR Meenay Verma
DR Patel
5. Poster 11 May 1. PM - DR Richa
DR ALKA Asthawan
6. out Door Camp for yoga - 20/6/2022 5:30 to 7:30 Akal ghat - Sri Kasthas
DR Manosmani
7. Inter yoga day 21 June 7:00 AM to 7:45 AM
DR Meema Auph
DR Nidhi Kashyap
DR Anila Rai
DR Richa Tripathi
Nicc, mess, cultural
yog guru - DR Ravindra Porwal
Chief Medical officer
Srinath yg and Prakeratik
Chikitsa Kentra Kanpur.

M. S. K.

श्री मन्मथ -
अधीन -
विद्यार्थी समिति

30/4/2022

सूचना

संस्कृत दात्र - दात्राक्रो: को सूचित किया जाता है कि -
दिनांक: 4/05/2022 को सांस्कृतिक समिति द्वारा -

'योगा रुग्ड मेंटल हेल्थ' विषय पर एक लेक्चर
वाटनी डिपार्टमेंट की लैब में 1.00 बजे से आयोजित -
होगा जिसकी क्वटा डॉ० रश्मि मिश्रा - मनोविज्ञान - विभाग पी.पी.एन.एन.एन.
होंगी ।

प्रति,
डॉ० मीना गुप्ता -
संभालक -
सांस्कृतिक समिति

ATTENDANCE SHEET

DATE - 04/01/23

LECTURE ON TOPIC YOGA AND MENTAL HEALTH

Sl. No.	NAME	CLASS	UID
1	Arushi Jaiswal	B.A.I	012
2	Arushi Mishra	B.Sc.I	248
3	Arushi Mishra	B.Sc.I	251
4	Arushi Mishra	B.Sc.I	243
5	Riya Singh	B.A.I	138
6	SURAKSHA CHUKLA	B.A.I	032
7	Shreya	B.A.I	278
8	Shaswat Soni	B.A.I	044
9	J. Ishwari Gupta	B.A.I	146
10	ASHUTOSH SAXENA	B.A.I	133
11	Rachhi Yadav	B.A.I	060
12	Ashwini Patel	B.A.I	100
13	Yashvi Inwedi	B.A.I	120
14	Parvathi Gupta	B.A.I	121
15	Shreya Tiwari	B.A.I	035
16	Anshika Agrahari	B.A.I	107
17	Nikita Upadhyay	B.A.I	067
18	Agvani Verma	B.A.I	008
19	Mihir Mawrya	B.A.I	149
20	Vinayak Mishra	B.A.I	066
21	Ayush	B.Sc	258
22	Mahak Gautam	B.Sc I st	317
23	Vandita Devi	B.Sc I st	245
24	Ananya Singh	B.A.I	003

M. Subla

डा० मीना गुप्ता
संयोजिका
सांस्कृतिक-समिति
पी०पी०एन० कालेज, कानपुर

Principal
PT. ORITHI NATH (P.G.) COLLEGE
KANPUR



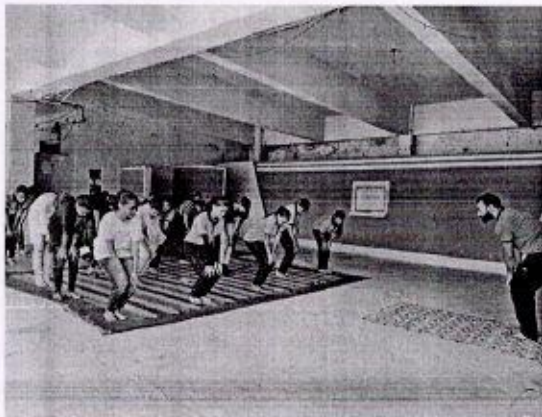
P.P.N. (P.G.) College, Kanpur 6d

96/12 Mahatma Gandhi Marg, Kanpur -208001

•Telefax: (0512)2361924 • Website: www.ppncollege.org•
•email: ppncollegekanpur@gmail.com•



Lecture on yoga and mental health



Two days yoga camp in PPN (PG) College – 2022



P.P.N. (P.G.) College, Kanpur

96/12 Mahatma Gandhi Marg, Kanpur -208001

• Telefax:(0512)2361924 • Website:www.ppncollege.org•

• email:ppncollegekanpur@gmail.com•

Report

On 04/05/2022 at 1:00 pm, a lecture on the subject of "Yoga and Mental Health" has been organized by the Cultural Committee in the Botany laboratory. The speaker of this program was Dr. Rashmi Mishra, Assistant Professor of psychology Department , P.P.N College . She explained various helpful points through PPT. She said that yoga reduces stress hormones in our body as well as increases beneficial brain chemicals, which help in reducing anxiety and improving our mood. In this program, Principal of the college, Prof. Anoop Kumar Singh, Convenor of Cultural Committee Prof. Meena Gupta, Dr. S.P. Singh, Dr. Alka Asthana and 24 students were present.

Prof. Meena Gupta

Convenor

Cultural Committee

Prof. Anoop Kumar Singh

Principal

P.P.N. P.G. College

सूचना

संस्कृत-शास्त्र-शास्त्रों को सुचित किया जाता है कि सांस्कृतिक
संस्थानों द्वारा N S S इकाई के सहयोग से दिनांक 6, 7
मई 2022 को प्रातः 9-11 बजे तक योगाभ्यास शिविर
का आयोजन पी पी एन महाविद्यालय के ग्राउंड में स्थित
मंच पर करवाया जाएगा जिसमें प्रशिक्षक के रूप में
श्री अनमोल सिंह योग प्रशिक्षक खेल निदेशक मुंबई एडल्ट होंगे।

नोट - शिविर में योगाभ्यास हेतु उचित वेशभूषा में आए
तथा योगा मैट साथ लेकर आए।

M. S. S.

510 मीनापुरा-
संमोहन
सांस्कृतिक समिति.

NAME	CLASS	CONTACT NO.	SIGNATURE
Samvi Singh	B.A 1 st Year	7271912566	Sansingh
Shikha Kanaujia	B.Com III rd yr	8112473451	Shikha
Vaishnavi	B.A II nd year	8081011507	Vaishnavi
Aditi Sonker	BA I st year	9336212207	Aditi Sonker
Ankita Bapoi	B.Sc III rd year	9696517487	Ankita Bapoi
Anushka Verma	B.Com III year	9696216646	Anushka
Shreya Awasthi	B.Com III yr	9336383407	Shreya
Aditi Gupta	B.Com III yr	9889826022	Aditi
Ansham Kapoor	B.Com III yr	8115370134	Ansham
Shreyshi Bapoi	B.COM III rd yr	8542927512	Shreyshi
Aadya Pandey	B.Sc III	8765665405	Aadya
Mustan Srivastav	B.Sc III	6306268225	Mustan Srivastav
Shobha Sahu	B.Sc III	8009981031	Shobha Sahu
Akshita Singh	BBA (III)	9696098413	Akshita
Prageya Pandey	BBA III	9919947502	Prageya
Shadma Ariy	BBA III	9696767026	Shadma
Shivi Pastoj	BBA III rd year	8004652870	Shivi Pastoj
Sona Jafri	BBA III rd year	9569505767	Sona Jafri
Riya Nigam	BBA III rd year	8318022304	Riya Nigam
Anjita Fatima	BBA III rd Year	9044584707	Anjita
Rashmi Rathore	B.Sc III rd year	6307797677	Rashmi
Sonali Shukla	B.Sc III year	8859373504	Sonali
Sonali	B.Sc III year	9608447076	Sonali
fiza Naaz	B.Sc II nd year	9935600199	fiza
Zeba Parween	B.Sc. III. year	9918577801	Zeba Parween
Priya Yadav	B.Sc. III year	8318960207	Priya
Sakshi Singh	B.Sc III rd year	6388386968	Sakshi Singh
Shalini Sharma	B.Sc III rd year	8810772129	Shalini
Samsreen-fatima	B.A III rd year	8127188854	Samsreen-fatima

Name	Class	CONTACT NO.	Signature
Parnika Yadav	BA-3	7905529121	Parnika
Pragya dwivedi	BA-III rd	6307878418	Pragya
Neha Mittal	BA-3	9076873655	Neha
Kashish Katiyar	B.Com. III rd	8787228754	Kashish
Warisha Kafil	B.Com III rd	7239079066	Warisha
Dwijesh Yadav	B.com III rd	9336252086	Dwijesh
Abhishek Pandey	B.Sc. III rd	8787972817	Abhishek
Vishal Singh	BSc III	9170818386	Vishal
Amogh Narain	BA III	8052220255	ANarain
MANU PRATAP SINGH	B.com III	9369692111	M.P. Singh
Aman Katiyar	Bsc III	9140074032	Aman Katiyar
Vaibhav Dixit	B.Sc. - III	6387258579	Vaibhav Dixit
Ankush Singh	B.Sc. III	7652047344	Ankush Singh
Ajay Kumar	B.Sc III	8957311931	Ajay Kumar
Prakhar Singh	B.Sc. III	8423598877	Prakhar
Ansh Swivastava	B.Sc. III	7275904138	Ansh
Sanskar Awasthi	B.Sc III	8081445370	Sanskar
Shiv Awasthi	B.Sc III	7905251093	Shiv
Anshul Verma	B.com III	7651947484	Anshul
Soni Yadav	B.com III	8299776900	Soni

M Gupta

डा० मीना गुप्ता
संयोजिका
सांस्कृतिक-समिति
पी०पी०एन० कॉलेज, कानपुर


PRINCIPAL
PT. PRITHI NATH (P.G.) COLLEGE
KANPUR



P.P.N. (P.G.) College, Kanpur

96/12 Mahatma Gandhi Marg, Kanpur -208001

• Telefax:(0512)2361924 • Website:www.ppncollege.org•

• email:ppncollegekanpur@gmail.com•

Report

A yoga practice camp was organized by the Cultural Committee in collaboration with N.S.S. on 6th and 7th May 2022 from 9 am to 11 am on the stage located in the grounds of PPN College, in which the instructor was Mr. Abhay Singh. He guided on meditation, relaxation techniques, and overall wellness. It provided a peaceful and serene environment where everyone de-stressed, and recharged their minds and bodies. 50 students were present in this yoga camp.

Prof. Meena Gupta

Convenor

Cultural Committee

Prof. Anoop Kumar Singh

Principal

P.P.N. P.G. College



कस्यो योग, स्यो गिर्योग



इग्नू
जन-जन का
विश्वविद्यालय

इग्नू क्षेत्रीय केन्द्र, लखनऊ

एवं

पी.पी.एन. कॉलेज, कानपुर

द्वारा आयोजित

अन्तर्राष्ट्रीय योग दिवस

की पूर्व संध्या पर आयोजित

Yoga for Harmony & Peace

योग शिविर

स्थान : अल्ल घाट, गंगा बैराज, कानपुर


दिनांक : 20 जून, 2022, समय : सायं 05.30

Khushi Gupta (125)	B.Com(II)	6306598035	Khushi	UN
Tanisha Awasthi (008)	B.COM(II)	9264934124	Tanisha	Ma
Anu Shree (51)	B.COM(III)	9836457354	Anu Shree	Tad
Jyoti Kumari (11)	B.COM III	9512186150	Jyoti	S
Shikha Karanjia (88)	B.COM III	8112473451	Shikha	AK
Oseen (232)	B.Sc. III	9696613006	Oseen	AK
Roshni Rathour (301)	B.Sc. III	6307797677	Roshni	An
Payal Kashyap (293)	B.Sc. III	7307160958	Payal	Kh
Pragya Shrivastava (20)	M.Com. II	9369647591	Pragya	Dis
Gauri Agnihotri (192)	B.COM-II	6394322006	Gauri	Pri
Aanchal Tripathi (256)	B.COM II	9936772066	Aanchal	MA
Shifa (187)	B.COM II	7390956041	Shifa	R
Ankita Yadav	B.COM II	8858250421	Ankita	R
Amit Sharma	B.COM I	8318951510	Amit Sharma	T
Amisha	B.COM II	8368905328	Amisha	F
Tarveer Sidiqui	B.COM II	6307172486	Tarveer	Z
Kushal Verma	B.A. III	8840335782	Kushal	U
Asmaul Husna	B.Sc. III	8931095053	Asmaul	F
Mohsina Parveen	B.Sc. III	9307109056	Mohsina Parveen	E
Ilma Saifaj	B.Sc. III	8953012253	Ilma Saifaj	S
Sakshi Singh	B.Sc. III	6388386968	Sakshi Singh	M
Kohina	B.Sc. III	9696893057	Kohina	
Mantasha Hindous	B.Sc. III	9839473645	Mantasha Hindous	
Alfia Tauseef	B.Sc. III	9519028868	Alfia Tauseef	
Anadhya Singh	B.Sc. III	6307104483	Anadhya Singh	
Iqbal Riaz	BCA III	9140337768	Iqbal Riaz	
Zehra Khan	BCA III	7275900853	Zehra Khan	
Arya Gupta	B.Sc. III	9936242118	Arya Gupta	
Kopeak Gautam	B.Sc. III	8756795169	Kopeak	
Anjali Dubey	B.Sc. III	8429053990	Anjali Dubey	
Mohini Singh	B.Sc. III	7459836511	Mohini Singh	
Soram Kashyap	BCA III	8948519455	Soram	

Mayank Dabey	BCA III rd	8707655 134	Mayank Dabey
Tarshna Palra	MSc II nd	998189841415	Tarshna
Sumita Sharma	MSc II nd	7007451441	Sumita
Akshat Shukla	M.Sc II nd	6308086080	Akshat
Akshita Gupta	B.Sc III rd	9839802709	Akshita
Anuja Bajpai	B.com I	8601889466	Anuja
Khushi Bajpai	B.com I	9129828165	K. Bajpai
Disha Awasthi	B.COM I	7607318170	Disha Awasthi
Priya Rathore	B.com III rd	8840918688	Priya Rathore
MAHEK FATIMA	B.COM III	7860034007	Mahek
Rashmi Bano	B.COM III	9335574322	Rashmi
Shivanshi Shukla	BCA III	8423936007	Shivanshi
Rashika Gupta	BCA III	8423713160	Rashika
Ameeta Gupta	B.com I	9956310540	Ameeta
Ananya Shukla	B.com I	8896615582	Ananya Shukla
Zuhaib Mirza	BCA III	7376125454	Zuhaib Mirza
Ujjwal Saxena	BCA III	8429087215	Ujjwal Saxena

M. Sunka

डा० मीना गुप्ता
संयोजिका
सांस्कृतिक-समिति
पी०पी०एन० कालेज, कानपुर


PRINCIPAL
PT. ORITHI NATH (P.G.) COLLEGE
KANPUR



P.P.N. (P.G.) College, Kanpur

96/12 Mahatma Gandhi Marg, Kanpur -208001

•Telefax: (0512)2361924 • Website: www.ppncollege.org

•email:ppncollegekanpur@gmail.com

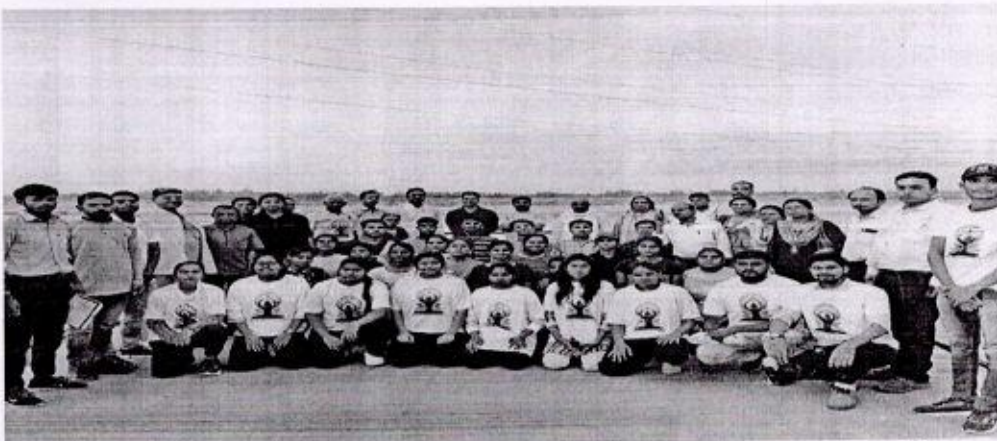
8d

करी योग, रही निरीग इग्नू
जग-जग का
सिखरियास

इग्नू क्षेत्रीय केन्द्र, लखनऊ
एवं
पी.पी.एन. कॉलेज, कानपुर
द्वारा आयोजित
अन्तर्राष्ट्रीय योग दिवस
की पूर्व संध्या पर आयोजित
योग शिविर

Yoga for Harmony & Peace

स्थान : अटल घाट, गंगा बैराज, कानपुर
दिनांक 8 20 जून, 2022, समय 8 सायं 05:30



Out Door Work Shop (Atal-Ghat) on "Yoga" (2022)



P.P.N. (P.G.) College, Kanpur

96/12 Mahatma Gandhi Marg, Kanpur -208001

• Telefax:(0512)2361924 • Website:www.ppncollege.org•

• email:ppncollegekanpur@gmail.com•

Report

On 20/06/2022 at 5:30 pm , a special yoga camp on the theme of "Yoga for Humanity " was organized at Atal Ghat , Ganga Bairaj , kanpur by PPN (PG) College, Kanpur in collaboration with the IGNOU Study Centre on the occasion of the International Yoga Day. Yoga instructor Mr. Koshta gave yoga training . He told that how outdoor yoga helps in reducing the release of cortisol, the stress hormone. It can serve as a self-care mechanism to tune their breathing and utilize the physical sensations to absorb surroundings and focus on the present. Prof. Anoop Kumar Singh, Principal , P.P.N. College , Kanpur, Dr. Kirti Vikram Singh Assistant Director and Dr. Manorama Singh Director of IGNOU Lucknow Centre , Prof. Meena Gupta Convenor of the Cultural Committee , PPN College , Prof. Nidhi Kashyap, Dr. K.K. Yadav, Dr. Renu Goyal, Dr. Kashif Imdad , Dr. Anita Rai , Dr. A.K. Singh , Dr. S.P. Singh and other 50 students , teachers and staff were present there.

Prof. Meena Gupta

Convenor

Cultural Committee

Prof. Anoop Kumar Singh

Principal

P.P.N. P.G. College

अन्तर्राष्ट्रीय योग दिवस



आजादी का
अमृत महोत्सव



Yoga for Harmony & Peace

दिनांक: 21 जून 2022,

“ मानवता के लिये योग ”

मुख्य अतिथि डॉ० रवीन्द्र पौरवाल

श्रीनाथ योग एवं प्राकृतिक चिकित्सा केंद्र, कानपुर

स्थान: पी०पी०एन० महाविद्यालय परिसर

समय: प्रातः 6:30 बजे से 7:30

संयोजक

डॉ० मीना गुप्ता

प्राचार्य

प्रो० अनूप कुमार सिंह



Samvi Singh	B.A I st Year	7271912566	Savangi (98)
Shikha Kanaujia	B.Com III rd yr	8112473451	Blille
Vaishnavi	B.A II nd year	8081011507	Naikraui
Aditi Sonker	BA I st year	9336212207	Aditi Sonker
Ankita Bappai	B.Sc III rd year	9696517487	Ankita Bappai
Anushka Verma	B.Com III year	9696216646	Anushka
Shreya Awasthi	B.Com III yr	9336383407	Shreya
Aditi Gupta	B.Com III yr	9889825022	Aditi
Anubam Kapoor	B.Com III yr	8115370134	Anubam
Shreyshi Bajpai	B.COM III rd yr	8542927512	Shreyshi
Audya Pandey	B.Sc III	8765665405	Audya
Muskan Srivastav	B.Sc III	6306268225	Muskan Srivastav
Shobha Sahu	BSC III	8009981031	Shobha Sahu
Akhile Singh	BBA (II)	9696098413	Akhile
Prageya Pandey	BBA III	9919947502	Prageya
Shadma Ariy	BBA III	9696767026	Shadma
Shivi Pastog	BBA III rd year	8004652870	Shivi Pastog
Sona Fabri	BBA III year	9569505767	Sona Fabri
Piya Nigam	BBA III rd year	8318022304	Piya Nigam
Sujita Fatima	BBA III rd Year	9046584707	Sujita
Kashni Rathore	BSC III rd year	6307797677	Kashni
Sonali Shukla	BSC III year	8859373504	Sonali
Sonali	BSC III year	9608447076	Sonali
Fiza Naaz	B.Sc II nd year	9935600199	Fiza
Zeba Parween	B.Sc. III year	9918577801	Zeba Parween
Priya Yadav	B.Sc. III year	8318960207	Priya
Sakshi Singh	B.Sc III rd year	6388386968	Sakshi Singh
Shalini Sharma	BSC III rd year	8810772127	Shalini
Saimreen - Fatima	B.A III rd year	8127188854	Saimreen
Anam Fatima	B.A III rd year	7007750609	Anam Fatima
Inakrati Pandey	BA - III rd	7991697799	Inakrati
Arti Yadav	BA - III rd	9580109850	Arti Yadav

Minkhee Jaiswal	B.Sc - Ist	9559742527	Minkhee
Shreya Shukla	B.Sc - Ist	8318261131	Shreya
Khushi Bajpai	B.Sc - Ist	8090972439	Khushi Bajpai
Anisha Khatri	B.Sc - Ist	8299880984	Anisha
Swasti Gupta	B.Sc - Ist	8299619513	Swasti
Swetama Raj	B.Sc - Ist	8081064245	Swetama
Tanisha Dixit	B.Sc - Ist	6387948525	Tanisha
Riya Yadav	B.Sc - Ist	8303059068	Riya Yadav
Abhedya Tiwari	B.Sc - Ist	9956477509	Abhedya Tiwari
Shikhi Yadav	B.Sc - Ist	6388809174	Shikhi Yadav
Anshika Yadav	B.Sc - Ist	9936008168	Anshika Yadav
Sonal Chaurasia	B.Sc - Ist	9555246980	Sonal Chaurasia
Tanmay Shukla	B.Sc - Ist	7905919432	Tanmay
Aakash Singh	B.Sc - Ist	9793348733	Aakash
Vivek Yadav	B.Sc - Ist	6307659906	Vivek
Deepanshu Singh	B.Sc - Ist	9336358450	Deepanshu
Aditya Singh	B.Sc - Ist	9336981966	Aditya
Manas Tiwari	B.Sc - Ist	94503482203	Manas
Ayush Singh	B.Sc - Ist	6392335884	Ayush
Shankiri	B.Sc - Ist	9555776511	Shankiri
Versha Dwivedi	B.Sc - Ist	8574469887	Versha Dwivedi
Diya Singh	B.Sc - Ist	9569046623	Diya
Shalini	B.Sc - Ist	9454347838	Shalini
Divyanshi Sharma	B.Sc - Ist	9305035877	Divyanshi
Vanshika Mishra	B.Sc - Ist	7881118779	Vanshika
Manshi Dubey	B.Sc - Ist	7985200390	Manshi
Rashmi Yadav	B.Sc - Ist	8470859477	Rashmi Yadav
Sandhya	B.Sc - Ist	9369487501	Sandhya
Puagati Suvastava	B.Sc - Ist	8810897055	Puagati
Induja Sharma	B.Sc - Ist	9532301566	Induja
Anushka Sharma	B.Sc	8542903046	Anushka Sharma

Prityanka Singh EKta	BCA III BCA III rd year	6386169622 6393485960	Prityanka Singh EKta
Shiwani Singh	BA - II	6005131989	Ekta
Mukta Chaudhary	B.Sc III rd	9129612182	MUKTA
Shivani	B.Sc. III rd	8899851837	Shivani
Sushmit	B.Sc. III rd	8840607756	Sushmit
Harshit Patel	B.Sc. III rd	7525825252	Harshit Patel
Mohd Asif	B.Sc. II	9305090596	Asif
Kritika Mishra	B.Sc. - III	8429776186	Kritika
Divyata Sharma	B.Sc. - III	9415103089	Divyata Sharma
Pranjali Pooval	B.Sc. III	4234978233	Pranjali
Kohina	B.Sc. III	9696893057	Kohina
Ipshikha Joarder	B.Sc. III	9890083815	Ipshikha
Roshni MOURYA	B.Sc. III	6394905307	Roshni MOURYA
Ilma Khan	B.Sc. III	9565102733	Ilma Khan

myupla
डा० मीना गुप्ता
संयोजिका
सांस्कृतिक-समिति
पी०पी०एन० कालेज, कानपुर

Principal
PRINCIPAL
PT. PRITHI NATH (P.G.) COLLEGE
KANPUR



P.P.N. (P.G.) College, Kanpur

96/12 Mahatma Gandhi Marg, Kanpur -208001

•Telefax: (0512)2361924 • Website: www.ppncollege.org•

•email: ppncollegekanpur@gmail.com•

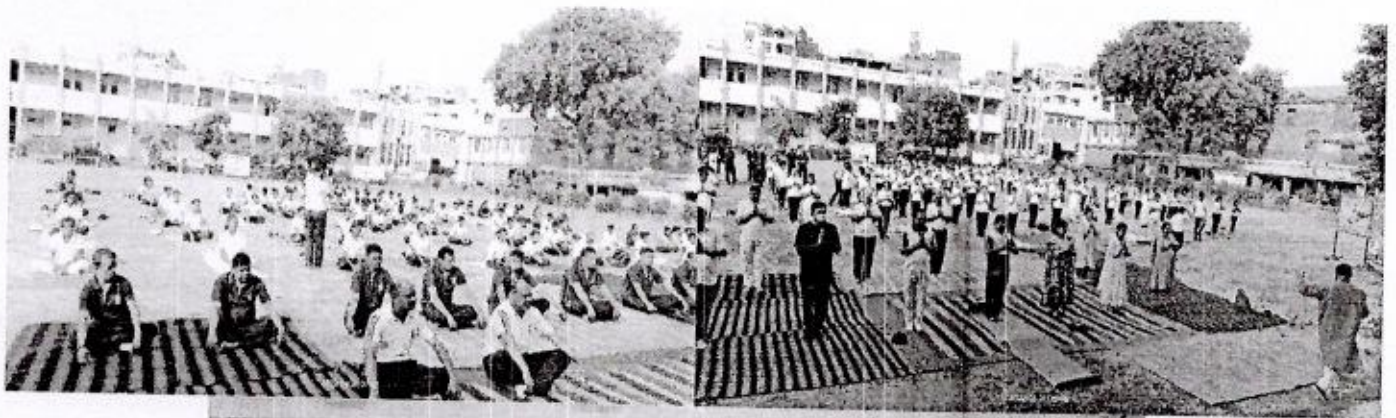


Figure 4. Special program was organized on the topic 'Yoga for humanity' under the eighth international yoga day - 2022



P.P.N. (P.G.) College, Kanpur^{9f}

96/12 Mahatma Gandhi Marg, Kanpur -208001

• Telefax:(0512)2361924 • Website:www.ppncollege.org•

• email:ppncollegekanpur@gmail.com•

Report

On 21/06/2022 at 6:30 am, a special program on the theme of Yoga for Humanity was organized at PPN (PG) College, Kanpur on the occasion of the eighth International Yoga Day. In the program, the chief guest Dr. Ravindra Porwal, who is Chief Medical Officer of ,“Shrinath Yoga and Naturopathy Center Kanpur”, gave yoga training to total 78 NCC cadets, N.S.S. volunteers, teachers and staff of the college. He demonstrated special practice of Tiryak Bhujangasana, Shashank Asana and Tadasana to the people to avoid back pain & cervical spondylitis in L4, L5, S1 and explained Yogasana and Pranayam. On this occasion, Dr. Ravindra Porwal and Lt. Col. Sultan Singh of NCC were honored by the college principal, Professor Anoop Kumar Singh, by giving them a bouquet and insignia. Principal Prof. Anoop Kumar Singh and Lt. Col. Sultan Singh awarded certificates to the winning participants of various competitions organized during Yoga Divas Fortnight. Principal discussed in detail how we can keep our lifestyle happy, joyful and healthy through yoga. The program was conducted by Dr. Meena Gupta, Convenor of the cultural committee and the vote of thanks was given by Dr. Anita Rai, Dr. Kashif Imdad, Dr. KK Yadav, Dr. Nidhi Kashyap, Dr. Renu Goyal, Dr. Anoop Kumar Singh, Subedar Major Ashok Kumar and other P.I. staff of 55 battalion were present in the program.

Prof. Meena Gupta

Convenor

Cultural Committee

Prof. Anoop Kumar Singh

Principal

P.P.N. P.G. College