



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. 7.3.1 :Institutional Distinctiveness

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(Prof. Suman Singh)
Convener
NAAC

(Prof. Abha Singh)
Convener
IQAC

(Prof. Anoop Kumar Singh)
Principal
PPN (PG) College, Kanpur



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(InaugurationofHappinessandwell-BeingCentreon5Novemeber,2022)



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ActivitiesUnderHappinessandWell-BeingCentre

P.P.N. (P.G.) COLLEGE, KANPUR


HAPPINESS & WELL-BEING CENTRE

TELE-COUNSELLING DURING UNIVERSITY EXAMINATION-2022

To provide psychosocial support for college students during University examination, this helpline service has been launched under 'Manodarpan'. Here is the panel of counsellors. Students can call on the given mobile numbers on days and time slot allotted for their counselling and mental support.


PANEL OF COUNSELLORS

S. no.	Name	Time	Days	Contact No.
1.	Dr. Lalit Maurya	6 PM – 7 PM	Mon & Tue	8511084851
2.	Dr. Neeraj Verma	12 PM – 1 PM	Fri & Sat	7318543558
3.	Dr. Alka Rani	7 PM – 8 PM	Wed & Thurs	8090002072
4.	Dr. Rashmi Mishra	1 PM – 2 PM	Wed & Thurs	8707584692
5.	Dr. Rizwana	7 PM – 8 PM	Mon & Tue	9450133849
6.	Dr. Anita Rai	12 PM – 1 PM	Wed & Thurs	9415991325
7.	Dr. Abha Singh	1 PM – 2 PM	Fri & Sat	9450130802
8.	Dr. Suman Singh	1 PM – 2 PM	Mon & Thurs	7355375952



PROF. ANOOP KUMAR SINGH
PRINCIPAL, P.P.N. (P.G.) COLLEGE,
KANPUR

ॐ सर्वे भद्रान् सुखिनः । सर्वे सन्तु निरायणाः ।
सर्वे भद्रानि कर्षन्तु । मा कश्चिद् बन्धाभवेत् ॥




DR. ABHA SINGH
CONVENOR, HAPPINESS & WELL-BEING
CENTRE, DEPT. OF PSYCHOLOGY
P.P.N. (P.G.) COLLEGE, KANPUR


HAPPINESS & WELL-BEING CENTRE
DEPT. OF PSYCHOLOGY, P.P.N. (P.G.) COLLEGE,
C.S.J.M. UNIVERSITY, KANPUR

organizes a webinar on


**SELF-AWARENESS & HAPPINESS:
PERSPECTIVES FROM INDIAN PSYCHOLOGY**



PRINCIPAL
PROF. ANOOP KUMAR SINGH
P.P.N. (P.G.) COLLEGE,
C.S.J.M. UNIVERSITY, KANPUR



CONVENOR
PROF. ABHA SINGH
HEAD, DEPT. OF PSYCHOLOGY,
P.P.N. (P.G.) COLLEGE, KANPUR



SPEAKER
USHAV. KISHKA
RESEARCH SCHOLAR,
C.S.J.M. UNIVERSITY, KANPUR

DATE: 30th DEC. 2022 (FRIDAY)
TIME: 11:00 A.M. – 12:30 P.M.
GOOGLE MEET LINK: <https://meet.google.com/yzh-whib-ran>

(WebinarOrganized Byhappinessandwell-beingcentreon 30thDec.2022)



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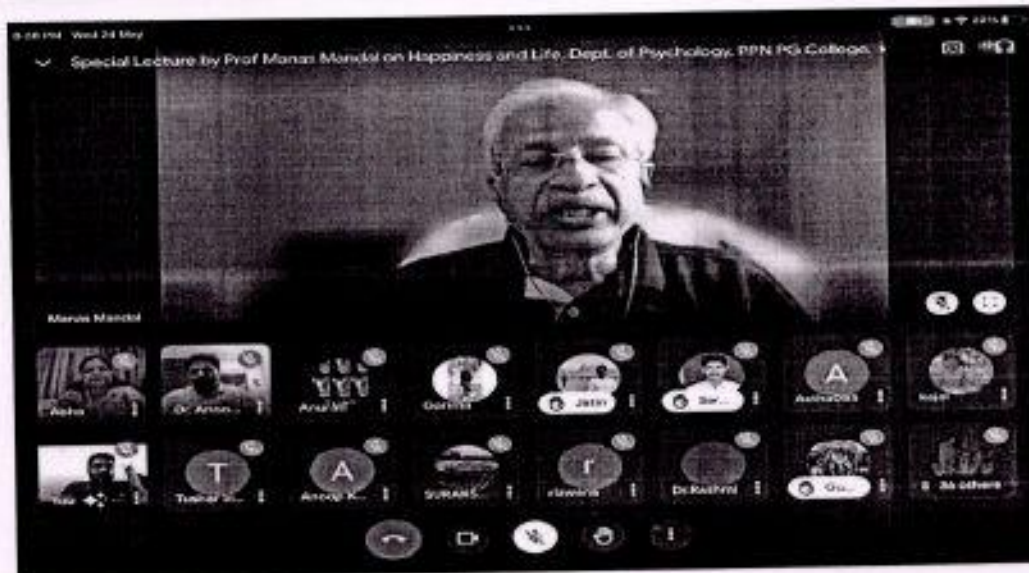
•email:ppncollegekanpur@gmail.com•

HAPPINESS AND WELL-BEING CENTRE
P.P.N. (P.G.) COLLEGE, C.S.J.M. UNIVERSITY KANPUR


Organizes

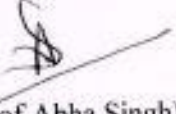
"Self-awareness and Happiness"

Time: 8:30 pm-9:30 pm	An Online Workshop Video call link: https://meet.google.com/rjst-wmtr-cyt	Date: 24th May, 2023
		
PRINCIPAL Prof. Anoop Kumar Singh P.P.N. (P.G.) College Kanpur	GUEST SPEAKER Prof. Manas Mandal Professor at Pennsylvania University, USA	CONVENER Happiness and well-being centre Prof. Anuska Singh Department of Psychology P.P.N. (P.G.) College, Kanpur



(Online Workshop by Prof. Manas Mandal on 24th May 2023)


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