

To
The Principal
P.P.N.P.G. College
Kanpur

Prof. Satish chandra
Date: 15.07.2026

**Subject: Request for Permission to upload on college official website
advertisement for the Posts of Research Assistant and Yoga Instructor under the C. V.
Raman Research Project**

Respected Sir,

With due respect, I wish to inform you that under the C. V. Raman Minor Research Project titled "Component Analysis of a Mind-Body Program: Assessing the Unique Contributions of Yoga, Mindfulness Meditation, and Music to Stress, Anxiety, and Wellness", there is a requirement to appoint one Research Assistant and one Yoga Instructor for the effective implementation of the project.

In this regard, please permit to upload on college official website our advertisement for the post of research assistant and yoga instructor. So that eligible candidates may apply and participate in the selection process.

The selection of candidates shall be based on the following criteria:

(a) Research aptitude (b) Computer proficiency (c) Performance in the personal interview

The appointments will be made in accordance with the norms and requirements approved under the C. V. Raman Minor Research Project.

Your approval and support will greatly facilitate the timely recruitment of project staff and the successful implementation of the research project.

Thanking you.

Yours faithfully,

Rashmi
Dr. Rashmi Mishra

Principal Investigator

C. V. Raman Minor Research Project

Department of Psychology

P.P.N.P.G. College, Kanpur

Enclosures: Advertisement for the post of Research Assistant and Yoga Instructor

Walk-In Interview

For the post of Research Assistant and Yoga Instructor for the C. V. Raman Minor Research Project.
Nature of Job: The engagement is purely temporary and will terminate with the completion of the project.

Sl. No	No. of Position	Job Title	Duration	Remuneration	Essential Qualification	Desirable Qualification
1	1	Research Assistant	12 months	□ 5,000/- per month	Undergraduate degree in Psychology Proficiency in MS Office (Word, Excel, PowerPoint)	Postgraduate degree in Psychology
2	1	Yoga Instructor	2 months	□ 5,000/- per month	Certification /Diploma/Degree in Yoga	Experience in conducting yoga sessions for students/adolescents

Walk-In Interview Details: Interested candidates are requested to be present in the interview venue at the scheduled date and time along with the following documents:

- Original testimonials and certificates
- One set of self-attested photocopies of certificates
- Updated Resume/CV

Date: 27 July, 2026

Time: 11:00 AM

Venue: P.P.N. P.G. College, Kanpur


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


Dr. Rashmi Mishra (Principal Investigator)
Assistant Professor
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