



**Collaborative quality initiatives with other institutions in the Academic session 2020-21**

Sr. No	Title of the programme	CO ORGANIZER	Date
1	Atal-AICTE sponsored faculty development program	AICTE	31-08-2020 to 4-09-2020
2	A virtual national conference was organized as collaborative partner	DIT University, on World Intellectual Property day Theme: IP & SMEs: taking your ideas to market.	26th April 2021
3	Organized an online webinar on "Career Guidance GPAT Exam Preparation & Development of Soft Skills"	GPAT discussion centre (An ISO 9001:2015 certified)	Friday 17 th July 2020
4	Workshop on Analytical Electrochemistry and advanced Chemical Engineering in association	Kanopy Techno solutions	May 17,2021
5	Workshop on "Differentiating News and Misinformation in the Modern Age"	Google News Initiative	April 20, 2021
6	Workshop on Stress Management	UIHS, CSJMU, Rotaract and Rotary Club of Kanpur	July 2,2020
7	<b>International Webinar on National Webinar on Covid19: Health Aspects and Life Style in</b>	<i>Field Outreach Bureau, Ministry of Information &amp; Broadcasting Govt. of India, Banda</i>	July 27, 2020

  
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Kanpur



Date: 14/05/2021

To,

All the Coordinators  
UIET, CSJMU

Subject: Invitation to attend workshop on **Analytical Electrochemistry and advanced engineering**


**on 17.05.2021**

We are pleased to inform that Department of Chemical Engineering is organizing workshop for our faculty members **Analytical Electrochemistry and advanced engineering**

This workshop will help students and faculty members in **Analytical Electrochemistry and advanced engineering**

Kindly circulate among faculty members & students and encourage them to participate in this seminar.

  
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Chhatrapati Shahu Ji Maharaj University,  
Kanpur

  
Dr. Ravindra Nath  
Director UIET



**Chhatrapati Shahu Ji Maharaj University, Kanpur**  
Uttar Pradesh State University (Formerly Kanpur University, Kanpur 208024)  
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**One day Workshop on Analytical Electrochemistry and advanced Chemical Engineering**

**Brief Report:** UIET has organized a day Workshop on Analytical Electrochemistry and advanced Chemical Engineering in association with Kanopy Techno solutions on **17/5/2021**. This workshop has been organized by the Director UIET, Dr. R.N. Katiyar. Many students and faculty members have participated and learned various fundamentals of basic electrochemistry and Chemical Engineering. Many electrochemical experiments have been demonstrated and various aspects of advanced chemical engineering have been discussed through experiments.

*Ravindra Nath*

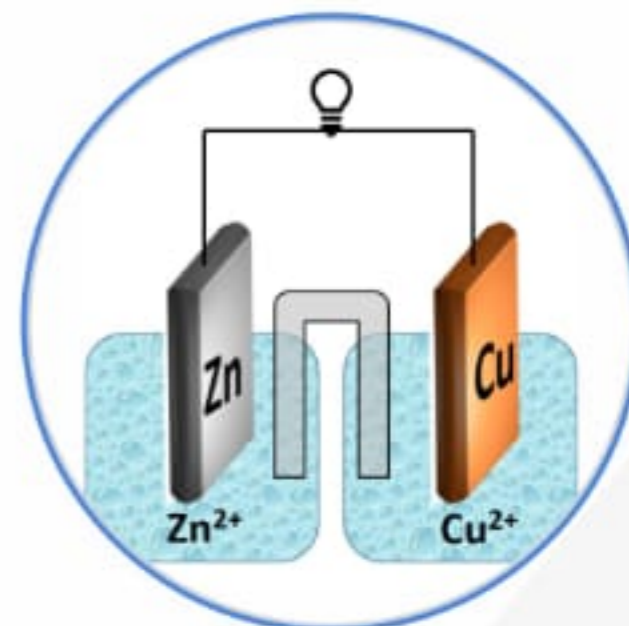
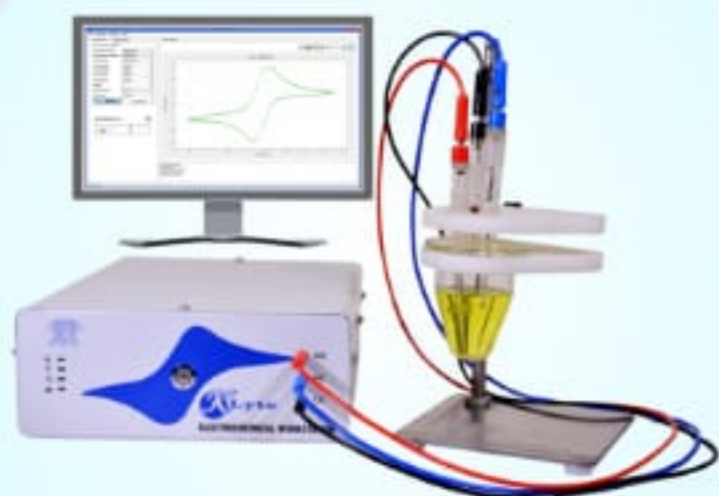
**Convener /Coordinator/Director**

  
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# KANOPY TECHNO SOLUTIONS

LAUNCHES **ONLINE WORKSHOP**



## Experimental Methods in Analytical Electrochemistry and Advanced Chemical Engineering

### Who Can Apply

- ☞ Undergraduate (B.Sc., B. Tech. B.E, etc.)
- ☞ Dual degree students (B.Tech-M.Tech)
- ☞ Graduate (M.Sc., M.Tech., M.E., etc.)
- ☞ Doctoral students
- ☞ Post-doctoral students
- ☞ Faculty members
- ☞ Industrialist

### Thematic scope of workshop

- ☞ Fundamentals of electrochemistry
- ☞ Electrochemical measurement techniques and electro analytical techniques
- ☞ Live demonstrations:
- ☞ Electrodeposition
- ☞ Electrocatalysis

  
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**Aim :** The workshop aims to nurture individuals with fundamentals of electrochemical science and engineering. It focuses on theoretical understanding of the subject through experimental demonstrations which translates scientific knowledge into technological solutions. Key highlights include quantification of electrochemical properties through identification of electrochemical parameters using numerous cutting-edge experimental examples.



Name of the Event: One day workshop on Analytical Electrochemistry and advanced engineering


Date: 17.05.2021

Organised by: Chemical Engineering Department

Attendance

S.No.	Name
1.	Dr. Brishti Mitra
2.	Dr. Vinay Sachan
3.	Dr.Abhishek Chandra
4.	Dr.Arun Kumar Gupta
5.	Er.Vaibhav saxena
6.	Dr.Praveen Bhai Patel
7.	Dr. Umesh Chandra Sharma
8.	Yash Gupta
9.	Yamini
10.	Sonu Pal
11.	Rashi Jain
12.	Hardik Katiyar
13.	Neha Sharma
14.	Mansi Prajapati
15.	Mohd.kaif
16.	Ritika Gupta
17.	Rajat Verma
18.	Golu Patel
19.	Atul Kumar
20.	Divya Singh
21.	Abha Singh
22.	Aman Tiwari

  
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Dr. Ravindra Nath  
Director UIET  
Associate Professor  
Department of Computer Science

University Institute of Engg. & Tech. (UIET)  
C.S.J.M. University, Kanpur




Date: 26/04/2021

### **One Day Virtual National Seminar on World Intellectual Property Day**

One Day Virtual National Seminar on World Intellectual Property Day organized for students was hosted by Chhatrapati Shahu Ji Maharaj University in close collaboration with IPR Cell, DIT University, Dehradun. Dr. Nisha Sharma head, Institute of Pharmacy, addresses the students about the World Intellectual Property Day and told that this day is observed on April 26th every year to increase awareness and understanding of intellectual property rights and their role in promoting innovation and creativity. It was first established by the World Intellectual Property Organization (WIPO) in 2000, and since then, it has become an annual event celebrated globally with different themes each year. The event aims to encourage discussions and activities that promote the importance of intellectual property protections, celebrate creativity and innovation, and raise awareness of the economic and social importance of intellectual property.

  
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(Dr. Nisha Sharma)  
Chief of Employment Bureau  
CSJM University Kanpur



# Chhatrapati Shahu Ji Maharaj University, Kanpur

Uttar Pradesh State University (Formerly Kanpur University, Kanpur 208024)

[www.csjmu.ac.in](http://www.csjmu.ac.in)

**World Intellectual Property Day**

ONE DAY  
VIRTUAL NATIONAL SEMINAR  
**IPR CELL, CIIES,  
DIT UNIVERSITY, DEHRADUN**

April, 26<sup>th</sup> 2021  
Registration Link: <https://bit.ly/3dDMNko>

In Collaboration With

**PROGRAM**

INAGURAL SESSION		
Time	Program	
10.00 – 10.10 AM	Welcome Address Shri Umesh Chandra Agarwal Director, CIIES, DIT University, Dehradun	
10.10 – 10.35 AM	Dr. Ranjit Singh Vice Chancellor, Shrihat University, Gangach (Chief Guest)	
10.35 – 10.55 AM	Key Note Address Dr. Umesh V. Bonekar Professor & President Bonakar Consulting Services, Westfield, USA Topic: Taking Invention to Market: Awareness of projects II	
10.55 – 11.00 AM	Vote of Thanks Dr. HR Chitme Head, IPR Cell, DIT University Dehradun	
SCIENTIFIC SESSION-I		
Time	Speaker	Co-Chairperson
11.00 – 11.30 AM	Dr. Anil Bhatnagar IT Rector Topic: IP Management in Academic Institutes	Dr. Anurag Verma Principal, CDP TMI, Moradabad
11.30 AM – 12.00 Noon	Dr. Anil S. Shete Krishna Institute of Medical Sciences, Karad Topic: Pharmaceutical Crystal Engineering: IP Opportunities and Challenges	Dr. Jagannath Sahoo Director, SCIPRI DIT University, Dehradun
12.00 Noon – 12.30 PM	Dr. Rajul Rathod Professor, Symbiosis Law School, Symbiosis International (Deemed University) Pune Topic: IP Management for SMEs	Dr. Ajay Kumar Gupta Director, Institute of Pharmacy CSJM University, Kanpur
<b>LUNCH BREAK 12.30 to 1.30 PM</b>		
1.30 – 1.50 PM	Dr. BK Mishra Professor Department of CSE GIET University, New Delhi Topic: Role of IP in Career Building	Dr. SK Jain Head, Institute of Pharmacy Bundelkhand University, Jhansi
1.50 – 2.10 PM	Dr. Garima Parmar Asst. Professor Symbiosis Law School, Symbiosis International (Deemed University) Pune Topic: Open Innovation and role of IPR Management in SMEs	Dr. HR Chitme Head, IPR Cell, DIT University Dehradun
<b>Validation Function 2.30 – 3.00 PM</b>		
2.30 – 2.45 PM	Welcome address Dr. SK Jain Head, Institute of Pharmacy Bundelkhand University, Jhansi	
2.45 – 3.00 PM	Chief-Guest Prof. (Dr.) Divakar Goli President/Vice Chancellor RAFFLES University, Alwar, Rajasthan	
3.00 – 3.15 PM	Vote of Thanks Dr. Ajay Kumar Gupta Director, University Institute of Pharmacy Chhatrapati Shahu Ji Maharaj University, Kanpur	

**ORGANIZING COMMITTEE**

**Chief – Patron**  
Shri Anuj Agarwal  
Chairman  
DIT University, Dehradun

**Patron**  
Shri. N. Ravishankar  
Chancellor  
DIT University, Dehradun

**Co-Patron**  
Brigadier (Dr) M. Srinivasan (Retired)  
Pro Vice Chancellor  
DIT University, Dehradun

**Chairperson**  
Shri UC Agarwal  
Director, CIIES,  
DIT University, Dehradun

**Convener**  
Dr. HR Chitme  
Head, IPR Cell  
DIT University, Dehradun

**Coordinator**  
Mr. Samir Bhargava  
DIT University, Dehradun

**Coordinator**  
Dr. Rajeev Kumar Sharma  
DIT University, Dehradun

<b>Master of Ceremony</b> Dr. Mansha Swami DIT University, Dehradun	<b>Registration</b> Dr. Md Habban Akhter DIT University, Dehradun	<b>Report Writing</b> Dr. Tapas Dora DIT University, Dehradun
<b>Social Media Circulation</b> Mr. Chirag Joshi DIT University, Dehradun	<b>Creative Development</b> Mr. Jai P Agrawal School of Engineering, DITU	

**MEMBERS**

Dr. Naveen Singhal DIT University, Dehradun	Dr. Diwakar DIT University, Dehradun	Dr. Fateh Singh DIT University, Dehradun
Dr. Bharti Sharma DIT University, Dehradun	Mr. Rakesh Pandey DIT University, Dehradun	Dr. Kuldeep Choudhary DIT University, Dehradun
Dr. Santosh Kumar DIT University, Dehradun		

**IPR Cell, DIT University  
Organizes**

**ONE DAY VIRTUAL NATIONAL SEMINAR  
ON INTELLECTUAL PROPERTY RIGHTS  
THEME: IP & SMEs: Taking your ideas to market  
April, 26<sup>th</sup> 2021  
Registration Link: <https://bit.ly/3dDMNko>**

**Links for Attending**  
<http://bit.ly/26APR-LINK1> – For Morning 10:00– 1:00 PM  
<http://bit.ly/26APR-LINK2> – For Evening 1:30 – 4:00 pm

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# BLOCK CHAIN EVENT REPORT



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Chhatrapati Shahu Ji Maharaj University,  
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BLOCK CHAIN  
EVENT REPORT

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# Preface

The Blockchain was invented in the context of the digital currency, Bitcoin Blockchain is the underlying technology behind cryptocurrencies like Bitcoin. Unlike physical currency, digital cash and cryptocurrencies come with a very real problem called Double-Spending. Let me explain what that is. When I email you a picture of my cat, I'm sending you a copy and not my original picture. However, when I need to send you money online, as much as I would love to send you a copy of it, it's a bad idea if I really do that! With Bitcoin, there was a risk that the holder could just send copies of the same bitcoin token in different transactions, leading to "Double-Spending".

At Chhatrapati Shahuji Maharaj University , We held a five day Faculty Development Programme ( FDP ) on BlockChain Technology on 31st August, 2020. The Faculty Development Programme (FDP) intends to provide financial assistance to facilitate up-gradation of knowledge, skill and intends to provide opportunities for induction training to teachers employed in disciplines Engineering & Technology, Pharmacy, Hotel Management & Catering Technology, Architecture, Town Planning and Applied Arts & Crafts.



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Hosted by:



U.I.E.T, C.S.J.M.U.  
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# INAUGURAL CEREMONY

31/08/20 at 1 P.M.

## FACULTY DEVELOPMENT PROGRAM BLOCKCHAIN ESSENTIALS

31/08/20 to 04/09/20  
2 P.M. TO 5 P.M.

Dr. Rashi Agarwal  
FDP Coordinator  
CSJMU, Kanpur

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Kanpur

### Chief Guest



**Prof. Vinay Pathak**  
Vice Chancellor  
AKTU, Lucknow

### Patron



**Prof. Neelima Gupta**  
Vice Chancellor  
CSJMU, Kanpur

### Guest of honour



**Dr. Ravindra Kr. Soni**  
Director  
Atal Academics, AICTE

### Guest of honour



**Dr. Manoj Tewari**  
North Regional Officer  
AICTE

The inaugural ceremony session of the five days FDP on "BLOCKCHAIN ESSENTIALS" we held online on 31/08/2020. There were 200 attendees which includes Professor, Assist. Professor and Research followers. The FDP was co-ordinated by Dr. Rashi Agrawal, HOD, UIET, CSJMU, KANPUR.

The inauguration commenced at 1pm on a propitious note. Dr. Rashi Agrawal gave the welcome speech and our V.C. Prof. Neelima Gupta addressed the gathering and introduced "Blockchain Eessential".

Dr. Rashi Agrawal introduced our Guest of Honor Dr. R K Soni, Director of Atal academics AICTE and Dr. Manoj Tiwari, North Regional officer. Mr. Ravindra Nath, Director of UIE, CSJMU, Kanpur gave vote of thanks.

Mr. Bipul Kumar enlightend the audience about Blockchain Technology and his research work on various application and areas such as cyber security, ethereum, bitcoin, python. He specifically spoke about the need and scope of Blockchain in the financial sector and also explained about various research challenges and issues in Blockchain Essential.

  
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## ABOUT BLOCKCHAIN COURSE

Block chain is the technology which will lead majority of data storage and information sharing for upcoming IT industry. In this FDP we will understand about fundamentals of blocks and the immutability related to it.

The protocol behind the chain formation of blocks with data stored will be understood with practical implementations. Consensus Protocol creation for blockchain formation will be created using python script to understand blockchain from very core. As hands on we will understand how a banking system works and transaction can be done using blockchain technology.

## PROJECTS

Crypto-wallet:

Creating Crypto wallet for handling cryptocurrency

Smart Contract:

Development of smart block-based contract for project development

Blockchain based Lottery:

Picking a Winner from various Blockchain

Nodes taking part in a lottery

## Day 1:

Inauguration Ceremony at 1:00 PM

Module 1: Blockchain Intuition

What is a Blockchain

Understanding a SHA256 Hash

Immutable Ledger

Distributed P2P Network

How Mining Works : The Nonce

How Mining Works : The Cryptographic puzzle

Byzantine Fault Tolerance

Consensus Protocol : Defence Against Attackers

Consensus Protocol : Proof of Work

Decentralized or Distributed?

  
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## Day 2:

Practical and Hands on: -

Create a Demo Block Chain

Module 2(A): Cryptocurrency Intuition

Bitcoin Stats

Bitcoin's Monetary Policy

Understanding Mining Difficulty

Mining Pools

Nonce Range

How Miners Pick Transactions

CPU's vs GPU's vs ASIC's

How do Mempools Work?

Orphaned blocks

The 51% Attack

The DAO Attack

Soft & Hard Forks

Extra bits of Target Conversion

## Day 3:

Module 2(B): Cryptocurrency Transactions Intuition

Transaction and UTXO's

Transaction fees

How wallet works

Signatures :- Private and Public Keys

Signatures and Keys Demo

What is Segregated Witness (SegWit)

Public Key vs Bitcoin Address

Hierarchically Deterministic (HD) Wallets

Practical and Hands on :-

Create a Crypto Currency



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## FACULTY DEVELOPMENT PROGRAM BLOCKCHAIN ESSENTIALS

### FITNESS SESSION

3 Sept'20 12 PM ONWARDS

Be ready With:

COMFORTABLE CASUALS


Water bottle

Hand towel

Jogger SHOES

Mat

Dr. Rashi Agarwal  
FDP Coordinator  
CSJMU, Kanpur

  
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Mr. Satya Prakash Gautam  
Senior Fitness Consultant

RG's Fitness Studio  
M.P.Ed, Certified SAI LNCPE Trivandrum  
Fitness Consultant Gold's Gym (India)



## Day 4:

Module 3: Smart Contract Intuition

What is Ethereum

What is a Smart Contract

Ethereum Virtual Machine & Gas

Decentralized Autonomous Organizations (DAOs)

The DAO Attack

Soft & Hard Forks

Initial Coin Offerings (ICO's)

ICO Case Study

Blockchain and Web 3.0

## FITNESS SESSION:

On 4th September, 2020 a fitness Session was held by Mr. Satya Prakash Gautam, He is a Senior Fitness Consultant at RG's Fitness Studio. He gave the best and easy weight loss tips through some simple and mixed workout, with a fun rhythm Aerobics and relaxation workout.

## Day 5:

Practical and hands on: Create a Smart Contract  
Doubt and Project discussion and Deployment  
One session on Stress Management by TED-Ex Speaker ,Mr. Manav Khanna

Quiz on the Topic

## MEDITATION SESSION:

On 5th September, 2020 a meditation session by Mr. Manav Khanna. The sessions integrate teachings & practices from several spiritual & healing traditions, science & philosophy, and from the wisdom of ancient Indian & contemporary teachers.

A poster for a meditation session. The background is a warm, golden-yellow sky with a silhouette of a person in a meditative pose on the right. On the left, there are dark silhouettes of trees and foliage. At the top, there are two logos: ATAL (AICTE Sponsored) and U.I.E.T, C.S.J.M.U. KANPUR. The main text reads "FACULTY DEVELOPMENT PROGRAM BLOCKCHAIN ESSENTIALS" in bold, followed by "Meditation Session" in a cursive font, and "Friday, 4 Sept'20, 6PM-7PM" in a smaller font. Below this, there are two circular portraits. The first is of Dr. Girdhari Lal, Assistant Director of ATAL Academics, AICTE, labeled "Guest of honour". The second is of Mr. Manav Khanna, a holistic healing and self-awareness advocate and TEDx speaker, labeled "Speaker".

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**FACULTY DEVELOPMENT PROGRAM  
BLOCKCHAIN ESSENTIALS**

*Meditation Session*  
Friday, 4 Sept'20, 6PM-7PM

Guest of honour

Dr. Girdhari Lal  
Assistant Director  
ATAL Academics,  
AICTE

Speaker

Mr. Manav Khanna  
Holistic Healing &  
self-awareness advocate  
TEDx speaker

## CONCLUSION :

The session was attended by 200 people. it was a great and enriching experience which was satisfying for one and all. This has surely given us a chance to go for an advance level in future.



REGISTRAR

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Kanpur

## **CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY**

**(Formerly Kanpur University)**

Kalyanpur,

**Uttar Pradesh-208024**

The Institute of Journalism and Mass Communication conducted a workshop on "Differentiating News and Misinformation in the Modern Age" sponsored by Google News Initiative for the students and faculty. Of the department. The Workshop was conducted by Dr. Mukul Srivastava (Head Department of Journalism and Mass communication), Lucknow University.

The purpose of the workshop was to provide insights and techniques to distinguish between news and misinformation in the digital age. This report summarizes the key points discussed during the workshop.

The speaker highlighted several methods to distinguish between news and misinformation. Primarily being the credibility of the sources, lack of transparency, such as anonymous blogs and social media posts etc.

The speaker also discussed the importance of fact-checking tools, available on the internet which can help in verifying the accuracy of information.

The speaker also emphasized the importance of media literacy. Media literacy refers to the ability to access, analyze, evaluate, and create media in various forms. Media literacy helps in developing critical thinking skills and enables individuals to identify misinformation and disinformation.

  
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# Chhatrapati Shahu Ji Maharaj University, Kanpur

Topic

**Differentiation News and  
Miss Information in the  
Modern Age**



**Patron**

**prof. Neelima Gupta**

Chhatrapati Shahu ji Maharaj  
University, Kanpur

10/10/2020

1:00 PM



**Speaker**

**Dr. Mukul Srivastav**

HOD, DJMC, LUCKNOW  
UNIVERSITY

**coordinator**

**Dr. Jitendra Dabral**

IJMC, CSJMU

Event Coordinator

Dr. Jitendra Dabral

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# *University Institute of Pharmacy*

Conducting

**ONLINE WEBINAR AND QUIZ**

**"CAREER GUIDANCE, GPAT EXAM PREPARATION  
& DEVELOPMENT OF SOFT SKILLS"**

 17-July, Friday

 04:00 PM

E-CERTIFICATES WILL BE PROVIDED

Free Test Series to 3 Topper's of Quiz



**In Collaboration With  
GPAT DISCUSSION CENTER™**

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## REPORT

University Institute of Pharmacy has organized an online webinar and quiz on “CAREER GUIDANCE GPAT EXAM PREPARATION AND DEVELOPMENT OF SOFT SKILLS” on 17<sup>th</sup> July 2020 at 4:00 PM in Pharmacy department. The purpose of the event was to provide a platform to students who have an urge to qualify GPAT exam, pursue higher education, and also to introduce them with different soft skills and its importance in day to day life. The event was a great success as all Pharm graduates gained knowledge and information regarding tricks to qualify the competitive exam.

*Nisha Sharma*

Dr. Nisha Sharma

(Convenor)

*[Signature]*

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# University Institute of Health Sciences

## Event Report

**Title of the Event-** National Webinar on Covid19: Health Aspects and Lifestyle

**Nature of Event-** International Webinar

**Date and Duration and Mode (Online/Offline)-** 27 July 2020 (Online)

**Organizing Department-** UIHS

**Resource Person details -** Prof Anup Mishra, Prof Sanjay Gupta, Shri Himadri Sinha, Smt Sheyрил Saulis

**Number of participants-** 2180 (Teachers, Students and scholars)

### Brief Report

On dated 27 July 2020, UIHS organised an *International Webinar on National Webinar on Covid19: Health Aspects and Life Style* in collaboration with *Field Outreach Bureau, Ministry of Information & Broadcasting Govt. of India, Banda*. The live telecast of the webinar was made live through Wellness Con Facebook page via CSJMU Kanpur YouTube channel. Organizers of the webinar Dr Praveen Katiyar welcome all the participants. Shri Sunil Shukla, DY Director Regional Outreach Bureau, Ministry of Information & Broadcasting Govt. Of India briefed about the theme of the webinar and its importance. Shir R P Saroj, Additional Director General Regional Outreach Bureau Ministry of Information and Broadcasting Govt of India , in his address speech informed about how to prevent from Covid-19 and what parameters and standards India has set to follow strictly. Hon'ble Vice Chancellor Prof Neelima Gupta in her address speech talked about the healthy lifestyle to prevent from Covid and take preventive measures. She also emphasised to stay mentally and physically healthy can only way to get cure and away from the disease. In the webinar total 2180 participants attended which includes Students (UG, PG and Research Scholars), Faculty, Working professionals, Doctors, paramedical professionals, and others etc, Invited resource person of the webinar were- Prof Anup Mishra, Prof Sanjay Gupta, Shri Himadri Sinha, Smt Sheyрил Saulis.


### Photographs



वक्तागण	विषय
<p><b>प्रो० अनूप मिश्रा, पद्मश्री, डा० बी.सी. राय एवार्ड एवार्डी</b>  चेयरमैन, फोरटिस-सी-डाक सेंटर आफ एक्सीलेंस फार डायबिटीज, मेटाबोलिक डिजीस एवं इण्डोक्रायनोलॉजी, चेयरमैन, नेशनल डायबिटीज, ओबेसिटी एण्ड कोलेस्ट्रॉल फाउण्डेशन (एन-डाक), नई दिल्ली।</p> 	<p><b>कोरोना एवं डायबिटीज मेलाइटिस (Corona and Diabetes Mellitus.)</b></p>
<p><b>प्रो० संजय गुप्ता, खुशहाली गुरु</b>  संस्थापक, खुशहाली हैप्पीनेस मूवमेंट  विभागाध्यक्ष, स्ट्रेस मैनेजमेंट एण्ड वेलनेस सेंटर, बी. एच.यू. वाराणसी  चेयरमैन, पाजिटिव साइकियाट्री स्पेशियलिटी सेक्शन, इण्डियन साइकियाट्री सोसाइटी।</p> 	<p><b>बीट कोरोना: खुशहाली जीवन शैली अपनाएं। (Beat Corona : Adopt the Khushhali Life Style.)</b></p>
<p><b>श्री हिमाद्री सिन्हा, वेलनेस कंसल्टेंट</b>  को-फाउण्डर एण्ड मैनेजिंग पार्टनर, ओरेंज ट्रेनिंग, ए लीडिंग-इज लर्निंग डेवलपमेंट कंपनी हेड क्वार्टर इन इण्डिया विथ ग्लोबल फुटप्रिंट, बड़ोदा, गुजरात।</p> 	<p><b>IKIGAI: COVID के दौरान सही उपाय (IKIGAI : The perfect Remedy during COVID.)</b></p>
<p><b>श्रीमती शेरिल सालिस</b>  संस्थापक, नरचर हेल्थ साल्यूशन्स, मुम्बई  रजिस्टर्ड डायटीशियन, नैचुरोपैथ एण्ड सर्टिफाइड डायबिटीज एजुकएटर</p> 	<p><b>न्यूट्रीशन हैक्स ड्यूरिंग कोविड19 (Nutrition Hacks during COVID19)</b></p>



Program ended with Question and Answer session followed with Vote of thanks given by Shri Gaurav Tripathi, Field Publicity Officer, Field Outreach Bureau Ministry of Information and Broadcasting Govt of India.

  
 Coordinator/Head of the Department  
 School of Health Sciences  
 (With Seal and Signature)

**Registration open  
No Registration fee!**

**Register online:**

**Online** <https://forms.gle/fXED5hPehtaCLR27>  
**open till 26<sup>th</sup> July, 2020.**

**E-Certificate will be issued  
to registered attendees.**



**LIVE**

**Webinar will held over**

**You Tube**

**facebook live on Wellness Con page**

[https://www.facebook.com/wellnesscon2020/live\\_videos/](https://www.facebook.com/wellnesscon2020/live_videos/)

**& UIHS, CSJMU Kanpur You Tube Channel**

<https://www.youtube.com/channel/UCpaa-VgAgHEl1FJjkFgWEnQ>

## PROGRAM

- |  |              |
|--|--------------|
| 1. Welcome by <b>Dr. Praveen Katiyar</b> , Organizing Secretary  | 4:00-4:03 PM |
| 2. About the webinar by <b>Shri Sunil Shukla</b> , Deputy Director, Regional Outreach Bureau<br>Ministry of Information & Broadcasting, Govt. of India, Lucknow  | 4:03-4:07 PM |
| 3. Address by <b>Shri R.P. Saroj</b> , Additional Director General, Regional Outreach Bureau<br>Ministry of Information & Broadcasting, Govt. of India, Lucknow  | 4:07-4:15 PM |
| 4. Presidential Address by <b>Prof. Neelima Gupta</b> , Vice Chancellor, CSJM University, Kanpur   | 4:15-4:30 PM |
| 5. Talk on <b>"Corona and Diabetes Mellitus."</b><br>Speaker: <b>Prof. Anoop Misra</b> , Padma Shri, Dr. B.C. Roy Awardee<br>Chairman, Fortis-C-DCC Centre of Excellence for Diabetes, Metabolic Diseases and Endocrinology,<br>Chairman, National Diabetes, Obesity and Cholesterol Foundation (N-DCC), New Delhi | 4:30-4:55PM  |
| 6. Talk on <b>"Beat Corona : Adopt the Khushhali Life Style"</b><br>Speaker: <b>Prof. Sanjay Gupta</b> , Founder Khushhali Happiness Movement, Head, Stress<br>Management & Wellness Centre BHU, Varanasi, Chairman, Positive Psychiatry Speciality Section<br>Indian Psychiatry Society                           | 4:55-5:20 PM |
| 7. Talk on <b>"IKIGAI : The perfect Remedy during COVID"</b><br>Speaker: <b>Mr. Himadri Sinha</b> , Wellness Consultant, Co-founder and Managing Partner,<br>Oranje Training, a leading-edge Learning Development Company headquartered in India<br>with a global footprint, Baroda, Gujarat                       | 5:20-5:45 PM |
| 8. Talk on <b>"Nutrition Hacks during COVID19"</b><br>Speaker: <b>Mrs. Sheryl Salis</b> , Founder, Nurture Health Solution, Mumbai, Registered Dietitian<br>Naturopath & Certified Diabetes Educator   | 5:45-6:10PM  |
| 9. Question and Answer Session   | 6:10-6:20 PM |
| 10. Vote of thanks by <b>Mr. Gaurav Tripathi</b> , Regional Promotion Officer<br>Regional Outreach Bureau, Banda, Ministry of Information & Broadcasting, Govt. of India   | 6:20-6:22 PM |

### Organizing Secretary:

**Dr. Praveen Katiyar**

Coordinator,  
University Institute of Health Sciences  
CSJM University, Kanpur, India  
**Mobile- 9415132492,**  
**Email-drpraveenkatiyar@gmail.com**

### Convenor:

**Mr. Gaurav Tripathi**

Regional Promotion Officer  
Regional Outreach Bureau, Banda  
Ministry of Information & Broadcasting  
Govt. of India

**For any query please contact:**

**Dr. Praveen Katiyar**

**Mobile- 9415132492,**

**Email-drpraveenkatiyar@gmail.com**

**Webinar Associate**



### LIST OF PARTICIPANTS/ATTENDEES

Title of Programme: National Webinar: Covid 19: Health Aspects and lifestyle

Date: 27-07-2020

Organised By: UIHS, CSJMU

Mode (Online/Offline): Online

No. of Participants: 180

Sr. No.	Name of participants
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- |     |                           |
|-----|---------------------------|
| 1.  | DR. PRAVEEN KATIYAR       |
| 2.  | DR. VERSHA PRASAD         |
| 3.  | DR. MUNISH RASTOGI        |
| 4.  | DR. DIGVIJAY SHARMA       |
| 5.  | MR. CHANDRA SHEKHAR KUMAR |
| 6.  | MRS. NEHA SHUKLA          |
| 7.  | DR. K.K. PANDEY           |
| 8.  | DR. BHARTI DIXIT          |
| 9.  | ABHISHEK KUMAR YADAV      |
| 10. | ABHISHEK SINGH YADAV      |
| 11. | ABHISHEK VERMA            |
| 12. | ABHITOSH SINGH            |
| 13. | ADARSH KUMAR VERMA        |
| 14. | ADITYA SINGH SENGAR       |
| 15. | AKANSHA TIWARI            |
| 16. | AKASH PANDEY              |
| 17. | AKSHITA                   |
| 18. | ANAMIKA YADAV             |
| 19. | ANCHAL SINGH              |
| 20. | ANJALI RAGHUWANSHI        |
| 21. | ANURAG SINGH              |
| 22. | ARVIND MAURYA             |
| 23. | AVANTIKA SHUKLA           |
| 24. | AYUSHI SAHU               |
| 25. | BAFI UDDIN                |
| 26. | BASANT KUMAR VERMA        |
| 27. | BRAJ KISHOR SINGH         |
| 28. | CHHAYA AWASTHI            |

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69. ANJALI SINGH
70. ANKITA KUSHWAHA
71. ASTHA SRIVASTAVA
72. BHAVANA YADAV
73. DIVYA MOGHE
74. ISHA SINGH
75. JYOTI VERMA
76. KARUNA SINGH
77. KINJAL SRIVASTAVA
78. KM SHRUTI SHUKLA
79. MANSI SINGH
80. MO KAMRUDDIN
81. MOHD SARJEEL
82. MOHD SARJEEL
83. NITYA KUSHWAHA
84. POOJA
85. PREETI SINGH
86. PRIYA BAJAJ
87. SANKALP CHAKRABORTY
88. SAUMYA PATEL
89. SHAGUN JOSHI
90. SHALU SINGH
91. SHATAKSHI
92. SHIVANGI BAJPAI
93. SHIVANI DWIVEDI
94. SHRADDHA SINGH
95. VAISHNAVI PANDEY
96. VAISHNAVI SHUKLA
97. YACHANA CHAUHAN
98. ABHIMANYU KUSHWAHA
99. ABHIMANYU KUSHWAHA
100. AKHILESH KUMAR
101. AMIT KUMAR
102. ANGAD KUMAR
103. ANJALEE SINGH
104. ANKIT SHIVHARE
105. ANSHIKA KASHYAP
106. ANURAG PAL
107. ASHOK KUMAR
108. ASTHA GOEL

109. AVINASH KUMAR
110. AYUSHI SRIVASTAVA
111. CHANDAN KUMAR
112. DIKSHA GUPTA
113. DILIP KUMAR
114. DIVYANSH KUMAR
115. DURGESH CHAUHAN
116. GAURAV SAHU
117. KM PRITI RAJAK
118. KM PRIYA PATHAK
119. KM RITU
120. KM SRISHTI TIWARI
121. KRISHNA PRAKASH YADAV
122. KULDEEP KUMAR
123. MANDVI SINGH
124. MOHAMMAD HASSAN
125. NAGMA KHATOON
126. NEHA KUMARI
127. OM PRAKASH YADAV
128. PANKAJ KUMAR YADAV
129. POOJA GUPTA
130. PRIYANKA
131. RAJ MANI
132. RAKESH KUMAR
133. RAM JEET GUPTA
134. RANDEEP KUMAR
135. RASHMI
136. PRIYANKA
137. MAISHA TARIQ
138. AARISHA ARIF
139. AKANKSHA SINGH CHAUHAN
140. AKASH KUMAR
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- 150.ESHA GUPTA
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- 158.MANISHA KUSHWAHA
- 159.MANVI SURI
- 160.MEGHA PAL
- 161.NEETU SINGH
- 162.NIDHI TIWARI
- 163.NIVEDITA SINGH
- 164.PANKAJ KUMAR KASHYAP
- 165.PRAJJAWAL SHUKLA
- 166.REENA YADAV
- 167.SAVI SRIVASTAVA
- 168.SHASHANK KUMAR SINGH
- 169.SHREYA GUPTA
- 170.SHRUTI CHAWLA
- 171.SWETA SAHU
- 172.UPWAN KUMAR
- 173.RISHU SHUKLA
- 174.RUCHI
- 175.SAGAR TIWARI
- 176.SANJAY PANDEY
- 177.SANJOLI VASHISHTH
- 178.SAURABH KUMAR SHRIVASTAV
- 179.SHAILESH KUMAR KANNAUJIYA
- 180.SHESH MANI VERMA

  
Signature of Convenor/Head/Dire

# DOCTOR'S DAY CELEBRATIONS

## UNIVERSITY INSTITUTE OF HEALTH SCIENCES, CSJMU, KANPUR & ROTARACT CLUB OF KANPUR



Rotary



RI District 3110

Rotaract  
Rotary Club Partner



DAY 2

## VALEDICTORY CEREMONY & TALK ON STRESS MANAGEMENT

Thursday, 2nd July 2020 at 4.30pm to 6.00pm at (Zoom & Facebook) Live

*Chief Guest*



**Rtn. Dinesh Ch. Shukla**  
District Governor  
RID 3110

*Guest of Honour*



**Rtn. Pawan Agarwal**  
District Governor Nominee  
RID 3110

*Presided by*



**Rtn. Sudhir Mehrotra**  
President  
Rotary Club of Kanpur

*Eminent Speaker*



**Dr. Awadh Dubey**  
Chairman  
R. K. Devi Eye Research  
Institute, Kanpur

*Eminent Speaker*



**Dr. Ganesh Shanker**  
Assistant Professor  
Deptt of Psychiatry  
GSVM Medical College, Kanpur

*Organising Secretary*



**Dr. Praveen Katiyar**  
Coordinator  
UIHS, CSJMU Kanpur

*Programme Convener*



**Rtn. Gaurav Ag. Jain**  
Chairman  
District Rotaract Committee

**Topic:**  
Role of Youth in Health Awareness

**Topic:**  
Psychological Impact of Covid

### Organizing team



**Rtr. Sagar Nigam**  
President  
Rotaract Kanpur



**Rtr. Devanshu Bhatta**  
Secretary  
Rotaract Kanpur



**Rtr. Tami Bhatta**  
Project Director  
Rotaract Kanpur

### Programme

1. Meeting Call to Order
2. Programme briefing
3. Welcome Speech
4. Introduction of Guests
5. Inaugural Address by Rtn. Sudhir Mehrotra, President RCK
6. Address by Guest of Honour by Rtn. Pawan Agarwal, DGN
7. Address by Chief Guest by Rtn. Dinesh Ch. Shukla, DG
8. Talk by Eminent Speaker by Dr. Awadh Dubey
9. Talk by Eminent Speaker by Dr. Ganesh Shanker
10. Question & Answer Session
11. Vote of thanks



**Live Talk on Health Awareness**



will be held over Facebook live on Wellnesscon Page: <https://www.facebook.com/wellnesscon2020/>

Zoom Meeting ID - 3110123456  
Password - 3110



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## University Institute of Health Sciences

### Event Report

**Title of the Event-** Stress Management

**Nature of Event-** Webinar

**Date and Duration and Mode (Online/Offline)-** 2 July 2020

**Organizing Department-** UIHS, CSJMU, Rotaract and Rotary Club of Kanpur

**Resource Person details-** Dr. Avadh Dubey, Chairman R K Devi Eye Research Institute Kanpur and Dr Ganesh Shanker, Ass Professor Psychiatric ,GSVM Medical College Kanpur.

**Participants-** Doctors, working practitioners, teachers, students and research scholars

#### **Brief Report**

In the memory of Dr B C Roy Doctors day is celebrated and to pay contribution on Doctors Day,, UIHS organised a webinar on Stress Management on 2 July 2020 where all the esteemed Doctors, working practitioners, teachers, students and research scholars participated in the program. Webinar was made live on Facebook through Wellness Con page from 4:30 to 6:00 PM.

Rtn Dinesh Chandra Shukla, District Governor, RID-3110 and Rtn Pawan Agarwal District Gov Nominee RID-3110 were the chief guest of the program.



Two invited talk were discussed in the webinar -*Role of Youth in Health Awareness* by Dr. Avadh Dubey, Chairman R K Devi Eye Research Institute Kanpur and *Psychological Impact of Covid* by Dr Ganesh Shanker, Ass Professor Psychiatric ,GSVM Medical College Kanpur.

Program ended with vote of thanks.

## Photographs








# DOCTOR'S DAY CELEBRATIONS

## UNIVERSITY INSTITUTE OF HEALTH SCIENCES, CSJMU, KANPUR & ROTARACT CLUB OF KANPUR

DAY 2  RI District 3110 

### VALEDICTORY CEREMONY & TALK ON STRESS MANAGEMENT

Thursday, 2nd July 2020 at 4.30pm to 6.00pm at (Zoom & Facebook) Live


 <b>Rtn. Dinesh Ch. Shukla</b> <small>District Governor RID 3112</small>	 <b>Rtn. Pawan Agarwal</b> <small>District Governor Nominee RID 3112</small>	 <b>Rtn. Sudhir Mehrotra</b> <small>President Rotary Club of Kanpur</small>	 <b>Dr. Awadh Dubey</b> <small>Chairman R. K. Devi Eye Research Institute, Kanpur</small>	 <b>Dr. Ganesh Shankar</b> <small>Assistant Professor Dept of Psychiatry GSVM Medical College, Kanpur</small>
 <b>Dr. Praveen Katiyar</b> <small>Coordinator UHS, CSJMU Kanpur</small>	 <b>Rtn. Gaurav Ag. Jain</b> <small>Chairman District Rotaract Committee</small>	 <b>Rtn. Sagar Nigam</b> <small>President Rotaract Kanpur</small>	 <b>Rtn. Divyansha Shukla</b> <small>Secretary Rotaract Kanpur</small>	 <b>Rtn. Tami Bhatia</b> <small>President Rotaract Kanpur</small>

**Live Talk on Health Awareness**

will be held over Facebook live on Wellnesscon Page: <https://www.facebook.com/wellnesscon2020/>


**Programme**

1. Meeting Call to Order
2. Programme briefing
3. Welcome Speech
4. Introduction of Guests
5. Inaugural Address by Rtn. Sudhir Mehrotra, President RICK
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8. Talk by Eminent Speaker by Dr. Awadh Dubey
9. Talk by Eminent Speaker by Dr. Ganesh Shankar
10. Question & Answer Session
11. Vote of thanks

 **LIVE**

 **LIVE**

Zoom Meeting ID - 3110123456  
Password - 3110

  
 Coordinator/Head of the Department  
 School of Health Sciences  
 (With Seal and Signature)

### LIST OF PARTICIPANTS/ATTENDEES

Title of Programme: Talk on Stress management

Date: 02-07-2020

Organised By: UIHS, CSJMU, Rotract and Rotary Club, Kanpur

Mode (Online/Offline): Online

No. of Participants: 280

Sr. No.	Name of participant
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- |     |                           |
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| 1.  | DR. PRAVEEN KATIYAR       |
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| 10. | PRADEEP RAO               |
| 11. | PREMA VERMA               |
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| 17. | SATISH KUMAR MAURYA       |
| 18. | SAURABH KUMAR             |
| 19. | SAURABH KUMAR RAO         |
| 20. | SHITAL RASTOGI            |
| 21. | SHIVKUMAR CHAUHAN         |
| 22. | SHOBIT SHUKLA             |
| 23. | SHWETA PAL                |
| 24. | SONI AGRAHARI             |
| 25. | SUCHETA MISHRA            |
| 26. | SUMIT                     |
| 27. | SUMIT KUMAR               |



28. SUSHIL KUMAR
29. SWATANTRA KUMAR
30. VARTIKA MISHRA
31. MAISHA TARIQ
32. AARISHA ARIF
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85. KAJAL SINGH
86. KANEEZ FATIMA
87. KHUSHBOO ANJUM
88. KM NAMITA TIWARI
89. KM PRIYANKA DEVI
90. KM SABHYA DUBEY
91. KM UPASANA
92. KM. POOJA
93. KOMAL CHAURASIYA
94. KOMAL VERMA
95. KSHIT
96. KUMARI PRITI YADAV
97. SURABHI SINGH
98. AGAM KUMAR SINGH
99. AKANSHA SENGAR
100. ALKA MISHRA
101. ANUGYA BAJPAI
102. ARPITA DWIVEDI
103. BHAWESH GUPTA

104. FAYAKA SHAMIM
105. KIRAN VERMA
106. KM AJARA KHAN
107. KM ANKITA PAL
108. KM PRATEEKSHA SINGH
109. KM MAMTA
110. KM SAKSHI VAISHYA
111. KM SAUMYA GUPTA
112. KUMARI SONALI
113. NAINSI VISHWAKARMA
114. PRAGATI SINGH
115. SHRADHA SINGH
116. SHREYA AGRAWAL
117. SUNIDHI KATIYAR
118. TANYA GUPTA
119. VAISHNAVI SHARMA
120. ARUN DWIVEDI
121. DIVIT SHANKER
122. KM ANUSHA YADAV
123. KM MANISHA SHARMA
124. KM SHIKHA BHARDWAJ
125. NISHTHA AGARWAL
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149. SWATANTRA KUMAR
150. VARTIKA MISHRA
151. VARTIKA SINGH
152. VIPIN KUMAR
153. ABDULSHAKIRANSARI
154. ABHAMISHRA
155. ABHISHEKGUPTA
156. AKANKSHASAXENA
157. ALMASSHANEEF
158. AMITTIWARI
159. ANJALIPANDEY
160. ANJILRAI
161. APOORVA SRIVASTAVA
162. ARPITASINGH
163. BRIJESHYADAV
164. DAMINISINGH
165. GUNJAN
166. HARPREETKAUR
167. KAJALRAWAT
168. KMPREETIVERMA
169. KM.DEEPANNITA AWASTHI
170. NAVEENPRAKASHVISHWAKARMA
171. NEHABHATIA
172. NEHAL JAIS
173. POOJAYADAV
174. PRIYAGAUR
175. RAGINIPAL
176. RAJATGAUTAM
177. RISHABHKATIYAR
178. ROHITCHANDERIYA
179. RUCHIMISHRA

180. SANJAYMOURYA
181. SARITA
182. SHAFALYGUPTA
183. SHANAQURAISHI
184. SHEELUSHARMA
185. SHIVAMAGNIHOTRI
186. SHUBHANGITRIPATHI
187. SOHANRAJPUT
188. STUTIGAUR
189. SUNEELKUMAR
190. SUPREETBINDRA
191. TAZEENBANO
192. VANDANAMADHESIA
193. AKANKSHASHUKLA
194. AKASH
195. AKHANDMISHRA
196. ANILKUMARBHARTI
197. ARSHINAAZ
198. ARUNKUMAR
199. ASTHA
200. AUSAFKHAN
201. CHANDANKUMAR
202. GAJENDRAAWASTHI
203. HARSHITRAI
204. JYOTIDEVI
205. KAMLESHKUMAR
206. KMAKANKSHACHOUDHRY
207. KMGUNJANSACHAN
208. KMNEELAMKUMARI
209. KMNEHAMEHROOSH
210. KMNIKITA
211. KMPOONAM
212. KMSHALINEEKATIIYAR
213. KMSHASHISINGH
214. KMSHIVANI
215. KMSHIVANISHUKLA
216. KMSIDRAKHATOON
217. KMSONI

218. KM.DEEPIKAGAUTAM
219. KM.SEEMASINGH
220. KRISHNAKANT
221. MOHAMMADRIHANKHAN
222. MOHAMMADSHAMIMKHAN
223. MOHDSALEEM
224. NAMITVASHISTHA
225. PAWANKUMAR
226. PEEYUSHKUMARSHUKLA
227. POORNIMADUBEY
228. PRADEEPLYADAV
229. PRASHANTKUMARSINGH
230. PRAVEENKUMAR
231. PRIYANKABATHAM
232. PRIYANSHISHUKLA
233. RAHULCHAURASIYA
234. RAJATMISHRA
235. ROHITKASHYAP
236. ROHITKUMAR
237. SANJEEVKUMAR
238. SHIVAMYADAV
239. SHUBHAMPATHAK
240. AKANKSHA
241. AMISHAVERMA
242. AMITSHARMA
243. ASHA CHATURVEDI
244. ASHISHKUMAR
245. KAPILPARASHAR
246. KMAKANKSHA
247. KMCHANDANIBEGAM
248. KMLALITA
249. KMNEHAYADAV
250. KMROOPALISHARMA
251. KMOVIJAYLAXMI
252. KMOVISHAKHADIXIT
253. KM.AKANKSHAMAURYA
254. KM.PRAGYAPANDEY
255. NASHRASIDDIQUI

- 256. NEERAJ
- 257. PRASHANTDEV
- 258. RISHIRAKESHNEWATIA
- 259. ROHANNIGAM
- 260. SATYAMSAWBHAV
- 261. SHUBHANGI
- 262. SHIVANISINGH
- 263. UMA DEVI
- 264. SHAILJA
- 265. RUPALI
- 266. KIRAN
- 267. PRIYAMKA
- 268. RUKMANI
- 269. SIDRA
- 270. RANI
- 271. RITESH
- 272. SAUMYA
- 273. SHRADHA
- 274. VAIDAH
- 275. AKASH
- 276. SAUMYA GUPTA
- 277. RAJNI
- 278. DHRUV
- 279. ABHISHEK GUPTA
- 280. SAGAR SINGH

  
Signature of Convenor/Head/Director  
School of Health Sciences  
Director  
CSJMU Campus, Kanpur