# छत्रपति शाहू जी महाराज विश्वविद्यालय, कानपुर

(पूर्ववर्ती कानपुर विश्वविद्यालय)

# CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY, KANPUR (Formerly Kanpur University)



#### DEPARTMENT OF EDUCATION

ग्त्रांक **सं**0:- .....

दिनांक:

Appreame

From.

Dr. Rashmi Gore Coordinator Department of Education / Education training CSJM, University, Kanpur (U.P)

To.

Vice Chancellor Chhtrapati Shahu Ji Maharaj, University, Kanpur (U.P)

#### Subject: Regarding Permission/Approval for Value Added Course

Respected Sir,

Its gives great pleasure to inform you that the Education Department is willing to run various skill-based Value Added Courses for the students in this Academic Session. The details of these proposed Value Added Courses are given below for your kind permission.

#### List of Value Added courses for the Session 2021-22

S.N.	Name of Course Coordinator	Title of the Course	Purposed Date
1.	Dr. Rashmi Gore	Creating an Inclusive Classroom	08, June to 17, June, 2022
2.	Dr. Gopal Singh Dr. Tanuja Bhatt	Digital Literacy and Soft Skills	11, June to 20 June, 2022
3.	Dr. kalpana Agnihotri	Stress management & Life Skills	07, June to 17 June, 2022
4.	Dr. Rajnish Agrahari	Online Teaching Tool & Technology	07, June to 21 June, 2022
5.	Dr. Vimal Singh	Fundamentals for Preparing A research Proposal	30, May to 08 June, 2022



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दिनांकः- ..... पत्रांट ः पं0:- ..... 16. June to 25 Academic Integrity and Dr. Vimal Singh 6. June, 2022 **Publication Ethics** 25, May to 03 Personality Development Dr. katnartuh Mishra 7. June, 2022 25, May to 03 Creativity and Problem Dr. Sneh Pandey 8. June, 2022 Solving 18, June to 27 Teacher competency Mrs. Priya Tewari 9. June, 2022 21, June to 30 Environmental Awareness Mrs. Pratibha Yadav 10. June, 2022 Mrs. Anupama Yadav Conceptual Understanding of 20. June to 29 Mr. Kunwar Kuldeep 11. June, 2022 ICT & E-Ethics Chauhan Mrs. Anupama Yadav 15, May to 25 Fundamental of Tool Dr. Tanuja Bhatt 12. June, 2022 construction and Research Miss. Priyanka **Ethics** Maurya Being Happy: A need of An 20, June to 29 Dr. katnartuh Mishra 13. June, 2022 hour 22, June to 30 Action Research: an Dr. Rajnish Agrahari 14. June, 2022 introduction of local Mrs. Priya Tewari Classroom Problem

> Dr. Rashmi Gore (Coordinator)



HHATRAPATI SHAHU JI MAHARAJ UNIVERSITY
(FORMERLY KANPUR UNIVERSITY, KANPUR)

#### DEPARTMENT OF EDUCATION

INTRODUCES

# Being Happy: A Need of An Hour

A NEW VALUE ADDED COURSE



Convener
Dr. Rashmi Gore
Associate Professor
School of Teacher Education
CSJM, University Kanpur



Patron
Prof. Vinay Kumar Pathak
Hon. Vice Chancellor
CSJM, University, Kanpur



Organizer
Dr. Ratnartuh Mishra
Assistant Professor
School of Teacher Education
CSJM, University Kanpur

20 JUNE-29 JUNE,

Organised by

SCHOOL OF TEACHER EDUCATION CSJM, UNIVERSITY KANPUR UP



# School of Teacher Education Department of Education/Education Training CHHATRAPATI SHAHU JI MAHRAJ UNIVERSITY, KANPUR

#### Formerly Kanpur University, Kanpur – 208024

(Online) Schedule/Time Table

For

#### Value Added Course on

Being Happy: Need of an Hour (EDU - BHNH -13)

#### (Online) Schedule/Time Table

w.e.f. 25/05/2022

Sl. No.	Mode	Date	Day	Timings	Name of the Expert	Method	Name of the Activity	Daily Hours
1.		20/06/2022	Wednesday	03:00pm to 04:30pm	Dr. Ratnartuh Mishra	Lecture & Orientation	Discussion	1 Hour 30 Minutes
				04:30pm to 06:00pm	Mr. Mohan Kumar Mishra	Lecture	Discussion	1 Hour 30 Minutes
2.		21/06/2022	Thursday	03:00pm to 04:30pm	Dr. Ratnartuh Mishra	Story Telling	Discussion	1 Hour 30 Minutes
	ONLINE MODE			04:30pm to 06:00pm	Dr. Arunesh Awasthi	Lecture	Interactive Discussion	1 Hour 30 Minutes
3.	ONLIN	22/06/2022	Friday	03:00pm to 04:30pm	Dr. Ratnartuh Mishra	Lecture	Extempore	1 Hour 30 Minutes
				04:30pm to 06:00pm	Mr. Mohan Kumar Mishra	Lecture & Demonstration	Debate	1 Hour 30 Minutes
4.		23/06/2022	Saturday	03:00pm to 04:30pm	Dr. Ratnartuh Mishra	Workshop Style	Discussion	1 Hour 30 Minutes
				04:30pm to 06:00pm	Dr. Arunesh Awasthi	Lecture	Interactive Discussion	1 Hour 30 Minutes

5.		24/06/2022	Sunday	11:00am	Dr.	Lecture	Video	1 Hour
				to	Ratnartuh		Session	30 Minutes
				12:30pm	Mishra			
				12:35pm	Mr.	Lecture &	Interactive	1 Hour
				to	Mohan	PPT	Discussion	30 Minutes
				02:05pm	Kumar	Presentation		
					Mishra			
6.		25/06/2022	Monday	03:00pm	Dr.	Lecture	Discussion	1 Hour
				to	Ratnartuh			30 Minutes
				04:30pm	Mishra			
				04:30pm	Dr.	Lecture	Presentation	1 Hour
				to	Arunesh		& Discussion	30 Minutes
				06:00pm	Awasthi			
7.		26/06/2022	Tuesday	03:00pm	Dr.	Lecture	Extempore	1 Hour
				to	Ratnartuh			30 Minutes
				04:30pm	Mishra			
	丘			04:30pm	Mr.	Lecture &	Debate	1 Hour
				to	Mohan	Demonstration		30 Minutes
	MO			06:00pm	Kumar			
	ONLINE MODE	27/05/2022	*** 1 1	02.00	Mishra	G	<b>.</b> .	4.77
8.	Z	27/06/2022	Wednesday	03:00pm	Dr.	Story Telling	Discussion	1 Hour
	F			to	Ratnartuh			30 Minutes
	0			04:30pm	Mishra	T 0	T	1 11
				04:30pm	Mr.	Lecture &	Interactive	1 Hour
				to	Mohan	PPT	Discussion	30 Minutes
				06:00pm	Kumar	Presentation		
9.		28/06/2022	Thursday	02,000	Mishra	Workshop	Dolo Dlov	1 Hour
9.		28/06/2022	Thursday	03:00pm	Dr. Ratnartuh	Workshop	Role Play	30 Minutes
				to 04:30pm	Mishra	Style		30 Millutes
				04:30pm	Dr.	Lecture	Evtempore	1 Hour
				to	Arunesh	Lecture	Extempore	30 Minutes
				06:00pm	Awasthi			30 Williams
10.		29/06/2022	Friday	03:00pm	Dr.	Lecture	Debate	1 Hour
10.		27/00/2022	Tilday	to	Ratnartuh	Lecture	Devaic	30 Minutes
				04:30pm	Mishra			30 Millianos
				04:30pm	Mr.	Workshop	Discussion	1 Hour
				to	Mohan	Style	21300001011	30 Minutes
				06:00pm	Kumar	~ 5,10		
				Josephi	Mishra			
			T	otal Hours		l		30 Hours
				Jui Houle	•			_ CO IIOUIS

**Course Coordinator** 

(Dr. Ratnartuh Mishra)

Ratnartish nishra



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Formerly Kanpur University, Kanpur – 208024

# School of Teacher Education Department of Education/Education Training Value Added Course on Being Happy: Need of an Hour (EDU - BHNH -13)

#### **About the Course**

Happiness is a natural quality of man. Only a happy person can successfully complete any task. The state of depression and despair gives rise to failure in the life of man. In the present times, it is generally seen that inspite of having a lot of modern amenities, man is not able to remain happy. In this situation the question arises, how is happiness possible? Keeping this question in mind, Education Department of C.S.J.M. University, Kanpur has organised this value added program based on happiness.

#### **Course Objectives**

- 1. To develop an understanding of real meaning of happiness among the students.
- 2. To improve the thinking capacity of the students about the path to achieve the aim of quality life.
- 3. To make students aware about the relation of the health and happiness.
- **4.** To generate competence among the students to understand the different views of different Indian and Western Philosophers.

#### **Learning Outcomes**

After the completion of this Value Added Course, participants will be able to-

- 1. Understand the real meaning of happy life.
- 2. Understand the importance of happiness for their health.
- **3.** Think critically about the path of quality life.
- 4. Differentiate between the Indian and western thinking about happiness.

#### **Course Contents**

#### <u>Module − 1</u>

#### **Understanding of Happiness**

#### (Total Duration - 15 Hours)

Happiness: meaning concept and nature

04 Hours

• Meaning and concept of sadness. Consequences of sadness in life.

04 Hour

• Who is happy: Characteristics of a happy person

02 Hours

• Relationship of happiness and sadness with physical and mental health

05 Hours

#### Module – II

#### A path of quality life

#### (Total Duration - 15 Hours)

• How to become happy? A path of quality life

03 Hours

• Being happy: in Indian perspectives with special reference to Geeta, Buddha, Osho and J. Krishna Murti

06 Hours

• Being happy: In Western perspectives with special reference to Kant, Russell and Seligman 06 Hours



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Formerly Kanpur University, Kanpur – 208024

# School of Teacher Education Department of Education/Education Training Value Added Course

on

Being Happy: Need of an Hour

(EDU - BHNH - 13)

#### **List of Registered Candidates (Offline)**

SL. NO.	NAME OF THE		NAME OF THE COLLEGE	WHATSAPP NO
	STUDENT	ACTIVE E-MAIL ID		
1.	GUNEET BHATIA		DR. VIRENDRA SWARUP INSTITUTE OF	
		Guneetbhatia59@gmail.com	PROFESSIONAL STUDIES	9305458401
2.	KUSHAGRA SHUKLA	Kushagrashukla20229@gmail.com	D.B.S. COLLEGE, GOVIND NAGAR, KANPUR	7392038020
3.	MAHAK AFTAB	mahakaftab8@gmail.com	D.B.S. COLLEGE, GOVIND NAGAR, KANPUR	6391023303
4.	POOJA SHUKLA	dr.poojashukla86@gmail.com	D. B. S. COLLEGE, GOVIND NAGAR, KANPUR	9451791887
5.	PRIYA VERMA	pv430523@gmail.com	D. B. S. COLLEGE, GOVIND NAGAR, KANPUR	7570934405
6.	VISHAKHA		DR. VIRENDRA SWARUP INSTITUTE OF	
	SRIVASTAVA	Srivastatvavishakha0204@gmail.com	PROFESSIONAL STUDIES	8318761510

**Course Coordinator** 

Ratnarth Mixtura

Dr. Ratnartuh Mishra Assistant Professor School of Teacher Education CSJM, University Kanpur UP



#### छत्रपति शाहू जी महाराज विश्वविद्यालय, कानपुर

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Formerly Kanpur University, Kanpur – 208024

School of Teacher Education
Department of Education/Education Training
Value Added Course on
Being Happy: Need of an Hour
(EDU – BHNH - 13)

#### **List of Registered Candidates (Online)**

Sl. No.	NAME OF THE		Name of the College	Whatsapp No
	STUDENT	Active E-mail ID		
1.	ABHISHEK KUMAR	abhi5396kumar@gmail.com	CSJMU KANPUR	8853029772
2.	ABHISHEK MISHRA	navya.mishra6185@gmail.com	D.B.S. COLLEGE, GOVIND NAGAR, KANPUR	8840289559
3.	ABHISHEK PAL	shivabby001@gmail.com	CSJMU CAMPUS	8090708921
4.	ADARSH MISHRA	bittu1995@live.com	CSJMU	8318142785
5.			DR. VIRENDRA SWAROOP INSTITUTE OF	
	AKANKSHA	akankshasinghab@gmail.com	PROFESSIONAL STUDIES	9838963377
6.			DR. VIRENDRA SWARUP INSTITUTE OF	
	ANCHAL JAIN	anchal2012jain@gmail.com	PROFESSIONAL STUDIES	8960431801
7.			DR. VIRENDRA SWARUP INSTITUTE OF	
	ANJALI MISHRA	anjalimishra1803@gmail.com	PROFESSIONAL STUDIES	9140933454
8.	ANJALI SHARMA	ANJALISHARMA69561@GMAIL.COM	DEPARTMENT OF EDUCATION	7839997809
9.	ANMOL GUPTA	guptaanmol1512@gmail.com	D B S COLLEGE KANPUR	7007127786
10.	ANUJ KUMAR PAL	palanujkumar1@gmail.com	DEPARTMENT OF EDUCATION	9651661178
11.	ARVIND GAUTAM	gautamarvind002@gmail.com	CSJM UNIVERSITY CAMPUS	7985851096
12.	ASHUTOSH			
	VISHWAKARMA	ashutoshvishwakarma0792@gmail.com	D.B.S. COLLEGE,GOVIND NAGAR,KANPUR	7355464563
13.	ATUL KUMAR GOEL	g.atulstar@gmail.com	D.B.S COLLEGE, GOVIND NAGAR, KANPUR	9794320165

14.			DR.VIRENDRA SWARUP INSTITUTE OF	
	AVANTIKA BAJPAI	avantikabajpai97@gmail.com	PROFESSIONAL STUDIES	8601108127
15.	BALWANT	31 0		
	KUSHWAHA	balwantkushwaha15@gmail.com	DEPARTMENT OF EDUCATION	9415234565
16.	DEEKSHA SACHAN	deekshasachan15898@gmail.com	C.S.J.M UNIVERSITY	9628203853
17.	DEEPIKA MISHRA	18102002shivam@gmail.com	VSIPS	6394901938
18.	DHEERENDRA			
	SINGH	dheerendrapratap1234@gmail.com	DBS COLLEGE GOVIND NAGAR	6387249073
19.	EKATA DEVI	ekata.yadav277@gmail.com	CSJMU KANPUR	8948107772
20.	GAGAN PREET KAUR	gaganpreetkaur356@gmail.com	VSIPS	8318161578
21.			DR. VIRENDRA SWARUP INSTITUTE OF	
	GEETIKA KALANI	geetikakalani1996@gmail.com	PROFESSIONAL STUDIES	8577838884
22.	HARNISH CHAWLA	harnishchawla6409@gmail.com	DBS COLLEGE	6394108355
23.			DR VIRENDRA SWARUP INSTITUTE OF	
	HARSHDEEP KAUR	harshdeep221992@gmail.com	PROFESSIONAL STUDIES	6307786407
24.	HIMANSHI GUPTA	Himanshigupta727@gmail.com	D.B.S. COLLEGE ,GOVIND NAGAR,KANPUR	8423560599
25.			VIRENDRA SWARUP INSTITUTE OF	
	HINA LAKHMANI	8707241102hina@gmail.com	PROFESSIONAL STUDIES	8707241102
26.	ISHA DHANUKA	isha.dhanuka07nov@gmail.com	DR VIRENDRA SWARUP PROFESSIONAL	9889394086
27.			VIRENDRA SWAROOP INSTITUTE OF	
			PERSONAL STUDIES,337, K-BLOCK, KIDWAI	
	JANHVI	Janhvideeksha@gmail.com	NAGAR, KANPUR	9598232458
28.	KAJAL SHIVHARE	kajalshivhare444@gmail.com	DR.VIRENDRA SWARUP INSTITUTE	9305230720
29.	KIRTI SINGH	kirtirajawat99@gmail.com	DBS GOVIND NAGAR	7275589842
30.	KM.DIVYANSHI			
	KASHYAP	dk786kashyap@gmail.com	CSJMU	8887511840
31.	MANISH KUMAR			
	YADAV	yadavmanish2124@gmail.com	CSJMU KANPUR	6389102160
32.	MANSI TRIPATHI	tripathimansi2000@gmail.com	D.B.S. COLLEGE	9569098008
33.	NEETA SINGH	sneeta541@gmail.com	D. B. S. COLLEGE, GOVIND NAGAR, KANPUR	7007025419
34.	NIVEDITA	1 100 1100 5		004400
	KUSHWAHA	nivi904428@gmail.com	CSJM UNIVERSITY	9044282770
35.	PARAS GUPTA	Parasgupta02062001@gmail.com	D.B.S. COLLEGE KANPUR	6393631694
36.	PARUL	parulkm433@gmail.com	CSJM UNIVERSITY KANPUR	6396610583
37.		.0211.0	VIRENDRA SWAROOP INSTITUTE OF	0565040065
	PAWANPREET KAUR	pawanpreet0311@gmail.com	PROFESSIONAL STUDIES	9565048367

38.	PRABHAKAR			
	RAJPUT	mrprabhakarrajput@gmail.com	SCHOOL OF TEACHER EDUCATION	9411434345
39.	PRAGATI KOSHTA	pragatikoshta111@gmail.com	CSJM UNIVERSITY KANPUR	7037920932
40.	PREETI KHANNA	preeti2014.297@gmail.com	DBS	8090510297
41.	PRIYA BATHAM	Bathampriya15@gmail.com	D.B.S.COLLEGE	9569111830
42.	PRIYA SHARMA	Sharmapriya11387@gmail.com	CSJMU	8840439896
43.			D.B.S PG COLLEGE GOVINDANAGAR	
	PRIYANKA DEVI	Priyanka Devi 8429@gmail.com	KANPUR	8429646206
44.	PRIYANKA			
	KODWANI	priyankakod17@gmail.com	D.B.S COLLEGE	7068050005
45.	RAM NARAYAN	kshholkar@gmail.com	DBS COLLEGE KANPUR	8178747899
46.	ROHIT KUMAR	ry355828@gmail.com	SCHOOL OF TEACHER EDUCATION	7800883597
47.	SEEMA MIISHRA	seemaawasthi4@gmail.com	DR.VSIPS	9044808861
48.			DR. VIRENDRA SWARUP INSTITUTE OF	
	SHAIFALI NIGAM	rnigam004@gmail.com	PROFESSIONAL STUDIES, KIDWAI NAGAR	6307887717
49.	SHIVANGI DWIVEDI	shivangidwivedi98@gmail.com	D B S COLLEGE KANPUR	7355960311
50.	SHIVANGI			
	GANGWAR	shivangigangwar15@gmail.com	CSJMU	9026140212
51.			DR. VIRENDRA SWARUP INSTITUTE OF	
	SHIVANGI TRIPATHI	shivangit746@gmail.com	PROFESSIONAL STUDIES	6306945361
52.			DR. VIRENDRA SWARUP INSTITUTE OF	
	SHIVANI PATEL	gjgikgkv@gmail.com	PROFESSIONAL STUDIES	8429762291
53.	SHRISHTI BAJPAI	shrishtibajpai9@gmail.com	DBS COLLEGE	9532689088
54.	SHRUTI KIRTI			
	TIWARI	shrutikirtitiwari8418@gmail.com	D.B.S.COLLEGE AMAUR KANPUR	7084914228
55.	SHUBHA SHUKLA	Shubabhi.1694@gmail.com	D.B.S COLLEGE KANPUR	8853119913
56.	SHUBHAM			
	KUSHWAHA	Kushwahashubham626@gmail.com	DBS COLLEGE	8090425318
57.	SHWETA DHUSIA	mshweta28101991@gmail.com	DBS COLLEGE GOVIND NAGAR KANPUR	7348057128
58.	SIMRAN PAL	simranpal1464@gmail.com	D.B.S. COLLEGE GOVIND NAGAR KANPUR	8957027275
59.	SITANSHU TRIPATHI	sitanshu743@gmail.com	CSJM UNIVERSITY	7054127642
60.	SNEHA SINGH	snehasingh110901@gmail.com	VSIPS	6389406551
61.			DR. VIRENDRA SWARUP INSTITUTE OF	
	SONALI MISHRA	mishrasonali1604@gmail.com	PROFESSIONAL STUDIES	9140758005
62.			VIRENDRA SWARUP INSTITUTE OF	
	SUPRIYA DUBEY	supriyadubey316@gmail.com	PROFESSIONAL STUDIES	7897060168

63.	UMESH BAHADUR			
	YADAV	umeshbahaduryadav102@gmail.com	SCHOOL OF TEACHER EDUCATION	9651495732
64.			DR. VIRENDRA SWARUP INSTITUTE OF	
	VAISHNAVI MISHRA	vaishnavimishra3138@gmail.com	PROFESSIONAL STUDIES	7007813138
65.	VANDANA SINGH	vandana031singh@gmail.com	CSJMU CAMPUS	8960662359
66.			D.B.S.COLLEGE, GOVINDNAGAR KANPUR	
	VARTIKA	vartikavartika152000@gmail.com	NAGAR	8840510720
67.			DR. VIRENDRA SWARUP INSTITUTE OF	
	VINITA SAXENA	Saurabhsinghab@gmail.com	PROFESSIONAL STUDIES	8542078121
68.			EDUCATION DEPARTMENT IN CSJM	
	VISHWAS TIWARI	tripathi.vishwas9@ gmail.com	UNIVERSITY KANPUR	8565916155

Course Coordinator

Ratnarth nishrea

Dr. Ratnartuh Mishra Assistant Professor School of Teacher Education CSJM, University Kanpur UP



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#### **List of Actual Participants for Certification**

Sl. No.	NAME OF THE		Name of the College	Whatsapp No
	STUDENT	Active E-mail ID		
1.	Akanksha		DR. VIRENDRA SWAROOP INSTITUTE OF	
		akankshasinghab@gmail.com	PROFESSIONAL STUDIES	9838963377
2.	Anchal Jain		DR. VIRENDRA SWARUP INSTITUTE OF	
		anchal2012jain@gmail.com	PROFESSIONAL STUDIES	8960431801
3.	Anjali Mishra		DR. VIRENDRA SWARUP INSTITUTE OF	
		anjalimishra1803@gmail.com	PROFESSIONAL STUDIES	9140933454
4.	Anmol Gupta	guptaanmol1512@gmail.com	D B S COLLEGE KANPUR	7007127786
5.	Atul Kumar Goel	g.atulstar@gmail.com	D.B.S. COLLEGE, GOVIND NAGAR, KANPUR	9794320165
6.	Gagan Preet Kaur	gaganpreetkaur356@gmail.com	VSIPS	8318161578
7.	Geetika Kalani		DR. VIRENDRA SWARUP INSTITUTE OF	
		geetikakalani1996@gmail.com	PROFESSIONAL STUDIES	8577838884
8.	Guneet Bhatia		DR. VIRENDRA SWARUP INSTITUTE OF	
		Guneetbhatia59@gmail.com	PROFESSIONAL STUDIES	9305458401
9.	Harnish Chawla	harnishchawla6409@gmail.com	DBS COLLEGE	6394108355

10.	Harshdeep Kaur		DR VIRENDRA SWARUP INSTITUTE OF	
		harshdeep221992@gmail.com	PROFESSIONAL STUDIES	6307786407
11.	Himanshi Gupta	Himanshigupta727@gmail.com	D.B.S. COLLEGE ,GOVIND NAGAR,KANPUR	8423560599
12.	Hina Lakhmani		VIRENDRA SWARUP INSTITUTE OF	
		8707241102hina@gmail.com	PROFESSIONAL STUDIES	8707241102
13.	Janhvi		VIRENDRA SWAROOP INSTITUTE OF	
			PERSONAL STUDIES,337, K-BLOCK, KIDWAI	
		Janhvideeksha@gmail.com	NAGAR, KANPUR	9598232458
14.	Kajal Shivhare	kajalshivhare444@gmail.com	DR. VIRENDRA SWARUP INSTITUTE	9305230720
15.	Kushagra Shukla	Kushagrashukla20229@gmail.com	D.B.S. COLLEGE, GOVIND NAGAR, KANPUR	7392038020
16.	Mahak Aftab	mahakaftab8@gmail.com	D.B.S. COLLEGE, GOVIND NAGAR, KANPUR	6391023303
17.	Mansi Tripathi	tripathimansi2000@gmail.com	D.B.S. COLLEGE	9569098008
18.	Neeta Singh	sneeta541@gmail.com	D. B. S. COLLEGE, GOVIND NAGAR, KANPUR	7007025419
19.	Paras Gupta	Parasgupta02062001@gmail.com	D.B.S. COLLEGE KANPUR	6393631694
20.	Pawanpreet Kaur		VIRENDRA SWAROOP INSTITUTE OF	
	_	pawanpreet0311@gmail.com	PROFESSIONAL STUDIES	9565048367
21.	Pooja Shukla	dr.poojashukla86@gmail.com	D. B. S. COLLEGE, GOVIND NAGAR, KANPUR	9451791887
22.	Preeti Khanna	preeti2014.297@gmail.com	D. B. S. COLLEGE, GOVIND NAGAR, KANPUR	8090510297
23.	Priya Verma	pv430523@gmail.com	D. B. S. COLLEGE, GOVIND NAGAR, KANPUR	7570934405
24.	Priyanka Devi		D.B.S PG COLLEGE GOVINDANAGAR	
	•	Priyanka Devi 8429@gmail.com	KANPUR	8429646206
25.	Priyanka Kodwani	priyankakod17@gmail.com	D.B.S COLLEGE	7068050005
26.	Ram Narayan	kshholkar@gmail.com	DBS COLLEGE KANPUR	8178747899
27.	Rohit Yadav	ry355828@gmail.com	SCHOOL OF TEACHER EDUCATION	7800883597
28.	Shivangi Dwivedi	shivangidwivedi98@gmail.com	D B S COLLEGE KANPUR	7355960311
29.	Shivangi Tripathi		DR. VIRENDRA SWARUP INSTITUTE OF	
		Shivangit746@gmail.com	PROFESSIONAL STUDIES	6306945361
30.	Shivani Patel		DR. VIRENDRA SWARUP INSTITUTE OF	
		gjgikgkv@gmail.com	PROFESSIONAL STUDIES	8429762291
31.	Shrishti Bajpai	shrishtibajpai9@gmail.com	DBS COLLEGE	9532689088

32.	Shruti Kirti Tiwari	shrutikirtitiwari8418@gmail.com	D.B.S.COLLEGE AMAUR KANPUR	7084914228
33.	Shubha shukla	Shubabhi.1694@gmail.com	D.B.S COLLEGE KANPUR	8853119913
34.	Shubham Kushwaha	Kushwahashubham626@gmail.com	DBS COLLEGE	8090425318
35.		Č	DBS COLLEGE GOVIND NAGAR KANPUR	
	Shweta Dhusia	mshweta28101991@gmail.com		7348057128
36.	Simran Pal	simranpal1464@gmail.com	D.B.S. COLLEGE GOVIND NAGAR KANPUR	8957027275
<b>37.</b>	Sonali Mishra		DR. VIRENDRA SWARUP INSTITUTE OF	
		mishrasonali1604@gmail.com	PROFESSIONAL STUDIES	9140758005
38.	Supriya Dubey		VIRENDRA SWARUP INSTITUTE OF	
		supriyadubey316@gmail.com	PROFESSIONAL STUDIES	7897060168
39.	Vaishnavi Mishra		DR. VIRENDRA SWARUP INSTITUTE OF	
		vaishnavimishra3138@gmail.com	PROFESSIONAL STUDIES	7007813138
40.	Vandana Singh	vandana031singh@gmail.com	CSJMU CAMPUS	8960662359
41.	Vartika		D.B.S.COLLEGE, GOVINDNAGAR KANPUR	
		vartikavartika152000@gmail.com	NAGAR	8840510720
42.	Vinita Saxena	-	DR. VIRENDRA SWARUP INSTITUTE OF	
		Saurabhsinghab@gmail.com	PROFESSIONAL STUDIES	8542078121
43.	Vishakha Srivastava	<u> </u>	DR. VIRENDRA SWARUP INSTITUTE OF	
		Srivastavavishakha0204@gmail.com	PROFESSIONAL STUDIES	8318761510

Course Coordinator

Retnartal nistra

Dr. Ratnartuh Mishra Assistant Professor School of Teacher Education CSJM, University Kanpur UP

OF PARTICIPATION

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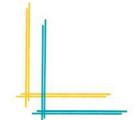
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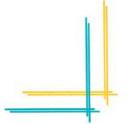
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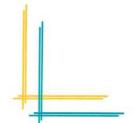
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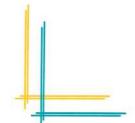
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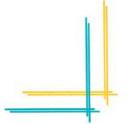
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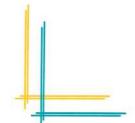
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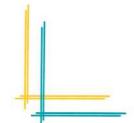
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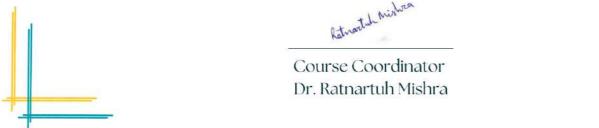
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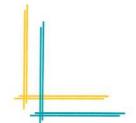
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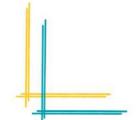
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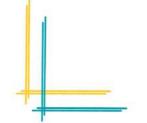
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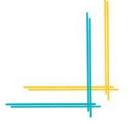
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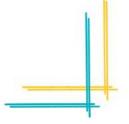
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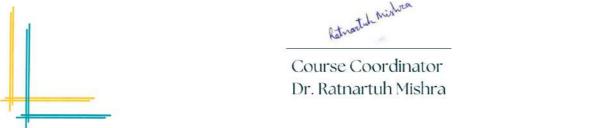
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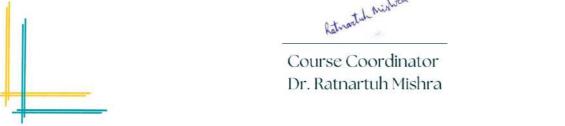
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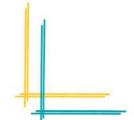
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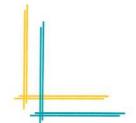
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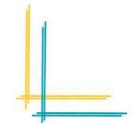
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