

## Report

### One Week Management Development Programme on “Time and Stress Management”

16th to 20th February 2026

Organized by

Department of Commerce

Christ Church College, Kanpur

The poster is for a Management Development Programme (MDP) on "Time and Stress Management". It features the MSME Development Commissioner (MSME) logo at the top left, the MSME Technology Development Centre (P.P.D.C.) logo at the top right, and the Christ Church College Kanpur logo at the bottom left. The text is in Hindi and English. The main title is "प्रबंधन विकास कार्यक्रम" (Management Development Programme) and "MANAGEMENT DEVELOPMENT PROGRAMME". The subtitle is "“TIME AND STRESS MANAGEMENT”". The organizers are "Enterprise Facilitation Centre - Lucknow" and "MSME Technology Development Centre (P.P.D.C.), Foundry Nagar, Agra-282006 (UP)". The poster also mentions "In Collaboration with" the Department of Commerce, Christ Church College Kanpur U.P., Entrepreneurship Development Centre, Department of Commerce, K.M.C. Language University, Lucknow, U.P.

विकास आयुक्त, (एमएसएमई) निर्माण भवन, नई दिल्ली  
**DEVELOPMENT COMMISSIONER (MSME)**  
Nirman Bhawan, New Delhi

Sponsors  
One Week

**प्रबंधन विकास कार्यक्रम**  
**MANAGEMENT DEVELOPMENT PROGRAMME**

on  
**“TIME AND STRESS MANAGEMENT”**

Organised by :  
**Enterprise Facilitation Centre - Lucknow**  
MSME Technology Development Centre (P.P.D.C.), Foundry Nagar, Agra-282006 (UP)  
एमएसएमई तकनीकी विकास केन्द्र (पी.पी.डी.सी.), फाउंड्री नगर, आगरा-282006 (उ.प्र.)

In Collaboration with  
DEPARTMENT OF COMMERCE, CHRIST CHURCH COLLEGE KANPUR U.P.  
ENTREPRENEURSHIP DEVELOPMENT CENTRE, DEPARTMENT OF COMMERCE  
K.M.C. LANGUAGE UNIVERSITY, LUCKNOW, U.P.

## Introduction

In today's fast-paced and competitive world, individuals often face numerous challenges related to workload, deadlines, responsibilities, and expectations. These challenges frequently result in stress and poor time management, which can negatively affect both personal and professional life. Effective time management and stress management are therefore essential skills for maintaining productivity, mental health, and overall well-being.

Christ Church College, Kanpur, under the aegis of the Department of Commerce, successfully organized a One Week Management Development Programme (MDP) on “Time and Stress Management” from 16th to 20th February 2026. The

programme was conducted in collaboration with the Enterprise Facilitation Centre, Lucknow (MSME Technology Development Centre, Agra) and U.P. Entrepreneurship Development Centre, Department of Commerce, K.M.C. Language University, Lucknow as an activity of MOU between Christ Church College and KMC Language University, Lucknow.

This MDP aimed to create awareness among participants about the causes and consequences of stress and to provide practical techniques to manage it effectively. Various expert speakers from academic and professional backgrounds delivered lectures on topics such as yoga, mental health management, stress psychology, and time management techniques.

Through interactive discussions, examples, and practical suggestions, the program helped participants understand how proper planning, prioritization, and positive thinking can significantly reduce stress and improve efficiency in everyday life.

### **Objectives of the Program**

The main objectives of organizing the Management Development Program were:

1. To provide knowledge about the concept and causes of stress.
2. To help participants understand the importance of effective time management.
3. To introduce various techniques for reducing and managing stress.
4. To promote awareness about mental health and emotional well-being.
5. To encourage participants to adopt healthy lifestyle practices such as yoga and meditation.
6. To develop skills for balancing professional responsibilities and personal life.
7. To improve productivity and work efficiency among participants.

### **Inaugural ceremony -**

The programme commenced with lighting of lamp by invited guests. All the guests were given a warm welcome with flowers and badges by the organising committee members. Dr. Shweta Mishra, organising secretary of MDP, convening the inaugural session, formally welcomed the dignitaries and participants. The Honourable Principal, Prof. Vinay John Sebastian, addressed the gathering with inspiring and motivational words, emphasizing the importance of discipline, resilience, and effective time management in today's demanding academic and professional environment. His address set a purposeful tone for the week-long

academic engagement. Mr. Rajan Yadav, field officer of MSME, PPDC Agra, explained about the schemes and strategies of MSME department. Dr. Neeraj Shukla, Chief Proctor and Head, Faculty of Commerce and Management, KMC Language university, joined the session online. Addressing the gathering he also offered the students of Christ Church College to visit University and avail facility of Incubation centre of KMC Language University. Prof. Sujata Chaturvedi, Coordinator, IQAC, Christ Church College extended best wishes for successful completion of this prestigious one week Management development program.





## Day-Wise Detailed Report

### Day 1 – 16 February 2026 (Monday)

The first academic session was on **“Introduction of Stress Management.”** The session was delivered by **Dr. Nitesh Rawat**, Assistant Professor at T.S. Mishra University, Lucknow. During the session, he explained the meaning of stress and its different types, including positive stress (eustress) and negative stress (distress). He also discussed the common causes of stress in modern life such as work pressure, academic expectations, financial issues, and personal challenges. The speaker emphasized the importance of identifying stress at an early stage and adopting appropriate coping strategies.

The second session topic was **“Introduction of Time Management Techniques.”** The speaker explained how effective time management plays a crucial role in reducing stress and improving productivity. Participants learned about setting goals, prioritizing tasks, preparing schedules, and avoiding procrastination. The session highlighted that managing time efficiently helps individuals achieve their goals in a systematic and organized manner.



### Day 2 – 17 February 2026 (Tuesday)

The first session of second day was on **“Role of Yoga in Managing Stress.”** The session was conducted by **Dr. Ram Kishore Gupta**, Assistant Professor, Department of Physical education and Yoga, CSJMU, Kanpur. The speaker explained how yoga helps in reducing stress, improving concentration, and maintaining emotional balance. He discussed the benefits of regular yoga practice and breathing techniques such as pranayama. The session emphasized that yoga not only improves physical health but also promotes mental peace and relaxation.

The second session was on **“Techniques of Stress Management.”** During this session, participants were introduced to several practical methods to manage stress effectively. These included relaxation techniques, time planning, positive thinking, and maintaining a healthy work-life balance. The session encouraged participants to adopt simple habits that can help them manage stress in daily life.



**Day 3 – 18 February 2026 (Wednesday)**

The first session of day 3 focused on **“Mental Health Management.”** The session was delivered by **Prof. (Dr.) Gyan Shankar**, Director of Amrita Clinic, Kanpur and former Associate Professor at GSVM Medical College, Kanpur. The speaker highlighted the importance of mental health in maintaining a balanced and productive life. He explained how stress, anxiety, and emotional pressure can affect mental well-being and provided suggestions for maintaining psychological stability.



The second session topic was **“Productivity without Pressure: The Art of Managing Time and Stress”**. The lecture was delivered by **Prof. (Dr.) Anindita Bhattacharya**, Professor and Incharge of the Department of Chemistry at Christ Church College, Kanpur. She explained various strategies for coping with stress and discussed various time management techniques like Eisenhower Matrix, Pareto principle, Rule 80/20, etc. She also discussed various case studies of time and stress management with participants in which she explained various methods to manage time and cope with stress. The session also discussed the role of healthy managers creating healthy hormones resulting in healthy teams and high performance.

#### **Day 4 – 19 February 2026 (Thursday)**

The first session was on **“Stress Psychology – Aham se Anand Tak”** focusing on understanding stress through modern psychology and Indian wisdom. The lecture was delivered by **Prof. (Dr.) Sujata Chaturvedi**, Coordinator-IQAC, Christ Church College, Kanpur. She explained the psychological aspects of stress and how human behavior is influenced by stressful situations. The speaker discussed how individuals react differently to stress and emphasized the importance of emotional intelligence and self-awareness by quoting various examples from Vedas, Puranas Manu smriti, etc. she asserted that stress do not arises from event, infact it arises from reaction and interpretation of an event.



The second session from **11:45 AM to 1:15 PM** focused on **“Effective Time Management Techniques for Academic and Professional Excellence.”** The session was conducted by **Dr. Abhishek Janvier Fredrick**, Assistant Professor in the Department of Commerce at Christ Church College, Kanpur. He explained practical methods for managing time efficiently, including goal setting, task prioritization, scheduling, and avoiding distractions. The session highlighted that effective time management leads to improved productivity and reduced stress.



**Day 5 – 20 February 2026 (Friday)**

The final academic session from **10:00 AM to 12:30 PM** was on **“Effect of Stress on Health.”** The lecture was delivered by **Lt. (Dr.) Neha Frederick**, Nursing Officer at MD Eye Hospital, Prayagraj. She explained how prolonged stress can affect both physical and mental health. The speaker discussed common health problems associated with stress such as headaches, high blood pressure, fatigue, and sleep disorders. She also provided suggestions for maintaining a healthy lifestyle and preventing stress-related health issues.





The program concluded with the **Valedictory Session and Feedback** from the participants, conducted by **Dr. Shweta Mishra**, Assistant Professor, Department of Commerce at Christ Church College, Kanpur. The **Vice Principal Prof. Shweta Chand** chaired the session. Participants shared their experiences and expressed their appreciation for the informative sessions conducted during the program.

**Prof. Anjali Srivastav**, **Convenor of M.D.P.** addressed the participants and forwarded vote of thanks to all participants and members of organising committee.





Kanpur, Uttar Pradesh, India 🇮🇳  
F9c3+93j, Kali Mata Mandir Road, Khas Bazar, Shiwala, Patkapur, Kanpur,  
Uttar Pradesh 208001, India  
Lat 26.471217° Long 80.352711°  
Friday, 20/02/2026 11:32 AM GMT +05:30



Kanpur, Uttar Pradesh, India 🇮🇳  
F9c3+93j, Kali Mata Mandir Road, Khas Bazar, Shiwala, Patkapur, Kanpur,  
Uttar Pradesh 208001, India  
Lat 26.471213° Long 80.352734°  
Friday, 20/02/2026 11:28 AM GMT +05:30



Kanpur, Uttar Pradesh, India 🇮🇳  
F9c3+93j, Kali Mata Mandir Road, Khas Bazar, Shiwala,  
Patkapur, Kanpur, Uttar Pradesh 208001, India  
Lat 26.471201° Long 80.352698°  
Friday, 20/02/2026 11:34 AM GMT +05:30



Kanpur, Uttar Pradesh, India 🇮🇳  
F9c3+93j, Kali Mata Mandir Road, Khas Bazar, Shiwala,  
Patkapur, Kanpur, Uttar Pradesh 208001, India  
Lat 26.4712° Long 80.352715°  
Friday, 20/02/2026 11:35 AM GMT +05:30

## Key Learnings from the Program

The Management Development Program provided several valuable insights, including:

- Understanding the causes and effects of stress in daily life.
- Learning effective techniques to control and manage stress.
- Importance of yoga and meditation in maintaining mental peace.
- Awareness about mental health and emotional stability.
- Practical strategies for effective time management.
- Importance of maintaining a healthy balance between work and personal life.



## Conclusion

The **Management Development Program on Time and Stress Management** proved to be highly informative and beneficial for all participants. The sessions delivered by experienced speakers provided valuable knowledge and practical tools for managing stress and utilizing time effectively.

The program successfully created awareness about the importance of mental health, self-discipline, and healthy lifestyle practices. It also encouraged participants to adopt effective strategies for improving productivity and maintaining a balanced life.

Overall, the program was a great learning experience and contributed significantly to the personal and professional development of the participants.



## क्राइस्ट चर्च कॉलेज में समय एवं तनाव प्रबंधन। प्रिंसिपल प्रो. विनय जॉन



दैनिक निष्पक्ष पोस्ट कानपुर डॉक्टर कृष्ण मोहन त्रिपाठी

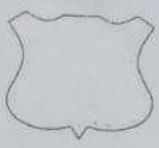
क्राइस्ट चर्च कॉलेज कानपुर के वाणिज्य विभाग के तत्वावधान में दिनांक 16 से 20 फरवरी 2026 तक "समय एवं तनाव प्रबंधन" विषय पर एक सप्ताह का प्रबंधन विकास कार्यक्रम (MDP) सफलतापूर्वक आयोजित किया गया। यह कार्यक्रम एंटरप्राइज फैसिलिटेशन सेंटर-लखनऊ (एमएसएमई टेक्नोलॉजी डेवलपमेंट सेंटर, आगरा) तथा यू.पी. उद्यमिता विकास केंद्र, वाणिज्य विभाग, के.एम.सी. लैंग्वेज यूनिवर्सिटी, लखनऊ के सहयोग से संपन्न हुआ। शुभारंभ वाणिज्य विभाग की डॉ. श्वेता मिश्रा द्वारा सत्र का संयोजन एवं अतिथियों तथा प्रतिभागियों के स्वागत के साथ हुआ। महाविद्यालय के माननीय प्राचार्य प्रो. विनय जॉन सेबेस्टियन ने अपने प्रेरणादायी उद्बोधन में समय प्रबंधन, अनुशासन तथा मानसिक संतुलन के महत्व पर प्रकाश डाला। उनके प्रेरक शब्दों ने पूरे सप्ताह चलने वाले कार्यक्रम के लिए सकारात्मक एवं उद्देश्यपूर्ण वातावरण निर्मित किया।

वर्तमान VUCA (Volatile, Uncertain, Complex, Ambiguous) परिदृश्य में बढ़ती चुनौतियों को ध्यान में रखते हुए इस कार्यक्रम का उद्देश्य प्रतिभागियों को तनाव प्रबंधन एवं समय प्रबंधन की प्रभावी रणनीतियों से परिचित कराना था। सत्रों में व्यक्तिगत एवं व्यावसायिक जीवन में संतुलन स्थापित करने के व्यावहारिक उपायों पर विशेष बल दिया गया, जिससे एक मानवीय एवं सतत कार्य-संस्कृति को बढ़ावा मिल सके। सप्ताह भर चले इस कार्यक्रम में तनाव प्रबंधन का परिचय, योग की भूमिका, मानसिक स्वास्थ्य प्रबंधन, तनाव मनोविज्ञान, समय प्रबंधन की तकनीकें तथा स्वास्थ्य पर तनाव के प्रभाव जैसे विषयों पर विशेषज्ञ व्याख्यान एवं संवादात्मक सत्र आयोजित किए गए। विभिन्न प्रतिष्ठित संस्थानों से आए विद्वान वक्ताओं ने सैद्धांतिक एवं व्यावहारिक दोनों दृष्टियों से विषय को विस्तारपूर्वक प्रस्तुत किया। इस कार्यक्रम में शिक्षकगण, उद्यमी एवं प्रबंधन क्षेत्र से जुड़े निम्न एवं मध्यम स्तर के प्रबंधकों ने उत्साहपूर्वक सहभागिता की। प्रतिभागियों ने सत्रों की उपयोगिता एवं व्यवहारिकता की सराहना की।

समापन सत्र में प्रतिभागियों के अनुभव साझा किए गए तथा सफल प्रतिभागियों को प्रमाण-पत्र प्रदान किए गए। आयोजन समिति ने प्राचार्य, आमंत्रित वक्ताओं, संकाय सदस्यों एवं सभी प्रतिभागियों के प्रति आभार व्यक्त किया और कार्यक्रम को एक सफल शैक्षणिक पहल बताया।

ATTENDANCE SHEETS -

(2)



CHRIST CHURCH COLLEGE, KANPUR

DEPARTMENT: Commerce

PROGRAMME: Inaugural of one week MOP on Time & Stress mgmt

VENUE: Andi tourism

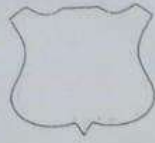
DATE: 16/02/26

ATTENDANCE

| S.No. | Name                             | Student/<br>Research Scholar/<br>Faculty | Class/<br>Designation | Signature          |
|-------|----------------------------------|--|-----------------------|--------------------|
| 1.    | Dr. Anuradita Bhattacharya       | Faculty                                  | Professor             | <i>[Signature]</i> |
| 2.    | Dr. Rukmani Devi                 | Faculty                                  | Asst. Professor       | <i>[Signature]</i> |
| 3.    | Dr. Sanjay K. Sharma             | "  | "                     | <i>[Signature]</i> |
| 4.    | Nagendra Singh                   | Faculty                                  | Guest faculty         | <i>[Signature]</i> |
| 5.    | Durgesh K. Gupta                 | Research Scholar                         | Commerce dept         | <i>[Signature]</i> |
| 6.    | Rashi Pandey                     | Research Scholar                         | Commerce dept         | <i>[Signature]</i> |
| 7.    | Arunaksha Yadav                  | Research Scholar                         | Commerce              | <i>[Signature]</i> |
| 8.    | Prakash Chandra                  | Research Scholar                         | Commerce              | <i>[Signature]</i> |
| 9.    | Arsalan Hussain                  | Student                                  | Commerce              | <i>[Signature]</i> |
| 10.   | <del>Abhinav</del> Abhinav Gupta | Student                                  | Commerce              | <i>[Signature]</i> |
| 11.   | Arindam Aluathi                  | Student                                  | Commerce              | <i>[Signature]</i> |
| 12.   | Nikita Pandey                    | Student                                  | Commerce              | <i>[Signature]</i> |
| 13.   | Dr. Archana Verma                | Faculty                                  | G.L/SOCIO.            | <i>[Signature]</i> |

HEAD

*[Signature]*  
(Organising Sectt.)



CHRIST CHURCH COLLEGE, KANPUR

DEPARTMENT: Commerce

PROGRAMME: Inaugural of one week MDP (Time & Stress mgmt)

VENUE: Auditorium

DATE: 16/2/26

ATTENDANCE

| S.No. | Name                    | Student/<br>Research Scholar/<br>Faculty | Class/<br>Designation            | Signature    |
|-------|-------------------------|--|----------------------------------|--------------|
| 14    | Dr A.K. Nathani         | Faculty                                  | Asst. Soc. Prof.<br>A.K. Nathani | A.K. Nathani |
| 15    | Dr. Abhimanyu Pandey    | Faculty                                  | Assistant Professor              | [Signature]  |
| 16    | Dr. Archana Pandey      | Faculty                                  | Asst. Prof.                      | [Signature]  |
| 17    | Dr. Ankita Pandey       | Faculty                                  | Asst. Prof.                      | [Signature]  |
| 18    | Dr. Christina Choudhary | Faculty                                  | Asst. Prof.                      | [Signature]  |
| 19    | Dr. Dharmendra Singh    | Faculty                                  | Asst. Prof.                      | [Signature]  |
| 20    | Dr. MANISH KAPOOR       | FACULTY                                  | Asso. Prof.                      | Manish       |
| 21    | Dr. Ashutosh Dwivedi    | Faculty                                  | Asst. Prof.                      | [Signature]  |
| 22    | Dr. Ashutosh Kumar      | Faculty                                  | Asst. Prof.                      | [Signature]  |
| 23    | Aneesha Khan            | Student                                  | M.com                            | Aneesha      |
| 24    | Noor                    | Student                                  | M.com                            | Noor         |
| 25    | Iqra                    | Student                                  | B.SC IV sem                      | Iqra         |

HEAD

Shweta Mishra  
(Organising Sectt.)



CHRIST CHURCH COLLEGE, KANPUR

DEPARTMENT: Commerce

PROGRAMME: Inaugural of MOP (16<sup>th</sup> to 20<sup>th</sup> Feb' 2020)

VENUE: Auditorium

DATE: 16/2/20

ATTENDANCE

| S.No. | Name               | Student/<br>Research Scholar/<br>Faculty | Class/<br>Designation       | Signature   |
|-------|--------------------|--|-----------------------------|-------------|
| 26    | Dr. A. J. Fudendi  | Faculty                                  | Asst. Professor             | [Signature] |
| 27    | Dr. Shalini Kapur  | Faculty                                  | Professor                   | [Signature] |
| 28    | Dr. Firdos Katjar  | Faculty                                  | Professor                   | [Signature] |
| 29    | Dr. Jyotsna Lal    | "  | Prof                        | [Signature] |
| 30    | Dr. Vibha Dikshet  | "  | Professor                   | [Signature] |
| 35    | Dr. A. Z. Khan     | "  | Asst. Prof                  | [Signature] |
| 32    | Dr. Anamika Shukla | "  | Asst. Prof                  | [Signature] |
| 33    | Dr. Deepanjali Das | "  | Asst. Prof                  | [Signature] |
| 34    | Saniya Islam       | Student                                  | B.com (sem 6)               | [Signature] |
| 35    | Warisha Waseem     | Student                                  | M.Com (4 <sup>th</sup> Sem) | [Signature] |
| 36    | Charima Lamba      | Student                                  | M.Com (4 <sup>th</sup> Sem) | [Signature] |
| 37    | Soman Naseem       | Student                                  | B.com V Sem                 | [Signature] |

HEAD

Shweta Mishra  
(Organising Secy)



CHRIST CHURCH COLLEGE, KANPUR

DEPARTMENT: Commerce

PROGRAMME: Inaugural of one week MDP on Time and Stress mgmt.

VENUE: Auditorium

DATE: 16/02/2026

ATTENDANCE

| S.No. | Name                   | Student/<br>Research Scholar/<br>Faculty | Class/<br>Designation | Signature |
|-------|------------------------|--|-----------------------|-----------|
| 38    | DR. PERNA DIXIT        | Faculty                                  | Faculty               |           |
| 39    | Dr. Sabina R. Boda     | Faculty                                  | Professor             |           |
| 40    | Dr. Ankita Jasminhall  | Faculty                                  | Asst. Prof            |           |
| 41    | Dr. B. K. Agarwal      | Faculty                                  | Asst. Prof            |           |
| 42    | DR. Pawan Mishra       | Faculty                                  | Asst. Prof            |           |
| 43    | DR. Nazir Hussain Khan | Faculty                                  | Asst. Prof            |           |
| 44    | Ancha Trivedi          | Student                                  | class B.com<br>sem 6  |           |
| 45    | Prableen Kaur          | Student                                  | B.com/sem 6           |           |
| 46    | Khushi Jaiswal         | Student                                  | B.com Sem 4           |           |
| 47    | Aanshi Srivastava      | Student                                  | B.com sem 4           |           |
| 48    | Kanya Agarwal          | Student                                  | B.com Sem 6           |           |
| 49    | Muhammad Imran         | Student                                  | BSC Sem 4             |           |

HEAD

(Organising Secy)

## DAILY ATTENDANCE SHEET

|                         |                                |
|-------------------------|--------------------------------|
| Title of the Programme. | MDP-Time and Stress Management |
| Location.               | Christ Church College, Kanpur  |
| Start Date.             | 16 <sup>th</sup> Feb 2026      |
| Duration.               | One -Week                      |

| Sl No | Participant Name               | Aadhaar<br>(Last 4<br>Digits) | Category | Signature With Date            |                                |                                |                                |                                |
|-------|--------------------------------|-------------------------------|----------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
|       |                                |                               |          | 16-2-2026                      | 17-2-2026                      | 18-2-2026                      | 19-2-2026                      | 20-2-2026                      |
| 1.    | Dr. Deepanjali Das             | 9682                          | General  | <i>Deepanjali Das</i><br>16/2  | <i>Deepanjali Das</i><br>17/2  | <i>Deepanjali Das</i><br>18/2  | <i>Deepanjali Das</i><br>19/2  | <i>Deepanjali Das</i><br>20/2  |
| 2.    | Dr. Manishi Trivedi            | 6866                          | General  | <i>Manishi Trivedi</i><br>16/2 | <i>Manishi Trivedi</i><br>17/2 | <i>Manishi Trivedi</i><br>18/2 | <i>Manishi Trivedi</i><br>19/2 | <i>Manishi Trivedi</i><br>20/2 |
| 3.    | Dr. Ankita Jasmine Lall        | 8454                          | GEN      | <i>Ankita Lall</i>             | <i>Ankita Lall</i>             | <i>Ankita Lall</i>             | <i>Ankita Lall</i>             | <i>Ankita Lall</i>             |
| 4.    | Dr. Nagendra Singh             | 5324                          | General  | <i>Nagendra Singh</i>          | <i>Nagendra Singh</i>          | <i>Nagendra Singh</i>          | <i>Nagendra Singh</i>          | <i>Nagendra Singh</i>          |
| 5.    | Dr. Abhishek Janvier Frederick | 3744                          | General  | <i>Abhishek Frederick</i>      | <i>Abhishek Frederick</i>      | <i>Abhishek Frederick</i>      | <i>Abhishek Frederick</i>      | <i>Abhishek Frederick</i>      |
| 6.    | Dr. Anamika Shukla             | 0098                          | General  | <i>Anamika Shukla</i>          | <i>Anamika Shukla</i>          | <i>Anamika Shukla</i>          | <i>Anamika Shukla</i>          | <i>Anamika Shukla</i>          |
| 7.    | Dr. Pawnesh Mishra             | 0780                          | General  | <i>Pawnesh Mishra</i>          | <i>Pawnesh Mishra</i>          | <i>Pawnesh Mishra</i>          | <i>Pawnesh Mishra</i>          | <i>Pawnesh Mishra</i>          |
| 8.    | Dr. Nazir Husain Khan          | 5754                          | General  | <i>Nazir Husain Khan</i>       | <i>Nazir Husain Khan</i>       | <i>Nazir Husain Khan</i>       | <i>Nazir Husain Khan</i>       | <i>Nazir Husain Khan</i>       |
| 9.    | Rashi Pandey                   | 6594                          | General  | <i>Rashi Pandey</i>            | <i>Rashi Pandey</i>            | <i>Rashi Pandey</i>            | <i>Rashi Pandey</i>            | <i>Rashi Pandey</i>            |
| 10.   | Dr. Parul Gupta                | 1024                          | General  | <i>Parul Gupta</i>             | <i>Parul Gupta</i>             | <i>Parul Gupta</i>             | <i>Parul Gupta</i>             | <i>Parul Gupta</i>             |

|     |                            | AAO/AR NO | Category | 16-2-26                           | 17-2-26                           | 18-2-26                   | 19-2-26                           | 20-2-26                           |
|-----|----------------------------|-----------|----------|-----------------------------------|-----------------------------------|---------------------------|-----------------------------------|-----------------------------------|
| 11. | Dr. Eric Wilson            | 8582      | GEN.     | Eric                              | Eric                              | Eric                      | Eric                              | Eric                              |
| 12. | Akanksha Yadav             | 9862      | OBC      | <u>Akanksha</u>                   | <u>Akanksha</u>                   | <u>Akanksha</u>           | <u>Akanksha</u>                   | <u>Akanksha</u>                   |
| 13. | Durgesh Kumar Gupta        | 8367      | Gen      | <del>Durgesh</del>                | <del>Durgesh</del>                | <del>Durgesh</del>        | <del>Durgesh</del>                | <del>Durgesh</del>                |
| 14. | Dr. Archana Verma          | 2452      | Gen      | <del>Archana</del>                | <del>Archana</del>                | <del>Archana</del>        | <del>Archana</del>                | <del>Archana</del>                |
| 15. | Dr. Shweta Chand           | 7821      | Gen      | <del>Shweta</del>                 | <del>Shweta</del>                 | <del>Shweta</del>         | <del>Shweta</del>                 | <del>Shweta</del>                 |
| 16. | Dr. Ashutosh Kumar         | 8213      | Gen      | <del>Ashutosh</del>               | <del>Ashutosh</del>               | <del>Ashutosh</del>       | <del>Ashutosh</del>               | <del>Ashutosh</del>               |
| 17. | Dr. Ankita Pandey          | 6974      | Gen      | <del>Ankita</del>                 | <del>Ankita</del>                 | <del>Ankita</del>         | <del>Ankita</del>                 | <del>Ankita</del>                 |
| 18. | Dr. Christina Charan       | 9659      | Gen      | <del>Christina</del>              | <del>Christina</del>              | <del>Christina</del>      | <del>Christina</del>              | <del>Christina</del>              |
| 19. | Dr. Sabina Ronica Bodra    | 9108      | General  | <del>Sabina</del>                 | <del>Sabina</del>                 | <del>Sabina</del>         | <del>Sabina</del>                 | <del>Sabina</del>                 |
| 20. | Dr. Sapna Singh            | 8525      | Gen      | <del>Sapna</del>                  | <del>Sapna</del>                  | <del>Sapna</del>          | <del>Sapna</del>                  | <del>Sapna</del>                  |
| 21. | Dr. Praveen Kumar Singh    | 5609      | Gen      | <del>Praveen</del>                | <del>Praveen</del>                | <del>Praveen</del>        | <del>Praveen</del>                | <del>Praveen</del>                |
| 22. | Dr. Jyotsna Lal            | 2441      | Gen      | <del>Jyotsna</del>                | <del>Jyotsna</del>                | <del>Jyotsna</del>        | <del>Jyotsna</del>                | <del>Jyotsna</del>                |
| 23. | Dr. Sanjay Kumar Shukla    | 3494      | Gen      | <del>Sanjay</del>                 | <del>Sanjay</del>                 | <del>Sanjay</del>         | <del>Sanjay</del>                 | <del>Sanjay</del>                 |
| 24. | Dr. Shubhi Tiwari          | 7152      | GEN      | <u>Shubhi</u>                     | <u>Shubhi</u>                     | <u>Shubhi</u>             | <u>Shubhi</u>                     | <u>Shubhi</u>                     |
| 25. | Dr. Dhananjay Dey          | 9753      | GEN      | <del>Dhananjay</del>              | <del>Dhananjay</del>              | <del>Dhananjay</del>      | <del>Dhananjay</del>              | <del>Dhananjay</del>              |
| 26. | Dr. Rukmani Devi           | 8352      | Gen.     | <del>Rukmani</del>                | <del>Rukmani</del>                | <del>Rukmani</del>        | <del>Rukmani</del>                | <del>Rukmani</del>                |
| 27. | Dr. Bejender Kumar Agarwal | 7622      | Gen      | <del>Bejender</del><br>16/02/2026 | <del>Bejender</del><br>17/02/2026 | <del>Bejender</del><br>18 | <del>Bejender</del><br>19/02/2026 | <del>Bejender</del><br>20/02/2026 |



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This is to certify that Mr. NAZIR HUSAIN KHAN S/o. Mr. TAFAZZUL HUSAIN KHAN has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
RAJAN YADAV

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This is to certify that Mr. DHANANJAY DEY S/o. Mr. RAMPRASAD DEY has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

  
नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
RAJAN YADAV

  
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This is to certify that Ms. PARUL GUPTA D/o. Mr. ASHOK KUMAR GUPTA has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

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Name & Signature of Programme Coordinator  
RAJAN YADAV

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This is to certify that **Mr. ERIC WILSON S/o. Mr. YUNAS WILSON** has successfully completed the **MANAGEMENT DEVELOPMENT PROGRAMME (MDP)** during the period from **16/02/2026 to 20/02/2026** on the topic **TIME AND STRESS MANAGEMENT** organized at **CHRIST CHURCH COLLEGE, KANPUR.**

स्थान / Place : **KANPUR**  
दिनांक / Date : **25-02-2026**

  
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Name & Signature of Programme Coordinator  
**RAJAN YADAV**

  
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This is to certify that Mr. BEJENDER KUMAR AGARWAL S/o. Mr. BHUPANDER KUMAR AGARWAL has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

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Name & Signature of Programme Coordinator  
RAJAN YADAV

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This is to certify that Mr. PRAVEEN KUMAR SINGH S/o. Mr. RAM ACHAL SINGH has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

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Name & Signature of Programme Coordinator  
RAJAN YADAV

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This is to certify that Mr. SANJAY KUMAR SHUKLA S/o. Mr. AMRENDRA KUMAR SHUKLA has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

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Name & Signature of Programme Coordinator  
RAJAN YADAV

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This is to certify that Ms. DEEPANJALI DAS D/o. Mr. APARESH KUMAR DENNIS DAS has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

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दिनांक / Date : 25-02-2026

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Name & Signature of Programme Coordinator  
RAJAN YADAV

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प्रमाणित किया जाता है कि सुश्री अनामिका शुक्ला सुपुत्री श्री आर.के.शुक्ला ने संस्थान द्वारा आयोजित प्रबंधन विकास कार्यक्रम (एमडीपी), दिनांक 16/02/2026 से 20/02/2026 तक, विषय टाइम एण्ड स्ट्रेस मैनेजमेंट स्थान क्राइस्ट चर्च कॉलेज, कानपुर पर सफलतापूर्वक पूर्ण किया है।

This is to certify that Ms. ANAMIKA SHUKLA D/o. Mr. R.K.SHUKLA has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
RAJAN YADAV

हस्ताक्षर प्रभारा आधिकारी  
एमएसएमई-विकास कार्यालय/ब्रांच डीएफओ/प्रौद्योगिकी केंद्र  
Signature of Officer In-charge MSME DFO/Branch  
DFO/Technology Centre  
MSME-TC - PPDC, AGRA  
Seal with name and Designation



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Government of India  
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Certificate No.: 75201/MDP/2025-26/17

**प्रतिभागिता प्रमाण-पत्र**  
**Certificate of Participation**

प्रमाणित किया जाता है कि सुश्री अंकिता पांडे सुपुत्री श्री आई पी पांडे ने संस्थान द्वारा आयोजित प्रबंधन विकास कार्यक्रम (एमडीपी), दिनांक 16/02/2026 से 20/02/2026 तक, विषय टाइम एण्ड स्ट्रेस मैनेजमेंट स्थान क्राइस्ट चर्च कॉलेज, कानपुर पर सफलतापूर्वक पूर्ण किया है।

This is to certify that Ms. ANKITA PANDEY D/o. Mr. I P PANDEY has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

  
नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
RAJAN YADAV

  
हस्ताक्षर प्रभारा आधिकारी  
एमएसएमई-विकास कार्यालय/ब्रांच डीएफओ/प्रौद्योगिकी केंद्र  
Signature of Officer In-charge MSME DFO/Branch  
DFO/Technology Centre  
MSME-TC - PPDC, AGRA  
Seal with name and Designation



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Certificate No.: 75201/MDP/2025-26/18

**प्रतिभागिता प्रमाण-पत्र**  
**Certificate of Participation**

प्रमाणित किया जाता है कि सुश्री क्रिस्टीना चरन सुपुत्री श्री हमुएल वैलेंटाइन चरन ने संस्थान द्वारा आयोजित प्रबंधन विकास कार्यक्रम (एमडीपी), दिनांक 16/02/2026 से 20/02/2026 तक, विषय टाइम एण्ड स्ट्रेस मैनेजमेंट स्थान क्राइस्ट चर्च कॉलेज, कानपुर पर सफलतापूर्वक पूर्ण किया है।

This is to certify that Ms. CHRISTINA CHARAN D/o. Mr. HAMUEL VALENTINE CHARAN has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
RAJAN YADAV

हस्ताक्षर प्रभारी अधिकारी  
एमएसएमई-विकास कार्यालय/ब्रांच डीएफओ/प्रौद्योगिकी केंद्र  
Signature of Officer In-charge MSME DFO/Branch  
DFO/Technology Centre  
MSME-TC - PPDC, AGRA  
Seal with name and Designation



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Government of India  
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Office of Development Commissioner



Certificate No.: 75201/MDP/2025-26/16

**प्रतिभागिता प्रमाण-पत्र**  
**Certificate of Participation**

प्रमाणित किया जाता है कि श्री आशुतोष कुमार सुपुत्र श्री जामवंत ने संस्थान द्वारा आयोजित प्रबंधन विकास कार्यक्रम (एमडीपी), दिनांक 16/02/2026 से 20/02/2026 तक, विषय टाइम एण्ड स्ट्रेस मैनेजमेंट स्थान क्राइस्ट चर्च कॉलेज, कानपुर पर सफलतापूर्वक पूर्ण किया है।

This is to certify that Mr. ASHUTOSH KUMAR S/o. Mr. JAMWANT has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

  
नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
RAJAN YADAV

  
हस्ताक्षर प्रभारा आधिकारी  
एमएसएमई-विकास कार्यालय/ब्रांच डीएफओ/प्रौद्योगिकी केंद्र  
Signature of Officer In-charge MSME DFO/Branch  
DFO/Technology Centre  
MSME-TC - PPDC, AGRA  
Seal with name and Designation



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Certificate No.: 75201/MDP/2025-26/9

**प्रतिभागिता प्रमाण-पत्र**  
**Certificate of Participation**

प्रमाणित किया जाता है कि सुश्री राशि पांडे सुपुत्री श्री विकास पांडे ने संस्थान द्वारा आयोजित प्रबंधन विकास कार्यक्रम (एमडीपी), दिनांक 16/02/2026 से 20/02/2026 तक, विषय टाइम एण्ड स्ट्रेस मैनेजमेंट स्थान क्राइस्ट चर्च कॉलेज, कानपुर पर सफलतापूर्वक पूर्ण किया है।

This is to certify that Ms. RASHI PANDEY D/o. Mr. VIKAS PANDEY has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

  
नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
RAJAN YADAV

  
हस्ताक्षर प्रभारा अधिकारी  
एमएसएमई-विकास कार्यालय/ब्रांच डीएफओ/प्रौद्योगिकी केंद्र  
Signature of Officer In-charge MSME DFO/Branch  
DFO/Technology Centre  
MSME-TC - PPDC, AGRA  
Seal with name and Designation



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Certificate No.: 75201/MDP/2025-26/19

**प्रतिभागिता प्रमाण-पत्र**  
**Certificate of Participation**

प्रमाणित किया जाता है कि सुश्री सबीना रोनिका बोद्रा सुपुत्री श्री रॉबिन्सन जॉब ने संस्थान द्वारा आयोजित प्रबंधन विकास कार्यक्रम (एमडीपी), दिनांक 16/02/2026 से 20/02/2026 तक, विषय टाइम एण्ड स्ट्रेस मैनेजमेंट स्थान क्राइस्ट चर्च कॉलेज, कानपुर पर सफलतापूर्वक पूर्ण किया है।

This is to certify that Ms. SABINA RONICA BODRA D/o. Mr. ROBINSON JOB has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR

दिनांक / Date : 25-02-2026

नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
RAJAN YADAV

हस्ताक्षर प्रभारी अधिकारी  
एमएसएमई-विकास कार्यालय/ब्रांच डीएफओ/प्रौद्योगिकी केंद्र  
Signature of Officer In-charge MSME DFO/Branch  
DFO/Technology Centre  
MSME-TC - PPDC, AGRA  
Seal with name and Designation



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Certificate No.: 75201/MDP/2025-26/20

**प्रतिभागिता प्रमाण-पत्र**  
**Certificate of Participation**

प्रमाणित किया जाता है कि सुश्री सपना सिंह सुपुत्री श्री संतोष कुमार सिंह ने संस्थान द्वारा आयोजित प्रबंधन विकास कार्यक्रम (एमडीपी), दिनांक 16/02/2026 से 20/02/2026 तक, विषय टाइम एण्ड स्ट्रेस मैनेजमेंट स्थान क्राइस्ट चर्च कॉलेज, कानपुर पर सफलतापूर्वक पूर्ण किया है।

This is to certify that Ms. SAPNA SINGH D/o. Mr. SANTOSH KUMAR SINGH has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
RAJAN YADAV

हस्ताक्षर प्रभारी अधिकारी  
एमएसएमई-विकास कार्यालय/ब्रांच डीएफओ/प्रौद्योगिकी केंद्र  
Signature of Officer In-charge MSME DFO/Branch  
DFO/Technology Centre  
MSME-TC - PPDC, AGRA  
Seal with name and Designation



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Certificate No.: 75201/MDP/2025-26/2

**प्रतिभागिता प्रमाण-पत्र**  
**Certificate of Participation**

प्रमाणित किया जाता है कि सुश्री मनीषी त्रिवेदी सुपुत्री श्री अनिल त्रिवेदी ने संस्थान द्वारा आयोजित प्रबंधन विकास कार्यक्रम (एमडीपी), दिनांक 16/02/2026 से 20/02/2026 तक, विषय टाइम एण्ड स्ट्रेस मैनेजमेंट स्थान क्राइस्ट चर्च कॉलेज, कानपुर पर सफलतापूर्वक पूर्ण किया है।

This is to certify that Ms. **MANISHI TRIVEDI** D/o. Mr. **ANIL TRIVEDI** has successfully completed the **MANAGEMENT DEVELOPMENT PROGRAMME (MDP)** during the period from 16/02/2026 to 20/02/2026 on the topic **TIME AND STRESS MANAGEMENT** organized at **CHRIST CHURCH COLLEGE, KANPUR.**

स्थान / Place : **KANPUR**  
दिनांक / Date : **25-02-2026**

  
नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
**RAJAN YADAV**

  
हस्ताक्षर प्रभारा आधिकारी  
एमएसएमई-विकास कार्यालय/ब्रांच डीएफओ/प्रौद्योगिकी केंद्र  
Signature of Officer In-charge MSME DFO/Branch  
DFO/Technology Centre  
**MSME-TC - PPDC, AGRA**  
Seal with name and Designation



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Certificate No.: 75201/MDP/2025-26/4

प्रतिभागिता प्रमाण-पत्र  
Certificate of Participation

प्रमाणित किया जाता है कि श्री नागेंद्र सिंह सुपुत्र श्री राम प्रताप सिंह ने संस्थान द्वारा आयोजित प्रबंधन विकास कार्यक्रम (एमडीपी), दिनांक 16/02/2026 से 20/02/2026 तक, विषय टाइम एण्ड स्ट्रेस मैनेजमेंट स्थान क्राइस्ट चर्च कॉलेज, कानपुर पर सफलतापूर्वक पूर्ण किया है।

This is to certify that **Mr. NAGENDRA SINGH S/o. Mr. RAM PRATAP SINGH** has successfully completed the **MANAGEMENT DEVELOPMENT PROGRAMME (MDP)** during the period from 16/02/2026 to 20/02/2026 on the topic **TIME AND STRESS MANAGEMENT** organized at **CHRIST CHURCH COLLEGE, KANPUR.**

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
**RAJAN YADAV**

हस्ताक्षर प्रभारी अधिकारी  
एमएसएमई-विकास कार्यालय/ब्रांच डीएफओ/प्रौद्योगिकी केंद्र  
Signature of Officer In-charge MSME DFO/Branch  
DFO/Technology Centre  
**MSME-TC - PPDC, AGRA**  
Seal with name and Designation



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Certificate No.: 75201/MDP/2025-26/12

**प्रतिभागिता प्रमाण-पत्र**  
**Certificate of Participation**

प्रमाणित किया जाता है कि सुश्री आकांक्षा यादव सुपुत्री श्री शंकर लाल यादव ने संस्थान द्वारा आयोजित प्रबंधन विकास कार्यक्रम (एमडीपी), दिनांक 16/02/2026 से 20/02/2026 तक, विषय टाइम एण्ड स्ट्रेस मैनेजमेंट स्थान क्राइस्ट चर्च कॉलेज, कानपुर पर सफलतापूर्वक पूर्ण किया है।

This is to certify that Ms. AKANKSHA YADAV D/o. Mr. SHANKAR LAL YADAV has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
RAJAN YADAV

हस्ताक्षर प्रभारी अधिकारी  
एमएसएमई-विकास कार्यालय/ब्रांच डीएफओ/प्रौद्योगिकी केंद्र  
Signature of Officer In-charge MSME DFO/Branch  
DFO/Technology Centre  
MSME-TC - PPDC, AGRA  
Seal with name and Designation



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Office of Development Commissioner



Certificate No.: 75201/MDP/2025-26/13

**प्रतिभागिता प्रमाण-पत्र**  
**Certificate of Participation**

प्रमाणित किया जाता है कि श्री दुर्गेश कुमार गुप्ता सुपुत्र श्री अनिल कुमार गुप्ता ने संस्थान द्वारा आयोजित प्रबंधन विकास कार्यक्रम (एमडीपी), दिनांक 16/02/2026 से 20/02/2026 तक, विषय टाइम एण्ड स्ट्रेस मैनेजमेंट स्थान क्राइस्ट चर्च कॉलेज, कानपुर पर सफलतापूर्वक पूर्ण किया है।

This is to certify that **Mr. DURGESH KUMAR GUPTA S/o. Mr. ANIL KUMAR GUPTA** has successfully completed the **MANAGEMENT DEVELOPMENT PROGRAMME (MDP)** during the period from **16/02/2026** to **20/02/2026** on the topic **TIME AND STRESS MANAGEMENT** organized at **CHRIST CHURCH COLLEGE, KANPUR.**

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
**RAJAN YADAV**

हस्ताक्षर प्रभारी अधिकारी  
एमएसएमई-विकास कार्यालय/ब्रांच डीएफओ/प्रौद्योगिकी केंद्र  
Signature of Officer In-charge MSME DFO/Branch  
DFO/Technology Centre  
**MSME-TC - PPDC, AGRA**  
Seal with name and Designation



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सूक्ष्म, लघु एवं मध्यम उद्यम मंत्रालय  
Ministry of Micro, Small & Medium Enterprises  
विकास आयुक्त का कार्यालय  
Office of Development Commissioner



Certificate No.: 75201/MDP/2025-26/14

**प्रतिभागिता प्रमाण-पत्र**  
**Certificate of Participation**

प्रमाणित किया जाता है कि सुश्री अर्चना वर्मा सुपुत्री श्री वीरेंद्र कुमार वर्मा ने संस्थान द्वारा आयोजित प्रबंधन विकास कार्यक्रम (एमडीपी), दिनांक 16/02/2026 से 20/02/2026 तक, विषय टाइम एण्ड स्ट्रेस मैनेजमेंट स्थान क्राइस्ट चर्च कॉलेज, कानपुर पर सफलतापूर्वक पूर्ण किया है।

This is to certify that Ms. ARCHANA VERMA D/o. Mr. VIRENDRA KUMAR VERMA has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
RAJAN YADAV

हस्ताक्षर प्रभारी अधिकारी  
एमएसएमई-विकास कार्यालय/ब्रांच डीएफओ/प्रौद्योगिकी केंद्र  
Signature of Officer In-charge MSME DFO/Branch  
DFO/Technology Centre  
MSME-TC - PPDC, AGRA  
Seal with name and Designation



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Government of India  
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Office of Development Commissioner



Certificate No.: 75201/MDP/2025-26/15

**प्रतिभागिता प्रमाण-पत्र**  
**Certificate of Participation**

प्रमाणित किया जाता है कि श्रीमती श्वेता चंद पत्नी श्री अविनाश चंद ने संस्थान द्वारा आयोजित प्रबंधन विकास कार्यक्रम (एमडीपी), दिनांक 16/02/2026 से 20/02/2026 तक, विषय टाइम एण्ड स्ट्रेस मैनेजमेंट स्थान क्राइस्ट चर्च कॉलेज, कानपुर पर सफलतापूर्वक पूर्ण किया है।

This is to certify that **Mrs. SHWETA CHAND W/o. Mr. AVINASH CHAND** has successfully completed the **MANAGEMENT DEVELOPMENT PROGRAMME (MDP)** during the period from 16/02/2026 to 20/02/2026 on the topic **TIME AND STRESS MANAGEMENT** organized at **CHRIST CHURCH COLLEGE, KANPUR.**

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

  
नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
**RAJAN YADAV**

  
हस्ताक्षर प्रभारा अधिकारी  
एमएसएमई-विकास कार्यालय/ब्रांच डीएफओ/प्रौद्योगिकी केंद्र  
Signature of Officer In-charge MSME DFO/Branch  
DFO/Technology Centre  
**MSME-TC - PPDC, AGRA**  
Seal with name and Designation



भारत सरकार  
Government of India  
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Office of Development Commissioner



Certificate No.: 75201/MDP/2025-26/24

**प्रतिभागिता प्रमाण-पत्र**  
**Certificate of Participation**

प्रमाणित किया जाता है कि सुश्री शुभी तिवारी सुपुत्री श्री समीर तिवारी ने संस्थान द्वारा आयोजित प्रबंधन विकास कार्यक्रम (एमडीपी), दिनांक 16/02/2026 से 20/02/2026 तक, विषय टाइम एण्ड स्ट्रेस मैनेजमेंट स्थान क्राइस्ट चर्च कॉलेज, कानपुर पर सफलतापूर्वक पूर्ण किया है।

This is to certify that Ms. SHUBHI TIWARI D/o. Mr. SAMIR TIWARI has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
RAJAN YADAV

हस्ताक्षर प्रभारा आधिकारी  
एमएसएमई-विकास कार्यालय/ब्रांच डीएफओ/प्रौद्योगिकी केंद्र  
Signature of Officer In-charge MSME DFO/Branch  
DFO/Technology Centre  
MSME-TC - PPDC, AGRA  
Seal with name and Designation



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Government of India  
सूक्ष्म, लघु एवं मध्यम उद्यम मंत्रालय  
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Office of Development Commissioner



Certificate No.: 75201/MDP/2025-26/22

**प्रतिभागिता प्रमाण-पत्र**  
**Certificate of Participation**

प्रमाणित किया जाता है कि सुश्री ज्योत्सना लाल सुपुत्री श्री ऑस्टिन लाल ने संस्थान द्वारा आयोजित प्रबंधन विकास कार्यक्रम (एमडीपी), दिनांक 16/02/2026 से 20/02/2026 तक, विषय टाइम एण्ड स्ट्रेस मैनेजमेंट स्थान क्राइस्ट चर्च कॉलेज, कानपुर पर सफलतापूर्वक पूर्ण किया है।

This is to certify that Ms. JYOTSNA LAL D/o. Mr. AUSTIN LAL has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

  
नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
RAJAN YADAV

  
हस्ताक्षर प्रभारा आधिकारी  
एमएसएमई-विकास कार्यालय/ब्रांच डीएफओ/प्रौद्योगिकी केंद्र  
Signature of Officer In-charge MSME DFO/Branch  
DFO/Technology Centre  
MSME-TC - PPDC, AGRA  
Seal with name and Designation



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Certificate No.: 75201/MDP/2025-26/3

**प्रतिभागिता प्रमाण-पत्र**  
**Certificate of Participation**

प्रमाणित किया जाता है कि सुश्री अंकिता जैस्मीन लाल सुपुत्री श्री केनेथ लाल ने संस्थान द्वारा आयोजित प्रबंधन विकास कार्यक्रम (एमडीपी), दिनांक 16/02/2026 से 20/02/2026 तक, विषय टाइम एण्ड स्ट्रेस मैनेजमेंट स्थान क्राइस्ट चर्च कॉलेज, कानपुर पर सफलतापूर्वक पूर्ण किया है।

This is to certify that Ms. ANKITA JASMINE LALL D/o. Mr. KENNETH LALL has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
RAJAN YADAV

हस्ताक्षर प्रभारी अधिकारी  
एमएसएमई-विकास कार्यालय/ब्रांच डीएफओ/प्रौद्योगिकी केंद्र  
Signature of Officer In-charge MSME DFO/Branch  
DFO/Technology Centre  
MSME-TC - PPDC, AGRA  
Seal with name and Designation



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Certificate No.: 75201/MDP/2025-26/26

**प्रतिभागिता प्रमाण-पत्र**  
**Certificate of Participation**

प्रमाणित किया जाता है कि सुश्री रुक्मणी देवी सुपुत्री श्री श्याम सुंदर दुबे ने संस्थान द्वारा आयोजित प्रबंधन विकास कार्यक्रम (एमडीपी), दिनांक 16/02/2026 से 20/02/2026 तक, विषय टाइम एण्ड स्ट्रेस मैनेजमेंट स्थान क्राइस्ट चर्च कॉलेज, कानपुर पर सफलतापूर्वक पूर्ण किया है।

This is to certify that Ms. RUKMANI DEVI D/o. Mr. SHYAM SUNDER DUBEY has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
RAJAN YADAV

हस्ताक्षर प्रभारी अधिकारी  
एमएसएमई-विकास कार्यालय/ब्रांच डीएफओ/प्रौद्योगिकी केंद्र  
Signature of Officer In-charge MSME DFO/Branch  
DFO/Technology Centre  
MSME-TC - PPDC, AGRA  
Seal with name and Designation



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Certificate No.: 75201/MDP/2025-26/5

प्रतिभागिता प्रमाण-पत्र  
Certificate of Participation

प्रमाणित किया जाता है कि श्री अभिषेक जेनवियर फ्रेडरिक सुपुत्र श्री जी ए फ्रेडरिक ने संस्थान द्वारा आयोजित प्रबंधन विकास कार्यक्रम (एमडीपी), दिनांक 16/02/2026 से 20/02/2026 तक, विषय टाइम एण्ड स्ट्रेस मैनेजमेंट स्थान क्राइस्ट चर्च कॉलेज, कानपुर पर सफलतापूर्वक पूर्ण किया है।

This is to certify that Mr. ABHISHEK JANVIER FREDERICK S/o. Mr. G A FREDERICK has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR  
दिनांक / Date : 25-02-2026

  
नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
RAJAN YADAV

  
हस्ताक्षर प्रभारी अधिकारी  
एमएसएमई-विकास कार्यालय/ब्रांच डीएफओ/प्रौद्योगिकी केंद्र  
Signature of Officer In-charge MSME DFO/Branch  
DFO/Technology Centre  
MSME-TC - PPDC, AGRA  
Seal with name and Designation



भारत सरकार  
Government of India  
सूक्ष्म, लघु एवं मध्यम उद्यम मंत्रालय  
Ministry of Micro, Small & Medium Enterprises  
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Office of Development Commissioner



Certificate No.: 75201/MDP/2025-26/7

प्रतिभागिता प्रमाण-पत्र  
Certificate of Participation

प्रमाणित किया जाता है कि श्री पावनेश मिश्रा सुपुत्र श्री रामबोध मिश्रा ने संस्थान द्वारा आयोजित प्रबंधन विकास कार्यक्रम (एमडीपी), दिनांक 16/02/2026 से 20/02/2026 तक, विषय टाइम एण्ड स्ट्रेस मैनेजमेंट स्थान क्राइस्ट चर्च कॉलेज, कानपुर पर सफलतापूर्वक पूर्ण किया है।

This is to certify that Mr. PAWNESH MISHRA S/o. Mr. RAMBODH MISHRA has successfully completed the MANAGEMENT DEVELOPMENT PROGRAMME (MDP) during the period from 16/02/2026 to 20/02/2026 on the topic TIME AND STRESS MANAGEMENT organized at CHRIST CHURCH COLLEGE, KANPUR.

स्थान / Place : KANPUR

दिनांक / Date : 25-02-2026

नाम और हस्ताक्षर, कार्यक्रम समन्वयक  
Name & Signature of Programme Coordinator  
RAJAN YADAV

हस्ताक्षर प्रभारी अधिकारी  
एमएसएमई-विकास कार्यालय/ब्रांच डीएफओ/प्रौद्योगिकी केंद्र  
Signature of Officer In-charge MSME DFO/Branch  
DFO/Technology Centre  
MSME-TC - PPDC, AGRA  
Seal with name and Designation