



IILM
ACADEMY OF HIGHER LEARNING
LUCKNOW

Newsletter

Nov 2020 – May 2021

EDITORIAL

Dear Readers,

Welcome to the Nov-May 2021 edition of the IILM Newsletter. How one wished that things were back to normal; alas, it is not so. The pandemic has reared its ugly head again, and we are fighting with our backs to the wall.

But that has not prevented IILM Lucknow from hosting numerous activities; a few in the offline mode, but most in the online mode.

We hope and trust that the human spirit and ingenuity shall prevail, and we shall be back to 'normal' again, whatever that is!

As always, we look forward to your suggestions for improvements; they are most welcome.

Happy Reading!!

Regards,

Editorial Team



Our Values

- A people's policy that allows flexibility, understands individual needs, promotes respect, values integrity and teamwork, and is committed to employee development.
- A culture of continuous improvement and total quality that encourages creativity and innovation through collaboration and trust.
- A deep commitment to the values of global social responsibility and sustainability putting larger interests above our own.
- An appreciation of the cultural heritage and socio-economic diversity of India.

Key Themes

- Commitment to an exceptional student experience.
- Proactive alumni engagement.
- International linkages that promote understanding and sensitivity to diverse markets and culture.
- Safe environment and enabling infrastructure.
- Transparent and seamless communication with students and parents, faculty and staff, alumni, and employers.

IILM will educate and develop innovative, entrepreneurial and responsible business leaders.

Our Mission

We will offer with wider access, and in an inclusive and responsible manner:

- An academically rigorous, practice and research-supported management education, based on principled and ethical values, which maximizes the value-add from entry to exit.
- An inspirational learning environment which fosters the understanding of disruptive, technological changes; challenges current assumptions, and encourages continuous innovation and learning.
- An outstanding practice-based and work-related learning experience which focusses on the application of knowledge and skills and is globally relevant.
- Personal mentoring which respects individuality and inspires students to become responsive and responsible business leaders.
- Business and management research that leads to the creation of actionable knowledge, improves the understanding of management practices and provides inspiration for entrepreneurship and innovation.



Vision 2022

Programme Outcomes

- PO1. An understanding of appropriate management techniques to allow investigation into business and management issues.
- PO2. The ability to acquire, analyze and understand data and information.
- PO3. Critical thinking and informed judgement leading to problem solving, negotiation and decision making skills.
- PO4. Cognitive flexibility which enables adaptability to uncertainty in a rapidly changing world.
- PO5. An understanding of disruptive and technological change and the ability to seek innovative and entrepreneurial solutions.
- PO6. Demonstrate emotional intelligence and people's skills in communicating, working in teams and with people.
- PO7. Be cognizant of the impact of their individual and corporate actions on society, recognize responsible and inclusive business practices and be sensitive to the social, economic and environmental responsibilities of business.

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Activities

World Investor Week

On November 24, 2020, IILM Lucknow hosted a webinar in association with AWOKE India Foundation and SEBI Lucknow as part of World Investor Week 2020

The program emphasised upon the essentials of Investment focusing on fundamentals of Securities Market.

**AWOKE India Foundation**
एवोक इण्डिया फाउण्डेशन

**भारतीय प्रतिभूति और विनियम बोर्ड**
Securities and Exchange Board of India

World Investor Week 2020

November 23-29, 2020

LIVE Webinar on

Theme : Fundamental Analysis of Securities Market

**IILM Academy of Higher Learning, Lucknow**

24th November, 2020 (Tuesday) 04:00 pm - 05:00 pm

**SEBI Speaker**
Mr. Naveen Saxena
AGM - SEBI, Lucknow

**Speaker**
Mr. Pravin Dwivedi
President, AWOKE India Foundation

**Speaker**
Mr. Sachin Birla
Financial Market Expert, AWOKE India Foundation

at

<https://sebibcp.webex.com>

Meeting number: 176 271 4881
Password: 1234

For e- certificate, prior registration is required
Register at - <https://sebibcp.webex.com/sebibcp>

अपनी जरूरतों और लक्ष्यों को ध्यान में रखकर ही निवेश करें
Plan and invest according to your needs and goals

PROMOTED BY NOSCO
WORLD INVESTOR WEEK 2020

Lohri Celebrations

Lohri is the celebration of the arrival of summer after the winter solstice. It celebrates the days getting longer as the sun proceeds on its northward journey. Lohri, a popular harvest festival, is commemorated a day before Makar Sankranti on January 13. In IILM, this event was celebrated with all precautions; with students and faculty members assembling in the garden area. A huge bonfire was lit in the garden around which everyone gathered. After the bon fire, there was a small tea party for all the faculty members and students.



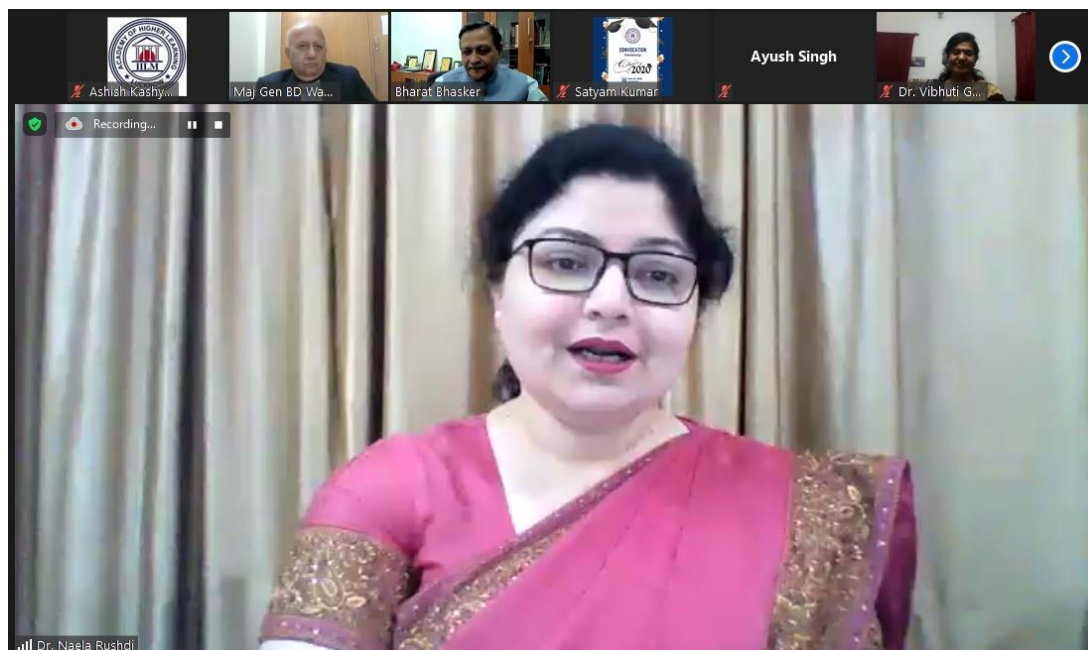
Annual Convocation 2020

On January 16, 2021, IILM Lucknow conducted the e-Convocation Ceremony for the Class of 2020. Prof Bharat Bhasker, Director, IIM, Raipur graced the occasion as the Chief Guest.

The graduating students were awarded Diplomas and Degrees. Meritorious students from both the programs were awarded, as well.

Prof. Bhasker shared his words of wisdom and advised students to keep pace with the fast-changing world, but to do everything ethically, while at the same time maintaining a work-life balance.







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PGDM

ANNUAL CONVOCATION

Class of 2020

Academic Excellence Awards



Juhi Shukla



Rashmi Yadav



Nimisha Jaya



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LUCKNOW

MBA

ANNUAL CONVOCATION

Class of 2020

Academic Excellence Awards



Nabhjeet Kaur



Sarika Kesharwani



Shoumee Bose



ANNUAL CONVOCATION
*Class of 2020***Most Meritorious Student in Operations &
Decision Sciences Elective****Juhi Shukla****ANNUAL CONVOCATION**
*Class of 2020***Most Meritorious Student in Marketing Elective****Aditya Agarwal****ANNUAL CONVOCATION**
*Class of 2020***Most Meritorious Student in OB & HR Elective****Aradhana Yadav****ANNUAL CONVOCATION**
*Class of 2020***Most Meritorious Student in Finance Elective****Rashmi Yadav****ANNUAL CONVOCATION**
*Class of 2020***Best Summer Internship Project****Divya Saxena****ANNUAL CONVOCATION**
*Class of 2020***Best Summer Internship Project****Pragati Saxena**



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ANNUAL CONVOCATION

Class of 2020

Best Members of
Student Committee of Placements
(SCOP)




Arpit Pandey



Divya Saxena



Recording... You are viewing IILM Lucknow's screen View Options



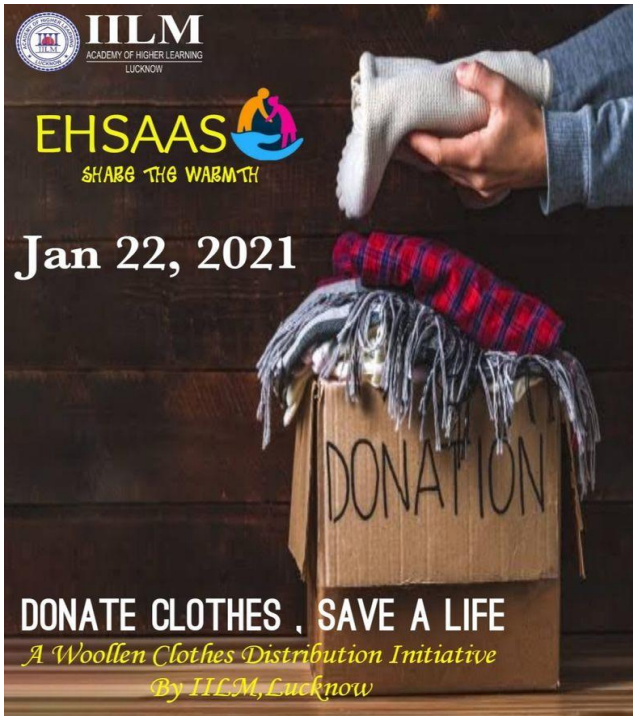
Grid of participants:

- Ashif Khan
- Prashant Verma
- Mirza Danish...
- Harsh
- Priyansha Dubey
- Osama
- Supriya Agra...
- Fatima Aliza
- KULBHUSHA...
- Dr. Naela Rushdi
- Tauseef Irfan
- Dr. Sheetal S...
- Neha Tiwari
- himanshi
- Neha Tiwari
- Vivek Kashyap
- Ek Verma
- Ashish Kashyap

Unmute Start Video Security Participants 61 Chat Share Screen Pause/Stop Recording Breakout Rooms Reactions Leave

EHSAAS 2021

On January 22, 2021, students of IILM Lucknow went out of their way to bring warmth to the underprivileged by distributing winter clothes to children, women and men of nearby slum areas. The smiles on the faces of the little children and the shine in the eyes of the men & women totally justified the rigorous collection and distribution efforts of IILM students, during this bitterly cold weather.



Pre-Budget Expectations

The student-led Finance Club of IILM Lucknow organised a session on Pre-Budget Expectations, as an Offline Club Activity for all the students on January 25, 2021.

The students enthusiastically displayed their finance acumen while presenting their outlook and expectations from the forthcoming Union Budget 2021, with special regard to its impact on various sectors of the economy.



Tower Game

The Operations and Analytics Club of IILM Lucknow, Optlytics organized an offline activity "Build the Tower", for its students on Feb 5, 2021. The activity saw enthusiastic participation from students, who organized themselves into teams and tried to make towers using only newspapers and cello tape. The objective of the activity was to inculcate a sense of teamwork in students, and to enable them to take quick decisions while using scarce resources.



Basant Panchami (Feb 16, 2021)

Basant Panchami is one of the most popular festivals that is celebrated with full fervour and enthusiasm across the country. This festival marks the arrival of the spring season where Goddess Saraswati, the Goddess of knowledge, is worshipped. On this occasion, on Feb 16, Saraswati pooja was performed at the college premises. After the pooja, Prasad was distributed and hawan was also performed by faculty members and a few students. After this pooja, a kite flying competition was also held. Students and teachers enjoyed themselves immensely by flying colourful kites. All in all, it was a day well spent and everyone had a great time!





Fresher's Party PGDM 20-22

A Fresher's Party was planned for PGDM Batch 2020-22 on March 13, 2021. The party saw enthusiastic participation from both seniors and juniors. The party began with a ramp walk by the freshers. The Seniors also involved their juniors in different games like balloon pinch and Pictionary. Ramp Walk, Talent Hunt round and Question Answer Round were the basis for selection of juniors for different titles. Different titles were given to the juniors based on their participation level, style, dressing and walk etc. The party ended with a speech by Dr. Naela Rushdi, which boosted the confidence of the juniors. The Seniors also got an applause for their good management skills. The purpose of this activity was to develop a good relationship between seniors and juniors. All the safety measures were taken care of during this activity.

Name of the winners for the event:

- Mr Fresher - Suraj Dutta
- Ms Fresher - Naina Monas
- Mr Ignite - Deepak Tripathi
- Ms Ignite - Jaishree Gupta
- Best Dress - Nikhil Verma
- Best Personality - Deeksha Srivastava







Webinars

Careers in FinTech

IILM Lucknow conducted a session on Careers in FinTech on Mar 20, 2021. It was live streamed on YouTube and watched by several interested participants. The Resource Person was Mr Atul Mehta Senior Vice President - Sales at RazorPay and the session was moderated by Ms Supriya Agrawal, Assistant Professor at IILM Lucknow.



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Webinar

Careers in FinTech

March 20, 2021 | 11:00 AM

Mr. Atul Mehta
Senior Vice President - Sales
Razorpay



Moderator
.....
Supriya Agrawal
Assistant Professor
IILM Lucknow

Register Now

All the attendees will get the e-certificates.

Careers in HR

**Resource Person: Mr Saud Usmani, Regional Head, HR,
(Central and East UP), Hindustan Times**

Moderator: Dr Vibhuti Gupta

Webinar: April 10, 2021

IILM Lucknow conducted a session on Careers in HR on April 10, 2021. It was live streamed on YouTube and watched by several interested participants. The Resource Person was Mr Saud Usmani, Regional Head, HR, (Central and East UP), Hindustan Times and the session was moderated by Dr Vibhuti Gupta, Associate Professor at IILM Lucknow.



Mr Usmani explained the important role an HR plays in an organisation. He also presented the real-life picture to the participants in terms of challenges the HR has to face.

The session had some very interesting questions from participants like which organisation to join, salary etc. He very honestly told them that this is not the right time to be choosy, given the market conditions due to the pandemic.

His advice to the participants was to develop themselves in emerging areas like HR analytics etc. since analytics has become very important of late and hence it is important to learn the skill.



Implementation of National Education Policy 2020

**Conducted by: IILM Academy of Higher Learning,
Lucknow**

Date and Time: April 13, 2021, 5:30 pm onwards

Resource Person: Dr. Vibhuti Gupta

IILM Lucknow conducted a Webinar on Implementation of National Education Policy (NEP) 2020 on April 13, 2021. The Resource Person for the session was Dr. Vibhuti Gupta, Associate Professor at IILM Lucknow.

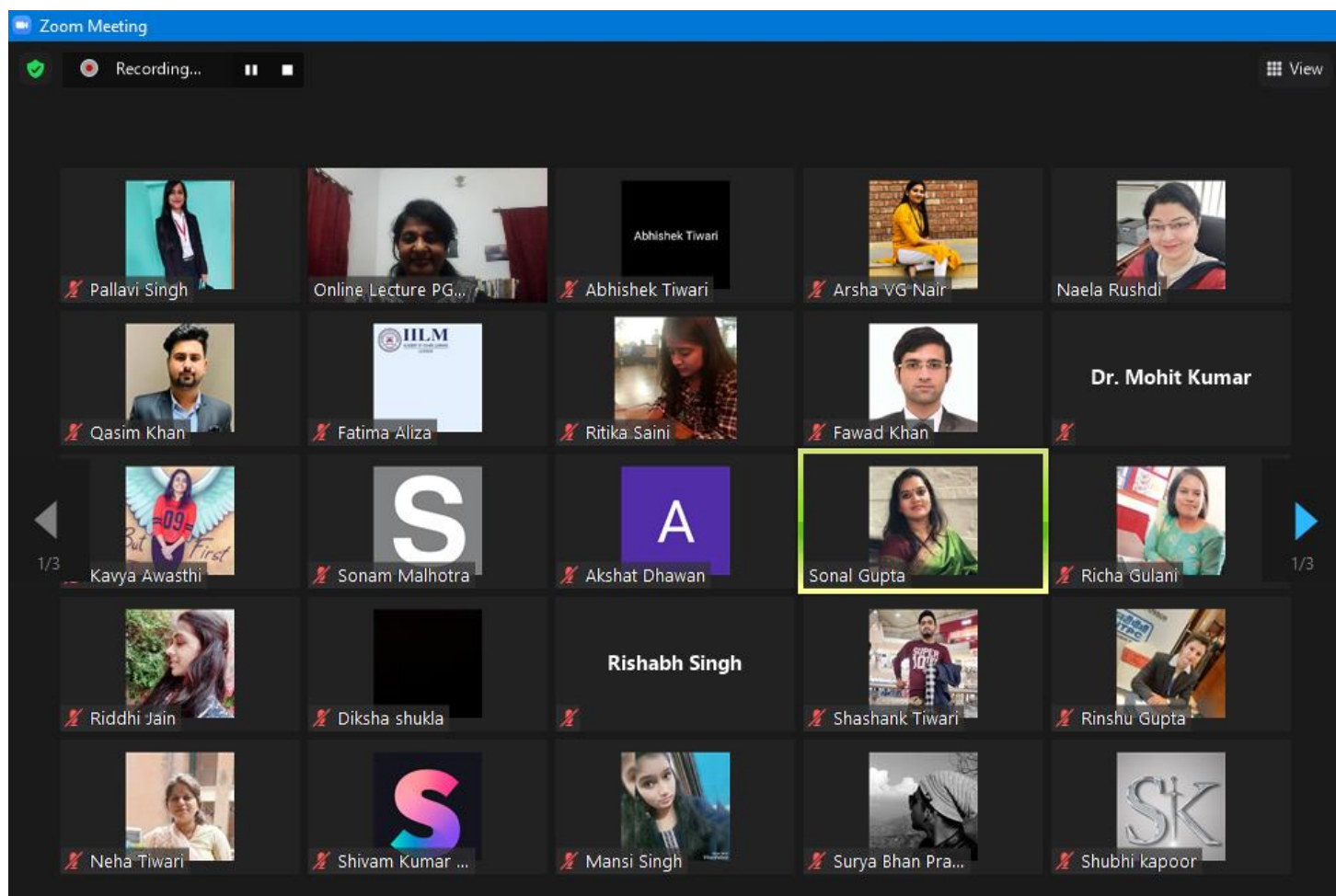
Webinar on
Implementation of National Education Policy (NEP) 2020



5:30 pm, Tuesday, April 13, 2021

Resource Person: Dr. Vibhuti Gupta

The session started with a brief about the background of NEP, highlighting the Ancient Indian Education System and implementation of its modified version with the fast changing and dynamic world. Impact of NEP on higher education, the flaws in the system and the remedies offered in the NEP were elaborated.



The webinar was attended by the Director, Dean, Faculty, Staff and Students of IILM Lucknow.

The webinar ended with the vote of thanks to the resource person.

Holistic Wellness and Immunity Building through Lifestyle Changes

IILM Academy of Higher Learning, Lucknow, organized a Webinar on "HOLISTIC WELLNESS AND IMMUNITY BUILDING THROUGH LIFESTYLE CHANGES" on 16 May at 11:30 A.M. The webinar was intended for students and professionals who are interested in holistic wellness. The speaker for the session was Ms. Sapna Priyadarshi. She is a renowned corporate wellness coach, fitness expert, Reiki master, NLP trainer, hypnotherapist, classical dancer, author, poet, and social worker. The webinar was hosted on the Zoom platform and live streaming was done through the youtube channel of IILM Academy of Higher Learning, Lucknow. The goal was to build awareness around the lifestyle changes that can boost immunity and ensure holistic wellness in these challenging times and beyond. The session focussed on daily changes in lifestyle that can help build immunity and strengthen the overall physiology.

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Webinar

**HOLISTIC WELLNESS AND IMMUNITY
BUILDING THROUGH LIFESTYLE
CHANGES**

May 16, 2021 | 11:30 AM

Ms. Sapna Priyadarshi
*Wellness Coach, NLP Practitioner,
Author, Counsellor, Reiki Master,
Hypnotherapist*



Moderator
.....
Dr. Neha Tiwari
Assistant Professor
IILM Lucknow

Register Now

All the attendees will get the e-certificates.

Knowledge, Skills and Attitude to excel in the Retail Industry

Mr. Lalit Gupta, Regional Manager, North India, My Jio Stores, spoke to students of IILM, Lucknow on the topic of " Knowledge, Skills and Attitude to excel in Retail Industry" through a YouTube live webinar on May 22 at 2 PM. He spoke about the essential skill set required to flourish in the retail industry and answered all the questions posed to him by students. He answered various queries about careers in retail, various assignments and job roles for freshers in retail and skills on time management. It was a fruitful session for students who aspire to make a career in retail as an employee or entrepreneur. The session was moderated by Prof. Devesh Awasthi.

**IILM**
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Webinar

Knowledge, Skills and Attitude to Excel in the Retail Industry

May 22, 2021 | 02:00 PM

Mr. Lalit Gupta
Regional Manager - North India, My Jio Stores
Reliance Industries Limited



Moderator
.....
Devesh Awasthi
Assistant Professor
IILM Lucknow

Register Now

All the attendees will get the e-certificates.

**Discover your Ikigai (生き甲斐) -
The Reason of your Being
Friday, May 21, 2021
Dr Vibhuti Gupta
Associate Professor, IILM Lucknow**



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LUCKNOW

**DISCOVER YOUR
IKIGAI (生き甲斐)
THE REASON OF YOUR BEING**



Speaker
Dr. Vibhuti Gupta
Associate Professor - IILM Lucknow

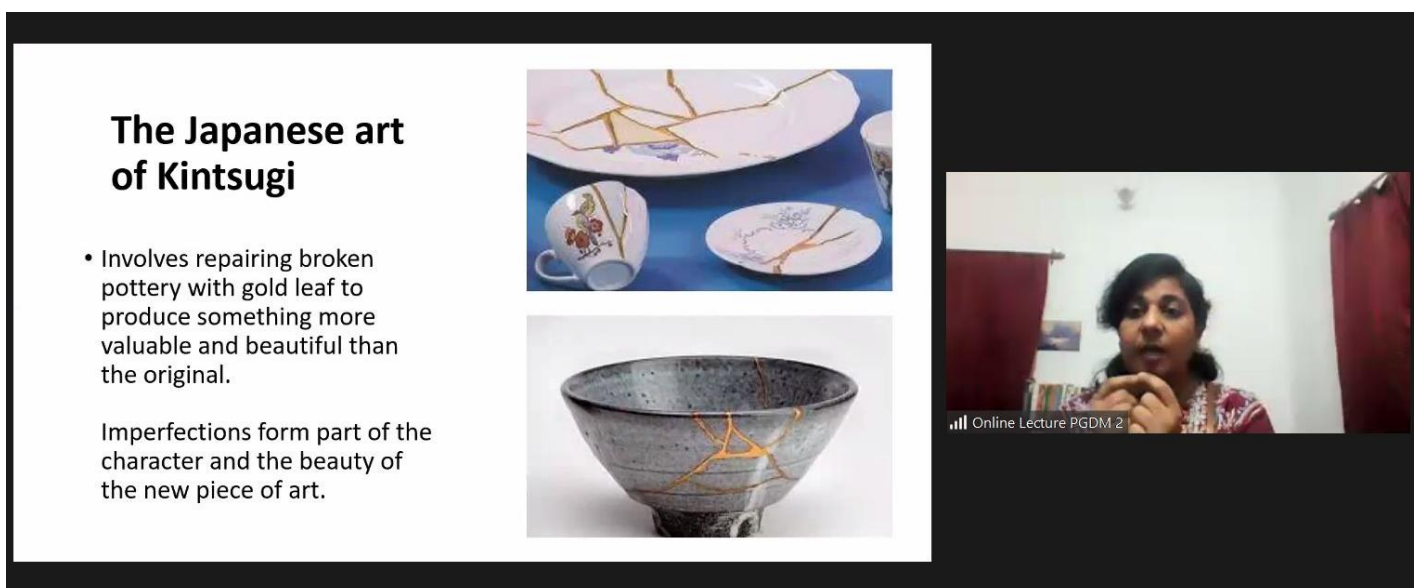
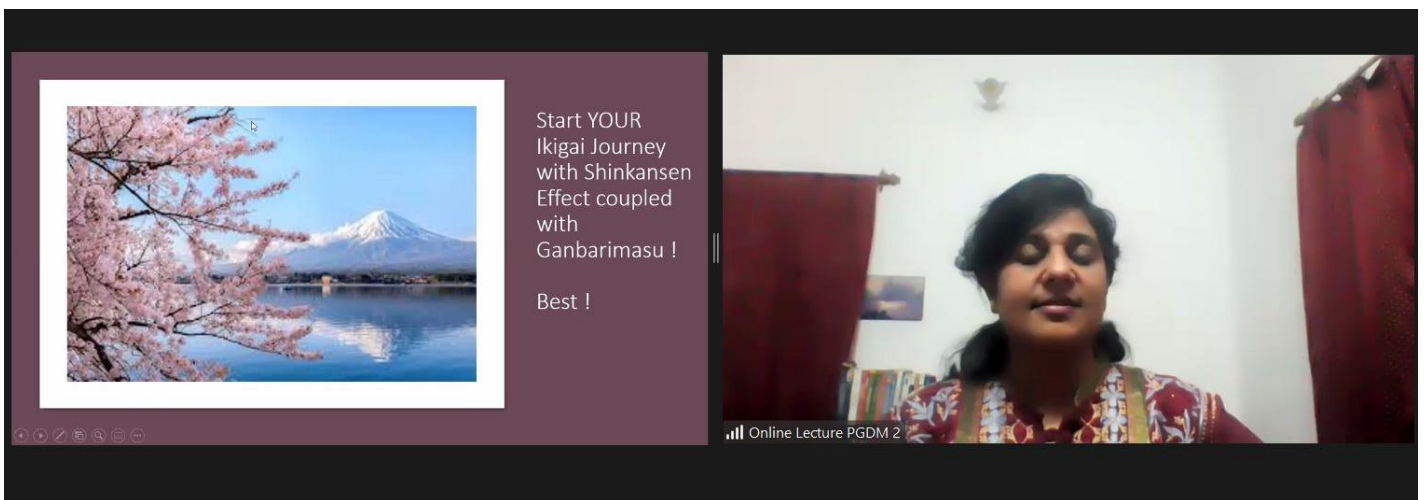
 **21** MAY 2021  **8:00** PM IST

Exclusively for IILM Students www.iilmko.ac.in

Surviving challenges, cut-throat competition while handling setbacks and still joyfully embracing the purpose of your being, is the need of the hour.

It is a wise habit to learn and imbibe best practices from around the world. At IILM, we strongly believe in keeping our students abreast with the global best practices.

Dr Vibhuti conducted a session on IKIGAI, the Japanese way of finding a purposeful and happy life. It provided a fresh perspective to students and motivated them to find their purpose of being. The session concluded with applause for the speaker and the institute for organising such sessions.



Managing Stress in Uncertain Times

Dr Ashutosh Srivastava, Director PIPAS, Clinical and Counseling Psychologist conducted a webinar on the topic "Managing Stress in Uncertain Times". The session was moderated by Dr Sonal Gupta. The session was focussed on discussion related to managing mental health concerns during the current pandemic. Simple strategies and tips were shared for reducing stress and anxiety Dr Srivastava answered queries and addressed the issue in an interactive manner. The session was highly appreciated by all the attendees.



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Webinar

Managing Stress in Uncertain Times

May 24, 2021 | 04:00 PM

Dr. Ashutosh Srivastava

Director, PIPAS



Moderator

.....

Dr. Sonal Gupta

Counseling Psychologist
IILM Lucknow

Register Now

All the attendees will get the e-certificates.

Prevention of Sexual Harassment - A Primer for Everyone

Ms Kriti Sinha, Advocate at Supreme Court of India and Member Supreme Court Bar Association, conducted a webinar on the topic "Prevention of Sexual Harassment-A Primer for Everyone." The Session was moderated by Dr. Sonal Gupta. The session was very informative and elaborated the audience's understanding about POSH Act.

Remedies and steps were discussed with reference to sexual harassment case if reported.

Ms Kriti answered the viewers queries on the topic. The session was very well conducted.

**IILM**
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LUCKNOW

Webinar

Prevention of Sexual Harassment *A Primer for Everyone*

May 27, 2021 | 12:00 Noon

Ms. Kriti Sinha
Advocate at Supreme Court of India,
Member Supreme Court Bar Association



Moderator
.....
Dr. Sonal Gupta
Counseling Psychologist
IILM Lucknow

Register Now

All the attendees will get the e-certificates.

Careers in Digital Marketing

Dr. Utkarsh Singh, Assistant Professor, IIM Kashipur, spoke to students of IILM, Lucknow on the topic of "Careers in Digital Marketing" through a YouTube live webinar on May 31st at 7 PM. He spoke about the essential skills required to make a career in the field of Digital Marketing and answered all the questions posed to him by students. He answered various queries about the avenues of job available, various assignments and job roles of Digital marketers and skills on SMM and SEO. It was an enlightening session for students who aspire to make a career in digital marketing. The session was moderated by Prof. Fawad Ali Khan.



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Webinar

Careers in Digital Marketing

May 31, 2021 | 07:00 PM

Dr. Utkarsh Singh
Assistant Professor (Marketing)
IIM Kashipur



Moderator

.....

Fawad Ali Khan

Assistant Professor
IILM Lucknow

Register Now

All the attendees will get the e-certificates.

Placement Statistics


Summer Internship Batch 20-22

Name of the Students	Name of the Company
Anshika Shukla	EY India
Rudransh Tiwari	Tata Sky Broadband
Ayush Singh	Shalimar Corp. Ltd
Ayushi Awasthi	HCL
Anmol Kumar	Baroda Asset Management India Limited
Vishal Kumar Choubey	Centre for Investment Education and Learning
Firoz Alam	Nippon Life India Asset Management Ltd.
Ayush Pandey	GrabGuidance
Shubhi Kapoor	Max Bupa Health Insurance Ltd
Anshul Yadav	Times Internet Limited
Rishabh Sonkar	Business Standard Private Limited
Akansha Srivastava	Sapio Analytics Pvt Ltd
Deepak Tripathi	Base Camp Skill Labs
Morisha Mehta	LIC of India
Abhishek Pathak	ICE Creative Excellence Pvt Ltd.
Ayush Agarwal	Kantar
Deepshikha Srivastava	Whitehat Education Technology Pvt. Ltd.
Satvik Shukla	GTM & Sons Advisory Pvt. Ltd.
Intezar Mehdi	Chawla Publications (P) Ltd
Mansi Singh	BPN Fincap Private Ltd
Swastica Srivastava	HCL
Ayushi Tandon	Tata Sky Broadband
Diksha Shukla	Baroda Asset Management India Limited


And Many More...



DIKSHA
SUMMER
INTERNSHIP
IN



BATCH 2020-22




RUDRANSH
SUMMER
INTERNSHIP
IN



BATCH 2020-22




AKANSHA
SUMMER
INTERNSHIP
IN



BATCH 2020-22




AYUSHI
SUMMER
INTERNSHIP
IN




BATCH 2020-22





ANSHIKA
SUMMER
INTERNSHIP
IN




BATCH 2020-22

SIDDHANT
SUMMER
INTERNSHIP
IN



BATCH 2020-22






VISHAL

SUMMER
INTERNSHIP
IN



CENTRE FOR INVESTMENT
EDUCATION & LEARNING

BATCH 2020-22




MUSARRAT

SUMMER
INTERNSHIP
IN



Health Insurance

BATCH 2020-22




AYUSH

SUMMER
INTERNSHIP
IN



Grab
Guidance

BATCH 2020-22




AYUSHI

SUMMER
INTERNSHIP
IN



TIMESINTERNET

BATCH 2020-22




APARNA

SUMMER
INTERNSHIP
IN

KANTAR

BATCH 2020-22




ARCHIT

SUMMER
INTERNSHIP
IN



LIC

BATCH 2020-22

Placement Batch 19-21

Name of the Students	Name of the Company
Twinkle Mishra	Axis Bank
Poornima Mishra	FedEx
Neha Tiwari	Byju's
Abhinav Bhatt	HDFC Life Insurance
Amanjeet Amar Anand	Kantar
Vijay Singh Yadav	Kotak Mahindra Bank
Akshat Dhawan	Creditas Solutions
Kaushiki Srivastava	SBI Life Insurance
Shristi Gupta	Chola People and Marketing Services
Surendra Singh	Bajaj Finance Ltd.
Vishal Kumar	Arthimpack Digital Loans Private Limited
Devesh Kr Singh	SLMG Beverages Pvt. Ltd. (Cocacola)
Himanshu Gupta	IndiaMART InterMESH Ltd.
Abhishek Singh Dhami	Sigma Trade Wings
Rubi Devi	Staywealthy Investment Services
Diaa Shrivastava	MothersonSumi INFotech & Designs Limited
Sadaf Bano	Vedantu
Satya Kumari	Care Health Insurance Limited
Shubhendra Tiwari	IDFC FIRST Bank
Astha Raghuvanshi	SBI Life Insurance
Shreyansh Srivastava	HDFC Life Insurance
Vasundhara Singh	MI Builders Pvt. Ltd.
Manish Kumar	NJ India Invest Pvt. Ltd.
Samiksha Srivastava	IndiaMART InterMESH Ltd.
Ramit Kannoja	InstaAstro

And Many More...


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Placement
 Batch 2019-21

Congratulations
YOU DID IT





KARTIKA
SARTHAK
SONALI





ATUL
ABHINAV
SHASHANK

Designation
Executive Trainee



Sar uthha ke jaye!

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Placement
 Batch 2019-21

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TWINKLE

Designation
Virtual Acquisition Manager



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Placement
 Batch 2019-21

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SADAF

Designation
Academic Counselor



Vedantu
LIVE ONLINE TUTORING

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Placement
 Batch 2019-21

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ASTHA
KAUSHIKI

Designation
Executive Trainee



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 Batch 2019-21


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DEVESH

Designation
Training Executive



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Placement
 Batch 2019-21

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POORNIMA

Designation
Operations Team Leader



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Placement
 Batch 2019-21

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VIJAY

Designation
Assistant Manager



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Placement
 Batch 2019-21

Congratulations
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ARPANA

Designation
Executive Data Acquisition

KANTAR

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Placement
 Batch 2019-21

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HIMANSHU

Designation
Executive - Client Servicing



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Placement
Batch 2019-21

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SHUBHENDRA

Designation
Bank Officer Sales

IDFC FIRST Bank

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Placement
Batch 2019-21

Congratulations
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RUBI

Designation
Relationship Officer

STAYWEALTHY
INVESTMENT SERVICES

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Placement
Batch 2019-21

Congratulations
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ABHISHEK ASHUTOSH ABHISHEK

Designation
Business Development Executive

STW
Safeway Trade Wines

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Placement
Batch 2019-21

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SATYA

Designation
Unit Relationship Manager

carē
HEALTH INSURANCE

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Placement
Batch 2019-21

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YOU DID IT

VISHAL

Designation
Wealth Officer

arth

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LUCKNOW

Placement
Batch 2019-21

Congratulations
YOU DID IT

SHIVANGI

Designation
Sales Manager

MI GROUP

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LUCKNOW

Placement
Batch 2019-21

Congratulations
YOU DID IT

UTKARSH

Designation
Business Development Trainee - Sales

BYJU'S
The Learning App

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ACADEMY OF HIGHER LEARNING
LUCKNOW

Placement
Batch 2019-21

Congratulations
YOU DID IT

SANDEEP SHIVAM ABHISHEK

SURENDRA SM FAIZ HIMANSHU

Designation
Asst. Sales Manager

BAJAJ FINSERV

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Placement
Batch 2019-21

Congratulations
YOU DID IT

SHRUTI AKSHAT

Designation
Credit Counselor

CREDITAS

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Faculty Achievements

Inaugural Ceremony of the “Impact Assessment Study on Stakeholder's Perception on Initiatives taken by the Sugar Industry and Cane Development (SICD) Department, Govt. of UP”.

May 27, 2021

Dr. Vibhuti Gupta, Associate Professor, IILM Lucknow conducted an Impact Assessment Study on Stakeholder's Perception on Initiatives taken by the Sugar Industry and Cane Development (SICD) Department, Govt. of UP.

It had an inaugural today, May 27, 2021 at the office of Addl. Chief Secretary, SICD Dept.

The event was attended by the senior officials of Sugar Industry as well as many bureaucrats through ZOOM, from across the state.

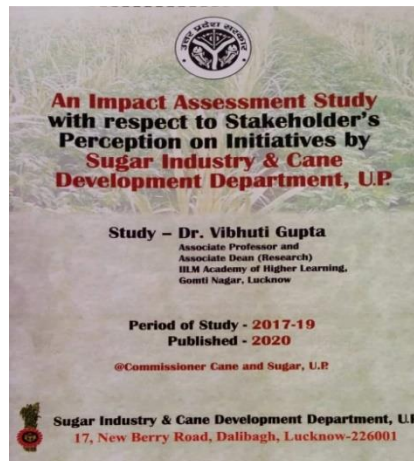
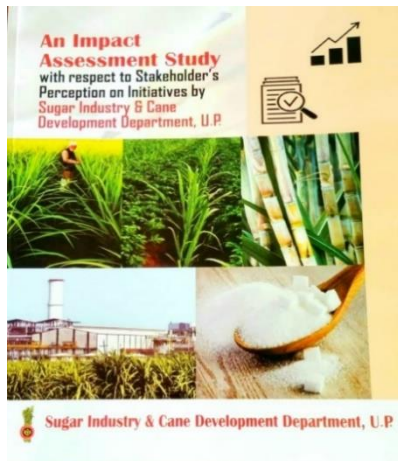
The work done by Dr. Vibhuti was highly appreciated by the Addl Chief Secretary and other senior officers.

It was posted on Cane Department's Twitter handle as well. Please find the link pasted below:

<https://twitter.com/canewebsite/status/1397899391931871232?s=1006>

Lamp lighting by the Addl Chief Secretary





Article published in eminent newspaper "The Indian Express" on May 01, 2021.

**Dr Sonal Gupta shared her views on the topic
Maintaining Mental Health of patients and care
givers during Pandemic**

Maintaining Mental Health of patients and care givers during Pandemic



Dr Sonal Gupta

The current pandemic scenario has made it quite evident that health is our priority and we should try our best to maintain our physical as well as mental health and wellbeing. Currently, Covid-19 has reached our homes, our mind and even ruptured our inner peace. Patients, caregivers as well as acquaintances are facing symptoms of anxiety, depression, losing hope, negative thinking, feeling of helplessness etc.

Dr. Sonal Gupta is having 10 year experience in the field of Psychological Counselling. She is Certified NLP Practitioner, Certified Career Mentor, & Life Coach. She is Associate Professor & Psychologist at IILM, Lucknow. **Dr. Sonal** has done her master's in Counselling Psychology, and Ph.D in Psychology

**Below mentioned are few tips to
recoup our Mental Health and Wellbeing:**

1. Adopt Healthy Lifestyle (Nutritious diet, Optimum sleep and regular physical exercise).
2. Focus on Facts instead of rumours.
3. Manage uncertainty by staying in the 'present'
4. Engage yourself in Positive Self- Talk and Calm your mind from negative thought.
5. Value yourself and Seek help when required.
6. Find new ways to safely connect with family and friends, and get support.
7. Unburden your negative thoughts and emotions by crying or sharing your state with others.
8. Have faith in the Almighty.

Dr Sonal Gupta Conducted a Guest Session on Women's Day eve.

On the occasion of Women's Day Dr Sonal addressed the audience and delivered the talk on the theme "Choose to Challenge". She shared that how women should choose to challenge their negative thoughts of self-criticising ideations, challenge and encounter disturbing emotions and choose to live harmoniously with self, she further added that how self-harming actions may cause disturbed behaviour patterns hence, women should choose self-care and kindness for themselves. In addition to these Dr Sonal also shared that how societal labels and gender-based stereotypes should be eradicated.

Dr Sonal was also felicitated on the occasion of Women's Day.

Happy Women's Day
'Nari Shakti Mahotsava'

Presidential address
DR. SRISTI SRIVASTAVA
(Psychologist/The Principal of Navyug Kanya Mahavidyalaya)

Guest of honour
MRS. SHARMILA SINGH
(The Principal of Pioneer Montessori School)

Webinar
Topic: Choose to challenge
on 6th March '21 at 5pm.
on google meet app
No joining fee

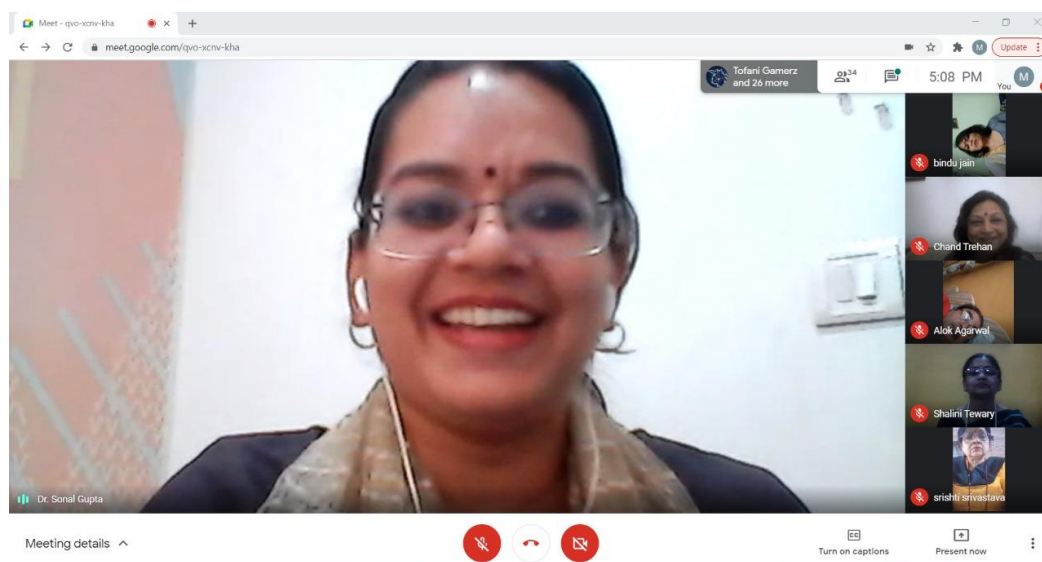
Honourable Speakers
DR. NEHA ANAND
(Psychologist/councillor)
DR. SONAL GUPTA
(Psychologist/Asso. Professor IILM)
MRS. SHALINI TEWARY
(The Principal of Rajkumar School)

Register yourself by whatsapp
8687921038

Welcome Address
DR. SONAL GUPTA
(Director of Simran Seva Sansthan)
Creative artist

Subject Enforcement
RJ Bindu Jain

vote of thanks
Dr. Hricha Arya
Writer and Kathak Artist



Student's Corner



Ishita Singh
PGDM 2019-21

IILM Academy of Higher Learning, Lucknow



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