



DEPARTMENT OF PHYSICAL EDUCATION  
UNIVERSITY OF LUCKNOW  
LUCKNOW-226007

**Celebrates**

**“ Mission Shakti ”**

(An initiative by Government of Uttar Pradesh)

Under the Patronage of  
Prof. Alok Kumar Rai  
Hon'ble Vice Chancellor, University of Lucknow

ITINERARY

| Time     | Events                                       |
|----------|--|
| 7:00 AM  | Welcome to the Chief Guest: Mr. Jaspal Singh |
| 7:05 AM  | Introduction of Chief Guest                  |
| 07:10 AM | Welcome Speech by Dr. Shashi Kanaujia        |
| 07:15 AM | Introductory Remark by Prof. Madhurima Lall  |
| 07:25 AM | Brief Speech by Dr. Mohd. Tariq              |
| 07:30 AM | Introducing with Players                     |
| 07:35 AM | Poomsae by K.K.C. Students                   |
| 07:40 AM | Poomsae by B.P.Ed. Students                  |
| 08:00 AM | Shadow Fight by B.P.Ed. Students             |
| 08:05 AM | Fire Tiles Breaking by B.P.Ed. Students      |
| 08:25 AM | Pyramid Formation                            |
| 08:26 AM | Formal Vote of Thanks by Ilma Farhat         |
| 08:30 AM | National Anthem                              |
| 8:35 AM  | Refreshment                                  |



Department of  
Physical Education  
University of Lucknow



**Celebrates One Week's  
Series of Sports Activities  
with  
Mission Shakti Phase - 3**  
(An Initiative of Govt. of U.P.)

Under the Patronage of  
Prof. Alok Kumar Rai  
Hon'ble Vice Chancellor, University of Lucknow

**from 23 october 2021 to 29 october 2021**

**Time - 07:00 AM Onwards  
AT CHHATRAPATI SHIVAJI PLAY GROUND**

**Chief Guest  
Jaspal Singh**

Asian Karate Federation  
General Secretary:- Karate  
Association of U.P.

**ACTIVITY ON 23.10.21 - MARTIAL ARTS**

**Organizing Team:-**

**Dr. Shashi Kanaujia**  
Co-ordinator  
Department of  
Physical Education

**Prof. Shashi Shukla**  
Dean/Head  
Faculty of Arts  
Department of  
Physical Education

**Prof. Madhurima Lall**  
Convener, Mission Shakti  
Phase - 3  
University of Lucknow



Department of Physical Education  
University of Lucknow,



Lucknow-226007

## “ **Mission Shakti** ”

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### Intramural Competition

# MARTIAL ART

Today, on the 23<sup>th</sup> of October, 2021, the Department of Physical Education under the Mission Shakti Phase-3.

Under the Intramural activity the Physical Department of Lucknow University organized opening event by Martial Art. In which different performance such as Poomase, Taekwondo, Karate, Fire tiles breaking, Weapon, Gymnastic, self defense, kyurogi etc. Opening was done by Chief Guest Jaspal Singh and Guest of honour Prof. Madhurima Lall along with Dr. Shashi Kanaujia , Dr. Mohd. Tariq

The anchor Ilma requested the respected teachers to present the bouquet and memento to the chief guest as the token of love and respect. The Chief Guest and Guest of Honour motivated the by their words. At the end vote of thanks was delivered by Ilma. The program ended with Pyramid holding Indian Flag high and after it all sung the National Anethem.



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University of Lucknow,



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### Intramural Competition

# मार्शल आर्ट

आज, 23 अक्टूबर, 2021 को मिशन शक्ति चरण-3 के तहत शारीरिक शिक्षा विभाग लखनऊ विश्वविद्यालय के शारीरिक शिक्षा विभाग द्वारा आंतरिक गतिविधि के तहत मार्शल आर्ट द्वारा उद्घाटन कार्यक्रम आयोजित किया गया। जिसमें पूमासे, ताइक्वांडो, कराटे, फायर टाइल्स ब्रेकिंग शस्त्र, जिम्नास्टिक, आत्मरक्षा, क्युरोगी आदि जैसे विभिन्न प्रदर्शन हुए। मुख्य अतिथि जसपाल सिंह और विशिष्ट अतिथि प्रो. मधुरिमा लाल के साथ डॉ. शशि कनौजिया, डॉ. मो. तारिक ने कार्यक्रम को आगे बढ़ाया। एंकर इल्मा ने सम्मानित शिक्षकों से अनुरोध किया कि वे मुख्य अतिथि को प्यार और सम्मान के प्रतीक के रूप में गुलदस्ता और मोमेंटो भेंट करें, मुख्य अतिथि और सम्मानित अतिथि ने अपने शब्दों से प्रेरित किया। अंत में इल्मा ने धन्यवाद ज्ञापन किया। पिरामिड के साथ भारतीय ध्वज को ऊंचा रखने के साथ कार्यक्रम का समापन हुआ और इसके बाद सभी ने राष्ट्रगान गाया।





Department of Physical Education



University of Lucknow

Lucknow-226007

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**Department of Physical Education**  
**University of Lucknow**



**Celebrates**

**“ Mission Shakti ”**

| S.N. | Student Name         | Course                        | Year of study  |
|------|----------------------|-------------------------------|----------------|
| 1.   | DR. SHASHI KANAUIJA  | PHYSICAL EDUCATION DEPARTMENT | FACULTY        |
| 2.   | DR. MOHD. TARIQ      | PHYSICAL EDUCATION DEPARTMENT | FACULTY        |
| 3.   | SHEETAL SINGH        | M.P.Ed.                       | THIRD SEMESTER |
| 4.   | ATUL KANOUIYA        | M.P.Ed.                       | THIRD SEMESTER |
| 5.   | PRAKASH SINGH        | M.P.Ed.                       | THIRD SEMESTER |
| 6.   | PAVAN KUMAR          | M.P.Ed.                       | THIRD SEMESTER |
| 7.   | ADNAN AMEER SIDDIQUI | M.P.Ed.                       | THIRD SEMESTER |
| 8.   | SANDEEP SINGH        | M.P.Ed.                       | THIRD SEMESTER |
| 9.   | ANOOP KUMAR PANKAJ   | M.P.Ed.                       | THIRD SEMESTER |
| 10.  | HAYAT ALI            | M.P.Ed.                       | THIRD SEMESTER |

|     |                       |         |                |
|-----|-----------------------|---------|----------------|
| 11. | ADARSH YADAV          | M.P.Ed. | THIRD SEMESTER |
| 12. | SAVITA YADAV          | M.P.Ed. | THIRD SEMESTER |
| 13. | AKASH YADAV           | M.P.Ed. | THIRD SEMESTER |
| 14. | MOFID AHMAD           | M.P.Ed. | THIRD SEMESTER |
| 15. | SONAM YADAV           | M.P.Ed. | THIRD SEMESTER |
| 16. | SHELENDRA SINGH       | M.P.Ed. | THIRD SEMESTER |
| 17. | RENU YADAV            | M.P.Ed. | THIRD SEMESTER |
| 18. | KUMAR SARTHAK         | M.P.Ed. | THIRD SEMESTER |
| 19. | ATUL PANDEY           | M.P.Ed. | THIRD SEMESTER |
| 20. | AMIT KUMAR YADAV      | M.P.Ed. | THIRD SEMESTER |
| 21. | SAURABH YADAV         | M.P.Ed. | THIRD SEMESTER |
| 22. | AMRENDRA PRATAP SINGH | M.P.Ed. | THIRD SEMESTER |
| 23. | AKHILESH YADAV        | M.P.Ed. | THIRD SEMESTER |
| 24. | SUNIL SONY            | M.P.Ed. | THIRD SEMESTER |
| 25. | PRAKHAR BHARDWAJ      | M.P.Ed. | THIRD SEMESTER |
| 26. | MEENU YADAV           | M.P.Ed. | THIRD SEMESTER |
| 27. | ANIRUDH SRIVASTAVA    | M.P.Ed. | THIRD SEMESTER |
| 28. | KUMARI PRIYA          | M.P.Ed. | THIRD SEMESTER |
| 29. | GOURAV SHARMA         | M.P.Ed. | THIRD SEMESTER |



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|-----|----------------------|---------|----------------|
| 30. | HIMANSHU YADAV       | B.P.Ed. | THIRD SEMESTER |
| 31. | SACHIN PARIHAR       | B.P.Ed. | THIRD SEMESTER |
| 32. | SHALINI SINGH        | B.P.Ed. | THIRD SEMESTER |
| 33. | ARNIMA TIWARI        | B.P.Ed. | THIRD SEMESTER |
| 34. | SHALINI SINGH        | B.P.Ed. | THIRD SEMESTER |
| 35. | ABHIJEET SINGH BISHT | B.P.Ed. | THIRD SEMESTER |
| 36. | PRACHI BHARGAWA      | B.P.Ed. | THIRD SEMESTER |
| 37. | SAVITA               | B.P.Ed. | THIRD SEMESTER |
| 38. | ARZOO ANIL           | B.P.Ed. | THIRD SEMESTER |
| 39. | NEEMA MISHRA         | B.P.Ed. | THIRD SEMESTER |
| 40. | ARPITA SRIVASTAVA    | B.P.Ed. | THIRD SEMESTER |
| 41. | SHREYA SINGH         | B.P.Ed. | THIRD SEMESTER |
| 42. | RISHANK AGARWAL      | B.P.Ed. | THIRD SEMESTER |
| 43. | AKASH GAURAV         | B.P.Ed. | THIRD SEMESTER |
| 44. | ABHISHEK KUMAR VERMA | B.P.Ed. | THIRD SEMESTER |
| 45. | SONALI               | B.P.Ed. | THIRD SEMESTER |
| 46. | KULDEEP NARAYAN      | B.P.Ed. | THIRD SEMESTER |
| 47. | MANAS VERMA          | B.P.Ed. | THIRD SEMESTER |
| 48. | SHUBHAM KU. GAUTAM   | B.P.Ed. | THIRD SEMESTER |
| 49. | PRASHANT YADAV       | B.P.Ed. | THIRD SEMESTER |
| 50. | AKANKSHA MAURYA      | B.P.Ed. | THIRD SEMESTER |
| 51. | AMAN KUMAR SHARMA    | B.P.Ed. | THIRD SEMESTER |
| 52. | KISHAN SINGH         | B.P.Ed. | THIRD SEMESTER |
| 53. | SHASHANK TIWARI      | B.P.Ed. | THIRD SEMESTER |
| 54. | ARTI NISHAD          | B.P.Ed. | THIRD SEMESTER |
| 55. | MUKESH KUMAR YADAV   | B.P.Ed. | THIRD SEMESTER |
| 56. | SUSHMITA MISHRA      | B.P.Ed. | THIRD SEMESTER |
| 57. | SHIVANI VERMA        | B.P.Ed. | THIRD SEMESTER |
| 58. | VARSHA KASHYAP       | B.P.Ed. | THIRD SEMESTER |
| 59. | PRASHANT RATHAUR     | B.P.Ed. | THIRD SEMESTER |
| 60. | RAGINI GAUTAM        | B.P.Ed. | THIRD SEMESTER |
| 61. | UTKARSH YADAV        | B.P.Ed. | THIRD SEMESTER |

|     |                    |         |                |
|-----|--------------------|---------|----------------|
| 62. | AMAN KUMAR         | B.P.Ed. | THIRD SEMESTER |
| 63. | KSHITIJ SINGH      | B.P.Ed. | THIRD SEMESTER |
| 64. | YASHIKA YADAV      | B.P.Ed. | THIRD SEMESTER |
| 65. | JYOTI              | B.P.Ed. | THIRD SEMESTER |
| 66. | ILMA FARHAT        | B.P.Ed. | THIRD SEMESTER |
| 67. | SURAJ KANT         | B.P.Ed. | THIRD SEMESTER |
| 68. | AMBAR YADAV        | B.P.Ed. | THIRD SEMESTER |
| 69. | PIYUSH KUMAR SINGH | B.P.Ed. | THIRD SEMESTER |
| 70. | ASHUTOSH SINGH     | B.P.Ed. | THIRD SEMESTER |
| 71. | RAJNIKANT KUMAR    | B.P.Ed. | THIRD SEMESTER |
| 72. | VIDUSHEE KUMARI    | B.P.Ed. | THIRD SEMESTER |
| 73. | RUCHITA            | B.P.Ed. | THIRD SEMESTER |
| 74. | RAKSHA SONKER      | B.P.Ed. | THIRD SEMESTER |
| 75. | SAHIL SINGH        | B.P.Ed. | THIRD SEMESTER |
| 76. | MANISH KUMAR       | B.P.Ed. | THIRD SEMESTER |
| 77. | VINAYAK MALVIYA    | B.P.Ed. | THIRD SEMESTER |
| 78. | SHIVAM DUBEY       | B.P.Ed. | THIRD SEMESTER |
| 79. | MOHD HAMZA         | B.P.Ed. | THIRD SEMESTER |

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