



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
03:00 PM	Welcome to the Chief Guest: Prof. Balak Das (Chairman L.U.A.A.)
03:05 PM	Welcome to the Guest of Honour: Prof. Dhruv Sen Singh (Director H.R.D.C.)
03:10 PM	Welcome to the Special Guest: Dr. Desh Deepak (General Secretary L.U.A.A.)
03:15 PM	Welcome Speech by Dr. Shashi Kanaujia
03:25 PM	Introductory Remark by Prof. Madhurima Lall
03:30 PM	Brief Speech by Dr. Mohd Tariq
03:35 PM	Speech by Chief Guest Prof. Balak Das
03:40 PM	Poomsae by K.K.C. and B.P.Ed. student
04:00 PM	Talvar Demonstration
04:10 PM	Vovinam Dance
04:25 PM	Pyramid Formation
04:30 PM	Formal Vote of Thanks
04:35 PM	National Anthem
04:40 PM	Hightea



# Department of Physical Education University of Lucknow



**Celebrates One Week's  
Series of Sports Activities  
with**

**Mission Shakti Phase - 3 Cum Intramural  
(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 - 03:00 PM Onwards**

**AT CHHATRAPATI SHIVAJI PLAY GROUND**

**Closing Ceremony**

**Activity on 29.10.21 - Self Defence**

**"Health is worth more than learning."**

**Chief Guest**

**Prof. Balak Das  
Chairman  
L.U.A.A.**

**Guest of Honour**

**Prof. Dhruv Sen Singh  
Director  
H.R.D.C.**

**Special Guest**

**Dr. Desh Deepak  
General Secretary  
L.U.A.A.**

**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

# SELF DEFENSE

Today, on the 29<sup>th</sup> of October, 2021, the Department of Physical Education under the Mission Shakti Phase-3.

Under the Intramural activity the Physical Education Department of Lucknow University organized Self Defence event. In which different performance such as Poomase, Taekwondo, self defense, Talvar, Four Men, Vovinam Dance etc. has been demonstrated. Opening was done by welcoming the Chief Guest Prof. Balak Das (Chairman L.U.A.A.), Guest of honour Prof. Dhruv Sen Singh (Director H.R.D.C.) and Special Guest Dr. Desh Deepak (General Secretary L.U.A.A.) with Prof. Madhurima Lall, Dr. Shashi Kanaujia and Dr. Mohd. Tariq.

The anchor Miss. Priya requested the respected teachers to present the bouquet and memento to the chief guest as the token of love and respect. After that Taekwondo students has introduce many self defence techniques and they also explained all of them by the demo. At the end vote of thanks was delivered by Miss. Priya. The program ended with Pyramid holding Indian Flag high and after it all sung the National Anthem. All get refreshment too.





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# आत्मरक्षा

आज 29 अक्टूबर 2021 को शारीरिक शिक्षा विभाग मिशन शक्ति फेज-3 के तहत आंतरिक गतिविधि के तहत लखनऊ विश्वविद्यालय के शारीरिक शिक्षा विभाग द्वारा आत्मरक्षा कार्यक्रम का आयोजन किया गया। जिसमें पूमासे, ताइक्वांडो, आत्मरक्षा, तलवार, फोर मेन, वोविनम डांस आदि विभिन्न प्रस्तुतियों का प्रदर्शन किया गया। उद्घाटन मुख्य अतिथि प्रो. बालक दास (अध्यक्ष एलयूएए), विशिष्ट अतिथि प्रो. ध्रुव सेन सिंह (एचआरडीसी के निदेशक) और विशेष अतिथि डॉ. देश दीपक (महासचिव एलयूएए) के साथ प्रो. मधुरिमा लाल, डॉ. शशि ने किया। कनौजिया और डॉ. मो. तारिक।

एंकर मिस प्रिया ने सम्मानित शिक्षकों से मुख्य अतिथि को प्यार और सम्मान के प्रतीक के रूप में गुलदस्ता और मोमेंटो भेंट करने का अनुरोध किया। उसके बाद ताइक्वांडो के छात्रों ने कई आत्मरक्षा तकनीकों का परिचय दिया और उन सभी को डेमो द्वारा समझाया भी। अंत में श्रीमती प्रिया ने धन्यवाद ज्ञापित किया। पिरामिड के साथ भारतीय ध्वज को ऊंचा रखने के साथ कार्यक्रम का समापन हुआ और इसके बाद सभी ने राष्ट्रगान गाया।



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### Intramural Competition









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



***Celebrates***

**“ Mission Shakti ”**

S.N.	Student Name	Course	Year of study
1.	DR. SHASHI KANAUJIA	PHYSICAL EDUCATION DEPARTMENT	FACULTY
2.	DR. MOHD. TARIQ	PHYSICAL EDUCATION DEPARTMENT	FACULTY
3.	SHEETAL SINGH	M.P.Ed.	THIRD SEMESTER
4.	ATUL KANOUJIYA	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



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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