



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	Event on 10.12.2021
7:00 AM	Welcome to the Chief Guest:Dr Mohd. Tariq
7:05 AM	Welcome to the Guest of Honour: Prof Madhurima Lall
07:10 AM	Welcome Speech by Dr. Shashi Kanaujia
07:15 AM	Introductory Remark by Rajnikant
07:25 AM	Brief Speech by Dr. Mohd Tariq
07:30 AM	Chief Guest Introduce with studence
07:35 AM	Introduction of Yoga
07:40 AM	Surya Namaskar
08:00 AM	Standing Yoga
08:05 AM	Performance
08:25 AM	Knowledge session
08:26 AM	Formal Vote of Thanks
08:30 AM	National Anthem
8:35 AM	Refreshment







Department of Physical Education

University of Lucknow,

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# YOGA

Today, on the 10<sup>th</sup> of December, 2021, the Department of Physical Education under the Mission Shakti Phase-3.

Under the Intramural activity the Physical Education Department of Lucknow University organized Yoga. In which different Yoga Asana such as. Surya Namaskar, Tad Asana, Vraksasana, Ardha Chandrasana , Trikon Asana etc. has been performed . Opening was done with welcoming the Chief Guest Dr. Mohd Tariq and Guest of honour Prof. Madhurima Lall along Dr. Shashi Kanaujia .

The anchor Rishank 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 introduced with students. After that Mr. Rajnikant introduce many Yoga Asana and he also explained all of them by the demo. At the end vote of thanks was delivered by Rishank. The program ended with the National Anthem. All get refreshment too.



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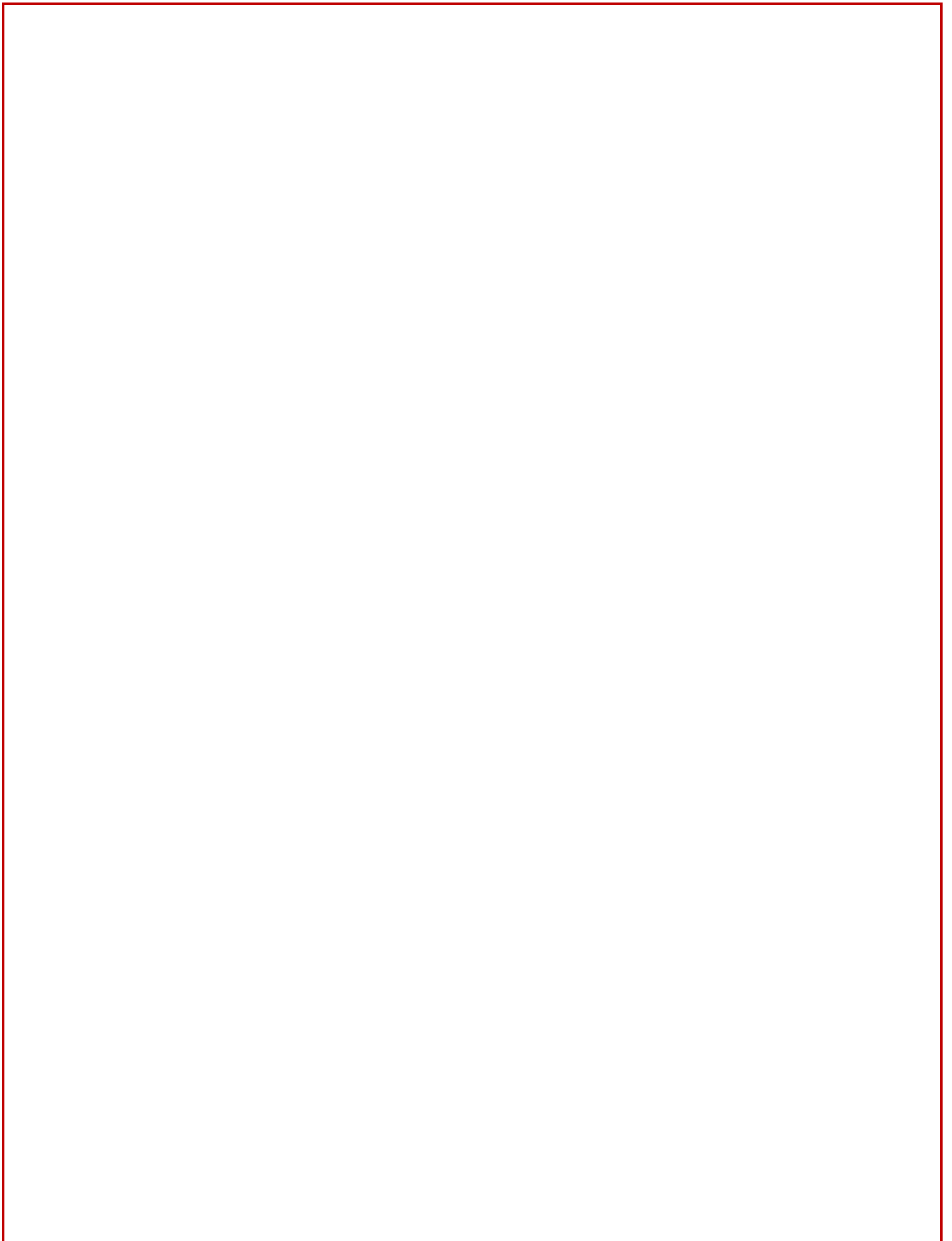
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**Department of Physical Education**  
**University of Lucknow**



***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

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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