



Faculty of Yoga and Alternative Medicine, University of Lucknow Lucknow-226007

Celebrates

“ **Mission Shakti** ”

(An initiative by Government of Uttar Pradesh)

Theme- “Women’s Personality Development Thorough Yoga”

Schedule

Time	Events
11:00 AM	Welcome to the Guest and Participants
11:10 AM	Lighting of Lamp
11:15 AM	Welcome Address by Dr. Amarjeet Yadav
11:25 AM	Introductory remark by Dr. U.K. Shukla
11:30 AM	YOGA SHAKTI ACT
12:20 PM	Oath taking ceremony on Mission Shakti
12:30 PM	Speech Presentation
12:50 PM	Yoga Practice
01:05 PM	Poem recitation on Women Empowerment
01:10 PM	Play on Gender equality
01:15 PM	Keynote Address By- Dr. Amarjeet Yadav
01:25 PM	Formal Vote of Thanks by Mrs. Isheeta Arora
01:30 PM	High Tea



Faculty of Yoga and Alternative Medicine,
University of Lucknow,
Lucknow-226007



“ Mission Shakti ”

(An initiative by Government of Uttar Pradesh)

Theme- “Women’s Personality Development Thorough Yoga”

रिपोर्ट

फ़ैकल्टी ऑफ योग एंड अल्टरनेटिव मेडिसिन, लखनऊ विश्वविद्यालय, लखनऊ के तत्वावधान में दिनांक-11.12.2021 को मिशन शक्ति योजना के अंतर्गत “योग के माध्यम से महिलाओं का व्यक्तित्व विकास” शीर्षक से कार्यक्रम का आयोजन किया गया।

कार्यक्रम के दौरान डॉ अमरजीत यादव ने बताया कि भारतवर्ष विचित्र संभावनाओं का देश है प्राचीन काल से ही यहाँ पर महिलाओं का सर्वोच्च स्थान पर रखा गया है महिलाएं परिवार का आधार स्तम्भ होती हैं महिलाओं का स्वास्थ्य, सुरक्षा, सम्मान, और व्यक्तित्व में राष्ट्र हित में उन्नति आवश्यक है मिशन शक्ति कार्यक्रम के अंतर्गत महिलाओं के मान सम्मान को बढ़ाने के लिए समुचित प्रयास किये जा रहे हैं महिलाएं प्रेम वात्सल्य की प्रतिमूर्ति हैं महिलाओं का व्यक्तित्व विकसित होगा तो परिवार और समाज का भी व्यक्तित्व विकसित होगा परिवार क अधिकांश गतिविधियाँ परिवार के महिलाओं पर ही अवलंबित हैं महिलाओं के अंदर प्रेम, वात्सल्य, सत्य परक, जीवन शुद्ध जीवन, परिवार और समाज को नई दिशा एवं

दशा प्रदान करता है इसलिए योग के विभिन्न अभ्यासों से जिनमें यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान, समाधि, के अभ्यास से व्यक्तित्व विकास की अवधारणा को साकार किया जा सकता है।

आचार्य कृष्ण कुमार शुक्ल ने कहा कि वैदिक एवं पौराणिक काल से ही महिलाओं के व्यक्तित्व का निरूपण किया गया है गार्गी, अपाला, सीता, अनुसुइया, मीरा बाई, रानी लक्ष्मी बाई, सावित्री बाई फुले ने अपने व्यक्तित्व से समाज को एक नई दिशा दी, डॉ उमेश कुमार शुक्ला ने कहा कि अनुशासन जीवन का महत्वपूर्ण कारक है नियमित योग का अभ्यास और दैनिक जीवन में अनुशासन व्यक्तित्व विकास में सहायक होगा।

कार्यक्रम के दौरान योग शक्ति एक्ट कार्यक्रम, लघु नाटक तथा कविता पाठ जैसे जनउपयोगी आयोजन किया गया। इन कार्यक्रमों के माध्यम से समाज में महिलाओं के स्थान को रेखांकित किया गया तथा यह दर्शाने का प्रयास किया गया कि नारी अबला नहीं सबला हैं और महिला शक्ति राष्ट्र शक्ति है।

उपरोक्त कार्यक्रम में लगभग 105 लोगो ने प्रतिभाग किया इस अवसर पर फ़ैकल्टी के शिक्षक, कर्मचारियों, छात्र, छात्राएं, जन-सामान्य उपस्थित थे।

.....






**Faculty of Yoga and Alternative Medicine,
University of Lucknow,
Lucknow-226007**



Celebrates

“ Mission Shakti ”

(An initiative by Government of Uttar Pradesh)

**Faculty of Yoga and Alternative Medicine,
University of Lucknow**

Invites you to an Interactive Mission Shakti Program

Theme-
**Women's Personality Development through
Yoga**

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

Date-
11.12.2021

Time-
11:00 AM

Prof. Naveen Khare
Professor Incharge
Faculty of Yoga and
Alternative Medicine,
University of Lucknow

Dr. Amarjeet Yadav
Coordinator
Faculty of Yoga and
Alternative Medicine,
University of Lucknow

Prof. Madhurima Lall
Coverner
Mission Shakti
University of Lucknow

Organizing Team

Dr. U.K. Shukla
Dr. S.K. Mishra

Dr. Ramkishor
Mr. Ramnaresh

Mrs. Isheeta Arora
Mrs. Nidhi Shukla
Mrs. Priyanka Rai

Venue-
**Department of Yoga, Faculty of Yoga and Alternative Medicine,
University of Lucknow (New Campus), Jankipuram, Lucknow**

All are Invited







Column1	Column2	Column3	Column4	Column5	Column6	Column7
ative Medicine University of Lucknow						
cknow-226007						
participant's Detail						
S. No.	Name	E-mail ID	Mobile No.	Name of Institution	Course	Year of Study
1	Dr. Amarjeet Yadav	amarjeety101@gmail.com	9415774470	Lucknow University	-	Faculty
2	Dr. Umesh Shukla	ukshuklayoga2208@gmail.com	9450385581	Lucknow University	-	Faculty
3	Dr. Satyendra Kumar Mishra	satvendramishra.yoga@gmail.com	9450209792	Lucknow University	-	Faculty
4	Dr. Ram Kishore	1nariyarirk19@gmail.com	9454890940	Lucknow University	-	Faculty
5	Ram Naresh	rnareshyoga@gmail.com	9792406024	Lucknow University	-	Faculty
6	Ishita Arora	isheetaarora17@gmail.com	9415334660	Lucknow University	-	Faculty
7	Nidhi Shukla	nidhishuklaspn@gmail.com	7060975822	Lucknow University	-	Faculty
8	Priyanka Rai	Priyankaraigiridhar@gmail.com	7755091434	Lucknow University	-	Faculty
9	Aadya Mishra	aadyamishra204@gmail.com	6307900861	Lucknow University	B.A.	Ist year
10	Saloni Sharma	shalusharma98461@gmail.com	7897369830	Lucknow University	B.A.	Ist year
11	Jhanvi Mishra	Jhanvimishra@hotmail.com	6387358382	Lucknow University	B.Sc.	Ist year
12	Atul Kumar Yadav	9696atulvadav@gmail.com	9696866350	Lucknow University	B.Sc.	Ist year
13	Akansha Sharma	akanshasharma12382@gmail.com	9532618369	Lucknow University	B.Sc.	Ist year
14	Monika Shingh Yadav	pariharmonikasingh31@gmail.com	9919004008	Lucknow University	B.A.	Ist year
15	Arun Kumar	rajveergoswami2002@gmail.com	8299209888	Lucknow University	B.A.	Ist year
16	Aditya Agarwal	agarwaladitya14jan@gmail.com	8545080845	Lucknow University	B.A.	Ist year
17	Shivam Shukla	shuklashivam97543@gmail.com	8083894414	Lucknow University	B.Sc.	Ist year
18	Sachin	sachinkumar7800545@gmail.com	6306180141	Lucknow University	B.A.	Ist year
19	Archana	AS1939082@gmail.com	9473843678	Lucknow University	B.A.	Ist year
20	Yuvraj	yuvraj101@gmail.com	9065266793	Lucknow University	B.Sc.	Ist year
21	Shreya	shreya55singh@gmail.com	8795394830	Lucknow University	B.A.	Ist year

22	Annu Yadav	1050annuyadav@gmail.com	8858639554	Lucknow University	B.A.	Ist year
23	Poonam Tiwari	punnotiwari@gmail.com	7054376018	Lucknow University	General	-
24	Shivam	shivam2000@gmail.com	7233938627	Lucknow University	General	-
25	Akash Yadav	akanshayadav3296@gmail.com	9140371362	Lucknow University	M.A.	Ist year
26	Sanjana Kushwaha	SanjanaKushwaha1000@gmail.com	8795604806	Lucknow University	M.A.	Ist year
27	Abhay Singh	Chauhanas128@gmail.com	9450448990	Lucknow University	M.A.	Ist year
28	Vishal Rawat	rawatvishal2007@gmail.com	7388873301	Lucknow University	General	-
29	Seema	seemarawat111@gmail.com	63949881226	Lucknow University	General	-
30	Ritu	ritsrawse1996@gmail.com	6392859466	Lucknow University	General	-
31	Ram Dularey	ramu0105@gmail.com	9145768111	Lucknow University	General	-
32	Manisha Nigam	chiyannigam@gmail.com	8081394722	Lucknow University	M.A.	Ist year
33	Pooja Gautam	pummygautampummy@gmail.com	8858164033	Lucknow University	M.Sc.	Ist year
34	Sapna Kumari	sapnarai497@gmail.com	86877085050	Lucknow University	M.A.	Ist year
35	Rahul Yadav	rahulyadav121@gmail.com	8858646350	Lucknow University	General	-
36	Nivedita Yadav	niveditayadav9578@gmail.com	7905126497	Lucknow University	M.Sc.	Ist year
37	Anurag Pandey	pandevji136@gmail.com	8601162012	Lucknow University	M.Sc.	Ist year
38	Garima Ojha	gmoj25@gmail.com	8960637469	Lucknow University	M.Sc.	Ist year
39	Sujit Yadav	sujit10june@gmail.com	8317083701	Lucknow University	M.A.	Ist year
40	Shivangi Kalra	shivangikalra2001@gmail.com	9176176772221	Lucknow University	M.A.	Ist year
41	Jyoti Mishra	joyatiwaricha@gmail.com	8939927972	Lucknow University	M.A.	Ist year
42	Suman Kushwaha	suman169@gmail.com	8960966813	Lucknow University	M.Sc.	Ist year
43	Vibha Nigam	vibhanaveennigam@gmail.com	9410735582	Lucknow University	M.Sc.	Ist year
44	Sandeep Nigam	sandeepnigam69@gmail.com	9456366969	Lucknow University	M.A.	Ist year
45	Aastha Mishra	aasthamishra7865@gmail.com	8418923644	Lucknow University	M.A.	Ist year
46	Ashu Jain	ashujainira@gmail.com	9868110959	Lucknow University	M.Sc.	Ist year
47	Pushpa Rawat	pushparawat229@gmail.com	8756876537	Lucknow University	M.A.	Ist year

48	K.K. Shukla	shuklakk990@gmail.com	8299791002	Lucknow University	M.Sc.	Ist year
49	Isha Yadav	eshayadav2003@gmail.com	8090598398	Lucknow University	General	-
50	Jhanvi	yadavjhanvi@gmail.com	9554548000	Lucknow University	General	-
51	Deepak Kumar Singh	kumardeepak115A@gmail.com	8960608297	Lucknow University	General	-
52	Rohit Kumar Singh	kumarrohit19597@gmail.com	9559217324	Lucknow University	General	-
53	Shubham Kumar Gupta	shubh8896@gmail.com	8896454670	Lucknow University	General	-
54	Yash Trivedi	mr.yashtrivedi958@gmail.com	9580234947	Lucknow University	General	-
55	Santosh Prajapati	santy1015@gmail.com	8115425929	Lucknow University	General	-
56	Shrishtha Verma	shretha105verma@gmail.com	9554313222	Lucknow University	General	-
57	Suraj Verma	vermasuraj2000@gmail.com	8172970280	Lucknow University	General	-
58	Shiddharth	siddharth1956@gmail.com	8004631558	Lucknow University	General	-
59	Shiddharth Porwal	porwal0505@gmail.com	7351001817	Lucknow University	General	-
60	Shivam	shivamDon@gmail.com	8083894414	Lucknow University	General	-
61	Ashish	verma0956@gmail.com	7309667236	Lucknow University	General	-
62	Mohammad Umar	umarkhan@gmail.com	751873275	Lucknow University	General	-
63	ADITENDRA SINGH	aditendra11@gmail.com	8840444014	Lucknow University	PG Diploma	1st Year
64	AMIT KUMAR	amitkumar17march1998@gmail.com	7754889149	Lucknow University	PG Diploma	Ist year
65	ANJALI SHARMA	anjalisharma97@hotmail.com	8052752128	Lucknow University	PG Diploma	Ist year
66	ANNAPURNA PANDEY	anugargi2006@gmail.com	7309450553	Lucknow University	PG Diploma	Ist year
67	ANSHIKA TRIVEDI	anshikatrivedi700@gmail.com	8604927740	Lucknow University	PG Diploma	Ist year
68	ANURAG DIXIT	DANURAG408@GMAIL.COM	8737033456	Lucknow University	PG Diploma	Ist year
69	ANWARA SAYYADA ABBASI	professionalanwara@gmail.com	8299074314	Lucknow University	PG Diploma	Ist year
70	ARUNIMA TRIPATHI	aru.tripathi1708@gmail.com	8853651635	Lucknow University	PG Diploma	Ist year
71	BHUPENDRA PRATAP SINGH	bhupendrasingh97026@gmail.com	8858453207	Lucknow University	PG Diploma	Ist year
72	DIVYA RAI	divyarai747@gmail.com	7275036987	Lucknow University	PG Diploma	Ist year
73	DIVYA SINGH	divyasinghvatsa@gmail.com	8924061937	Lucknow University	PG Diploma	Ist year
74	Garima Ojha	gmoj25@gmail.com	8840376560	Lucknow University	PG Diploma	-
75	GUNJAN PANDEY	kshitizm677@gmail.com	8318452836	Lucknow University	PG Diploma	-
76	JYOTI JHOSI	naina.jyotijoshi@gmail.com	9260971196	Lucknow University	PG Diploma	-
77	KAJAL MISHRA	akaadv2011@gmail.com	9919439181	Lucknow University	PG Diploma	-
78	KAMLA KANT	kkant3468@gmail.com	7232921892	Lucknow University	PG Diploma	-
79	KM PREETI PUSHKAR	preetipushkar2415@gmail.com	9491350918	Lucknow University	PG Diploma	-
80	MAHENDRA DWIVEDI	mahendradwivedi1990@gmail.com	9125961115	Lucknow University	PG Diploma	-
81	MAHIMA SETH	mahimaseth0030@gmail.com	7510082049	Lucknow University	PG Diploma	-
82	MANISH MAJHWAR	manishmajhwar0505@gmail.com	8090365469	Lucknow University	PG Diploma	-
83	MEENAKSHI	meenakshi.ica92@gmai.com	7982224008	Lucknow University	PG Diploma	-
84	NAMITA	NAMITASINGH712492@GMAIL.COM	8429225239	Lucknow University	PG Diploma	-

85	NEHA SINGH	ANURAGSNEHASINGH@GMAIL.COM	6390727232	Lucknow University	PG Diploma	-
86	NIDHI VERMA	nidhiverma7211@gmail.com	8299751729	Lucknow University	PG Diploma	-
87	POOJA YADAV	pyadav230620@gmail.com	72750778870	Lucknow University	PG Diploma	-
88	PRASHANT SINGH	Prashantcools11@gmail.com	8652424770	Lucknow University	PG Diploma	2nd Year
89	PREETI KAPOOR	jazbirkapoor@gmail.com	8009999010	Lucknow University	PG Diploma	Ist year
90	PRIYA KASHYAP	aahanakashyap55@gmail.com	7071420998	Lucknow University	PG Diploma	-
91	PRIYANKA BHATTACHARYA	Gurpreetsidhu8877@gmail.com	9369009098	Lucknow University	PG Diploma	3rd Year
92	PRIYANKA VERMA	priyankav236@gmail.com	6399882805	Lucknow University	PG Diploma	Ist year
93	RAHUL SINGH TOMAR	rahulsinghtomar734@gmail.com	8299634147	Lucknow University	PG Diploma	-
94	RAUSHANI MEHRA	RAUSHNIMEHRA63@GMAIL.COM	9997164890	Lucknow University	PG Diploma	4th Year
95	REENA SINGH	mukesh.singhgkp1@gmail.com	9450434929	Lucknow University	PG Diploma	Ist year
96	RIMJHIM SHARMA	rimjhims894@gmail.com	6392273451	Lucknow University	PG Diploma	-
97	RISHI RATAN	rishiratan532@gmail.com	8765517018	Lucknow University	PG Diploma	5th Year
98	SAUMIL SHARMA	123saumil@gmail.com	9921425096	Lucknow University	PG Diploma	Ist year
99	SHARDINDU UPADHYAY	shardindu786@gmail.com	9336135381	Lucknow University	PG Diploma	-
100	SHIKHA SINGH	DRSHIKHASINGH001!GMAIL.COM	8840340296	Lucknow University	PG Diploma	6th Year
101	SHUBHAM BAJPAYEE	shubhambajpayee15@gmail.com	8563811943	Lucknow University	PG Diploma	Ist year
102	SHUBHANSHI	shubhanshi3523@gmail.com	9140198265	Lucknow University	PG Diploma	-
103	SUFIYA RAZZAQ	Sufirazzaq@gmail.com	7905587377	Lucknow University	PG Diploma	7th Year
104	TULIKA JAISWAL	tulikajaiswal7@gmail.com	9005307057	Lucknow University	PG Diploma	Ist year
105	UTKARSH TRIPATHI	tripathi.utkarsh@gmail.com	8051496600	Lucknow University	PG Diploma	-
106	VANDANA MEHROTRA	vmehrotra10@gmail.com	9838075789	Lucknow University	PG Diploma	8th Year
107	VIKAS KUMAR VERMA	VERMA.VK.9044@GMAIL.COM	8299279579	Lucknow University	PG Diploma	Ist year
108	VIKAS SHAH	vikashshah@gmail.com	9580850704	Lucknow University	PG Diploma	-

Column1