



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: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



**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 - 06:30 AM Onwards

AT CHHATRAPATI SHIVAJI PLAY GROUND

Activity on 25.10.21 - Yoga

A Healthy Mind Lives in a Healthy Body.

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** ”

(An initiative by Government of Uttar Pradesh)

Intramural Competition

YOGA

Today, on the 25th 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 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 Anethem. All get refreshment too.



Department of Physical Education

University of Lucknow,

Lucknow-226007



“ Mission Shakti ”

(An initiative by Government of Uttar Pradesh)

Intramural Competition

योग

आज 25 अक्टूबर, 2021 को शारीरिक शिक्षा विभाग मिशन शक्ति फेज-3 के तहत।

लखनऊ विश्वविद्यालय के शारीरिक शिक्षा विभाग द्वारा अन्तर्गर्भाशयी गतिविधि के तहत योग का आयोजन किया गया। जिसमें विभिन्न योग आसन जैसे सूर्य नमस्कार, तड़ आसन, वृक्षासन, अर्ध चंद्रासन, त्रिकोण आसन आदि किए गए हैं। उद्घाटन मुख्य अतिथि डॉ. मोहम्मद तारिक और विशिष्ट अतिथि प्रो. मधुरिमा लाल के साथ डॉ. शशि कनौजिया के स्वागत के साथ किया गया।

एंकर रिशांक 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 श्री रजनीकांत ने कई योग आसनों का परिचय दिया और उन सभी को डेमो द्वारा समझाया भी। अंत में रिशांक ने धन्यवाद ज्ञापन किया। राष्ट्रगान के साथ कार्यक्रम का समापन हुआ। . सभी को ताज़गी भी मिलती है।



Department of Physical Education
University of Lucknow,
Lucknow-226007



“ Mission Shakti ”

(An initiative by Government of Uttar Pradesh)

Intramural Competition







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

.....