



Department of Physical Education
University of Lucknow
Lucknow-226007



Mission Shakti

Phase - III

(An initiative by Government of Uttar Pradesh)

ITINERARY

| Time | Events |
|-------------|---|
| | |
| 11:10 AM | Welcome Address by Dr. Alpana Jain |
| 11:15 AM | Introductory remark by Prof. Madhurima Lall |
| 11:30 AM | Lecture on Health, Yoga and self defence Dr. Neeraj Jain |
| 12:00 PM | Oath taking ceremony on Mission Shakti |
| 12:05 PM | Poster presentation |
| 12:30PM | Yoga practice |
| 01:05 PM | Demonstration and Practices of Exercises and daily workout for girls |
| 01:45 PM | Formal Vote of Thanks by Dr. Alpana Jain |
| 01:50 PM | High Tea |



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नारी सुरक्षा
नारी सम्मान
नारी स्वावलंबन

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Some Glimpse of the Event



Physical Education University of Lucknow,

