



DEPARTMENT OF HOME SCIENCE

UNIVERSITY OF LUCKNOW

(ALONG WITH ASSOCIATED COLLEGES)

celebrated

MISSION SHAKTI PHASE 3

An initiative by Govt. of Uttar Pradesh

Topic:

**IMPORTANCE OF NUTRITION IN
WOMEN AND ADOLESCENT GIRLS**

ITINERARY

| Time | Events |
|-------------|---|
| 10:30 a.m. | Awareness Rally |
| 11:00 a.m. | Oath taking ceremony on Mission Shakti |
| 11:10 a.m. | Lighting lamp |
| 11:20 a.m. | Welcome to the chief guest Dr Vinod Kumar Singh (Registrar, Lucknow University) |
| 11:30 a.m. | Welcome address by Dr Meera Singh |
| 11:40 a.m. | Introduction remarks by Prof. Madhurima Lall |
| 11:50 a.m. | A brief speech by Dr Vinod Singh |
| 12:00 noon | Lecture on Breast Cancer Keynote speaker: Dr Ekta Sharma |
| 12:30 p.m. | Lecture on Anemia Keynote speaker: Prof. Sunita Mishra |
| 1:00 p.m. | Lecture on Eat Right India Movement of FSSAI Keynote speaker: Dr Manisha Narayan |
| 1:40 p.m. | Lecture on Importance of nutrition in adolescent girls and women Keynote speaker: Dr Ritu Singh |
| 2:00 p.m. | Lunchbox recipe assessment by experts |
| 2:20 p.m. | Memento distribution ceremony for poster presentation and to keynote speakers |
| 2:40 p.m. | Formal vote of thanks by Dr Devina Sahai |
| 2:50 p.m. | Hi-tea |
| 3:30 p.m. | Program visit by Mrs. Sangita Rai |



**Department of Home Science
University of Lucknow**

celebrates

MISSION SHAKTI Phase 3

An initiative by Govt. of Uttar Pradesh

on

1st October, 2021

11:30 a.m. onwards

Venue: Department of Home Science

**Importance of Nutrition in Women and
Adolescent Girls**

Prof. Alok Kumar Rai

Patron

Hon'ble Vice-Chancellor
University of Lucknow

Prof. Sunita Mishra

Speaker

Dean, School of Home Science
BBAU, Central University
Lucknow

Dr. Manisha Narayan

Speaker

Deputy Director
Northern Region
FSSAI, India

Dr. Ritu Singh

Speaker

Consultant Nutritionist
Jagrani Hospital, Lucknow

Prof. Madhurima Lal

Convener

Dept. of Applied Economics
University of Lucknow

Prof. Shashi Shukla

Ex-officio

Head & Dean

Dept. of Home Science
University of Lucknow

Dr. Meera Singh

Coordinator

Dept. of Home Science
University of Lucknow

Dr. Devina Sahai

Dept. of Home Science
University of Lucknow

Research Scholars & Students

**Department of Home Science
University of Lucknow**

Report

The Department of Home Science, University of Lucknow celebrated the vivid aspects of Mission Shakti- Phase III through the organization of a Mega Event today. The Event supported by Mission Shakti was focussed on the theme 'Importance of Nutrition in Women and Adolescent Girls'. Under the able guidance of the Vice Chancellor Prof Alok Kumar Rai, a number of events including 'Mission Shakti Walk' by the female students', Chart & Poster Making Competition, 'Poshan Vatika Awareness', 'Poshan Rangoli', 'Tiffin Box Analysis' and finally thematic lectures by invited experts Prof. Sunita Mishra, Dean, BBAU, Dr Manisha Narayan, Dy. Director (Northern Region), FSSAI and Dr Ritu Singh, Consultant Nutritionist, Jagrani Hospital. A special lecture on 'Breast Cancer Awareness' by Dr Ekta Sharma, Gynaecologist, Apollo Hospitals was also organized to highlight this sensitive issue related to the ladies.

The presence of Dr Vinod Kumar Singh, Registrar, Lucknow University, Mrs. Sangeeta Rai, Prof. Shashi Shukla, Dean, Faculty of Arts, Prof Madhurima Lall, Convenor, Mission Shakti, Prof. Rakesh Dwivedi, Coordinator, NSS, Prof. Durgesh Shrivastava, Director, IPPR, Prof. Dinesh Kumar, Chief Proctor and several other dignitaries graced the occasion. The students from the Home Science Department of the Lucknow University and more than 10 affiliated colleges attended the programme with enthusiasm. The meticulous analysis of the Tiffin Boxes of the students made them aware about the nutritional status of the daily food they are habituated to consume. The Poshan Rangoli designed by the real food products including fresh vegetables, fruits, nutritious grains, etc was the point of attraction. These displays were opened for public viewing and consultations also, so that the women on duty at the University Campus can be benefitted from them.

The programme was conceived and organized by the Coordinator of the Home Science Department Dr Meera Singh. Dr Devina Sahai and the Research Scholars of the Department organized the event successfully. More than 230 participants attended the program.

गृह विज्ञान विभाग
लखनऊ विश्वविद्यालय

रिपोर्ट

लखनऊ विश्वविद्यालय के गृह विज्ञान विभाग में आज मिशन शक्ति - फेस-III से संबन्धित विविध कार्यक्रमों से सजे एक भव्य मेगा इवेंट का आयोजन किया गया। गृह विज्ञान विभाग के सहयोग से आयोजित इस कार्यक्रम का थीम 'महिलाओं और किशोरियों में पोषण का महत्व' रखा गया था। माननीय कुलपति प्रो. आलोक कुमार राय जी के दिशानिर्देशन में आयोजित इस मेगा इवेंट में छात्राओं द्वारा 'मिशन शक्ति वॉक', 'चार्ट एवं पोस्टर प्रतियोगिता', 'पोषण वाटिका जागरूकता', 'पोषण रंगोली', 'टिफिन बॉक्स विश्लेषण' और आमंत्रित विशेषज्ञों द्वारा विभिन्न आयामों पर व्याख्यान का आयोजन किया गया। प्रो. सुनीता मिश्रा, डीन, बीबीएयू, डॉ मनीषा नारायण, उप-निदेशक, एफएसएसएआई (उत्तर क्षेत्र) एवं डॉ रीतू सिंह, पोषण सलाहकार, जगरानी अस्पताल ने मिशन शक्ति पर अपने विषय विशेष विचार प्रस्तुत किए। महिलाओं हेतु अति-संवेदनशील विषय 'स्तन कैंसर जागरूकता' पर डॉ एकता शर्मा, स्त्री रोग विशेषज्ञ, अपोलो अस्पताल का विशेष व्याख्यान आयोजित किया गया।

इस अवसर पर डॉ विनोद कुमार सिंह, कुलसचिव, लखनऊ विश्वविद्यालय, श्रीमति संगीता राय जी, प्रो. शशि शुक्ला, डीन, कला संकाय, प्रो. मधुरिमा लाल, संयोजक, मिशन शक्ति, प्रो. राकेश द्विवेदी, समन्वयक, राष्ट्रीय सेवा योजना, प्रो. दुर्गेश श्रीवास्तव, निदेशक, आईपीपीआर, प्रो. दिनेश कुमार, कुलानुशासक तथा अन्य गणमान्य व्यक्ति उपस्थित रहे। गृह विज्ञान विभाग और विश्वविद्यालय से संबद्ध 10 से अधिक महाविद्यालयों की छात्राओं ने पूरे जोश के साथ इस कार्यक्रम में भाग लिया। टिफिन बॉक्स विश्लेषण जैसे रोचक कार्यक्रम के माध्यम से छात्राओं को उनका द्वारा प्रयोग किए जा रहे खाद्य पदार्थों में उपलब्ध पोषक तत्वों की जानकारी दी गई। ताजे फल, सब्जियों, अनाजों एवं अन्य खाद्य पदार्थों से निर्मित पोषक रंगोली का निर्माण अत्यंत रोचक और आकर्षक तरीके से किया गया था और सभी आगंतुकों का ध्यान अपनी ओर खींचने में सफल हो रहा था। विश्वविद्यालय प्रांगण में कार्यरत महिलाओं एवं अन्य इक्षुक लोगों हेतु पोषक रंगोली एवं अन्य पोस्टर इत्यादि देखने और समझने का मौका भी दिया गया ताकि ज्यादा से ज्यादा लोग इनसे लाभ प्रपट कर सकें।

गृह विज्ञान विभाग की समन्वयक डॉ मीरा सिंह द्वारा तैयार किए गए इस थीम को विभाग की डॉ देविना सहाय और शोध छात्राओं ने पूरे मनोयोग से सफलतापूर्वक आयोजित किया।

GLIMPSES OF PROGRAM



GLIMPSES OF PROGRAM



(University of Lucknow / Associated Colleges / NSS Volunteers)

| Sl. No. | Name | Mobile No. | University/College | NSS |
|----------------|-------------------|-------------------|---------------------------|------------|
| 1 | Akanksha Yadav | 8175092895 | Lucknow University | NSS |
| 2 | Ankita Yadav | 9984095911 | Lucknow University | NSS |
| 3 | Rajini Singh | 6388659951 | Lucknow University | NSS |
| 4 | Tannu Yadav | 7897656436 | Lucknow University | NSS |
| 5 | Namita Verma | 8112858385 | Lucknow University | NSS |
| 6 | Mahima Shukla | 9451664537 | Lucknow University | NSS |
| 7 | Anushka Singh | 9936466699 | Lucknow University | NSS |
| 8 | Alpana Yadav | 9628424283 | Lucknow University | NSS |
| 9 | Radha Gautam | 9415738427 | Lucknow University | NSS |
| 10 | Shivani Kaushal | 6306062362 | Lucknow University | NSS |
| 11 | Laxmi Rawat | 9621792736 | Lucknow University | NSS |
| 12 | Arti Nishad | 8305690526 | Lucknow University | NSS |
| 13 | Kajal Tiwari | 8957583372 | Lucknow University | NSS |
| 14 | Aayushi Agarwal | 9511999526 | Lucknow University | NSS |
| 15 | Arti Yadav | 8181936254 | Lucknow University | NSS |
| 16 | Shruti Srivastava | 9140471729 | Lucknow University | NSS |
| 17 | Archana Shah | 7355340374 | Lucknow University | NSS |
| 18 | Aneesha Gupta | 8081405471 | Lucknow University | NSS |
| 19 | Surabhi Sonkar | 9956143387 | Lucknow University | NSS |
| 20 | Aditi Rajpoot | 9336370711 | Lucknow University | NSS |
| 21 | Ayushi Nishad | 9936867029 | Lucknow University | NSS |
| 22 | Richa Srivastava | 9532590775 | Lucknow University | NSS |
| 23 | Mudita Gupta | 9955848856 | Lucknow University | NSS |
| 25 | Shradha Ojha | 8736818984 | Lucknow University | NSS |
| 25 | Archana Verma | 9005848251 | Lucknow University | NSS |
| 26 | Shashi | 9696649459 | Lucknow University | NSS |

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|----|--------------------|------------|--------------------|-----|
| 27 | Anuradha Verma | 8303098397 | Lucknow University | NSS |
| 28 | Sheetal | 9598466368 | Lucknow University | NSS |
| 29 | Pragya Madeshiya | 9918760716 | Lucknow University | NSS |
| 30 | Sameeksha Verma | 6392721479 | Lucknow University | NSS |
| 31 | Arti Yadav | 6388760484 | Lucknow University | NSS |
| 32 | Megha Dhaka | 8090698551 | Lucknow University | NSS |
| 33 | Diksha Singh | 9170735520 | Lucknow University | NSS |
| 34 | Pranjali Gupta | 7571831496 | Lucknow University | NSS |
| 35 | Rajnish Kumar | 7310296534 | Lucknow University | NSS |
| 36 | Manish Singh Patel | 9430360453 | Lucknow University | NSS |
| 37 | Anshika Verma | 9696426203 | Lucknow University | NSS |
| 38 | Kajal Kumari | 9335186013 | Lucknow University | NSS |
| 39 | Bhumi Agrawal | 8429911792 | Lucknow University | NSS |
| 40 | Shweta Upadhyay | 9305923288 | Lucknow University | NSS |
| 41 | Kavita Shahi | 9369631840 | Lucknow University | NSS |
| 42 | Namita Verma | 8545007926 | Lucknow University | NSS |
| 43 | Aditi Soni | 8564021718 | Lucknow University | NSS |
| 44 | Akanksha Mishra | 9532981204 | Lucknow University | NSS |
| 45 | Ananya Yadav | 6393060481 | Lucknow University | NSS |
| 46 | Anchal Singh | 7518154519 | Lucknow University | NSS |
| 47 | Akash Awasthi | 8736833576 | Lucknow University | NSS |
| 48 | Anjali | 8840632177 | Lucknow University | NSS |
| 49 | Anshima Shukla | 8005138795 | Lucknow University | NSS |
| 50 | Arti Pal | 6394096004 | Lucknow University | NSS |
| 51 | Ayush Yadav | 9918177363 | Lucknow University | NSS |
| 52 | Hemant Singh | 7071762238 | Lucknow University | NSS |
| 53 | Isha Nag | 6392352190 | Lucknow University | NSS |
| 54 | Ismael Abdul Malik | 7317282913 | Lucknow University | NSS |
| 55 | Janhwi Singh | 7355226781 | Lucknow University | NSS |
| 56 | Kajal Verma | 7007173982 | Lucknow University | NSS |

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| 57 | Laxmi Kanaujiya | 9555769322 | Lucknow University | NSS |
| 58 | Parixit Singh | 7678245629 | Lucknow University | NSS |
| 59 | Prachi Singh | 6387688483 | Lucknow University | NSS |
| 60 | Prakhyat Dixit | 8738943196 | Lucknow University | NSS |
| 61 | Roli Mishra | 8887800510 | Lucknow University | NSS |
| 62 | Sakshi Nishad | 8317052081 | Lucknow University | NSS |
| 63 | Sakshi Singh | 9452649297 | Lucknow University | NSS |
| 64 | Sana Akhtar | 7348132833 | Lucknow University | NSS |
| 65 | Sandhya | 9026426993 | Lucknow University | NSS |
| 66 | Saurabh Raj | 6394699503 | Lucknow University | NSS |
| 67 | Shalu Gautam | 9415007924 | Lucknow University | NSS |
| 68 | Pooja Bharti | 9807442989 | Lucknow University | NSS |
| 69 | Shivani Pal | 6307965099 | Lucknow University | NSS |
| 70 | Shreya Raj | 6393205018 | Lucknow University | NSS |
| 71 | Shweta Yadav | 9936332971 | Lucknow University | NSS |
| 72 | Supriya Pandey | 9415897078 | Lucknow University | NSS |
| 73 | Suraj Kr. Tripathi | 7408625583 | Lucknow University | NSS |
| 74 | Ashish Singh | 7398358034 | Lucknow University | NSS |
| 75 | Sumati Shukla | 6306947329 | Lucknow University | NSS |
| 76 | Kavita Sahi | 9369631840 | Lucknow University | NSS |
| 77 | Surabhi Dwivedi | 9958024619 | LU | |
| 78 | Ankita Singh | 7897967813 | LU | |
| 79 | Sia Ghai | 6389016767 | LU | |
| 80 | Ruchi Singh | 8795188155 | Associated College | |
| 81 | Seema Devi | 8127475963 | -do- | |
| 82 | Rani Yadav | 7860625840 | -do- | |
| 83 | Ayushi Verma | 7570099091 | -do- | |
| 84 | Nimish Verma | 9554115120 | -do- | |
| 85 | Ilma | 7897507233 | -do- | |
| 86 | Anam | 9721995607 | -do- | |

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|-----|-------------------|------------|------|--|
| 87 | Ayushi Patel | 8303632573 | -do- | |
| 88 | Jyoti Kumari | 7352828454 | -do- | |
| 89 | Mahak Singh | 9026598890 | -do- | |
| 90 | Lakshmi Yadav | 9984456158 | -do- | |
| 91 | Muskan Yadav | 7518878316 | -do- | |
| 92 | Kajal Pal | 8887671858 | -do- | |
| 93 | Siya Yadav | 8081558844 | -do- | |
| 94 | Sudha Yadav | 8858471868 | -do- | |
| 95 | Arti Verma | 9264962998 | -do- | |
| 96 | Laxmi Yadav | 9559394991 | -do- | |
| 97 | Soumya Singh | 7991442225 | -do- | |
| 98 | Komal Vishwakarma | 9044342707 | -do- | |
| 99 | Babli Rajpoot | 8303140319 | -do- | |
| 100 | Soni Rawat | 9598342534 | -do- | |
| 101 | Kamini Yadav | 7897238915 | -do- | |
| 102 | Shalu Rawat | 8299356373 | -do- | |
| 103 | Umang Verma | 8303507533 | -do- | |
| 104 | Arti Kashyap | 8400777156 | -do- | |
| 105 | Laxmi Kashyap | 7518437008 | -do- | |
| 106 | Shilpi Rawat | 7317673497 | -do- | |
| 107 | Rashmi Singh | 8005028018 | -do- | |
| 108 | Anamika Verma | 7307809897 | do | |
| 109 | Arfiya Siddiqui | 9621432395 | do | |
| 110 | Akanksha | 9118008238 | do | |
| 111 | Roopa Verma | 9335499133 | do | |
| 112 | Shalini Yadav | 8388202831 | do | |
| 113 | Anjali Kumari | 6393555386 | do | |
| 114 | Deepa Singh | 7275624741 | do | |
| 115 | Vishnu Maya | 9555091172 | do | |
| 116 | Suraksha Tripathi | 8858909603 | do | |

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|-----|-------------------|------------|----|--|
| 117 | Guddi Kumari | 7319927546 | do | |
| 118 | Sarashwati Halwai | 969502034 | do | |
| 119 | Archna Yadav | 9956344794 | do | |
| 120 | Nandini | 8173093707 | do | |
| 121 | Km Pinki | 7489835658 | do | |
| 122 | Ankita Yadav | 9936827078 | do | |
| 123 | Aayushi Tiwari | 9115056777 | do | |
| 124 | Pinki Devi | 8874131140 | do | |
| 125 | Aditi Gupta | 6307026984 | do | |
| 126 | Apoorva Tripathi | 8299118579 | do | |
| 127 | Priya kumari | 6391653431 | do | |
| 128 | Shripada Devi | 8303191851 | do | |
| 129 | Saroj Chaurasiya | 9807801746 | do | |
| 130 | Priya Verma | 9555572413 | do | |
| 131 | Nidhi Soni | 7518385310 | do | |
| 132 | Tanisha Gupta | 7355616596 | do | |
| 133 | Nisa Gautam | 7905931821 | do | |
| 134 | Noor Fatima | 9783180280 | do | |
| 135 | Anshika Kashyap | 7318251048 | do | |
| 136 | Arti Dixit | 902677406 | do | |
| 137 | Palvi Dixit | 9695712974 | do | |
| 138 | Sakshi Bajpai | 8604318120 | do | |
| 139 | Harshita Nigam | 8528360710 | do | |
| 140 | Khushi Gupta | 9453236646 | do | |
| 141 | Neelam | 6307795861 | do | |
| 142 | Neha Gautam | 9369657848 | do | |
| 143 | Sumaiya | 9648014920 | do | |
| 144 | Roshni | 7985713255 | do | |
| 145 | Pooja Verma | 9935578446 | do | |
| 146 | Swapnil Chaudhary | 6394221574 | do | |

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|-----|-----------------|------------|----|--|
| 147 | Anushka Singh | 7355359311 | do | |
| 148 | Amrita Sharma | 8795640036 | do | |
| 149 | Harshita Shukla | 8957030895 | do | |
| 150 | Shakshi Singh | 7388947376 | do | |
| 151 | Arbiya Naaz | 6387710318 | do | |
| 152 | Binita | 6386837862 | do | |
| 153 | Saina Bano | 6387710318 | do | |
| 154 | Princy Gupta | 7704923860 | do | |
| 155 | Muskaan Verma | 8874425312 | do | |
| 156 | Sunita Saran | 9451086022 | do | |
| 157 | Laxmi | 8528977282 | do | |
| 158 | Saziya Khan | 9648046692 | do | |
| 159 | Anjali | 7897333744 | do | |
| 160 | Divyanshi Dixit | 9794909163 | do | |
| 161 | Shweta Kumari | 9860265770 | do | |
| 162 | Anjali Singh | 9328656849 | do | |
| 163 | Nisha Rawat | 7800444750 | do | |
| 164 | Rekha Yadav | 930585421 | do | |
| 165 | Tanu | 9336928887 | do | |
| 166 | Nargis | 9369572430 | do | |
| 167 | Payal Yadav | 9935884466 | do | |
| 168 | Poonam Shukla | 9889886791 | do | |
| 169 | Faheen Bano | 958771314 | do | |
| 170 | Hina Parveen | 934388250 | do | |
| 171 | Soumya Chaubey | 8750383521 | do | |
| 172 | Anjali | 7393009063 | do | |
| 173 | Anshika | 9651744184 | do | |
| 174 | Nagma | 88538594 | do | |
| 175 | Roshni | 7985713255 | do | |
| 176 | Preeti Yadav | 9598467840 | do | |

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|-----|--------------------|-------------|----|--|
| 177 | Seema Shrivastav | 9005981111 | do | |
| 178 | Neha Khan | 9696982416 | do | |
| 179 | Anjali Maurya | 7348181744 | do | |
| 180 | Riddhi Yadav | 9044167949 | do | |
| 181 | Navejot Kaur | 8960557190 | do | |
| 182 | Ritika Singh | 9793646053 | do | |
| 183 | Jagruti Shukla | 9794231338 | do | |
| 184 | Pooja Singh | 9616824340 | do | |
| 185 | Soni Rawat | 7897015706 | do | |
| 186 | Akanksha Prajapati | 8840346132 | do | |
| 187 | Kajal Kashyap | 69793762818 | do | |
| 188 | Mahima Sahu | 9839680556 | do | |
| 189 | Kunjika Sinha | 9335133561 | do | |
| 190 | Nidhi Gautam | 7007619064 | do | |
| 191 | Pallavi Yadav | 9696348430 | do | |
| 192 | Gayatri Pandey | 6388396047 | do | |
| 193 | Anamika Shrivastav | 9415467381 | do | |
| 194 | Sareena Jahaan | 7571070735 | do | |
| 195 | Shruti Tiwari | 8795668425 | do | |
| 196 | Vartika Verma | 9451745068 | do | |
| 197 | Nidhi Yadav | 7393840092 | do | |
| 198 | Mariyam Fatima | 9450466066 | do | |
| 199 | Shivam | 8090651964 | do | |
| 200 | Priyanka Yadav | 9919421140 | do | |
| 202 | Anju Yadav | 9628335340 | do | |
| 203 | Shalini yadav | 9919421140 | do | |
| 204 | Rakhi Yadav | 9628335340 | do | |
| 205 | Avinashi Rawat | 9794306067 | do | |
| 206 | Komal Rajpoot | 7275114731 | do | |
| 207 | Archana Divan | 9628043581 | do | |

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|-----|--------------------------|------------|----|-----|
| 208 | Shivani | 7307144150 | do | |
| 209 | Suman Verma | 8840128551 | do | |
| 210 | Sheeja Khan | 6392879788 | do | |
| 211 | Sabnam | 9129152409 | do | |
| 212 | Versha Sharma | 9305543981 | do | |
| 213 | Samarpana | 9452158021 | do | |
| 214 | Sakshi Mishra | 8303986480 | do | |
| 215 | Pallavi Kumari | 7408245657 | do | |
| 216 | Aasha Tripathi | 8081772611 | do | |
| 217 | Nikki Saxena | 9415180015 | do | |
| 218 | Bhajan lal | 9415770663 | LU | |
| 219 | Manju Singh | - | LU | |
| 220 | I.P. Gupta | 8004455122 | LU | |
| 221 | Shobnath | 8090373251 | LU | |
| 222 | Nikita Singh | 8303342435 | LU | |
| 223 | Priyanka Bharti | 9621338233 | LU | |
| 224 | Angeera | 8573495986 | LU | |
| 225 | Sheetal | 9598466368 | LU | NSS |
| 226 | Anuj kumar Rawat | 7571906181 | LU | NSS |
| 227 | Ananya Yadav | 6393060481 | LU | |
| 228 | Mantasha Wahab | 7905695838 | LU | |
| 229 | Prof. Rakesh Dwiwedi | - | LU | |
| 230 | Prof. Durgesh Srivastava | - | LU | |
| 231 | Dr. O.P.Shukla | - | LU | |
| 232 | Dr. Babita Jaiswal | - | LU | |
| 233 | Dr.Archana Shukla | - | LU | |
| 234 | Dr. Madri | - | LU | |