



**DEPARTMENT OF HOME SCIENCE
&
NATIONAL SERVICE SCHEME
UNIVERSITY OF LUCKNOW**

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**

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 National Service Scheme 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 150 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। राष्ट्रीय सेवा योजना 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', 'टिफ़िन 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।

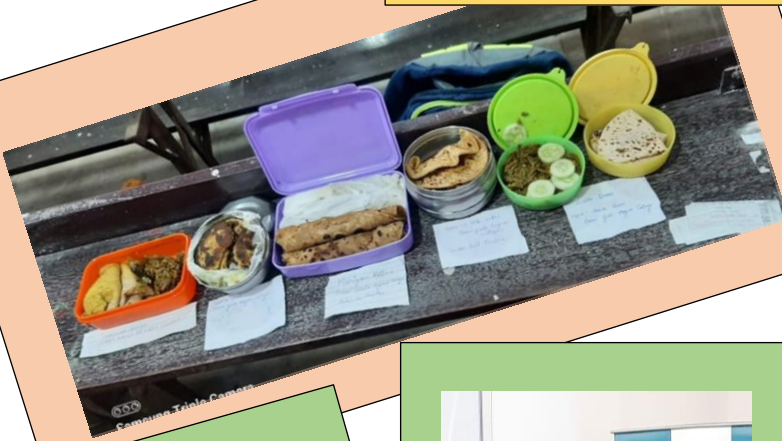
इस अवसर पर डॉ विनोद कुमार सिंह, कुलसचिव, लखनऊ विश्वविद्यालय, श्रीमति संगीता राय जी, प्रो. शशि शुक्ला, डीन, कला संकाय, प्रो. मधुरिमा लाल, संयोजक, मिशन शक्ति, प्रो. राकेश द्विवेदी, समन्वयक, राष्ट्रीय सेवा योजना, प्रो. दुर्गेश श्रीवास्तव, निदेशक, आईपीपीआर, प्रो. दिनेश कुमार, कुलानुशासक तथा अन्य गणमान्य व्यक्ति उपस्थित रहे। गृह विज्ञान विभाग और विश्वविद्यालय से संबद्ध 20 से अधिक महाविद्यालयों की छात्राओं ने पूरे जोश के साथ इस कार्यक्रम में भाग लिया। टिफ़िन 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



List of the Participants

(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
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
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-	
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--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	
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	
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	
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	Jagriti 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	
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	

