

# REPORT ON MISSION SHAKTI PHASE-4



ORGANIZED BY



DEPARTMENT OF GEOGRAPHY  
UNIVERSITY OF LUCKNOW  
26 AUGUST 2022



**"Yoga: Blessing for ALL"**

DEPARTMENT OF GEOGRAPHY  
UNIVERSITY OF LUCKNOW  
NAAC ACCREDITED A++

Organises  
**"Yoga Session"**  
Under  
**Mission Shakti Program (Phase - 4)**  
(An Initiative of Government of Uttar Pradesh)  
Under the Patronage of  
**Prof. Alok Kumar Rai**  
Hon'ble Vice Chancellor  
University of Lucknow

**Prof. Madhurima Lall** Convener  
Mission Shakti

**Prof. Prem Suman** Head  
Department of  
Geography

**Dr. Roli Misra** Co-Ordinator  
Department of  
Geography

**Date: 26th August, 2022**  
**Timing: 11:00 A.M.**  
**(Hybrid Mode)**

**Venue:**  
Seminar Hall,  
Department of  
Geography

**Zoom Meeting Link:**  
<https://us02web.zoom.us/j/822775184957>  
pwd=TK5Z2U52WJYJ  
LNK2VZLRLNHWSSXU  
T09

**Guest :**  
**Shashi Prabha Dwivedi**  
A Young Yoga Entrepreneur from  
Bangalore,  
**An ACE certified yoga trainer specialising  
in Ashtanga series and Trained in Yoga  
Trapeze from Barcelona, Spain.**

## Report of the Programme

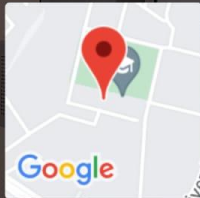
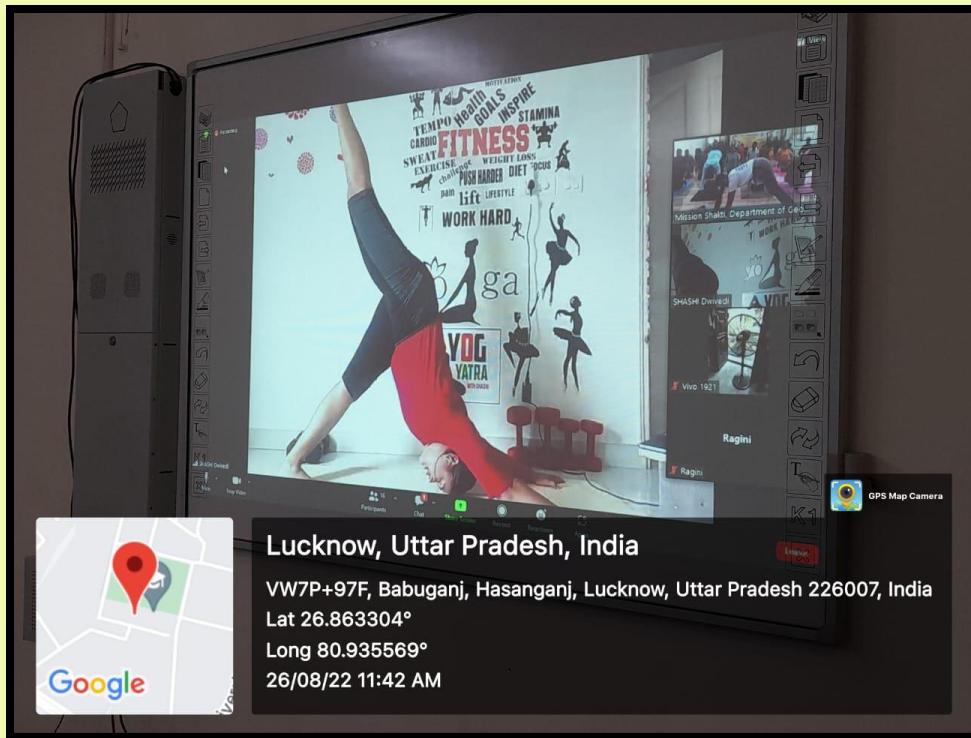
Mission Shakti programme (Phase-4), an initiative of Government of Uttar Pradesh, was organized by the department of Geography in hybrid mode, in Seminar Hall on 26<sup>th</sup> August 2022 under the aegis of Hon'ble Vice Chancellor Prof. Alok. Kumar Rai. The theme of the programme was 'Women Entrepreneur'. The programme was inaugurated by the welcome address of Dr. Roli Misra, organizing secretary of the programme who welcomed the convener of Mission Shakti, Prof. Madhurima Lall. The guest speaker was Ms Shashi Prabha Dwivedi from Bangalore who is an expert in Ashtanga series and is also trained in Trapeze Yoga from Barcelona, Spain. She explained the importance of yoga to the students through online session. Some important asanas like Sarvangasana, Padahastasana, Baddha Kone Asana, Shirshasan, Setubandha Asana were displayed by her and students practiced these asanas with her. Why yoga is very important for women was also discussed and some women specific asanas were taught in the session. In the end she discussed her own journey as yoga practitioner, then as yoga teacher to yoga entrepreneur and

told that determination, confidence and consistency are important to become successful in life. The convenor of Mission Shakti, Prof Madhurima Lall talked about the objective of Mission Shakti programme which is an initiative of government of Uttar Pradesh to empower girls and women of the state. She also stressed upon that girls should come forward and take the lead.

Dr. Meera Singh from Department of Home Science, Dr. Arun Dwivedi, Dr. Lal Krishna Mishra, Dr. Ritika Prasad, Mayank Bhardwaj, Ishwar Prasad Gupta, Somnath from Geography Department also gave their participation in organizing this yoga session. The session was attended by students in offline mode and others joined the session in online mode.







Lucknow, Uttar Pradesh, India

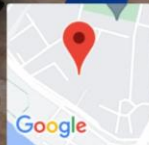
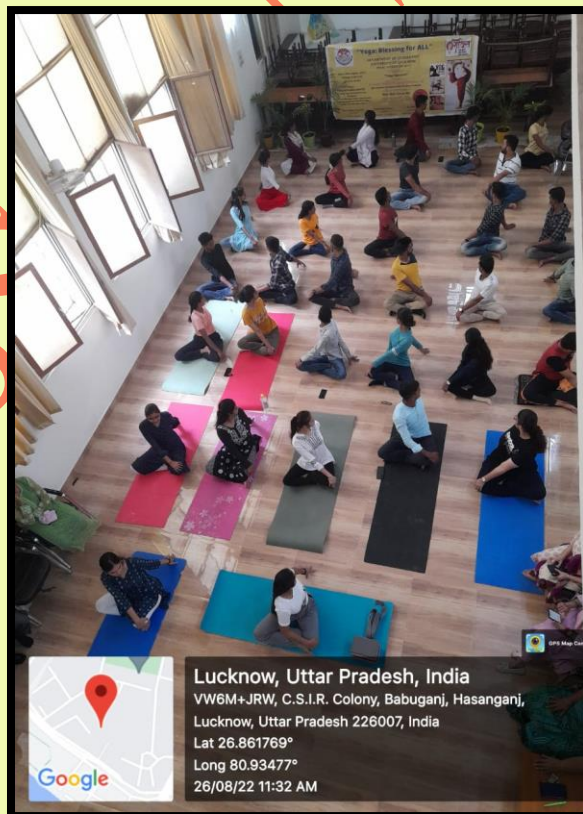
VW7P+97F, Babujanj, Hasanganj, Lucknow, Uttar Pradesh 226007, India

Lat 26.863304°

Long 80.935569°

26/08/22 11:42 AM

MISO



Lucknow, Uttar Pradesh, India

VW6M+JRW, C.S.I.R. Colony, Babujanj, Hasanganj,

Lucknow, Uttar Pradesh 226007, India

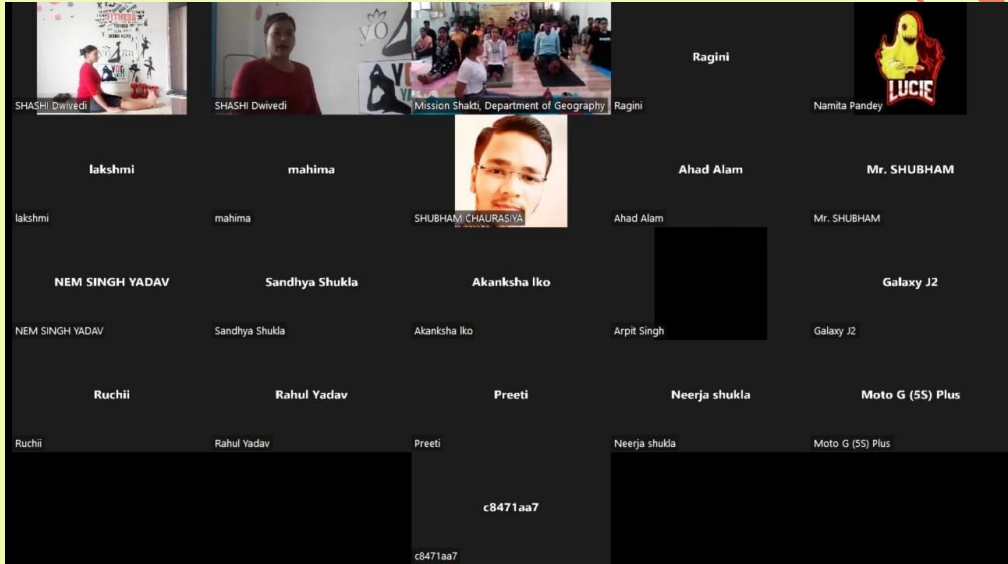
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Mission Shakti Phase-4. 26 August 2022

**DEPARTMENT OF GEOGRAPHY**  
 FACULTY OF ARTS, UNIVERSITY OF LUCKNOW, LUCKNOW  
 ATTENDANCE SHEET

SUBJECT Geography Class ..... Paper .....

Paper Title ..... Date ..... Time .....

S.N.	Student I.D.	Name of Student	Signature
1	19001015033	Mohammad Imran	Mohammad Imran
2	19001015465	Rahul Kumar Yadav	Rahul
3	19001015233	Soloni Chauhan	Soloni
4	19001015060	Vanshika Mathur	Vanshika
5	19001015134	Ajay Kumar Jaiswal	Ajay
6	19001015493	Ragini Rajput	Ragini Rajput
7	19001015798	Ragini Rajput	Ragini Rajput
8	19001015802	Shubham Kumar Rathore	Shubham
9	5051	Ashu Singh	Ashu Singh
10	5038	Harsh Lal	Harsh Lal
11	19001015852	Rajan Kushwaha	Rajan Kushwaha
12	19001015237	Alok Verma	Alok Verma
13	20001015038	Anam Verma	Anam Verma
14	5049	Rajnish Kumar	Rajnish Kumar
15	19001015929	Rishabh Sharma	Rishabh Sharma
16	19001015916	Poojan Gupta	Poojan Gupta
17	19001015505	Shikhar Singh	Shikhar Singh
18	19001015572	Somali Prasad	Somali Prasad
19	19001015574	Manita Kanyaria	Manita Kanyaria
20	2110011335048	Muskan Raj	Muskan Raj
21	5075	Smita Jain	Smita Jain
22	200011335014	Nancy Tripathi	Nancy Tripathi
23	5024	Smriti Dubey	Smriti Dubey
24	200011335010	Jagriti Dwivedi	Jagriti Dwivedi
25	2000113350073	Abhikharan Singh Mishra	Abhikharan Singh Mishra
26	2110011335064	Byanka Kumari	Byanka Kumari
27	2110011335053	Tahmaya Shukla	Tahmaya Shukla
28	200015055001	Vishnu Kumar	Vishnu Kumar
29	180014055004	Deepa Gangwar	Deepa
30			
31			

## योगाभ्यास कराया

जासं, लखनऊ : लखनऊ विश्वविद्यालय के भूगोल विभाग की ओर से मिशन शक्ति कार्यक्रम के अंतर्गत शुक्रवार को योग सत्र का आयोजन किया गया। अष्टांग आसनों में निपुण बेंगलुरु से शशि प्रभा द्विवेदी ने आनलाइन क्लास के माध्यम से छात्र-छात्राओं को योग की महत्ता समझाई। साथ ही सर्वांगासन, पादहस्तासन, शीर्षासन, सेतुबंध आसन के बारे में बताया तथा उनको करके भी दिखाया। विद्यार्थियों ने भी आसन का अभ्यास किया। कार्यक्रम में प्रो. मधुरिमा लाल, डा. रोली मिश्रा, डा. अरुण द्विवेदी, डा. लाल कृष्ण मिश्र सहित अन्य शिक्षक उपस्थित रहे।

## एलयू: विद्यार्थियों को योग के आसन बताए गए

लखनऊ। लखनऊ विश्वविद्यालय में मिशन शक्ति कार्यक्रम के तहत शुक्रवार को योग सत्र का ऑनलाइन आयोजन किया गया। इसमें स्पेन से टूप्पेज योग की शिक्षा हासिल करने वाले शशि प्रभा द्विवेदी ने विद्यार्थियों को योग की महत्ता बताई। साथ ही सर्वांगासन, पादहस्तासन, बद्ध कोन आसन, शीर्षासन, सेतुबंध आसन जैसे आसनों को करके दिखाया।