



DEPARTMENT OF MEDIEVAL AND  
MODERN HISTORY  
UNIVERSITY OF LUCKNOW,  
LUCKNOW- 226007



## Mission Shakti Phase-IV

(An initiative of The Government of Uttar Pradesh)



DEPARTMENT OF MEDIEVAL AND MODERN HISTORY  
UNIVERSITY OF LUCKNOW

Cordially invites you to give your precious  
time to attend 'Training Programme on Yoga  
and Martial Art' under  
Mission Shakti Phase IV  
(An initiative by Government of Uttar Pradesh)

Date: 10<sup>th</sup> August, 2022

Time: 08:00 AM

Venue: Department of Medieval and Modern History,  
University of Lucknow

Patron

Prof. Alok Kumar Rai  
Honourable Vice-Chancellor  
University of Lucknow

Guest Invitee

Shri Pramod Tewari  
Yoga and Marshal Art Expert

Head

Prof. Shama Mahmood  
Department of Medieval and  
Modern History  
University of Lucknow

Convenor

Prof. Madhurima Fall  
Department of Applied Economics  
University of Lucknow

Coordinator

Dr. Manisha  
Department of Medieval and Modern  
History  
University of Lucknow



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**ITINERARY**

<b>Time</b>	<b>Event</b>
<b>08:00 AM</b>	Welcome to the Guest Invitee
<b>08:05AM</b>	Welcome Address by Dr. Manisha
<b>8:10 AM</b>	Introductory Remarks by Prof. Madurima Lall
<b>8:30 to 9:30 AM</b>	Yoga Programme by Shri Pramod Tewari
<b>9:30 to 10 :30 AM</b>	Martial Art Training by Shri Pramod Tewari
<b>10:30 A M</b>	Vote of Thanks by Prof. S. A. Rizvi



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**Mission Shakti Phase IV held on 10<sup>th</sup> August, 2022 in the Department of Medieval and Modern History, University of Lucknow**

The fourth phase of Mission Shakti programme of the Government of Uttar Pradesh was organized in the Department of Medieval and Modern History, University of Lucknow on 10<sup>th</sup> August, 2022 under the patronship of the Honourable Vice Chancellor, Prof. Alok Kumar Rai. The programme was successfully conducted under the guidance of Prof. Madhurima Lall, convener of Mission Shakti Programme, Prof. Shama Mahmood, Head of the Department, Dr. Manisha, coordinator with the cooperation of the other faculty members Prof. Rashmi Rekha and Prof. Sulaiman Ammar Rizvi.

The theme of the 4<sup>th</sup> phase of the Mission Shakti Programme was 'Training Programme on Yoga and Martial Art'. Shri Pramod Tewari, Yoga and Martial Art expert taught students many *Yoga Asanas*. He also imparted Martial Art Training to the students as a self defence measure. While interacting with the students Shri Pramod Tewari highlighted the significance of both Yoga and Martial Arts for the physical well being of the students.



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ATTENDENCE OF THE STUDENTS

Date: 10 August, 2022

S. No	Name	Mobile No.	Course	Signature
1.	Megha Singh	9419675310	M.A. (M.H)	Megha Singh
2.	Rohi Yadav	835029012	"	Rohi
3.	SUMAN	8933889938	M.A (M.H)	Suman
4.	Akshita Kodesia	+985798409	M.A (M.H)	Akshita Kodesia
5.	Garima Singh Chauhan	7985621229	M.A. (M.H)	Garima Singh
6.	Deependra Kumar Rawat	8799240429	M.D (M.H)	Deependra
7.	Aparna Jaiswal	8707577470	MA (M.H)	Aparna
8.	Pooja Gautam	6387693591	MA (M.H)	Pooja
9.	Ray Singh	875689169	MA (M.H)	Ray
10.	Rummi Jaiswal	8545015348	M.A (M.H)	Rummi
11.	Anamika Jaiswal	8004949463	M.A (M.H)	P. Jaiswal
12.	Vikas Anandhi	6307408857	M.A. (M.H)	Vikas
13.	Rohit Sanyal	7510979987	M.A (M.H)	Rohit
14.	Iqra Iqbal	6393966544	MA (M.H)	Iqra Iqbal



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15.	Nayya Ajay	9335071587	MA (MIH)	Nayya
16.	Hrushit Bajpai	928845630	MA (MIH)	Hrushit
17.	Anjali Yadav	8081413306	MA (MIH)	Anjali Yadav
18.	Deependra Kumar Rawat	9199240429	MA (MIH)	Deependra
19.	Rahul Saxena	969094677	MA (MIH)	Rahul
20.	Ashish Mishra	6388209929	MA (MIH)	Ashish
21.	Rishi Mishra	9243452709	MA (MIH)	Rishi
22.	Sanku Tiwari	8153543684	MA (MIH)	Sanku Tiwari
23.	Roshni Yadav	8756455866	MA (MIH)	Roshni
24.	Swati Awasthi	9335860070	MA (MIH)	Swati
25.	Kem. SUMAN	9621121629	MA (MIH)	Suman
26.	Deepanshu Vishwakarma	9205068396	MA (MIH)	Deepanshu
27.	अरुण कुमार शर्मा	7267992431	MA (MIH)	अरुण कुमार शर्मा
28.	Vikas Kumar Agrawal	8207429657	MA (MIH)	Vikas
29.	Bipin Kumar	9161771224	MA (MIH)	Bipin



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30.	Priyanka Gautam	638789357	M.A (M.H.)	Priyanka
31.	Chandramukhi Varma	6306090605	M.A (M.H.)	Chandramukhi
32.	Raj Singh	8756991690	M.A (M.H.)	Raj
33.	Swathi Shetty	9140330197	M.A (M.H.)	Swathi
34.	Shivani Rai	7021655165	M.A (M.H.)	Shivani
35.	Sujit Kumar Singh	7007202339	M.A (M.H.)	Sujit
36.	Shreya Tripathi	6306086342	M.A (M.H.)	Shreya
37.	Ankur Yadav	9044779741	M.A (M.H.)	Ankur Yadav
38.	Vandana	7390887325	M.A (M.H.)	Vandana
39.	Bhagyani K. Verma	9452194170	M.A (M.H.)	Bhagyani
40.	Mohd. Anha Akbar	8127355664	M.A (M.H.)	Mohd. Anha
41.	Mihir Sachdev	2211034373	M.A (M.H.)	Mihir
42.	Keshava Chha	7657721855	M.A (M.H.)	Keshava
43.	Alok Yadav	5018284150	M.A (M.H.)	Alok
44.	Vivek Kumar	7424885953	M.A (M.H.)	Vivek