

**The English and Foreign Languages University**  
[A Central University Established by an Act of Parliament]  
**Lucknow Campus**

**Deeksharambh – Student Induction Programme (SIP)**  
**Schedule**  
**1 to 7 August 2019**

| <b>Date</b>   | <b>Time</b>         | <b>Programme</b> | <b>Detail</b>  | <b>In-charge</b>                            | <b>Venue</b> |
|---------------|---------------------|------------------|--|---|--------------|
| 6 August 2019 | 10:00 am – 11:30 am | Lecture          | Lecture on “Gender and Culture” by Dr. Saumya Sharma, Assistant Professor                | Dr. Saumya Sharma                           | Seminar Hall |
|               | 11:30am-1:00 pm     | Lecture          | Motivational Talk by Dr. C Vipin Kumar, Associate Professor                              | Dr. Pusp Ranjan and Dr. Manish Kumar Gaurav | Seminar Hall |
|               | 1:00 pm-2:30 pm     | Lunch Break      |  |   |              |
|               | 2:30pm-5:00pm       | Activity         | Sesion on “Yoga and its Relevance: Theory and Practice” by Mr. K. K. Shukla, Yoga Expert | Dr. Saumya Sharma                           | Seminar Hall |

Sd/-

Rajneesh Arora  
Director