



**Babasaheb Bhimrao Ambedkar University,
(A Central University) Lucknow-226025
School for Home Sciences
Department of Food and Nutrition**



Poshan Maah Celebration

September 1-30, 2021

Theme: "Eat Smart Right from Start"

Department of Food and Nutrition, School for Home Sciences, Babasaheb Bhimrao Ambedkar University, Lucknow, is organising Yoga and Nutrition for Health & Fitness to mark the celebration of Poshan Maah (2nd week) from 8th September to 14th September, 2021.

The above online training is open to the all students of Babasaheb Bhimrao Ambedkar University. Students can participate via online mode.

Join Google Meet: <https://meet.google.com/xrt-qxzz-wht>

8th September 2021

8:00-9:00 AM: yoga Session

9:00 AM onwards : Malnutrition among Children



Yoga Trainer:

Mrs. Poonam Sharma

Yoga Parshikshak, Yoga Centre
BBAU, Lucknow

Our Speaker for the day

Prof Sunita Mishra

Head and Dean,
School for Home Sciences BBAU, Lucknow

Instructions:

- ❖ Keep yoga mat / bed sheet / chatai with you
- ❖ water bottle during yoga
- ❖ Wear loose cloth for yoga

**Organized by:
Department of Food and Nutrition
School for Home Sciences, BBAU Lucknow**