



# **DEPARTMENT OF HOME SCIENCE**

**UNIVERSITY OF LUCKNOW**

Conducted a Webinar

On occasion of

**POSHAN MAAH**

**MISSION SHAKTI** PHASE 3

(An initiative by Govt. of Uttar Pradesh)

Topic:

**IMPORTANCE OF NUTRITION IN  
WOMEN AND ADOLESCENT GIRLS**

# NATIONAL NUTRITION MONTH

## MISSION SHAKTI Phase 3

An initiative by Govt. of Uttar Pradesh

Department of Home Science  
University of Lucknow

*Cordially invites you to attend a webinar on*

## Importance of Nutrition in Women and Adolescent Girls

*18th September 2021*

*12:00 noon - 1:00 p.m*

Video call link: <https://meet.google.com/yuz-cryw-mhm>

### Speaker



**Dr Ritu Singh**  
Consultant Nutritionist  
Jagrani Hospital, Lucknow



**Prof. Prem Suman Sharma**  
Ex-officio  
Head & Dean  
Dept. of Home Science



**Dr Meera Singh**  
Coordinator  
Dept. of Home Science

**Department of Home Science  
University of Lucknow**

**REPORT OF POSHAN MAAH**

The Department of Home Science, University of Lucknow organized a Webinar on the topic “Importance of Nutrition in Women and Adolescent Girls” under National Nutrition Month being celebrated under Mission Shakti Phase-3 on 18<sup>th</sup> September 2021. The Webinar Lecture was delivered by Dr Ritu Singh, Consultant Nutritionist, Jagrani Hospital, Lucknow and it was followed by a question-answer session. The Webinar topic was introduced by Dr Meera Singh, Coordinator, Home Science Department. The Experts for answering the questions included Dr Devina Sahai and others. Prof Prem Suman Sharma, Dean, Faculty of Arts graced the Webinar.

**गृह विज्ञान विभाग  
लखनऊ विश्वविद्यालय**

**पोषण माह की रिपोर्ट**

लखनऊ विश्वविद्यालय के गृह विज्ञान विभाग में दिनांक 18 सितम्बर 2021 को एक वेबिनार का आयोजन किया गया। इस वेबिनार व्याख्यान का विषय “महिलाओं और किशोरियों में पोषण का महत्व” था और पोषण विशेषज्ञ डॉ रितु सिंह, जगरानी अस्पताल, लखनऊ ने इस विषय पर विस्तृत प्रस्तुति दी। प्रस्तुति के उपरान्त एक प्रश्न-उत्तर सत्र भी रखा गया था जिसमें डॉ देविना सहाय एवं अन्य विशेषज्ञों ने भाग लिया। डॉ मीरा सिंह, समन्वयक, गृह विज्ञान विभाग ने वेबिनार के विषय की प्रस्तावना की। प्रो प्रेम सुमन शर्मा, अधिष्ठाता, कला संकाय की गरिमामयी उपस्थिति में वेबिनार सम्पन्न हुआ।





# GLIMPSES OF PROGRAM




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 An Initiative by Govt. of Uttar Pradesh  
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