

REPORT ON POSHAN MAAH 2026 ACTIVITY

AYURVEDA AWARENESS CAMPAIGN as part of "POSHAN MAAH CELEBRATION"

Organised by: Department of Home Science, Bhagini Nivedita College, University of Delhi

In collaboration with: Ch. Brahm Prakash Ayurved Charak Sansthan (CBPACS), Najafgarh, New Delhi

Date: 17 September 2026

Time: 10:00 AM

Venue: MP Hall, BNC

The Department of Home Science, Bhagini Nivedita College, University of Delhi, organised an Ayurveda Awareness Campaign as part of the Poshan Maah Celebration on 17th September 2026 at 10:00 AM in the MP Hall of the college. The programme was conducted in collaboration with Ch. Brahm Prakash Ayurved Charak Sansthan (CBPACS).

The theme of the programme was “Ayurveda for a Healthier Tomorrow.” The awareness session focused on the importance of nutrition, healthy lifestyle practices, daily and seasonal regimens, and Ayurvedic approaches to health and well-being. The programme aimed to create awareness among students and faculty members about adopting healthy dietary and lifestyle practices in their daily lives. Students and faculty attended in large numbers.

The session was addressed by Dr Tripti Agarwal, CBPACS (Ayurveda), and team, under the guidance of Prof. (Dr.) Rakesh Kr Verma, Nodal Officer, CBPACS (Ayurveda), who shared valuable information on Ayurveda-based wellness practices and healthy living.

BHAGINI NIVEDITA COLLEGE
(UNIVERSITY OF DELHI)
Kair, Najafgarh, New Delhi-110043

Department of Home Science

Organises

Ayurveda Awareness Campaign
as part of

Poshan Maah Celebration

Theme: Ayurveda for a Healthier Tomorrow

Date: 17th September 2026 (Thursday) | Time: 10:00 AM | Venue: MP Hall, Bhagini Nivedita College

A special awareness session on Ayurveda, focused on health, nutrition and healthy living, will be conducted by experts from CBPACS.

Ayurveda for Better Health | Balanced Diet & Nutrition | Healthy Lifestyle & Well-being | Daily & Seasonal Regimen | Ritucharya & Achara Rasayana

Prof. Ruby Mishra
(Principal OSD)

Resource Person
Prof. (Dr.) Rakesh Kr Verma
Nodal Officer,
CBPACS (Ayurveda)

Organising Committee
1. Dr. Shiksha Rani
2. Ms Anupama Agarwal
(TIC, Home Science Dept)
3. Dr Suman Mohan

Eat Healthy Live Healthy

For a Nourished & Healthy India

The programme was conducted under the guidance of Prof. Ruby Mishra, Principal OSD, Bhagini Nivedita College. The organising committee comprised Ms. Anupama Agarwal (TIC, Home Science Department), Dr. Shiksha Rani, and Dr. Suman Mohan.

The programme concluded with an emphasis on the message “EAT HEALTHY, LIVE HEALTHY” and the importance of integrating nutritious food choices and holistic wellness practices into everyday life.

