



# UNIVERSITY OF AGRICULTURAL SCIENCES, BANGALORE



Department of Food Science and Nutrition

&

National Institute of Social Defence (NISD)

Ministry of Social Justice and Empowerment, GOI

Jointly Organising

One day workshop

On

## LIFE AFTER 60...

(NUTRITION AND QUALITY LIFE MANAGEMENT OF THE ELDERLY)

### INFORMATIVE SESSIONS BY EMINENT SPEAKERS:



1. Dr. Vijayalakshmi Balekundri, Cardiologist –  
Cardiac Health Management



2. Dr. Anjanappa, T. M. Gastroenterologist – GI  
Health care



3. Dr. H.S. Prema, Nutritionist – Nutrition and Diet



4. Shri. Chethan Ram, Personality Development  
Specialist – Stress management



Registration is free but mandatory to  
participate

Interested senior citizens can register  
using the link

<https://forms.gle/Gi8ASVdHUzow7qJHA>

📅 28/03/2023

🕒 10:00 am

📍 UAS, GKVK, BENGALURU

📞 9880372159, 8861304383, 9844176675

✉️ fsngkvc@gmail.com

## WORKSHOP ON LIFE AFTER 60

Department of Food Science and Nutrition, University of Agricultural Sciences, Bangalore in collaboration with National Institute of Social Defense (NISD), Ministry of Social Justice and Empowerment, GOI, organized a workshop on “Life After 60” (Nutrition and Quality life management of the elderly) on 28/3/2023. More than 500 senior citizens attended the programme. Participant group included UAS pensioners and the senior citizens from areas near to GKVK, campus.



The workshop was inaugurated by Dr.S.V.Suresha, Hon'ble Vice Chancelor, UAS, Bangalore. Smt Latha Kumari,I.A.S. State Commissioner For RPwD Act & Director, Department for the Empowerment of Differently abled and Senior Citizens,GoK,Bengaluru, was present in the inauguration. She explained the activities of NISD towards senior citizens. She said about the act 2008 which has been implemented to protect the rights of senior citizens. She also said, state toll free number 1098 and central toll free number 14567 where in senior citizens can call and find solutions to their problems. Sri.Chetan Ram.,R.A. CEO & Chief Trainer, AMCAD was chief guest of the function spoke on stress management during old age. He said aging after 60 is to the body and not to the mind. He advised all the senior citizen to get involved in some activities to become financially independent. Senior citizens should try to be healthy and happy and inculcate the habit to think positively.Dr.N.B.Prakash.Dean (Agri),College of Agriculture, UAS, Bangalore presided the programme.

During technical session, Dr.Vijayalakshmi Balekundri.,Cardiologist addressed on cardiac health management among senior citizens. She spoke about the holistic approach for the cardiac health management.

Dr.Anjanappa.T.M., Gastroenterologist spoke Gastro Intestinal health management among elderly, addressed on common problems like constipation, colon cancer, piles ...etc. Dr.H.S. Prema, Dietician spoke in role of antioxidants and bioactive components in prevention of NCD. Importances of yoga, meditation, exercise/walk in maintaining good health.

Programme ended with vote of Thanks.



Smt. Lathakumari I.A.S. State Commissioner for RPWD Act & Director Dept. for the Empowerment of Differently Abled and Senior Citizens, GoK, Bengaluru addressing the gathering



Shri. Chetan Ram, R.A. CEO & Chief Trainer AMCAD delivering talk on stress management among elderly citizens



Dr. Anjanappa, T.M. Gastroenterologist delivering talk on GI Health Management among elderly citizen