



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/6i8ASVdHUzow7qJHA>

 28/03/2023

 10:00 am

 UAS, GKVK, BENGALURU

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