

# Understanding the Role of Skeletal Muscle in Nutrition and Health

Division of Nutrition, Department of Physiology, St. John's Medical College and St John's Research Institute, Bangalore

November 2<sup>nd</sup>, 2018 (Friday)

Venue: CG Hall, Ground floor, St. John's Medical College, Bangalore-34

Event and Speaker	Time
<b>Registration</b>	8:30 am – 9:00 am
<b>Inauguration of the workshop</b> By, <b>Dr. George D Souza</b> , Dean, St John's Medical College and Hospital, Bangalore <b>Dr. Tony Raj</b> , Dean, St John's Research Institute, Bangalore <b>Dr. Marjorie Correa</b> , Registrar, St John's Medical College and Hospital, Bangalore	9:00 am – 9:15 am
<b>Role of Skeletal Muscle in Nutrition and Health</b> Dr. Sucharita Sambashivaiah.MD, PhD Professor, Head of Clinical Physiology Unit, Department of Physiology, SJMC	9:15 am – 10:00 am
<b>Tea break</b>	10:00 am – 10: 15 am
<b>Hands on session: Small group activity</b> Muscle Volume Assessment Muscle Mass Calculation Muscle Strength Assessment- Maximum Voluntary Contraction and Static Endurance Determination of Sarcopenia Status	10:15 am – 11:45 am
<b>Panel Discussion- Skeletal muscle loss- Is it a reality to be dealt by all?</b> <ul style="list-style-type: none"> <li><b>Dr. Sucharita S</b>, Professor, Dept of Physiology, SJMC (<b>Facilitator</b>)</li> <li><b>Dr. Rebecca Kuriyan Raj</b>, MPhil, PhD Professor, Head, Clinical Nutrition, Div of Nutrition &amp; Dept of Physiology, SJMC</li> <li><b>Dr. Ganapathi Bantwal</b>, MD, DNB, DM, MNAMS Professor, Department of Endocrinology, SJMCH</li> <li><b>Dr. Preetesh R K</b>, MD Associate Professor, Department of Community Medicine, SJMC</li> <li><b>Dr. Rajalakshmi H</b>, MD Professor, Physiotherapy- Rehabilitation, SJMCH</li> </ul>	11:45 am – 12:45 pm
<b>Lunch</b> <i>Dining Area, 3<sup>rd</sup> floor, St. John's Research Institute</i>	12:45 pm – 1: 30 pm
<b>Body Composition Demo-Visit to Potassium counter facility</b> <b>Dr. Rebecca K and team</b> <i>Admin block, St. John's Research Institute</i>  <b>Muscle Function Assessment demo - Visit to Isokinetic Dynamometry facility and skeletal muscle biopsy tissue handling</b> <b>Dr. Sucharita S and team</b> <i>3<sup>rd</sup> floor, Muscle Lab and Histopathology Lab, St. John's Medical College</i>	1: 30 pm – 3:30 pm
<b>Certificate distribution and conclusion, followed by Tea</b> <i>CG Hall, Ground floor, St. John's Medical College</i>	3:30 pm – 4:00 pm

**Registration fee: Rs 1000 Last date to register – 30<sup>th</sup> Oct, 2018**

**Please call – 7022381733 (9 am - 4 pm) or Email – [studynutrition19@gmail.com](mailto:studynutrition19@gmail.com)**