### 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 2nd, 2018 (Friday)**  
**Venue: CG Hall, Ground floor, St. John’s Medical College, Bangalore**

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<th>Event and Speaker</th>
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<td><strong>Registration</strong></td>
<td>8:30 am – 9:00 am</td>
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| **Inauguration of the workshop**  
By, Dr. George D Souza, Dean, St John’s Medical College and Hospital, Bangalore  
Dr. Tony Raj, Dean, St John’s Research Institute, Bangalore  
Dr. Marjorie Correa, Registrar, St John’s Medical College and Hospital, Bangalore | 9:00 am – 9:15 am |
| **Role of Skeletal Muscle in Nutrition and Health**  
Dr. Sucharita Sambashivaiah, MD, PhD  
Professor, Head of Clinical Physiology Unit, Department of Physiology, SJMC | 9:15 am – 10:00 am |
| **Tea break** | 10:00 am – 10:15 am |
| **Hands on session: Small group activity**  
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 |
| **Panel Discussion- Skeletal muscle loss- Is it a reality to be dealt by all?**  
- Dr. Sucharita S, Professor, Dept of Physiology, SJMC *(Facilitator)*  
- Dr. Rebecca Kuriyan Raj, MPhil, PhD  
  Professor, Head, Clinical Nutrition, Div of Nutrition & Dept of Physiology, SJMC  
- Dr. Ganapathi Bantwal, MD, DNB, DM, MNAMS  
  Professor, Department of Endocrinology, SJMCH  
- Dr. Preetesh K, MD  
  Associate Professor, Department of Community Medicine, SJMC  
- Dr. Rajalakshmi H, MD  
  Professor, Physiotherapy- Rehabilitation, SJMCH | 11:45 am – 12:45 pm |
| **Lunch**  
*Dining Area, 3rd floor, St. John’s Research Institute* | 12:45 pm – 1:30 pm |
| **Body Composition Demo-Visit to Potassium counter facility**  
Dr. Rebecca K and team  
*Admin block, St. John’s Research Institute* | 1:30 pm – 3:30 pm |
| **Muscle Function Assessment demo - Visit to Isokinetic Dynamometry facility and skeletal muscle biopsy tissue handling**  
Dr. Sucharita S and team  
*3rd floor, Muscle Lab and Histopathology Lab, St. John’s Medical College* | 3:30 pm – 4:00 pm |

**Registration fee: Rs 1000  Last date to register – 30th Oct, 2018**  
*Please call – 7022381733 (9 am - 4 pm) or Email – studynutrition19@gmail.com*