



UNIVERSITY OF MYSORE
Department of Studies in Environmental Science



You are cordially invite to attend the special lecture
on

**“Improving resilience against
environmental diseases by
functional foods”**



By

Dr. Rajesh Kumar T,

Professor

Department of Biochemistry

JSS Medical College

JSS Academy of Higher Education & Research
Mysuru

on

11.30 AM (Tuesday), 13th February - 2024

Venue: **Lecture Hall – 1, DOS in Environmental Science,
MGM – 06**

Presided by

Dr. G. V. Venkataramana

Professor and Chairman

and

Dr. N. S. Raju

Professor

**Guest Faculties, Staff, Students and Research Scholars
Department of studies in Environmental Science,
University of Mysore, MGM - 06**

All are cordially invited

Improving resilience against environmental diseases by functional foods

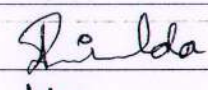
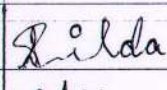


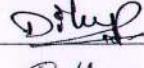
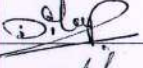
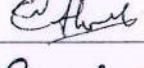
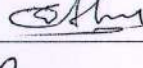
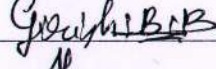



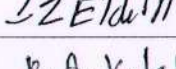
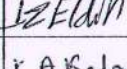
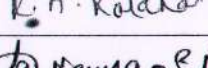
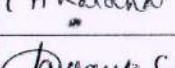
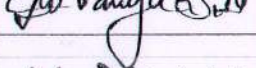
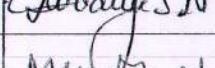
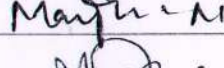
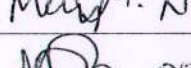




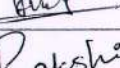

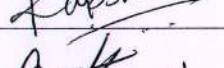
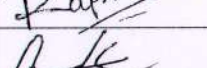
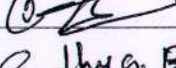
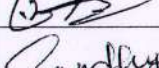
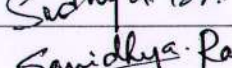
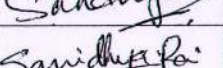
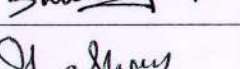
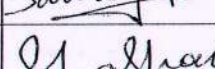
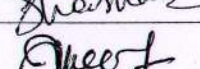
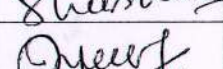
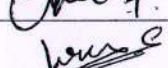
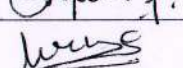


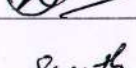
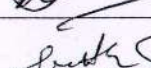
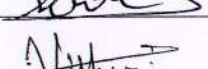
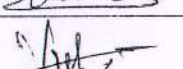
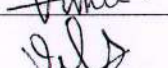

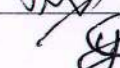



The COVID-19 pandemic outbreak, in addition to the high toll on human lives and the environmental, economic, and social impact, created an urgency to improve people's health and well-being in a more natural and sustainable manner. Food and lifestyle have long been regarded as key modifying factors addressing physical and mental health determinants in a non-pharmaceutical setting. Natural Functional Foods (NFFs) are unprocessed foods with proven health benefits beyond their nutritional value. The Mediterranean Diet (MD) and Mediterranean Lifestyle (MEDILIFE) are well known for their beneficial effects on health. Psychological Resilience (PsyR) is not only an important factor in human well-being; it is also regarded as a key indicator of mental health.



Professor & Chairman
DOS in Environmental Science
University of Mysore, Manasagangothri
Mysore-570 006, INDIA

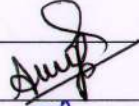
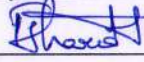


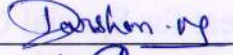


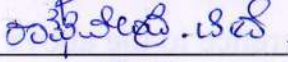
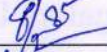
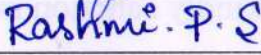
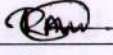
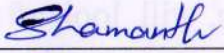
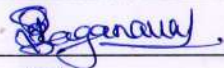

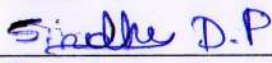
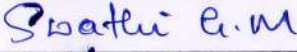
Special Lecture

Dated: 13.02.2024

Sl. No.	Name	Signature	
26.	AGNES RINELDA. A		
27.	AISHWARYA.M.Y		
28.	Dileep Dore.P.T		
29.	Ephraim Mookamedi Motshegare		
30.	Girish.B.B		
31.	HARSHITHA A		
32.	Iz Eldin Ibrahim Abakar		
33.	KAVYA A. KALAHAL		
34.	LAVANYA.S.N		
35.	Manju.N		
36.	Manjunatha.G		
37.	Nithin.Y		
38.	Praveen.G		
39.	Rakshith.A.J		
40.	Rohan.M		
41.	SANDHYA.B.R		
42.	SANIDHYA RAI		
43.	Shashank.K.M		
44.	Shashidhar.P		
45.	Shreyas.R		
46.	Sudhakar.T.M		
47.	Sumith.S		
48.	Vishnu.S		
49.	VRUSHALI.B.PATEL		
50.	Yashwanth Gowda.M.R		

Special Lecture

Date:13.02.2024

Sl. No.	Name	
01	APOORVA M JAGAJAMPI	
02	Bharath Kumar B.S.	
03	CHANDANA S.	
04	CHRISTINA MPHINDO	
05	Darshan.M	
06	Hanumanthagouda C.A	
07	HARSHITHA N.G.	
08	Raghavendra T.G.	
09	Ramachandra.A	
10	RASHMI P.S.	
11	ROSE A.MONTEIRO	
12	Shamanth Balaji	
13	Shivanand Baganavar	
14	Shripad Badaganvkar	
15	SINDHU D.P.	
16	SWATHI G.M.	
17	VARSHINI M	