



JYOTI NIVAS COLLEGE AUTONOMOUS

Bengaluru, Karnataka - 560095

Department of Psychology

Manasi Psychology Association



Invite you to



FASTA PIZZA

JOIN THE CONVERSATION

6th July, 2024 | 9 AM Onwards
St. John's Auditorium, Bengaluru

INTERACT WITH ACCLAIMED NUTRITION EXPERTS

REVOLUTIONISING NUTRITION



Dr Hemalatha R
Director, National Institute
Of Nutrition (ICMR)

MINDFUL EATING AND HOLISTIC WELL-BEING



Nidhi Nahata
Lifestyle coach | Plant-based recipe curator
| Sound healer | Vipassana practitioner

ALTERNATIVE DIETS FOR AN ACTIVE LIFESTYLE



Roshni Sanghvi
Nutritionist And Body
Transformation Specialist

NUTRITION HACKS FOR BUSY PROFESSIONALS



Dr Rebecca Raj
Professor and Head, Division of Nutrition
St. John's Research Institute, Bengaluru

Look Forward to Interactive Experiences

Attractions Include



Student Participation Certificate



Refreshments & Lunch



Fun Experiences

SCAN TO CLAIM YOUR FREE PASS



*Certificate will be issued to the students who attend all sessions.

Got questions? WhatsApp or email us on [WhatsApp](https://www.whatsapp.com/channel/00299a61111111111111) +91 8722 331 331 [email](mailto:summits@happiesthealth.com) summits@happiesthealth.com



FASTA PIZZA



NUTRITION IN THE DIGITAL AGE

Ryan Fernando
Celebrity Nutritionist



**Claim your
COMPLIMENTARY PASS**
*Limited Seats Available