

# Nutrition and Lifestyle Symposium

## PAUSHTIC



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02:00 PM - 02:30 PM

**Metabolic Bone Health in Youth - The Gender-Specific Issues**

**Dr. Prashant Sonavane**

Orthopedic surgeon - MBBS, MS - Orthopedics



02:45 PM - 03:15 PM

**Nourish Your Bones**

**Prof.(Dr.) Subhadra Mandalika (Retd.)**



03:30 PM - 04:00 PM

**Simple Solutions for Serious Bone Issues**

**Dr. Shreya Ahirrao**



### Who Must Attend?

Student's & faculty, healthcare professionals, fitness & wellness enthusiasts, and anyone looking to improve bone health.

**Join us for this power-packed event** filled with expert insights, practical takeaways, and actionable strategies to build and maintain healthy bones for life!



**B.K. Birla College  
(Empowered Autonomous), Kalyan**



**7th March 2025**