



कार्यालय रक्षा लेखा प्रधान नियंत्रक

सं. 107, लोअर अग्रम रोड , अग्रम पोस्ट , बेंगलूर - 560 007

Office of the Principal Controller of Defence Accounts
No. 107, Lower Agram Road, Agram Post, Bangalore - 560 007

फोन नं./Phone No. - 29710474/75 फैक्स नं. /Fax No. - 26710132/33

e-mail: pcdabroandm.dad@hub.nic.in



CIRCULAR

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Dated: 20.05.2021.

To
The Officer I/c
All Sections in Main Office
All Sub Offices Local & outstation
Under PCDA, Bangalore.

Sub:- Workshop on Health, Nutrition & Immunity Boosting, by RTC(SR),
Bangalore.

RTC (SR) Bangalore vide their letter under reference, intimated that a **Workshop on Health, Nutrition & Immunity Boosting** will be conducted **ONLINE** on **02.06.2021 (Half day) w.e.f. 10.00 AM to 01.00 PM**. The session will be handled by an external faculty. Therefore, maximum employees may please be encouraged to participate in the workshop.


Details of participants viz., Name, Designation and Account number, Mobile Number may please be forwarded to this section through mail to the email pcdabroandm.dad@hub.nic.in. latest by **28.05.2021**, for onward transmission of the same to RTC(SR), Bangalore. The link and ID to access Cisco Webex Meetings platform are given below:

Link: <https://regionaltraining.webex.com/meet/rtc-banglr.cgda>

ID : 1662218979

All the participants are requested to register themselves with RTC Bangalore through online by 9.45 AM on 02.06.2021. The link for online registration of participants is as mentioned below:

<https://docs.google.com/forms/d/e/1FAIpQLSf596p5eixujXZntHlfYh49lm09iwD3bbmsq6DPbab233Okjw/viewform>


ACDA (O&M)

Copy to:

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EDP, Local

- For uploading on PCDA website.


ACDA (O&M)

Regional Training Centre (Southern Region) Bengaluru
Course No.10
Workshop on Health, Nutrition and Immunity Boosting
on 02-06-2021

Course schedule

Session No	Time	Topics	Faculty Shri/ Smt/ Ms
Day 1 : 02-06-2021			
Registration/Inauguration : 9.30 to 10.00			
1	10.00 to 11.15	Introduction to basic nutrition and importance of healthy lifestyle. What is immunity and immunity boosting foods. How does stress effects our immunity. Question and Answers	Smt. Pratima K.
2	11.45 to 13.00	Importance of vit D in immunity. Role of gut health in immunity. Importance of prebiotic and probiotic bacteria. Importance of exercise. Q and A.	

Course Co-ordinator: Shri G Dharmendra, AAO, Contact : 7019898892(Whatsapp)

1. Link for Registration : <https://docs.google.com/forms/d/e/1FAIpQLSf596p5eixujXZntHIfYh49Im09iwD3bbmsq6DPb-ab2330kpw/viewform>
2. Online course room link to attend the course(to join directly from browsers) :
 - a. <https://regionaltraining.webex.com/meet/rtc-banglr.cgda>
 - b. Participants are requested to join the course room at least 15 minutes before the scheduled commencement of the course.
3. Online course number (to join the course room from Cisco Webex meeting application): **166 221 8979** (to be filled as meeting information)
4. Link for feedback : https://docs.google.com/forms/d/e/1FAIpQLSfzDNTHB4zKEpD2_TMH9v-Y3WBySZHmT7KXNW-3OnRV4roYQ/viewform