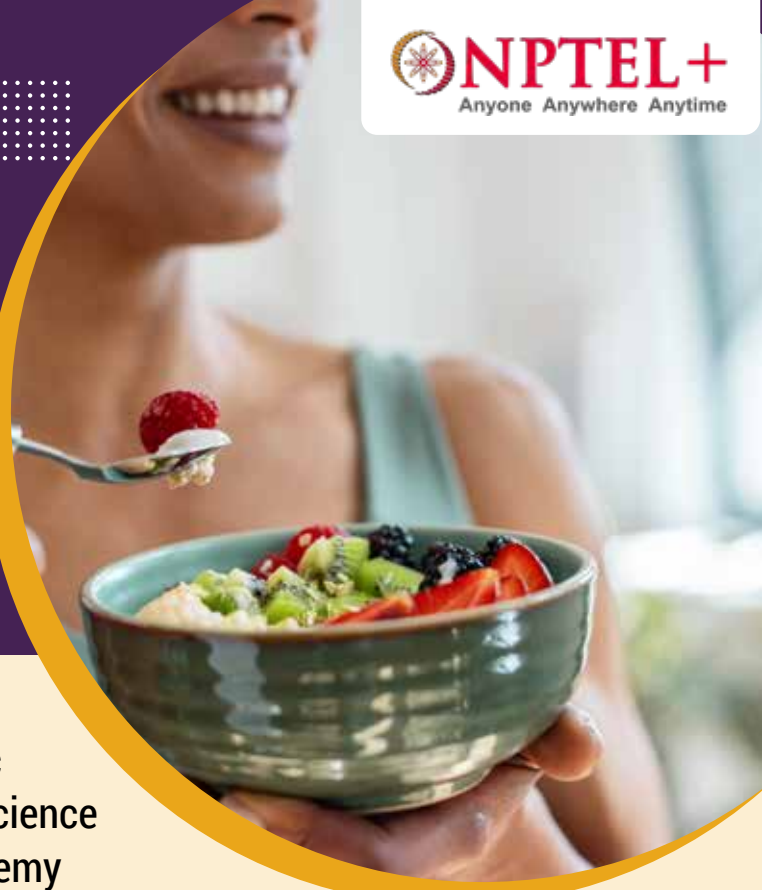


# GUT TO BRAIN INTELLIGENCE: MASTERING AN EVOLUTIONARY LIFESTYLE FOR WELL-BEING AND LONGEVITY



Instructors:

**Dr. Arjun V. Singar (Pundit Singri)**, PhD - IISc  
HRM Visiting Teacher – Indian Institute of Science  
Founder & Director – FRIYAY & CREEA Academy

**Dr. Nithin J.**, MBBS, MD & DM (St. John's)  
Consultant Nephrologist & Transplant Physician  
Narayana Health City, Bengaluru



## INTENDED AUDIENCE:

Anyone who wants  
sharper thinking,  
emotional balance, and a  
longer, high-quality life.



DATE OF THE WORKSHOP:  
**May 24, 2026**



TIMINGS (IST):  
**Sunday - 11:00 a.m. - 02:00 p.m.**



MODE OF THE WORKSHOP:  
**Online**



LAST DATE OF REGISTRATION:  
**May 20, 2026**



FEES: **Students : Rs.354/- (Rs.300 + 18% GST)**  
**Working Professionals : Rs.708/- (Rs.600 + 18% GST)**

FOR REGISTRATION

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