

Unlock the Secrets to a Healthier Brain!

INTERMITTENT FASTING, NEUROPLASTICITY AND BRAIN HEALTH



DATE: 28TH MARCH 2025
TIME: 2:00 PM - 3:00 PM
**VENUE: CONFERENCE HALL,
PGIS, UNIVERSITY OF PERADENIYA**

Join us for an insightful talk by Prof. Thiruma Arumugam, an expert in neuroscience and brain health, as he explores how intermittent fasting influences neuroplasticity and overall brain function. Learn about the latest scientific findings on how dietary habits can impact cognitive performance, mental well-being, and neuroprotection against aging-related diseases.

This is a must-attend event for students, researchers, and anyone interested in neuroscience, health, and longevity.

SPEAKER: PROF. THIRUMA ARUMUGAM
PROFESSOR, LA TROBE UNIVERSITY, AUSTRALIA



<https://learn.zoom.us/j/96157302003?pwd=UjYK33sHAxNowBHhCUGCvbi6S3c3uL1>

MEETING ID: 961 5730 2003
PASSCODE: xYFx4C#+

FREE ADMISSION | OPEN TO ALL | HYBRID MODE

ORGANIZED BY: PGIS RESCON 2025
ORGANIZING COMMITTEE

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