



Association of Southern Urologists
South Zone - (Urological Society of India)

ASU Webinar on HEALTHY UROLOGISTS

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06:30 PM to 08:30 PM



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Moderators

Dr. Ganesh Gopalakrishnan, Coimbatore

Dr. Krishna Kishore, Vijayawada

Topics

- **Marathon Running** - Dr. Venkata Karthi Ramesh, Madurai
- **Gym for Beginners to Advanced for Doctors** - Dr. Vijay Kumar, Mysore
- **Cycling for Fitness** - Dr. Ali Poonewala, Bengaluru
- **Intermittent Fasting** - Dr. Kamalakar Laxminarayan Achrekar, Belagavi
- **Playing a Game Regularly** - Dr. Ganesh Gopalakrishnan, Coimbatore
- **Family Time** - Dr. G Chengalvarayan, Chennai
- **Yoga & Meditation** - Dr. Manish Sinha, Bengaluru
- **Diet & Nutrition** - Dr. Sunitha Rao, Bengaluru
- **Gardening** - Dr. Venkatesh Krishnamoorthy, Bengaluru
- **How to Run a Gym** - Dr. M Sathish, Madurai
- **Swimming for Health** - Dr. Koushik Amancherla, Hyderabad

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