

### GRG TRUST RESEARCH PROJECT

**TITLE OF THE PROJECT:** Formulation and development of Mediterranean Diet based Porridge Mix for Elderly People to improve Functional and Cognitive Abilities

**PI:** Mrs.P.Sofia Helen Ponmalar,Asst Professor, Geriatric Care

**Co PI:** Mrs.W.Hilda Sahayarani, Asst Professor, Gandian Studies Centre

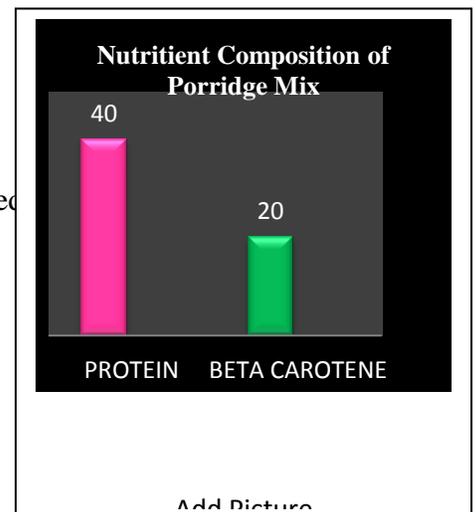
**Amount Sanctioned:** 0.22 Lakhs

**Year:**2019-2020

#### Project outcomes:

- Assessed socio demographic, life style factors and dietary habits of selected elderly
- Formulated and standardized Novel nutritious porridge mixes for aged consumers to improve functional and cognitive improvement in elderly

For more information, please contact: (Mail id)



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- ❖ Publications:
  - ❖ Conference/ Seminar/ Workshop:
  - ❖ Books:
  - ❖ Any other achievements:
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