

1. Personal Information

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3. Details of the Work

a.	Title of the Work	Diet & Lifestyle Recommendations for Rheumatoid Arthritis – Kannada Brochure
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b.	Type of Work	Literary Work – Nutritional Educational Brochure for Rheumatoid Arthritis
c.	Description of the Work in detail	Diet & Lifestyle Recommendations for Rheumatoid Arthritis- a brochure is an original nutritional education brochure, designed to provide integrated scientific and practical nutrition related information and overall management of Rheumatoid Arthritis for patients and to the community. The brochure includes the information on the Rheumatoid Arthritis, importance of nutrition in bone health, key nutrients and its importance, foods to be included and to avoid, dietary recommendation on anti-inflammatory and anti-oxidant and calcium rich nutrients. The lifestyle modification and exercises also included in the brochure. The information also contains the illustration. The brochure represents an original compilation, selection, organization and presentation of nutritional information specifically designed for educational purposes in the context of Rheumatoid Arthritis. Designed nutrition education brochure helps in effective management of Rheumatoid Arthritis condition and improving in Quality of Life. It is made in regional language enabling wider outreach from grass root level of rural population, semi-urban and urban regions. Disclaimer- Original AI generated images.
d.	Date of Creation:	December 2024
4. Authorship Details		
a	Are their multiple authors? If yes, provide details for each author.	Yes
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b.	If the work is a collaboration, specify the contributions of each author.	NA
5. Previous Publications		
a.	Has the work been previously published?	No
b.	If yes, provide details of the previous publications.	NA