



Hindu Temple and Cultural Society of USA, Inc. (HTCS)

Sri Venkateswara Temple (Balaji Mandir) and Community Center

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Proper Diet For Healthy Living By Sri Veeramachaneni Ramakrishna Rao

Lecture and Q&A



Date: Friday July 12th, 2019

Time: 6 pm to 8:30 pm

Venue: North Hall

Sri Veeramachaneni Ramakrishna Rao garu hails from Lankapalli village in Krishna District of Andhra Pradesh. His revolutionary diet, popularly known as 'VRK Diet' has been attracting the attention of millions of people. Recognizing the positive effects of his revolutionary diet, China based Chongqing Hygeia Cancer Hospital's International Medical Research Center has presented him 'Onco-Nutritionist' award in February, 2019. Although VRK garu has been a busy accounting professional-turned-business man, he has organized numerous social service activities such as blood donation camps, medical service camps (through which more than 16,000 people were provided free cataract surgeries), sports and educational activities. Recognizing his selfless and dedicated social service, in 2008, the then Governor of Andhra Pradesh Sri. N.D.Tiwari garu had conferred a service award on him.