

Cordially invites you to

Online

Faculty Coordinators : Dr. Valarmathi B ,Dr. Srinivasa Gupta N, Dr. Hemadri Reddy Reganti

Prevent and Reverse Lifestyle disorders- BP, Diabetes, Obesity, Cholesterol issues

Resource Person :



Dr G Meera,
Medical Director,
Sreehareeyam Ayurveda,
Chennai.

Discussion Points :

- ✓ Common causes for lifestyle disorders
- ✓ Emotional triggers for lifestyle disorder
- ✓ Healthy eating practices to prevent/postpone them
- ✓ Simple herbs for lifestyle disorders
- ✓ Pranayama session to energise
- ✓ Weight loss diet



03 Oct - 2022
(Monday) @ 10:00AM – 01:00 PM