**Welcome Note**

Good Afternoon everyone!!!

On behalf of the IMC Ladies’ Wing - I would like to extend a warm welcome to our members and guests for this event.

A warm welcome to our guest speaker Dr Muffazal Lakdawala.

The groundwork of all happiness is health and wellness. Wellness depends on multiple factors - healthy diet and lifestyle which plays a significant role.

To eat is a necessity, but to eat intelligently is an art. Eating healthy is the best choice to make. It is vital for good health and can reduce the risk of numerous chronic health conditions. What we need is a comprehensive approach to wellness.

Today our guest speaker Dr Lakdawala will share some of the important aspects of wellness and will suggest simple diet and lifestyle changes to improve your digestive health.

Before we begin, on behalf of the IMC Ladies' Wing, I would like to present our guest speakers an E-Certificate from Grow Trees consisting of a thicket of 10 trees each planted in your honour as a token of gratitude on behalf of the IMC Ladies' Wing.

Also, here's presenting the Health & Holistic Committee for the year 2020-21, helmed by Vice President – Nishreen Khorakiwala; Chairperson – Anar Shah; Co-Chairperson - Dr. Asha Dalal; Advisories - Leena Vaidya; Members - Bhavana Trivedi, Jyoti Doshi, Reena Rupani

Now, may I request Dr. Asha Dalal - Co-Chairperson of the Committee to take the event forward.

Thank you.

**Vote of Thanks**

Wellness is an active process of making choices towards a healthy and fulfilling life. We all can achieve good wellness, by trying to maintain a mindset that inspires healthy eating and healthy lifestyle.

The most important thing is to keep going in the right direction. Changes doesn’t happen overnight we all need to work consciously in achieving the wellness goal.

On behalf of the IMC Ladies Wing, I take great pleasure in extending the vote of thanks to our guest speaker Dr Muffazal Lakdawala for the immensely insightful session.

Your valuable experiences and guidance have given us a direction and steps to improve our everyday life.

I would also like to thank Dr Asha Dalal for curating and moderating the session articulately.

A big thank you to the members of the Health & Holistic Committee for conceptualising the event.

My sincere gratitude to our members and guests for attending the event.

I would like to inform you all about our next event - Train your Brain by Ms. Shilpa Karia scheduled on Wednesday, 5th May 2021 at 3.30 pm on Zoom.

We hope to see you all for the event.

Thank You.