**MY EXPERIENCE WITH MANAGING WELLNESS IN PEOPLE IN CURRENT TIMES BY DR. MUFFAZAL LAKDAWALA - 23RD APRIL 2021**

**Day:     Friday
Time:   3:30 pm
            Through Video Conferencing on Zoom**

Wellness depends on multiple factors of which an healthy diet or lifestyle can play a significant role.

What we eat, and how we eat, can throw off digestive health. Like all complicated machinery, the digestive tract doesn't always run smoothly. In some people, the problem is genetic. The immune system mistakenly attacks the digestive system, causing various digestive woes.

What we need is a comprehensive approach to wellness. Dr Muffazal Lakdawala will walk us through some of the important aspects of wellness and will suggest simple diet and lifestyle changes to improve your digestive health.

Dr Muffazal Lakdawala, popularly known as Dr Muffi, is India’s best-known laparoscopic surgeon; specializing in bariatric & Gastro-intestinal surgeries. He is the Co-founder and Chief Surgeon at Digestive Health Institute and Director of Surgery, Department of Bariatric and Minimal Access Surgery at Sir H.N. Reliance Foundation Hospital, Mumbai.

Dr Lakdawala is truly a multifaceted individual. He is an excellent surgeon and pioneer in Bariatric surgery for health reasons, has a great interest in sports, an inspiring teacher and in the past year he is acknowledged for helping in setting up of Covid care centres in the beginning of the pandemic when everyone was scared to deal with Covid.

He will talk about his experiences and take us through his journey.

Who better to talk about wellness then Dr Lakdawala.

[Registration elink:- https://www.imcnet.org/events-1076](https://www.imcnet.org/events-1076)

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**Organised by**

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| **Ms. Anuja Mittal**President | **Ms. Nishreen Khorakiwala**Vice President |

**Health & Holistic Committee**

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| **Ms. Anar Shah**Chairperson | **Ms. Asha Dalal**Co-Chairperson |

**Advisory -**Ms. Leena Vaidya

**Members -**Ms. Bhavana Trivedi, Ms. Jyoti Doshi, Ms. Reena Rupani