﻿Dear Member,

Greetings from the Ladies’ Wing of IMC Chamber of Commerce and Industry!

IMC Ladies' Wing invites you for the E-event – **‘Your Gut - The Second Brain'**on **Tuesday, 16th November, 2021** at **3.30 pm** through Zoom Video Conferencing

Let food be the medicine and not medicine be the food. Most diseases begin in the gut. Gut health plays a vital role in helping prevent infections and diseases.

**Ms. Payal Kothari** is a clinical Integrated Nutritionist and Gut Health Coach and the Author of the book “The Gut”. She has written and spoken extensively on this subject nationally and internationally and helped a large number of people improve their health & well-being.

Ms. Kothari will enlighten us on how the gut affects us and ways to improve our gut health; thus enhancing our health and well-being.

The session will be followed by a cooking demonstration on healthy; gut friendly dishes by well-known **Chef Harsh Shodhan** which will be very useful post our festival bingeing.

Chef Harsh Shodhan is a well-known Chef and Founder of “The Gourmet Kitchen & Studio”, an all vegetarian high-end gourmet food catering business which includes catering, food consultancy and running a delivery kitchen.

So let’s take our health and wellness back in our own hands via the gut, your second brain!

**Registration elink:** <https://www.imcnet.org/events-1366>

**The login details to join event on Zoom:**

<https://zoom.us/j/92942726232>

**Meeting ID:** 929 4272 6232

**Passcode:** Gut@16

**RSVP:**Email - [ladieswing@imcnet.org](mailto:ladieswing@imcnet.org)  
WhatsApp - +91 -9820995375 /+91- 9920065024

Organised by

**Ms. Nishreen Khorakiwala                                    Ms. Roma Singhania**

President                                                                 Vice President

**Wellness N Wellbeing Committee**

**Ms. Anar Shah                      Dr. Asha Dalal**

Chairperson                           Co-Chairperson

**Advisory** – Ms. Leena Vaidya

**Members** – Ms. Jyoti Doshi, Ms. Reena Rupani, Dr. Fatema Bapai, Ms. Farhana Vohra, Ms. Yama Maskara