**‘Awareness Program on The Omicron Scare: care and aftercare’**

**Friday, January 14, 2022 from 4:00 p.m. to 5.00 p.m.**

**Dear Sir/Madam,**

We are pleased to inform you that IMC’s Health and Fitness Committee is organising an Awareness Program on **The Omicron Scare: care and aftercare.** The program details are as follows:

**Day and Date: Friday, January 14, 2022**

**Time: 4:00 p.m. to 5.00 p.m.**

**Online Platform: Zoom**

Viruses constantly change through mutation and sometimes these mutations result in a new variant of the virus. Some variants emerge and disappear while others persist. As far as COVID-19 variants go, “omicron” certainly grabs our attention. Its name alone sounds ominous. The World Health Organization classified it as a variant of concern in late November. The topic will cover:

• What really is Omicron Variant?

• What tools to fight Omicron?

• What are the preventive measures?

• What guidelines to be followed In Office and at Home?

About the Speaker: Dr. Aashish Contractor is the Director of the dept of Rehab Medicine and Sports Medicine at the Sir H.N. Reliance Foundation Hospital in Mumbai, India.  Dr. Contractor has been the head of the department of preventive cardiology and rehabilitation at the Asian Heart Institute from its inception in 2002, till June 2014. He had the distinction of being part of the Asian Heart team which treated the Prime Minister of India, Dr. Manmohan Singh, after his redo bypass surgery in January 2009, and was in charge of his post-surgery cardiac rehabilitation. He is widely recognized as the pioneer of cardiac rehabilitation in India, and set up the first telemetry monitored centre in the country in Mumbai in 2001.

The event will be moderated by Dr. Mukesh Batra, Founder & Chairman, Dr Batra’s Positive Health Clinic Pvt Ltd; Chairman, Health and Fitness Committee, IMC

We extend a warm invitation to you for the event. Kindly note that there is NO PARTICIPATION FEE. However, Registration is mandatory. On receiving the registration details, VC details will be provided closer to the date of the event. For registrations and other details please contact Ms.

Anita Naik at anita.naik@imcnet.org or visit the IMC website at <https://www.imcnet.org/events-1491>.

We do hope you will be able to seize this opportunity and participate in this event by registering.

We look forward to your valued participation.

**Ajit Mangrulkar**

**Director General**