

IMC's Online Series

'Get Fit with IMC'

A Comprehensive Series on Physical and Mental Health and Wellness

Saturday, 26th September 2020

Dear Sir/Madam,

There has been never a better time to get fit! A fit body can fight illnesses and diseases by building immunity and keeping our physical endurance at optimum.

IMC's Health & Fitness committee invites you to 'Get Fit with IMC' a comprehensive series on Physical and Mental Health and Wellness.

This curated series will be held with Health and Fitness Experts from their respective fields bringing to you interactive sessions on holistic living with focus on Mind and Body health.

Session Two:

According to Centre for Disease Control (CDC), the current situation has led to closure and reduced hours of dental practices except for emergency and urgent services, limiting routine care and prevention. Dental care includes aerosol-generating procedures that can increase viral transmission due to which it has taken a backseat.

The second session under the aforementioned series will be conducted with dentist, Dr. Kavita Kumar Bhatt, Founder - Designer Smiles, on Saturday, 26th September 2020 from 4:30 pm to 5:30 pm

This fireside chat session will highlight the importance of oral health and hygiene in times of lockdown and social distancing, when visiting a dentist is an inevitable risk. Dr. Bhatt will share important tips on primary care and answer pertinent questions on oral health and dental care

The details of the first session in this series are as follows:

Session: Oral Health and Dental Care in times of pandemic

Session conducted by: Dr. Kavita Kumar Bhatt, Founder, Designer Smiles Multi-speciality Dental Care Centre

With a career in dentistry spanning about 25 years, Dr. Kavita Bhatt has helped spread thousands of beautiful and confident smiles with her expertise in Family Dentistry, Laser Dentistry, Aesthetic Smile makeovers and implants. She has special training in soft tissue and hard tissue lasers from the University of Bonn, Germany.

Apart from a BDA degree, she also holds a diploma in healthcare management from TISS.

Date: Saturday, 26th September 2020

Timing: 4:30 pm – 5:30 pm

Platform: Zoom

No Participation Fees but Registration is mandatory

For registration click the following link: <https://www.imcnet.org/events-854>

For any query, please contact Ms. Chitra Kamath on chitra.kamath@imcnet.org

I hope you will find this session informative and useful.

With best regards

Ajit Mangrulkar

Director General