

IMC's Online Series

'Get Fit with IMC'

A Comprehensive Series on Physical and Mental Health and Wellness

Saturday, 24th October 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 Three: Upgrade Your Brain with Tech: Lower Anxiety, Better Sleep, Higher Attention

Do you want to sleep better, have a good attention span, and deal better with stress and anxiety?

The third session under the aforementioned series will be conducted with Mr Kumaar Bagrodia, Founder of Neuroleap on Saturday, 24th October 2020 from 5 pm – 6 pm

This fireside chat session will highlight the importance of mental health during unprecedented time, Mr. Bagrodia will share **some core principles of mental health and the role of the brain and some key anecdotes on how to optimize your brain**

With his vast experience with applied Neuroscience, Mr Bagrodia will talk about a Drug Free, Non Invasive, No adverse side effects approach for enhancement of brain functions and share tips on what it takes to improve executive function, memory, attention, focus, decision making for optimal mental fitness and for better mental health

NeuroLeap is one of India's leading organization in applied Neuroscience. Often called India's 'Brain Enhancer' Kumar was invited by the Hon'ble President of India in 2017 and again in March 2018 to speak on Innovation. This method is known to have successfully helped several people with ADHD, ADD, Dyslexia, Anxiety, Depression, Migraine, insomnia, tinnitus and several other brain Dysregulations, which is currently is a deep and ingrained issue that we cannot ignore

The session will be moderated by: Dr. Mukesh Batra, Padmashree Awardee, Chairman Emeritus - Dr. Batra's Postive Health Clinic; Co-chair - IMC's Health & Fitness Committee

When?: Saturday, 24th October2020

What time?: 5:00 pm – 6:00 pm

Where?: Zoom

No Participation Fees but Registration is mandatory

For registration click the following link: <https://www.imcnet.org/events-888>

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

We hope you will find this session informative and useful.

With best regards

Ajit Mangrulkar

Director General