

**NCL Medical Center  
&**



**World Health day 2012**

**Saturday, 7 April 2012**

**Venue : Training Room, NCL  
Innovation Park**

**DIET & Lifestyle**  
**FOR HEALTH IN THE 21<sup>ST</sup> CENTURY**



**Dr. Shantaram Kane**

*Ph. D. (Chemical Engineering,  
MIT, Cambridge, USA)*

**About the Speaker**

- His book is about his other passion and holistic approach to diet planning.
- Author of the Month – January 2012  
Book Corner –An IITBAA Initiative for Alumni  
AUTHORS
- Won several accolades including the 'Distinguished Alumnus Award' and the 'Distinguished Service Award' from IIT Bombay
- Full time researcher in Ayurveda

**Time plan:**

- 4.15pm: Tea and snacks
- 4.30pm – 5.30pm: Talk & Presentation
- 5.30pm – 6pm: Q&A

**Take away**

- Understanding impact of diet on diseases
- Simple do's and don'ts to avoid risk of developing lifestyle disease
- Simple and practical action plan – to control your weight
- Diet and nutrition planning demystified

Open to all - Free registration <http://diet-talk.eventbrite.com/>

Or Phone registration on 020-64011023