

TATA INSTITUTE OF FUNDAMENTAL RESEARCH

Homi Bhabha Road, Mumbai-400 005

October 3, 2018

ASET Colloquium

Speaker : **Dr. Shilpa Desai** (*Managing Director, C4 Integrated Wellness*)

Title : **“Live On“: A Life Style Management**

Date & Time : **Friday 05 October 2018 at 16:00 hrs.**

Venue : **Lecture Theater (AG-66)**

Abstract :

95% of chronic illnesses are caused by our diet and environmental toxicity created by mismanagement of our daily routines. Studies by the American College of Cardiology revealed that about 23% of adults of age between 18 – 64 years worldwide do not meet levels of physical activity recommended by the WHO. This clearly shows how adults' lifestyle is the major reason for painful onset of their adult life typically leading to painful surgeries and mental disturbances. We believe that the solution is an integrated approach on life by adapting to prevention based daily quotient during all phases of the day. This integration includes diet, exercise and moderate design of lifestyle as per the individual's DNA and hereditary.

About the speaker:

Dr. Shilpa Desai is a renowned Health Psychologist and an expert of lifestyle management. She is known for her award winning study on global warming and lifestyle expertise for our future. Economic Times honoured her with “Champion of Fitness for 2017-2018” title for her contribution towards nutrition, Injury and pain management. She was also chosen by the Med Gate India amongst 40 top health care leaders in India who are working for prevention.



Dr. Satyanarayana Bheesette
(Coordinator, ASET Forum)