



As part of the **Diamond Jubilee Celebrations**
All India Institute of Medical Sciences, New Delhi
presents

PUBLIC LECTURE & PANEL DISCUSSION

(in Hindi & English)
on

“Exercise for Good Health”

Date : 29.03.2017 (Wednesday)

Time : 4:00 PM to 5:00 PM

Venue : Jawaharlal Auditorium, AIIMS

Speakers

Dr. Randeep Guleria, Dr. K.K. Deepak
Dr. Rajesh Malhotra, Dr. Sanjay Wadhwa

Moderator

Dr. K.P. Kochhar

Panelists

Dr. Sheffali Gulati, Dr. Sandeep Seth, Dr. Gita Handa
Dr. Anil Goswami, Dr. Alka Mohan Chutani, Dr. Asmita Patil

- Exercise: Why and How ?
- Exercise: then and now?
- Exercise and Diet ?
- Dangers of Sedentary Life Style
- Exercise for Mind & Brain
- Exercise for Healthy Heart & Lungs
- Exercise for Healthy Bones & Joints
- Exercise for Recovery from illness and injury

All are cordially invited

ENTRY FREE (Please take your seat by 3:45 PM)

Please join us for tea after the lecture

Parking available at Multi Level Underground Parking
(Near AIIMS, Masjid Moth Campus)

For details please contact : Media & Protocol Division, AIIMS

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