

**Association of Knowledge Workers, Lucknow**  
Presents a four hours workshop  
in partnership with **Health Passionates (G.Noida)**

**Theme: Integrated Approach to deal Lifestyle Diseases** (diseases like diabetes, heart disease, stroke, liver diseases, arthritis, hypertension, Alzheimer's disease, depression, obesity, kidney problems and even cancer)

Did you know that 3 out of 4 Indians are dying today from “preventable” lifestyle diseases?

Did you know that many more people are suffering from pain, discomfort and being prescribed medications at younger ages as a direct consequence of their food and lifestyle choices?

Did you know that there is a way to not only prevent but also **PERMANENTLY REVERSE** lifestyle diseases and prevent obesity among younger generations and consequent diseases like Diabetes, Heart problems etc.?

**Resource persons:**

1 **Dr Parinita Srivastava**, Homeopathy Physician, Cure Homeopathy, LDA Colony. She practices the HOLISTIC concept of healing and treatment. Her mode of treatment involves a detailed case taking, considering the three core dimensions of personal health namely – Physical, Mental and Emotional state of the patients. She has a vast experience in treating both chronic as well as acute cases for more than a decade now.

2 **Dr Abhishek Srivastava** , Dr Abhishek is Ayurveda physician and Pranayama, meditation expert, Senior Consultant, Art of Living Tattva .He is expert in NadiPariksha and training and has travelled extensively in India & Abroad conducting Camps where he consulted more than 10,000 patients , His expertise lies in treatment of Life style disorders. He is based at Vikas nagar, Lucknow

3. **Mr Birendra Singh**, Telecom Professional, he transformed himself after serious life-threatening accident causing him to be bed ridden for many years, with his will power he transformed himself to run marathons. He is Certified on Nutrition & Blood Sugar and has helped many people fix their metabolic issues by food & lifestyle intervention and mentor to Health Passionates. He is currently based at Greater Noida

4. **Moderator:** Dr P.K. Seth, Former Director, Indian Institute of Toxicology Research, CSIR, highprofile Scientist of National level

**Workshop 14<sup>th</sup> March, 2020, Time 10 am to 2 pm to be followed by Lunch**  
**Venue: Eiffel Club, Eldeco Greens Colony (The Colony is Opposite Fun Republic mall), Gomti Nagar, Lucknow**

Workshop covers Health & lifestyle improvement to ensure you remain fit & healthy and avoid health issues in the future by using **Nutritional Medicine**. It will provide very specific and actionable advice on food & nutrition and also basic exercise to enhance health and wellbeing using wisdom of **Ayurveda and Homeopathy** also.

### **Workshop Schedule**

**9.30 am onwards: Registration of delegates**

**10AM – 10.15 AM: Inauguration by Sri Pawan Singh, Chairman, SR Group of Institutions and Patron, AKWL**

**10.15 to 11.00 am: Presentation by Sri Birendra Singh**

**11.00 AM – 11.45pm.: Presentation by Dr Parinta Srivastava**

**11.45 am to 12.00am: Tea**

**12.00pm to 12.45 pm: Presentation by Dr Abhishek Srivastava**

**Q & A Session: 12.45 to 1.45 pm**

**1.45 pm to 2 pm: Concluding remarks by the Dr PK Seth, as Moderator**

**2 pm to 2.05 pm : Vote of thanks by Sri V.B. Singh, Sr VP, AKWL**

**2.05 onwards: Lunch including social networking**

### **Here's What You Will Learn:**

- Understand lifestyle related diseases, its types, its causes and effects and the goals of treatment.
- Effective ways of managing lifestyle changes through exercise, diet, meal planning weight management.
- Importance natural foods rather than synthetic supplements,
- Learn how to reverse most cases of high blood pressure, clogging of the arteries, high cholesterol and abnormal lipid profiles. Learn how to reduce medication & eventually getting yourself free from medicines, using **Nutritional Medicine**
- Entire program is based on scientific evidence and gives you practical guidelines about the best way to eat in order to re-create health.

### **Payment process:**

Single = Rs1000 per head and for Couple = Rs1500.

Payment is to be made by cash orcheque in favor of Association of Knowledge Workers, Lucknow or by electronic transfer as per following details

**Account Name = Association of Knowledge Workers, Name of Bank = ICICI BANK, Branch = Hewett Road**

**Account Number = 696101433013**

**IFSC Code = ICIC0006961.**

**Contact Person for payment and registration: Mr.Dileep Kumar, Secretary, AKWL**

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