Association of Knowledge Workers, Lucknow
Presents a four hours workshop
in partnership with Jeevanya Naturals and Health Passionates

Theme: Integrated Approach to deal Lifestyle Diseases

Did you know that 3 out of 4 Indians are dying today from “preventable” lifestyle diseases like diabetes, heart disease, stroke, liver diseases, arthritis, hypertension, Alzheimer’s disease, depression, obesity, kidney problems and even cancer?

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 Nadi Pariksha 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. Dr N.N. Mehrotra, Former Senior Scientist, CDRI, CSIR, present Head of Jeevania Naturals including Organic Super Store at Aliganj, Lucknow

4. 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

Workshop 14th March, 2020, Time 10 am to 2 pm
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. It will provide very specific and actionable advice on food & nutrition and also basic exercise to enhance health and wellbeing.

Workshop Schedule
10AM – 10.15 AM: Inauguration
10.15 to 10.50 am: presentation by Sri Birendra Singh
10.50 AM – 11.25am.: Presentation by Dr Parinta Srivastava
11.25 to 11.45am: High Tea
11.45am to 12.25 pm: Presentation by Dr Abhishek Srivastav
12.25 pm – 12.55PM:: Presentation by Dr N.N. Mehrotra
12.55 to .05 pm : Concluding remarks by the Dr PK Seth, as Moderator
Q & A Session: 1.05 to 2 pm

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!
- 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 = ₹1000 per head and for Couple = ₹1500.
Payment is to be made by cheque 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
Dileep Kumar, Secretary, AKWL
Mob 09415649067, 7007575196
dileep.bhatnagar@gmail.com, contact@akwl.org