



Association Of Medical Consultants

MUMBAI

presents



NARI SHAKTI

Season 2

The journey from ordinary
to extraordinary

Date: 23rd Oct 2021

Time: 3:00 pm to 5:00 pm

Organisers



Prof. Sushmita Bhatnagar
PRESIDENT



Dr. Pradeep Baliga
Hon. secretary



Dr. Vikrant Desai
Prog. Committee Chairman



Dr. Supriya Arwari
Convenor



Ms. Zamurrud Patel
IDA Mumbai Convenor

SCHEDULE

TOPIC	TIME	SPEAKER
Welcome and Introduction	3:00 pm	
Smart nutrition tips for the 21st century women	3:10 pm	Ms. Ruby Sound
Zumba, Aerobics, Pilates, HIIT, Gym - What's in it for you ?	3:35 pm	Dr. Tvisha Parikh
Yoga: The art of working in!	4:00 pm	Ms. Rajvi Mehta
Panel Discussion with Audience interaction	4:25 pm	Panelists : Ms. Ruby Sound Ms. Rajvi Mehta Ms. Nazneen Husein Ms. Niti Desai Dr. Veena Pandit Ms. Rekha Mohnot
Moderators : Dr. Supriya Arwari Ms. Sukhada Bhatte		

[Click here to register](#)

REGISTRATION WILL BE FREE BUT COMPULSORY TO REGISTER

POWERED BY FINNOVATE