



**The Institution of Engineering and Technology(UK), Delhi Local Network,
Institution of Engineers(India), Delhi State Centre,
&
Society for Happiness, Delhi**

Respected Sir(s),

On behalf of *Institution of Engineering and Technology (UK), Delhi Local Network*, co-organisers *Institution of Engineers(India), Delhi State Centre*, and supporters *Society for Happiness, Delhi* it is my proud privilege to invite you for

Lecture on

'Health & Wellness: Harnessing the Power from within'

on **January 21, 2017** (Saturday), **1800 hrs**
at **Conference Hall-1(Main Building),India International Center,**

Lodhi Road, New Delhi.

The Lecture will be presented by Celebrity Health Expert 'MsManaliVora', from Mumbai.

Vision-Mission-Goal of the said talk:

- Incorporate nutritional information into clinical practice and advice people about eating for optimum health.
- Evaluate the benefits and risk of nutritional recommendations for specific health conditions through analysis by assessment session.
- Describe current controversies on carbohydrates, proteins and fats.
- Understand the relationship of particular foods and nutritional components and its impact on environment.
- To educate on foods that can help in combating the hike in pollution.
- Stress and health management by evaluating your body systems in terms of well being(emotional, mental, self esteem, depression, assertiveness, lifestyle.)
- Checkmate for stress and time management for achieving this goals.

Schedule of Programme:

S. No.	Time	Description
1.	1800-1805	Welcome by the Chairman
2.	1805-1810	Welcome of the Speaker
3.	1810- 2000	Lecture by the Health Expert
4.	2000 onwards	Networking Dinner

You are requested to confirm your availability for logistics arrangements at our end, please.

Thank you

Aman Rajput
IES

Deputy Director, MoD(N)
Chairman YP, IET(UK)
MIETE, MIE(I), MBES