

A Consumer Connect Initiative

'A life of ~~protected~~ ill-health can be prevented' - Seminar emphasises on healthy living

'Studies reveal that environment and lifestyle contribute far more to a healthy old age than your genes. It is you who has to take care of your physical health, mental health and be positive about life.' This and more on healthy living proved to be an eye-opener for the attendees at the recently concluded seminar 'Guidelines to healthy living'. Organised by Times Wellness and SAL Hospital, the seminar had renowned doctors including Consulting Physician and Cardiologist Dr Jayesh Trivedi, Dr



Shamik Brahmabhatt, MD, DNB, DM (Cardiology), Dr Prakashvir Parikh, MD, DM (Cardiology), Dr Tarun Dave, MD, DM (Cardiology), Dr Hitesh Shah, MD, DM (Cardiology) and Dr P Vazirani, MD, Consultant Cardiologist discussing tips for healthy living and avoidance of diseases. 'A life of protected ill-health can be prevented' - the focus of the seminar gave away the dos and don'ts of living a healthy life. From

healthy eating to regular and moderate exercises, the importance of one's approach towards living was well emphasised by the attending medical fraternity. A part of the series of seminars that constitute the complete programme on health and wellness being initiated by Times Wellness, the seminar, also graced by the presence of Dilip Jain, Executive Director and CEO, SAL Hospital, discussed at length modern epidemic of diseases like diabetes, hypertension and heart diseases, whilst putting forth information on the symptoms, diagnosis, management and prevention.

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