



As part of the **Diamond Jubilee Celebrations**  
**All India Institute of Medical Sciences, New Delhi**  
presents

## **PUBLIC LECTURE & PANEL DISCUSSION**

(in Hindi & English)  
on

# **Exercise for Good Health**

**Date : 29.03.2017 (Wednesday)**

**Time : 4:00 PM to 5:00 PM**

**Venue : Jawaharlal Auditorium, AIIMS**

### **Speakers**

**Dr. Randeep Guleria, Dr. K.K. Deepak**  
**Dr. Rajesh Malhotra, Dr. Sanjay Wadhwa**

### **Moderator**

**Dr. K.P. Kochhar**

### **Panelists**

**Dr. Sheffali Gulati, Dr. Sandeep Seth, Dr. Gita Handa**  
**Dr. Anil Goswami, Dr. Alka Mohan Chutani, Dr. Asmita Patil**

- Exercise: Why and How ?
- Exercise: then and now?
- Exercise and Diet ?
- Dangers of Sedentary Life Style
- Exercise for Mind & Brain
- Exercise for Healthy Heart & Lungs
- Exercise for Healthy Bones & Joints
- Exercise for Recovery from illness and injury

*All are cordially invited*

**ENTRY FREE** ( Please take your seat by 3:45 PM)

**Please join us for tea after the lecture**

**Parking available at Multi Level Underground Parking**  
**(Near AIIMS, Masjid Moth Campus)**

**For details please contact : Media & Protocol Division, AIIMS**

**Ph: 011-26593400, 26593514, 26549131**