

STAY HEALTHY, LOWER YOUR STRESS AND BUILD UP YOUR IMMUNITY

Adarsh Public School is organising a Health Awareness Seminar on Saturday, 1st February 2014.

The presentation will be conducted by Experts from M/s. Synergy Environics Ltd, a Health and Radiation Management Company. Their work has improved the health and well-being of more than 1,50,000 people till date.

The seminar will cover the following key points:

- What are the factors which affect our health?
- Effects of environmental radiations on human health
- Effects of Electromagnetic Radiation from Mobile Phones & Computers on health and Ways to protect oneself from such Radiations
- Why preventive diagnosis is important?
- How can we identify the future risks of disease with the use of modern instrumentation?
- Simple way to improve immunity and enhance health

The time slots for the Health Seminar are as follows:

Session 1: 10 am to 10:30 am

Session 2: 11 am to 11:30 am

Session 3: 12 noon to 12:30 pm

Each session will be followed by 15 minute time for Q&A's. You may choose the time slot as per your convenience.