



## INSTITUTE LECTURE SERIES

September 13, 2022 (Tuesday) | 6.00 pm | L-18

**Speaker: Shri Lalit M Kapoor**

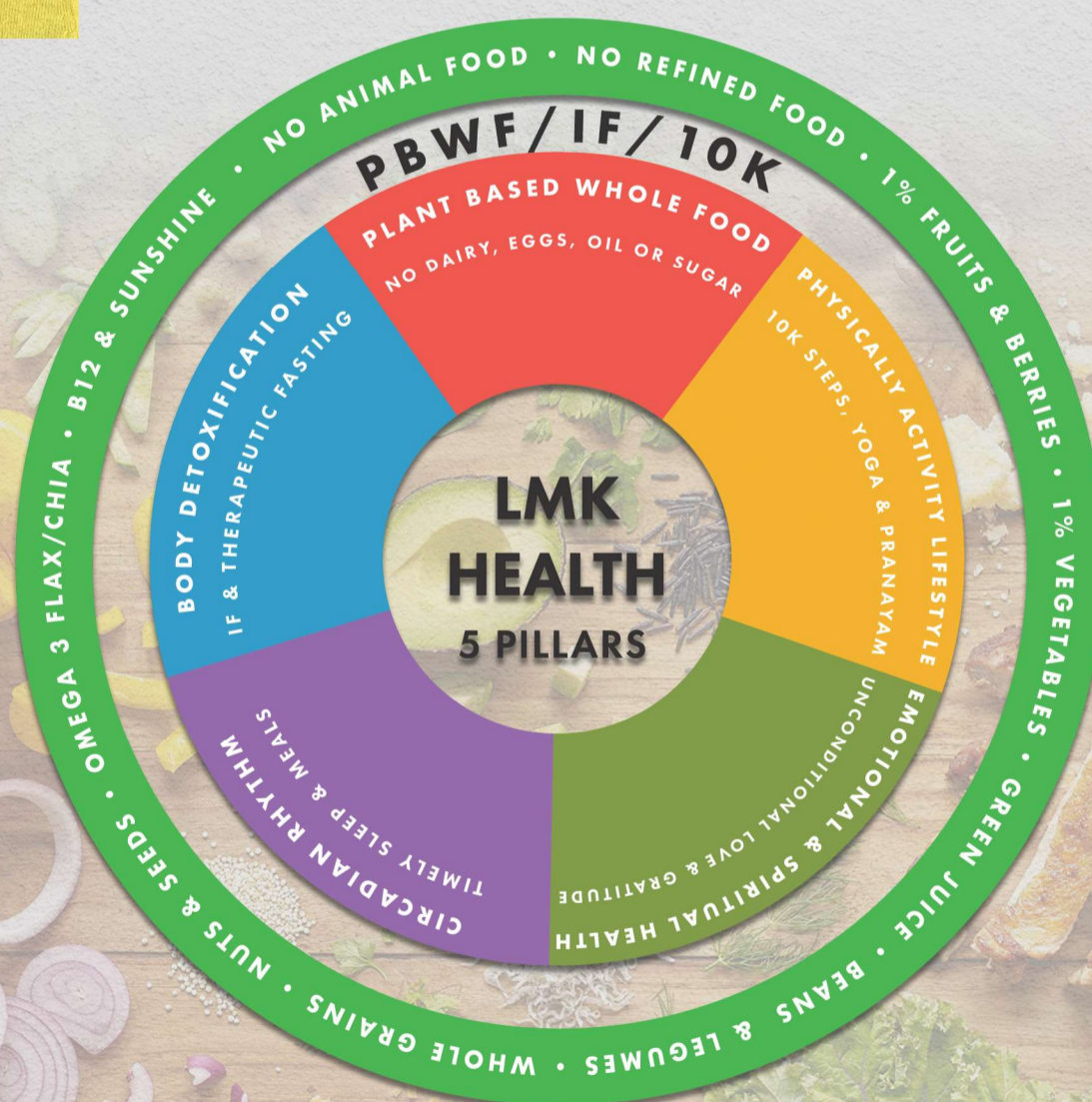
### Five Pillars of Health

#### About the Speaker



Lalit M Kapoor, a 1971 graduate of IIT Kanpur and an MBA from UCLA is a successful serial entrepreneur in Silicon Valley. With age he developed life-style diseases and decided to reverse them by changing diet and lifestyle. This led him to study and research the field of nutrition and the work of eminent experts in this field.

He became an inspiration for his batchmates and started guiding them with his learnings. Many benefitted and successfully reversed their diseases.



All are cordially invited to attend

Covid protocols to be followed strictly

Office of Dean Research & Development