



Indian Institute of Technology Kanpur

INSTITUTE LECTURE SERIES

March 24 (Thursday), 2022 | L-19 | 4pm

Speaker: Shri Lalit M Kapoor

Preventing & Reversing Chronic Diseases Naturally



Lalit M Kapoor, a 1971 graduate of IIT Kanpur and MBA from UCLA, is a successful serial entrepreneur in Silicon Valley. With age he developed lifestyle 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 of this field.

He will share his experiences on how to get rid of chronic diseases and reinvent oneself.

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★ The lecture will be in the hybrid mode.
Webinar link will be shared in a separate mail.

All are cordially invited to attend

Covid protocols to be followed strictly

Office of Dean Research & Development