



## Virtual Book Release

# LIFESTYLE AS MEDICINE

## The Science of Healthy Living

Friday, 20 September 2024  
3.00 PM to 4.00 PM

### Chief Guest



**Dr. Vinod K Paul**  
Member - NITI Aayog

### Guests of Honour



**Dr. Devi Shetty**  
Chairman - Narayana Health



**Dr. Pratima Murthy**  
Director - NIMHANS



**Dr. Randeep Guleria**  
Former Director - AIIMS

THE SCIENCE OF HEALTHY LIVING

# LIFESTYLE AS MEDICINE

*Edited by*

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