

**Topic-** The best way to keep your body hydrated is to fuel it with fresh juice in the morning with breakfast.

Drinking juices can supply our body with high level of nutrients and antioxidants to build our immunity.

**Guest Speakers-**

**1. Anil Sharma,**

A well known name in Advertising Industry.

Over 35 years of experience in the field with versatile exposure. Starting with the Video Cassette, Street Hoardings, Newspaper, TV Channel Programs. Now, a complete Media Planner for Big Brands... using his vast experience to meet their advertisement requirement to reach out to the last customer. Working with popular Brands as client includes.

RUPA

SHREE CEMENT

EMAMI

MONET PERFUME

GODREJ PROPERTIES

PS GROUP

PEERLESS GROUP

**2. Dr. Aparna Singh,**

MSc in Nutrition & Dietetics.

Clinical Dietician at

The Hope Hospital,

Ramgarh.

She will be speaking on the Topic.

" To EAT IS A NECESSITY, BUT TO EAT INTELLIGENTLY IS AN ART"

**3. Dr Apoorva Sharma**

COO (Chief Operating Officer), The Hope Hospital

Masters in Hospital Administration(MHA)

Bachelor of Dental Surgery (BDS)

**4. Sunil Lakhotia-** An entrepreneur from San Francisco, USA

Software Engineer by profession and inspiration for budding entrepreneurs

From San Francisco, USA

**DATE-** 30-05-2020

**TIME-** 12:00PM

**VENUE-** SCHOLAR'S HIGH ON ZOOM

<https://us04web.zoom.us/j/71385410714?pwd=RXJBQmxBUVliSWZEWjVhQ3I1Y2EwUT09>

**FACEBOOK LINK:-**

<https://www.facebook.com/childsworld.ramgarh/videos/1753849884757705/?app=fbl>