

Ashirwad Heart Hospital organized "Aarogya Sammelan " on the occasion Of World Heart Day on 6th October 2019 at K.J. Somaiya Engineering College Auditorium Vidya Vihar East Mumbai.

The session commenced with a lecture on

Meditation for Healthy Heart - BK Dr. Vijay Khatri

Chemistry in Kitchen, Food for Healthy Heart - Ms. Rekha Divekar

Heart Attack and Life After Heart Attack – Dr. Bhaskar Shah

Save a life with CPR- Dr. Sumalya Raghwan & Mr. Anand Shrivastav.

Dr. Vijay Khatri ended the session with visual Experience Of Meditation With Commentary.