

SLEEP MATTERS



Dr. Nupur Jhunjunwala
International Sleep Disorder Specialist

JOIN US FOR AN INSIGHTFUL SESSION

- Learn why quality sleep is essential for health & well-being
- Understand common sleep disorders and their impact
- Get expert tips for better, restorative sleep

28 FRIDAY,
NOVEMBER 2025
TIME: 3:30 PM

 Walchand Hirachand Hall,
4th Floor, IMC Building

DISCOVER HOW BETTER SLEEP CAN TRULY TRANSFORM YOUR LIFE!

Organised by Wellness Committee

Rajyalakshmi Rao
President

Anita Chouhan
Vice President

Rina Deora
Chairperson

Anuradha Panda
Co-Chairperson

Advisors : Anuja Mittal and Jyoti Doshi

Members : Dr. Asha Dalal, Dr. Devangi Vakharia, Reema Kothari, Swati Mayekar, Vrinda Rajgarhia, Dr. Shilpa Moonot, Rishma Pai and Varsha Sheth