



2021 - 2022



2021-22

Organised by

**ALL GUJARAT FEDERATION OF TAX CONSULTANTS  
INCOME TAX BAR ASSOCIATION, AHMEDABAD  
INCOME TAX BAR ASSOCIATION LADIES WING  
V-CARE GROUP TECHNOLOGY TRAINING CONSULTANCY**



2021-22



V-Care Group  
Technology Training Consultancy

## ADDING VALUE TO YOUR MIND & BODY : THROUGH FITNESS & DIET

10 May, 2022 (Tuesday) - 5.30 PM onwards

Venue: Ahmedabad Management Association (AMA), Ahmedabad

Dear Sir/Madam,

AGFTC, Income Tax Bar Association & Income Tax Bar Association Ladies Wing in association with V-Care Group are organizing a seminar on holistic approach to increase functionality of Mind & Body.

The objective of the seminar is to create awareness about physical fitness and how it positively changes the attitude of the person in day to day life.

### PANELISTS



#### Shri Lihass Trivedi

Ultra marathoner &  
Triathlete, co-founder of  
Amdavad Distance  
Runners



#### Dr. Bindiya Patel

( BHMS, MD ) Celebrity  
Dietician, Pioneer of  
Detox Science in India,  
Founder of Doctor Detox  
Weight Loss Studio.



#### Shri Jesal Trivedi

Ex.National Heavyweight  
Boxer, ACSM certified  
coach, Founder of Kalos  
Sthenos Superhuman  
Academy

- » Do you want to overcome mental blocks & achieve goals?
- » How to build self-confidence through fitness?
- » Does Circadian Rhythm (biological clock) affects body & mind?
- » What is conscious eating habit & How lifestyle changes can help me?
- » What is secret behind living fulfilled life (on fitness front)?
- » Is it possible to learn pushing my limits?

**IF YOU HAVE ANY OF THESE QUESTIONS,**

**Come and join for this FREE SEMINAR & explore unlimited capacity of human body from the panel of Experts.**

#### **PROGRAM SCHEDULE**

- » Registration and Welcome Tea - 5.30 PM
- » Presentation and Q&A - 6.00 PM to 8.00 PM
- » Followed by Dinner

#### **REGISTRATION MANDATORY**

For securing your seat please register:

Email:- sec.agftc@gmail.com;  
resource@vcare.group

Call :- Mr. Maunik Naik : 9638701558 or  
Mr. Arvind Khopkar : 9825580126