

Bombay Chartered Accountants' Society

Human Resource Development Committee - Study Circle Meeting

Chairman: CA Rajesh Muni, Co-Chairman : CA K KJhunjunwala

Convenors: CA Mukesh Trivedi, CA Anand Kothari, CA Sneh Bhuta

Program Co-ordinator's: CA Gracy Mendes, CA Mahendra Turakhia & CA Ryan Fernandes

Dear Members,

Family members and friends are also welcome.

The HRD Committee of the Bombay Chartered Accountant Society is pleased to present an informative and insightful session on "Sleep and Lung health- Introduction with Do's and Don'ts":

Day & Date	Tuesday, 11 th September, 2018
Time	6:15 p.m. to 8:00 p.m.
Charges	Request to register your attendance on Email: events@bcasonline.org to enable better arrangements. Seats on first come first served basis.
Faculty	Dr. Nimish Shah
Topic	"Sound Sleep and Lung care for Good Health"
Venue	BCAS Hall, 7, Jolly Bhavan No. 2, New Marine Lines, Mumbai-400020.

Presentation Outline :

Doctor would be talking on basics of sleep and it's importance with abnormal sleep and it's consequences.

Also, He would be talking on common respiratory ailments, precautions and tests with treatment options for each.

Adequate Sleep and lung health are two of the most important elements for a good lifestyle. Sleep deprivation and not maintaining proper lung health leads to many health issues which usually turn fatal.

Dr Nimish Shah is a 'Consultant- Pulmonary & Sleep Medicine' associated with Sir HN Reliance Foundation Hospital, Jaslok Hospital & Research Centre, Breach Candy Hospital and has his clinic at Lamington Road, Mumbai.

Dr Shah has worked extensively at the renowned 'Lane Fox Respiratory Unit' in managing acute and chronic respiratory failure. He has also worked at the 'Guys Sleep Centre', the largest in Europe. He has been involved in clinical trials in the same.

He is trained in interventional bronchoscopy and has interest in managing difficult asthma and allergy as well.

Friends, please make it convenient to be present and actively participate, in order to get new insights and learning on a subject of importance to us.

Convenors | CA Gracy Mendes, CA MahendraTurakhia & CA Ryan Fernandes.

HRD Study Circle