

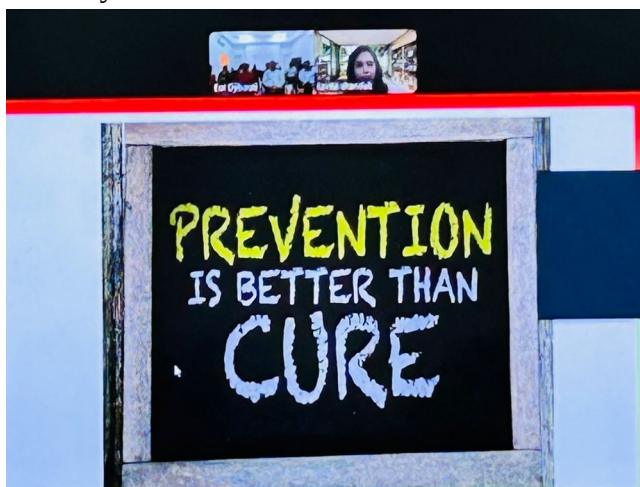
**Embassy of India
Djibouti**

6 August, 2024

Press Release

Guest Lecture from Dr. Kavita Chandak on “Prevention is Better than Cure”

Embassy of India, Djibouti organized an online guest lecture from international trainer, speaker, teacher and promoter of Homeopathy, Dr. Kavita Chadak. The theme of the lecture was “ Prevention is Better than Cure”. All the Embassy officials joined the online lecture at the multipurpose hall of the Embassy.



2. Dr. Chandak talked about the lifestyle and diseases in post Covid world. She described how majority of the lifestyle diseases are linked with the stress. Various tips for prevention of Diabetes, cancer, hypertension and such lifestyle diseases were shared by Dr. Chandak. She emphasized that the key to healthier lifestyle is to focus on ones mental well being. She also shared benefits of Homeopathy medicines.



3 The Charge d’Affairs, Mrs. Pushpa Kumar thanked Dr. Chandak for her lecture. The program concluded with a brief Q&A session.
