

Immunity Intelligence

WELLNESS STRATEGIES FOR
HIGH-PERFORMANCE LIVING

JUN
26
2025

THURSDAY

6:00 pm - 7:45 pm

MMA MANAGEMENT CENTER



THE PLATFORM

In a fast-evolving corporate world, the greatest asset a leader possesses is personal vitality. Immunity isn't just about resisting illness—it's about building a resilient body and focused mind that can meet the demands of leadership and innovation.

Join us for an empowering evening as experts share evidence-based wellness strategies tailored for high-performing professionals and future leaders. Learn how smart nutrition, essential vaccines, active routines, and stress regulation can become your personal and professional edge.

Whether you're leading a team or preparing to, it's time to power up your health, sharpen your edge, and build an immunity game plan for life.

KEY TAKEAWAYS

- Discover how strong immunity fuels leadership performance and resilience.
- Learn nutrition strategies to enhance focus, energy, and internal defence.
- Get clarity on must-have adult vaccines for long-term wellness.
- Understand how movement and stress regulation build mental clarity and vitality.
- Take away a practical wellness game plan to lead healthier, smarter, and stronger.

PROGRAMME

05.15 pm	Registration & Executive Networking over High Tea	
06.00 pm	Welcome Address	Mr K Mahalingam President, MMA & Partner/Director, TSM Group of Companies
06.05 pm	Keynote Address - From Inside Out: The Immunity Advantage for Modern Leaders - An exploration of holistic health as the foundation for performance and resilience	Dr Suresh Kumar D Managing Director Best of IDs
06.25 pm	Special Session 1: Eat to Beat: Fuelling Immunity with Intentional Nutrition - How strategic food choices elevate immunity, focus, and energy	Dr Daphnee Lovesley Dietician Apollo Hospitals, Chennai
06.40 pm	Special Session 2: Vaccines for Strength: What Every Adult Professional Must Know - A practical guide to preventive protection and long-term wellness	Dr Madhumitha R Senior Consultant, Infectious Diseases & Infectious Control, MGM Healthcare
06.55 pm	Special Session 3: Move to Boost: Activity as Your Leadership Energy Tool -Why movement matters for clarity, immunity, and stress reduction	Dr Lakshmi Nair Head of Physical Medicine and Rehabilitation Apollo Hospitals, Chennai
07.10 pm	Panel Discussion Safe Inside, Strong Outside: Wellness Wisdom for Future-Ready Leaders - Corporate health champions, doctors, and fitness experts share actionable strategies	Dr Suresh Kumar D Dr Daphnee Lovesley Dr Madhumitha R Dr Lakshmi Nair
07.30 pm	Q & A	
07.45 pm	Vote of Thanks	Gp Capt R Vijayakumar (Retd), VSM Executive Director MMA

PROFILE



Dr Suresh Kumar D

Managing Director

Best of IDs

Dr Suresh Kumar is a highly experienced Infectious Disease specialist based in Chennai, Tamil Nadu, with over 23 years of practice under his belt. He has dedicated his career to understanding and treating a wide array of infectious diseases, making him a reputable figure in the medical community. Dr. Kumar holds several prestigious qualifications, including an MBBS, an MD, and a Fellowship in HIV/AIDS Medicine, which underscore his commitment to excellence in the field.

Throughout his distinguished career, Dr. Kumar has been recognised for his contributions to infectious disease research and treatment. Notably, he received the Young Investigator Award from the International AIDS Society in Sydney in 2007, highlighting his dedication and innovative work in the realm of HIV/AIDS. Additionally, he is certified in Tropical Medicine, further showcasing his expertise in dealing with global infectious concerns.

Dr Kumar is fluent in multiple languages, including English, Hindi, Telugu, and Tamil, which allows him to communicate effectively with a diverse patient population. His ability to connect with patients on a personal level, combined with his extensive knowledge and compassionate care, makes him a trusted physician.

As an Exclusive Partner in his practice, Dr. Suresh Kumar continues to stay at the forefront of medical advancements in infectious diseases, ensuring that his patients receive the most informed and progressive care available. With a commitment to ongoing education and patient welfare, Dr Kumar is a leading authority in his speciality.

PROFILE



Dr Daphnee Lovesley

Dietician

Apollo Hospitals, Chennai

Dr Daphnee Lovesley, PhD, RD, PDCR, is a renowned dietitian with over 27 years of experience in managing chronic conditions such as Chronic Kidney Disease (CKD) and Chronic Liver Disease. With a specialisation in dietetics, Dr. Lovesley is highly sought after for her expertise in creating personalised nutrition plans that support recovery and long-term health. She is particularly known for her work in treating complex conditions like Chronic Pancreatitis through tailored dietary interventions.

Dr Lovesley's approach to dietetics is rooted in patient care, ensuring that each individual receives a customised plan that addresses their unique health needs. Her expertise also extends to managing complications from diabetes and digestive disorders, helping patients improve their quality of life through effective, evidence-based nutritional strategies.

Affiliated with Apollo Hospitals, Greaves Road in Chennai, Dr. Lovesley is part of a leading healthcare team and is actively involved in several professional medical organisations. Her dedication to advancing the field of dietetics is reflected in her numerous published research papers and the awards she has received throughout her career.

If you are seeking expert dietary guidance for managing chronic illnesses or improving overall health, Dr. Daphnee Lovesley offers the experience and care you need. Schedule a consultation with Dr. Lovesley in Chennai today and take the first step toward a healthier lifestyle with comprehensive dietetic support.

PROFILE



Dr Madhumitha R

Senior Consultant, Infectious Diseases & Infectious Control
MGM Healthcare

Dr Madhumitha Ramabhadaran is a highly skilled and accomplished physician specializing in the field of Infectious diseases in both immunocompetent and immunocompromised individuals. With an impressive range of qualifications and expertise, she is a renowned clinician in the current global scenario of emerging and re-emerging infections.

Her areas of expertise encompass various aspects of infectious diseases including general ID, transplant ID. HIV and AIDS, antimicrobial stewardship, and infection control.

She has made significant contributions to the field of infectious diseases through her research, authoring several original papers and she is also a sought-after speaker in conferences.

A comprehensive and skilled doctor, and effective communicator, she manages her patients with empathy but also has the ability to interact with fellow colleagues with practical diplomacy to provide holistic care for her patients.

PROFILE



Dr Lakshmi Nair

Head of Physical Medicine and Rehabilitation

Apollo Hospitals, Chennai

Dr Lakshmi Nair is a highly skilled and dedicated Physiatrist based in Chennai, Tamil Nadu. With over 10 years of experience in the field of Physical Medicine and Rehabilitation, she has honed her expertise in managing a variety of physical disabilities and pain-related conditions. Dr Nair has earned her qualifications through rigorous education, holding an MBBS and an MD in Physical Medicine and Rehabilitation. Additionally, she is an Overseas Trained Physician in Rehabilitation Medicine from Australia, which attests to her comprehensive training and exposure to global medical practices.

Dr Nair's approach to patient care is holistic, focusing not only on the physical aspect of rehabilitation but also on improving the overall quality of life for her patients. She is fluent in multiple languages, including English, Malayalam, Hindi, and Tamil, which enables her to effectively communicate with a diverse patient population. Her practice is characterised by a commitment to providing personalised treatment plans that cater to the individual needs of each patient.

As a Physiatrist at Apollo Hospitals, Dr Nair utilises the latest advancements in medical technology and rehabilitation techniques to aid her patients in their recovery journey. Her compassion and dedication have earned her respect amongst her peers and gratitude from her patients. Whether dealing with sports injuries, chronic pain syndromes, or rehabilitation for post-operative recovery, Dr. Lakshmi Nair is a trusted partner in health for those seeking comprehensive care in the realm of physical medicine and rehabilitation.

CONNECT WITH US



Email:

mma@mmachennai.org

Phone Number

044 - 28291133 / 28291166

Website

www.mmachennai.org

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