

Schedule of 4 th International Lifestyle Medicine Conference-2023		
Time	Inaugural Session	Speaker
09:00am - 09:15am	Welcome and Conference Introduction	Dr Omar Jhagra
	Recitation from the Holy Quran and National Anthem	Ayesha Habib 3 rd Year
09:15am - 09:25am	Welcome Address	Dr Shagufta Feroz Director RILM, President PALM
09:25am – 09:30am	Conference Theme and Objectives	Dr Munira Abbasi Clinical Endocrinologist and Faculty Riphah Institute of Lifestyle Medicine
09:30am-09:35am	Opening Remarks	Dr Beth Frates President American College of Lifestyle Medicine and RILM
09:35am-9:45am	Evolution of Riphah Institute of Lifestyle Medicine (RILM) over the years	Dr Tahira Sadiq Assistant Director Riphah Institute of Lifestyle Medicine
09:45am-9:50am	Chief Guest and Delegates to be seated on stage	
9:50am-10:00 am	Importance of Healthy Physician in Health Care	Prof. Dr Anis Ahmed Vice Chancellor of Riphah International University
10:00 am – 10:10am	Role of Allied Health Professionals in promoting Healthy Lifestyle	Mr Zamurrad Khan President Allied Health Professional Council
10:10 am-10:25am	Lifestyle medicine and Primary Prevention of DM	Prof Dr Abdul Basit Director Baqai Institute of Diabetes and Endocrinology
10:25am-10:40	Living Well together, Public Health and Lifestyle Medicine Unite	Prof Dr. Shahzad Ali Dean & Vice Chancellor of Health Services Academy
10:40 am-10:55 am	Transforming Healthcare system by Lifestyle Medicine Integration in Medical Practice	Prof Dr. Javed Akram Minister Specialized Healthcare & Medical Education Department
10:55 am -11:05 am	One Step at a Time: Walk with a Doc	Dr Mariam Malik GP and aspiring physician in LM; walk with a doc leader
11:05 am -11:35 am	4 Oral Research Article Presentation	
11 :35am -11:40 am	5-minute mini activity boost	
11:40 am -12:25 pm	Plenary session Guests: Dr Javaid Akram, Dr Basit, Dr Shehzad, Dr Shagufta	Moderator: Dr. Maqsood Vice Principal IIMC, (Dip)IBLM

12:25 pm – 12:40	Souvenir And Certificate Distribution by the Chief Guest	
12:40 pm -12:50	Concluding remarks	Mr Hassan Muhammad Khan Chancellor Riphah International University
12:50 pm -1:00 pm	Group Photo	
1:00 pm-2:00 pm	Lunch and Prayer Break	

Scientific Session 1		
2:00 pm-2:15 pm	<i>Shaping Tomorrow's Healers: Integrating Lifestyle Medicine into Undergraduate Medical School Curricula</i>	Dr Maqsood ul Hassan/ Dr Tahira Sadiq Vice Principal/Assistant Director RILM
2:15 pm -2: 30 pm	<i>Vanguards of Self-care -: Pioneering Student Health through lens of Lifestyle Medicine</i>	Health Club/SOFT force student
2:30 pm-2:45 pm	<i>Lifestyle Medicine Coaching through Virtual training by utilizing Synchronized Wellness Program of Entrainment (SWIPE) -</i>	Dr Shazia Ali Deputy Director of SWIPE Project, (Dip)IBLM)
2:45pm: 2:55 pm	<i>Harvesting Health: building Bridge Between LM and Agritourism</i>	Mr. Khawaja Mazhar Director Agritourism
2:55 pm- 3:25 pm	<i>4 Oral Research Article Presentation</i>	
Scientific Session 2		
03:25pm-3:40pm	<i>" Practical stress management tips for patients and clinicians"</i>	Dr Frank Doyle Professor of Psychology at Royal College of Surgeon Ireland
3:40 pm -3: 55pm	<i>Topic: Change is Possible</i>	Dr. Brian Pennie PHD, Life Change Strategist

3:55 pm -4:15 pm	<i>Topic: Incorporating Healthcare Provider's Well-Being in mentorship Meetings</i>	Dr. Beth Frates Director Lifestyle Medicine and Wellness, MGH Department of Surgery
4:15 pm- 4:45 pm	<i>4 Oral Research Article Presentation</i>	

Closing ceremony		
04:45pm-05:05 pm	Souvenir and certificate distribution to winners, organizers, sponsors, guests and delegates	
05:05 pm-05:10pm	Concluding remarks by Deputy Vice Chancellor	Prof Dr. Yawar Hayat
05:10pm-05:15pm	Remarks by the chief guest	Prof Dr Abdul Basit
05:15pm-05:20pm	Vote of thanks by the Dean FHMS	Lt. Gen. (Retd)Prof. Dr Azhar Rashid HI(M)
05:20pm-05:25pm	Announcement of next conference by Director RILM Dr Shagufta Feroz	
05:25pm-05:30pm	Presentation of Shields to Chief Guest sand Deputy Voice Chancellor	
05:30pm-05:40pm	Ceremony ends with the national anthem	
	Group photo with chief guest	
5::40pm-06:00pm	Tea and Refreshment	