



5th International Conference

October 4th to 6th, 2024

LIFESTYLE MEDICINE RETREAT 2024



THEME

**Health Revolution: Lifestyle Medicine as Your
First Choice for Health**

Tentative Schedule of International Conference Lifestyle Medicine Retreat -2024

Friday, October 4th

Time	Topic	Speaker
Check-in will begin after 01:00 pm	Residential Participant Check-In <ul style="list-style-type: none"><i>Residential participants are expected to complete the check-in process during this period.</i><i>Staff will be available to assist with accommodations and distribute welcome materials at the entrance of the Meeting Hall.</i>	
03:00 pm- 03:10pm	Welcome and Brief Lifestyle Medicine Retreat Introduction	Dr. Zia Abbas President Pakistan Association of Lifestyle Medicine (PALM)
03:10pm - 3:25 pm	Misconceptions about LM (Myths and Facts)	Dr. Zia Abbas President Pakistan Association of Lifestyle Medicine (PALM)
03:30 pm- 05:30 pm	Workshop: Clinical Implementation of Lifestyle Medicine into Practice	Conducted by: Dr. Jasdeep Saluja Cofounder & CMO Aroga Lifestyle Medicine, Canada Dr. Shagufta Feroz Director RILM & Founder President PALM Dr. Munira Abbasi Vice President PALM Faculty Adjunct RILM
05:30 pm - 6:30 pm	<i>Break for Residential Participants to prepare for Evening Networking Event & Dinner</i>	
06:30 pm- 09:00 pm	Network & Dine: An evening of Connection & Cuisine <i>Onsite registration coupons available for purchase.</i> <i>Event is included with residential participant registration.</i>	

Saturday, October 5 th		
Time	Activity	Facilitator
06:00am - 07:00am	Morning Activity for Residential Participants (Yoga/Qigong/Breathing exercises)	Ms. Lubna Nisar
07:00am - 08:00am	Breakfast	
08:00am -09:00am	<ul style="list-style-type: none">• <i>Break for Residential Participants to prepare for the Premier Scientific Session</i>• <i>Distribution of materials and seating of registered participants in the Conference Hall</i>	
Saturday, October 5 th Premier Conference Sessions		
Time	Inaugural Scientific Session One	Speaker
09:00am - 09:10am	Recitation from the Holy Quran National Anthem Brief Welcome and introduction of the conference by Moderator Dr. Omar Jhagra & Dr. Aysha Mushtaq	
9:10 am -9:15 am	Welcome Address	Dr. Muhammad Zia Abbas President Pakistan Association of Lifestyle Medicine (PALM)
09:15am – 09:20am	LM Retreat Theme and Objectives	Dr. Munira Abbasi Vice President Pakistan Association of Lifestyle Medicine (PALM) Faculty Adjunct Riphah Institute of Lifestyle medicine (RILM)
09:20am-09:25am	Opening Remarks	Dr. Beth Frates President American College of Lifestyle Medicine. Chair Riphah Institute of Lifestyle Medicine
09:25 am-9:35am	Evolution of Riphah Institute of Lifestyle Medicine (RILM) & Pakistan Association of Lifestyle Medicine -A journey through the years	Dr. Shagufta Feroz Director Riphah Institute of Lifestyle Medicine (RILM) & Founder President Pakistan Association Of Lifestyle Medicine (PALM) <i>(Conference Chairperson)</i>
09:35am-9:50 am	Role of Leadership in Lifestyle Medicine Movement	Dr. Anis Ahmed Founding Vice Chancellor Riphah International University

09:50am – 10:10am	Health Systems and Lifestyle Medicine	Dr. Zafar Mirza Professor of Health System & Population Health, Shifa Tameer-e-Millat University Former Director Health System Development WHO
10:10 am -10:15 am	5-minute mini activity boost	
10:15 am-10:35 am	Addressing Challenges in Cardiovascular Disease Prevention: A Lifestyle Medicine Approach	Dr. Khawar Kazmi Head of the Department Preventive Cardiology NICVD Karachi
10:35 am-11:05 am	Harnessing the Power of Lifestyle Medicine to Redefine Health	Dr. Sohaila Cheema Assistant Dean for Institute of Population Health, Weil Cornell Medicine, Doha, Qatar
11:05 am -11:25 am	Health Behavior Theory: Application in Clinical Practice	Dr. Agha Xaher Gul Program Design and Strategy Consultant (SBC & Health System Strengthening And Delivery)
11:25 am -11:30 am	5-minute mini activity boost	
11:30 am -11:45 am	Innovative Research in Lifestyle Medicine Oral Presentations of Research Papers (2 presentations)	
11:45 am -11:55 am	Student Wellness Redefined: The impact of Selfcare	Vanguards of Selfcare (Lifestyle Medicine Interest Group)
12:00pm -12:50pm	Plenary Session One Topic: How to manage Epidemic of Diabetes Mellites & other NCDs	
12:00 pm -12:20 pm	Diabetes Management Revolution: From Prevention to Remission	Dr. Abdul Jabbar Consultant Endocrinologist Northwest Clinic & Medcare Hospital, Dubai, UAE
12:20 pm – 12:50pm	Panel Discussion on Tackling Diabetes: Real-World Strategies for Prevention and Treatment	Moderator Dr. Munira Abbasi Guest Participants Dr. Zafar Mirza, Dr. Khawar Kazmi, Dr. Sohaila Cheema, Dr. Abdul Jabbar,

12:50 pm -1:00 pm	Remarks by the Chancellor (Riphah International University)	Mr. Hassan Muhammad Khan Chancellor, Riphah International University (<i>Conference Patron in Chief</i>)
1:00pm-02:00pm	LUNCH BREAK	
Time	Scientific Session Two	Speakers
2:00 pm-2:30 pm	Plenary Session Two Topic: Implementation of Lifestyle Medicine Healthcare Model in the Global South	
	Panel Discussion & Perspectives from Asian Lifestyle Medicine Council Member Countries	Moderator Dr. Muhammad Zia Abbas Guest Participants Dr. Sheela Nambiar (India) Capt. (Ret)Yongyuth Mayalarp (Thailand) Dr. Samandika Saparamadu (President Asian Council of Lifestyle Medicine)
2:30pm -2:50 pm	Two Decades of Impact: Reflections on the American College of Lifestyle Medicine and the Global Lifestyle Movement	Dr. Beth Frates President American College of Lifestyle Medicine Chair for RILM
2:50 pm -3:05 pm	Integrating Lifestyle Medicine into Oncology Care: Enhancing Survival and Quality of Life in Breast Cancer Patients	Dr. Rahat Ghazanfar Consultant Family Medicine and Physician Lead for Lifestyle Medicine Program, Cleveland Clinic, Abu Dhabi
3:05 pm -3:10 pm	5-minute mini activity boost	
3:10 pm - 3:35 pm	Innovative Research in Lifestyle Medicine Oral Presentations of Research Papers (3 Papers)/Simultaneous Display of Ongoing Research Posters	
3:35 pm -3:50 pm	Lifestyle Medicine as an Antidote to Physician's Burnout	Dr. Rob Lawson Chair British Society of LM (BSLM); President European LM Council
3:50 pm – 4:05 pm	Building Resilience through mindfulness and self-care	Dr. Nadeem Akbar Professor & Head of the Department of Chemical Pathology, IIMCT
4:05 pm - 4:20 pm	Pre-conception Health	Dr. Saadia Sultana Professor of Obstetrics & Gynecology, PRH, IIMCT

Recognition of Contribution Ceremony

4:20 pm- 4:30 pm	Remarks by the chief guest	Dr. Zafar Mirza Professor of Health System & Population Health, Shifa Tameer-e-Millat University Former Director Health System Development WHO
4:30pm- 4:55 pm	Presentation of Souvenir and Certificate to Chief Guest and Keynote Speakers, Presenters, Organizers, Sponsors and Graduates of IBLM and SWIPE Internship	
4:55pm- 5:00pm	Announcement of next conference by Director RILM	Dr. Shagufta Feroz Director Riphah Institute of Lifestyle Medicine (RILM) & Founder President Pakistan Association Of Lifestyle Medicine (PALM) <i>(Conference Chairperson)</i>
05:00pm-05:15pm	Group photos with Chief Guest	
05:30pm-6:30pm	<i>Break for Participants to prepare for Lifestyle Medicine Gala & Gourmet Evening</i>	
6:30pm-09:00pm	Lifestyle Medicine Gala & Gourmet Evening <i>Onsite registration coupons available for purchase. Event is included with residential participant registration.</i>	

Sunday October 6 th , 2024		
Time	Activity	Facilitator
06:00 am- 07:00am	Morning Harmony Session for Residential Participants (Walk/Yoga/Breathing Exercises/Tai Chi)	Ms. Lubna Nisar
07:00 am -08:00 am	Breakfast	
Sunday October 6 th , 2024 Premier Conference Sessions		
09:00 am -09:05 am	Recitation from the Holy Quran Welcome Remarks by Moderator Dr. Omar Jhagra & Dr. Aysha Mushtaq	
09:05am -10:30 am	Workshop: Revive and Thrive: Lifestyle Medicine in 90 minutes	Conducted by: Dr. Shagufta Feroz Director RILM & Founder President PALM Dr. Munira Abbasi Vice President PALM Faculty Adjunct RILM Dr Fatima Ehsan Professor of Physiology IIDC
Time	Topic	Speaker
10:30am- 10:45 am	Impact of Lifestyle Modification on Systemic Hypertension	Dr. Mohammad Farooq Professor & HoD of Medicine, IIMCT
10:45 am -11:10 am	Innovative Research in Lifestyle Medicine Oral Presentations of Research Papers (3 papers)	
11:10am –11:25 am	Understanding the Aging Process: Optimizing Opportunities for independence and Quality of Life	Dr. Aleena Shaukat, MD Family Medicine, Geriatrics, Palliative Care Expert
11:25 am -11:40 am	Living Healthy, The Pakistani Way	Prof Dr. Khalid Farooq Danish Deputy Director, RILM Professor of Surgery, Railway Hospital IIMCT
Closing Ceremony		
11:40 am -12:00 pm	Presentation of Certificates to Speakers	
12:00 pm-12:05 pm	Remarks by the chief guest	
12:05 pm-12:10 pm	Closing Remarks	Dr. Muhammad Zia Abbas President Pakistan Association of Lifestyle Medicine (PALM)
12:15 pm	Check Out from the Venue	

