

6th INTERNATIONAL LIFESTYLE MEDICINE CONFERENCE & RETREAT 2025

THURSDAY 16TH OCTOBER - SUNDAY 19TH OCTOBER 2025



THEME Chronic Disease Reversal: A Lifestyle Medicine Revolution

Tentative Schedule, Friday 24th October 2025

Time	Topic	Speaker
Check-in will begin 07:00 am -9:00 am	Residential Participant Check-In <ul style="list-style-type: none"> • Residential participants are expected to complete the check-in process during this period. <i>Staff will be available to assist with accommodations and distribute welcome materials at the entrance of the Meeting Hall.</i>	
9 am -9:15 am	<i>Recitation from the Holy Quran</i> <i>National Anthem</i> Brief Welcome and introduction of the Conference	AA PP-Dr Zia
9:15 am -9:35 am	Meaning & Purpose	Dr Beth Frates
9:35am -9:55 am	Finding Purpose and Happiness as a Doctor through Lifestyle Medicine	Dr. Denis Pfeiffer Co-Founder & President, Lifestyle Medicine Society Switzerland
9:55 am -10:00 am	5-minute mini activity boost	

Inaugural Session

10:00 am -10:10 am	Welcome Address	? Dr Zafar Mirza (President PALM)
10:10 am -10:15 am	Lifestyle Medicine Conference Retreat Themes & Objectives	? Dr Tahira Sadiq (Vice President)
10:15 am – 10:20 am	Opening Remarks	Dr Padmaja Patel

10:20 am – 10:35 am	Evolution of Riphah Institute of Lifestyle Medicine (RILM) & Pakistan Association of Lifestyle Medicine - A journey through the years	Dr Munira Abbasi
10:35 am -10:50 am	Healing the Healers: Lifestyle Medicine as an Antidote to Physician Burnout	Dr Naila Azam
10:50 am -11:05am	Poor Lifestyle Syndrome	Dr Bruno Colontoni
11:05am -11:15 am	Beyond Symptoms: A Lifestyle Medicine Blueprint for Reversing the NCD Epidemic	Dr Rahat Ghazanfar
11:15 am -11:20 am	5-minute mini activity boost	
11:20 am – 11:35 am	TBD	Dr Anis
11:35 am -11:45 am	Address by Dean IIMC	Dr Najm, Dean
11:45 am – 11:55 am	Address by Chancellor	Mr Hasan Mohammad Khan
11:55 am – 12: 10 am	Address by Guest of Honor	Dr Mailk Mukhtar Bharat
12:10 -1:00 pm	Short Ceremony Souvenir and Certificate Distribution & Group Photo	
1:00pm – 3:00 pm	Jumma Prayers & Lunch Break	
3:00 pm – 4:00 pm	Planery Session From Risk to Resilience: A Lifestyle Medicine Approach to NCD Prevention and Care Or Whole Person Healing: A New Era in Transforming NCDs	Moderator: Dr Maqsood-ul-Hasan Guest Participants: Dr Zafar, Dr Naila, Dr Muneeb, Dr Mowaddat Rana, Dr Rahat Ghazanfer
4:00 pm -4:20 pm	Lifestyle, Micronutrients and Malignancy: Navigating the Vitamin-Cancer Connection.	Dr Muneeb
4:20pm -4:40 pm	The Calling Within: My Two-Decade Journey to Redefine Health in Pakistan	Dr Shagufta

4:40 pm -4:45pm	5-minute mini activity boost	
4:45pm -5:00 pm	Lifestyle Medicine in Gynecology	Dr Dave Glass
5:00 pm – 5:10 pm	TBD	Dr Sadia Sultana
5:10 pm – 5:20 pm	TBD	Dr Nadeem Akbar
05:20pm-05:30pm	Presentation of Certificates to Speakers & Group photos Closing of Day 1	
05:30 pm-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>	

Tentative Schedule, Saturday 25th October 2025

Time	Topic	Facilitator
9 am -9:15 am	<i>Recitation from the Holy Quran</i> <i>National Anthem</i> Brief Welcome and introduction of the Conference	AA PP-Dr Zia
9:15 am -9:35 am	Longevity in Hunza: Challenges and Potentials	Rafiq Jaffer
9: 35 am-9:40am	TBD	Mr Mansoor Sherwani Awareness man
9:40 am -10:00 am	TBD	Dr Fozia
10:00am -10:05am	5-minute mini activity boost	
Inaugural Session		
10:05 am -10:10 am	Welcome Address	? Dr Zafar Mirza (President PALM)

10:10 am -10:15 am	Lifestyle Medicine Conference Retreat Themes & Objectives	? Dr Tahira Sadiq (Vice President)
10:15 am – 10:20 am	Opening Remarks	Dr Padmaja Patel
10:20 am – 10:35 am	Evolution of Riphah Institute of Lifestyle Medicine (RILM) & Pakistan Association of Lifestyle Medicine - A journey through the years	Dr Munira Abbasi
10:35 am -10:50 am	Educating for Health Transformation	Dr Danish
10:50 am -11:05am	Obtaining Proficiency in Lifestyle Medicine	Stephan Herzog
11:05 am – 11:20 am	TBD	Dr Nizal
11:20 am -11:25 am	5-minute mini activity boost	
11:25 -11:45 pm	TBD	Dr Zafar Mirza
11:45 am -11:55am	??Research Articles	?Dr Azhar/Dr Sajida
11:55 am -12:05 am	Address by Dean FHMS	Dr Najm
12:05 am – 12:15 pm	Address by Chancellor /VC	Mr. Hasan /Dr Anis
12:15 pm – 12:30 pm	Address by Presiding Guest	Dr Rizwan Taj
12:30 pm – 1pm	Short Ceremony Souvenir and Certificate Distribution & Group Photo	
1:00pm – 2:00 pm	Lunch Break	
2:00 pm – 2:20 pm	Longevity and NCD Prevention Through Mitochondrial Health	Dr Moien
2:20 pm- 2:40 pm	Infant Mental Health and LSM: The Siamese Twins	Dr Mowaddat Rana &Dr Roop Zainab
2:40 pm – 3:00 pm	Planting Seeds for a Lifetime; Nurturing Healthy Habits in Children and adolescents	Dr Humaira
3:00 pm – 3:05 pm	5-minute mini activity boost	

3:05 pm -3:20 pm	Translating Blue Zones into Modern Lifestyle Prescriptions	Dr. Michelle Tollefson
3:20 pm -3:35 pm	From Plate to Pace: Culturally Relevant Lifestyle medicine interventions for NCDs in Pakistan	Dr Tahira Sadiq
3:35 pm – 3:50 pm	Lifestyle-Beyond pillars	Dr Tahir Chaudry
3: 50 pm -4:05 pm	Research Article TBD	Dr Azhar
4:05 pm – 4:10 pm	5-minute mini activity boost	
4:05-4:20 pm	Research Article TBD	Dr Sajida Naseem
4:20 -5:15 pm		Samia /Jaweria
05:15pm-05:30 pm	Presentation of Certificates to Speakers & Group photos Closing of Day 2	
05:30pm-6:30pm	<i>Break for Residential Participants to prepare for Evening Networking Event & Dinner</i>	
6:30pm-09:00pm	Network & Dine: An evening of Connection & Cuisine <i>Onsite registration coupons available for purchase. Event is included with residential participant registration</i>	