

7th INTERNATIONAL CONFERENCE OF LIFESTYLE MEDICINE

DAY 1 • TUESDAY, 29 SEPTEMBER 2026



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Conference Theme

Redefining Healthcare Lifestyle Medicine at the Core of One Health

Subtheme Whole Person Health: Integrating Precision Chrono-medicine with Lifestyle Medicine

Premier Conference Session

9:45 AM –9:50 AM	Recitation from the Holy Quran National Anthem	Dr. Muhammad Zia Abbas MD, LMPC, SWIPE Cert., IBLM Diplomate Member National Task force on Lifestyle Medicine Executive Member PALM, BOD Asian Lifestyle Medicine Council ALMC, Task Force Member World Lifestyle Medicine Organization WLMO. & Dr Aysha Armaghan Lifestyle Medicine Certified Physician (LMPC, SWIPE). Assistant Professor Physiology, Joint Secretary PALM
9:50 AM -10:15 AM	Blue Zone Inspired GB Wellbeing and Longevity Project	Mr. Rafique Jaffer Clinical Psychologist Founding director of the Institute of Social Sciences & Dr Shah Bano Adil International Diplomate of Lifestyle Medicine, LMPC & Swipe Certified CEO Dr. Shahs Pvt. Ltd.

Inaugural Session

10:15AM - 10:25 AM	Guests to be seated & Chief Guest Arrival	
10:30 AM -10:35 AM	Recitation from the Holy Quran National Anthem Welcome to the Chief Guest, Guest of Honor and Delegates	Dr. Muhammad Zia Abbas & Dr Aysha Armaghan
10:35 AM -10:40 AM	Welcome Address	Dr Shagufta Feroz Founder President of PALM & Director of RILM
10:40 AM -10:50 AM	Address by President PALM	Dr Zafar Mirza President PALM Prof of Health System & Population Health, Shifa Tameer-e-Millat University Former Health Minister
10:50 AM -11:00 AM	Lifestyle Medicine Journey of RILM & PALM	Dr Munira Abbasi, Faculty RILM; Executive board member PALM Consultant Endocrinologist
11:00 AM -11:10 AM	Address Federal Director General Health	Dr Zaeem Zia Federal Director General Health
11:10 AM -11:20 AM	Address President of Hamdard Chancellor of Hamdard University	Ms. Sadia Rashid President of Hamdard Chancellor of Hamdard University

11:20 AM – 11:30 AM	Address President of Indus Hospital & Health Network	Dr Abdul Bari Khan President of Indus Hospital & Health Network
11:30 AM – 11:40 AM	Address Vice Chancellor Riphah International University	Prof Dr. Anis Ahmad, SI Vice-Chancellor of Riphah International University
11:40 AM – 11:50 AM	Address President PMDC	Dr Rizwan Taj President PMDC
11:50 AM -12:00 PM	Address President CPSP	Prof Dr Shoaib Shafi President College of Physicians and Surgeons (CPSP) Pakistan
12:00 PM -12:10 PM	Address Chairman HEC	Prof. Dr. Niaz Ahmad Akhtar, SI Chairman of the Higher Education Commission (HEC) of Pakistan
12:10 PM -12:20 PM	Address Surgeon General / DG MS (IS)	Lt Gen Prof Dr. Arshad Naseem HI (M) Surgeon General /DG MS (IS) of Pakistan Armed Forces
12:20 PM -12:30 PM	Address Chancellor Riphah International University	Mr. Hasan Mohammad Khan Chancellor, Riphah International University (Conference Patron in Chief)
12:30 PM -12:40 PM	Address The Chief Guest	Mr. Syed Mustafa Kamal Federal Health Minister Ministry of National Health Service, Regulation & Coordination
12:40 PM -12:50 PM	Vote of thanks Dean FHMS Faculty of Health and Medical Sciences	Maj General Prof Dr Najm us Saqib Khan HI (M)T. Bt Retd Dean FHMS Faculty of Health and Medical Sciences, Principal, Islamic International Medical college, Rawalpindi
12:50 PM - ONWARDS	Presentation of Souvenir Distribution & Group Photo Poster & Scientific Model Exhibition for Dignitaries Refreshment/ Tea Break for Dignitaries, Dignitaries will depart at their convenience	
1:00PM – 2:00 PM	LUNCH BREAK	
	Premier Conference Sessions	
	Expert Perspectives	
2:00 PM – 2:15 PM	How much is too much- Toxic Relationships	Professor Dr Mowaddat Rana Professor of Psychiatry and Behavioral Sciences Chief Editor of Journal of EMDR Asia
2:15 PM -2:25 PM	From advice to architecture: healthy institutions as standard of care	Professor Dr Khalid Farooq Danish Deputy Director RILM Professor of Surgery, Railway Hospital IIMCT
RESEARCH SPOTLIGHT		
2:25 PM -2:32 PM	From Fragmentation to Integration: Rethinking Nutrition Education in Undergraduate Medical Curriculum in Pakistan Through a Mixed-Methods Study	Professor Dr Mohammad Ahmed Abdullah Professor of public health and consultant family medicine Shifa Tameer e Millat university Islamabad
2:32 PM – 2:40 PM	Chrono-nutrition Behaviors and Multi-Level Determinants Among Pregnant Women in Pakistan: An Explanatory Sequential Mixed-Methods Study	Dr Umaira Irfan Consultant Dietitian, Public Health Professional, Researcher, Academician, Certified Neuro-Linguistic Programming (NLP) Practitioner from American Board
INTERACTIVE ACTIVITY		
2:40 PM -3:00 PM	Activity	Dr Ayesha Armaghan, Dr Sadia Fazal and Dr Abeerah Zainab
	International Planery Session	

3:00 PM -4:00 PM	Lifestyle Medicine Without Borders: Global Leaders Shaping the Future of Health (Live online)	Panel: Dr Javaid Sheikh , Dean Weil Cornell University (Qatar) Dr Amy Mechley , LM Intensivist (USA) Dr Emanuela Mercoren , President, Romanian of LM (Romania) Dr Denise Pfeiffer , President and Cofounder of LM Society Switzerland Dr Moyosore Makinde , President, Society of LM Nigeria Dr Klara Koncz , LM Physician & Preventive Medicine Leader (Hungary) Moderator: Dr Zia Abbasi & Dr Aysha Armaghan
Expert Perspectives		
4:00PM -4:30 PM	TBD (live online)	Prof Sarfaraz Khan Niazi Adjunct Professor of Pharmaceutical Sciences, University of Illinois Chicago; Biopharmaceutical & Biosimilars Expert.
4:30 PM-5:00PM	Presentation of Certificates to Speakers & Group photos Closing of Day 1	

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DAY 2 • WEDNESDAY, 30 SEPTEMBER 2026

Tentative Schedule, Wednesday 30th September 2026		
Time	Topic	Facilitator
Premier Conference Sessions		
10:00 am -10:15 am	Recitation from the Holy Quran National Anthem Brief Welcome on Day 2 of the Conference	Moderators: Dr Zia Abbas MD, LMPC, SWIPE Cert., IBLM Diplomate Member National Task force on Lifestyle Medicine Executive Member PALM, BOD Asian Lifestyle Medicine Council ALMC, Task Force Member World Lifestyle Medicine Organization WLMO. & Dr Aysha Armaghan Lifestyle Medicine Certified Physician (LMPC, SWIPE). Assistant Professor Physiology, Joint Secretary PALM
Learning Lab I Precision chrono-medicine and Lifestyle Medicine: Shaping the Future of Whole-Person Health		
Expert Perspectives		
10:15 am -10:30 am	From Circadian Biology to Whole-Person Health: Integrating Precision Chrono medicine with Lifestyle Medicine	Prof Dr Shafat Khatoon FCPS, MCPS; Professor & Head, General Medicine, PIMS/SZABMU, Member National Task force on Lifestyle Medicine

Tentative Schedule, Wednesday 30th September 2026

Time	Topic	Facilitator
10: 30 am-10:45am	Redefining Health in the Anthropocene: Harnessing Chrono medicine and Lifestyle Medicine for Equitable NCD Prevention	Prof Dr Humaira Mehmud Professor of Public Health at the Health Services Academy, Islamabad Fellow of the Royal Society of Public Health (FRSPH)
Voices from Frontlines		
10:45 am -11:00 am	Movement as Medicine—but Timing Matters: Integrating Chrono-Rehabilitation with Lifestyle Medicine for Better Pain, Sleep and Function	Prof Dr Uzma Aftab Professor and Consultant Physical med and rehabilitation CMH Rawalpindi
11:00 am -11:05 am	5 min Boost Activity	
Learning Lab II Whole-Person Wellbeing: From Mindfulness to Meaningful Living		
Expert Perspectives		
11:05 am -11:35 am	The Role of Mindfulness in Lifestyle Medicine (live online)	Dr. Kumanga Andrahennadi Author, Mindfulness Teacher/Trainer & Founder of CALM: Centre for the Advanced Learning of Mindfulness.
11:35 am -11:55 am	Beyond habits: integrating purpose and spirituality into the clinical practice of Lifestyle Medicine.	Dr Cristian Delaplane MD, MSc, DipIBLM, Founder of Argentina Association of Lifestyle Medicine Board-certified in Internal Medicine, Family Medicine, and Geriatrics.
11:55 am -12:10 pm	The Ripple Effect of Lifestyle Medicine: From Individual Wellbeing to Sustainable Societies	Prof Dr Tahira Sadiq Professor and Head of the Department of Community Medicine and Public Health at Bahria University College of Medicine
Voices from the Frontlines		
12:10 pm – 12:25 pm	A Whole-Person Approach: Facilitating Recovery Through Lifestyle Medicine.	Dr Sadia Fazal IBLM Diplomate, LMPC, General Secretary PALM, and Member National Taskforce on Lifestyle Medicine.
Research Spot Light		
12:25 pm -12:32 pm	Integrating Lifestyle Medicine into Primary Care: Development and Early Implementation of The S.E.H.A.T. (Strengthening Everyday Habits and Transformation) Program in Urban Karachi	Dr Ambreen Salman Head of Specialty Clinics, SINA Health Systems Foundation; MRCGP (Int.), LMCC; Postgraduate Qualifications in Diabetes & Endocrinology and Lifestyle Medicine.
12:32 pm -12:39 pm	Implementation Experiences of a School-Based Adolescent Nutrition Education Intervention: A Post-Intervention Qualitative Study Guided by Consolidated Framework for Implementation Research and the Social Ecological Model	Azka Aftab Presented by: Dr Humaira Mehmud Professor of Public Health at the Health Services Academy Fellow of the Royal Society of Public Health (FRSPH)
Interactive Activity		
12:40 pm -1:00 pm	20 min activity	Aysha Armaghan
1:00 pm -2:00 pm	LUNCH BREAK	

Learning Lab III Lifestyle Medicine Across Borders: Competency, Research & Community Impact		
Expert Perspectives		
2:00 pm -2:20 pm	Obtaining Proficiency in Lifestyle Medicine, the Global Lifestyle Medicine Competency and Certification	By David Lippman Board Member of the American Board of Lifestyle Medicine (ABLM); Former North American Chair, MOC & CME Committees, International Board of Lifestyle Medicine (IBLM).
2:20 pm -2:35 pm	Connecting the World Through Lifestyle Medicine: Experiences, Partnerships, and Progress	Dr Zia Abbas MD, LMPC, SWIPE Cert., IBLM Diplomate Executive Member PALM, BOD Asian Lifestyle Medicine Council ALMC, Task Force Member World Lifestyle Medicine Organization WLMO.
Research Spot Light		
2:35 pm -2:41 pm	Smoking Cessation Counseling Competence among Doctors and Dentists in a Tertiary Care Hospital in Quetta	Prof Dr Fareeha Farooq Professor Biochemistry, Quetta Institute of Medical Sciences IBLM-Certified Lifestyle Medicine Physician, Bioethics & Medical Education Professional.
2:41 pm – 2:48 pm	Effectiveness of smoking Cessation counseling with text messages in textile workers of Pakistan: A Cluster Randomized Controlled Trial	Dr Ishtiaq Anwar Assistant Professor, Sir Syed Case University
Voices from the Frontlines		
2:50pm – 3:05 pm	Sweet Reset: Bringing Lifestyle Medicine to Where Islamabad Turns Rural.	Prof Dr Sajida Naseem Professor, PhD Scholar in Public Health, Health Services Academy, Family Physician, Lifestyle Medicine Certified
3:05 pm -3:15 pm	My LM journey- Back to childhood	Prof Dr Mohammad Farooq IBLM & LMPC Certified LM Physician Professor & former HOD of Medicine, IIMCT
Learning Lab IV Lifestyle Medicine in Action: Prevention, Recovery & Rest		
Expert Perspectives		
3:15pm -3:30 pm	Cancer Prevention in the 21st Century: Why Lifestyle Medicine Must Become Standard Oncology Practice	Dr Muneeb Khan UK-based NHS Oncologist Founder of the international charity ‘Killing Cancer Kindly
Voices from the Frontlines		
3:30 pm -3:45 pm	Three Years of Building Health, Connection, and Community Through Walking	Dr Munira Abbasi Walk leader Islamabad Chapter Consultant Endocrinologist, Faculty Adjunct Riphah Institute of Lifestyle Medicine, Executive board member PALM

Interactive activity		
3:45 pm -4:15 pm	From Restless to Restful: Understanding Sleep Challenges Restorative Sleep Healthy Sleep habits	Dr Aysha Mushtaq Joint Secretary PALM Lifestyle Medicine Certified Physician (LMPC, SWIPE). Assistant Professor Physiology
Research Spotlight		
4:15 pm -4:22 pm	Multidimensional Quality of Life Among Cancer Patients: A Study of Physical, Psychosocial and Spiritual Well-Being” in a tertiary care hospital in Karachi, Pakistan	Dr Nighat Nisar Presented by: Dr Mohammad Abdullah Khan, Physician and Researcher
4:22 pm -4:29 pm	Adverse effects of human milk fortifier on preterm neonates in a neonatal intensive care unit of a tertiary care hospital, Karachi	Dr Misbah Kamran Presented by: Hareem Syed, Senior Clinical Registered Dietitian, Indus Hospital & Health Network; Specialist in Clinical Nutrition & Medical Nutrition Therapy.
4:29 pm -4:36 pm	Exploring Physician's Perspectives on the Interconnectedness of Gut Microbiota, Antibiotics and Mental Health: A Qualitative Study in Islamabad & Rawalpindi	Dua Zaidi Public Health Researcher, Association for Social Development (ASD); Research interests in Implementation Science, AMR & Mental Health.
04:35pm-04:55 pm	Presentation of Souvenir and Certificate to Chief Guest and Keynote Speakers, Presenters, Organizers & Sponsors	
4:55 pm -5:00 pm	Concluding Remarks	Dr Shagufta Feroz