



INDIAN SOCIETY OF  
LIFESTYLE MEDICINE

# 2nd International Conference- ISLM2021

A conference organised by  
Indian Society of Lifestyle  
Medicine that will **change** the  
way you **practice** Medicine

[www.islm.org.in](http://www.islm.org.in)



**27<sup>th</sup> & 28<sup>th</sup>  
November 2021**

**Theme**

**"A Paradigm Shift in Healthcare"**

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# 2nd International Conference- ISLM2021

## Welcome Message

Welcome to the second international Lifestyle Medicine conference by the Indian Society of Lifestyle Medicine, ISLM.

We are delighted that you are here to experience the conference that will change the way you practice medicine.

The conference is aimed at Allopathic physicians from all specialties, dietitians, exercise physiologists and psychologists. With the theme of the conference, "A Paradigm Shift in Healthcare", we explore how the implementation of Lifestyle Medicine can impact and change the trajectory of healthcare, the way we practice and most importantly, our approach to our own personal health and well-being.

We have eminent speakers from India and all over the globe who will be talking about different disciplines of medicine from a Lifestyle Medicine perspective.

I hope you enjoy the conference and take away from it teachings that will be hugely impactful both professionally and personally.

Best wishes

Dr Sheela Nambiar MD Obgyn DipLM BSLM

President ISLM

CHAIRPERSON- ISLM2021



# 2nd International Conference- ISLM2021



**Dr Sheela Nambiar**  
Chair Person  
President ISLM



**Dr Anjali Nakra**  
Co- Chairperson  
Secretary ISLM

## Organising Secretaries



**Dr Sheeja Gangan**



**Dr Meera Ragavan**

## Organising Committee



**Dr Ravi Modali**  
Treasurer ISLM



**Dr. Rabbanie Tariq**  
Joint Secretary ISLM



**Dr Anupama Devdas**



**Dr Shalini P**



**Dr Supritha KM**



**Dr Silja Sudhir**



# 2nd International Conference- ISLM2021

## Scientific Committee



**Dr Sheela Nambiar**  
President ISLM



**Dr Anjali Nakra**  
Secretary ISLM



**Dr BM Makkar**



**Ms Sheela Krishnaswamy**

## Abstract Committee



**Dr. Rabbanie Tariq**  
Joint Secretary ISLM



**Dr Sunil Kumar**



**Dr Anitha Kankar**



**Dr Ishani Hanspal**



**Dr Ravinder Mamtani**  
Chief Guest and Keynote Speaker



**Ms Preetha Reddy**  
Guest of Honour



# 2nd International Conference- ISLM2021

## Our Faculty | Chair and Co-Chair

**Dr Dharini Krishnan**

**Dr Vivek Raj**

**Ms Sheela Krishnaswamy**

**Dr Rajeena Shahin**

**Dr Usha Sriram**

**Dr Ramani Devi**

**Dr Ravi Modali**

**Dr Meera Ragavan**

**Dr Thiagarajan**

**Dr Justin Paul**

**Dr (Col)Y.K Yadav**

**Dr Samuel Hansdak**

**Dr Ramakrishnan**

**Dr Suresh Chandran**

**Dr Anita Kankar**

**Dr Sheela Nambiar**

**Dr Suneela Garg**

**Dr Anjali Nakra**

**Dr Rabbanie Tariq**

**Dr GS Grewal**







# 2nd International Conference- ISLM2021

## Our Faculty | Speakers

**Dr Venkat Srinivasan**

**Mr Stephen Herzog**

**Ms Sudha Cannan**

**Dr Param Dedhia**

**Dr Wayne Dysinger**

**Dr Pankaj Vij**

**Dr Geeta D**

**Dr Jugal Kishore**

**Dr Rekha Harish**

**Dr Shiv Sarin**

**Dr Sudhir Sethi**

**Dr Vinod Mittal**

**Dr Anju Virmani**

**Dr Nitu Bajekal**

**Dr Dhanasekhar**

**Dr Rupinder Sekhon**

**Dr Vasumathi Balaguru**

**Dr Koushik Reddy**

**Ms Vineeta Mittal**

**Dr Prabhakaran Dorairaj**

**Dr Ravinder Mamtani**

**Dr Dean Sherzai**

**Dr V Mohan**

**Dr Ayesha Sherzai**

**Dr Shashank Joshi**

**Dr Shekhar Seshadri**

**Dr Soham Patel**

**Dr BM Makkar**

**Dr Rani Polak**

**Dr Naval Vikram**

**Mr Vikram Udayagiri**

**Dr Sunil Shroff**

**Dr Sanjay Wadhwa**

**Dr Maluk Mohammed**

**Dr Edward Philips**

**Dr Jacqueline Michael**



# 2nd International Conference- ISLM2021

## Schedule Day 1 | Focus Hall

27th November 2021

### Stress Management Workshop

 8.00 am to 12.00 pm  Dr Venkat Srinivasan  
Ms Sudha Cannan

### Networking- Midlife & Lifestyle Medicine

 12.30 pm to 12.45 pm  Dr Sheela Nambiar  
Dr Meera Ragavan

### Networking- Telemedicine

 12.45 pm to 1.15 pm  Dr Ravi Modali  
Dr Supritha

### Lunch Break

 1.15 pm to 2.00 pm

### Nutrition | Chair- Dr Dharini Krishnan | Co Chair- Ms Sheela Krishnaswamy

#### Three foundational principles for nutrition in Lifestyle

 2.00 pm to 2.30 pm  Dr Wayne Dysinger

#### Can Nutrigenomics be a tool for answering Lifestyle Diseases?

 2.30 pm to 3.00 pm  Dr Geeta D





# 2nd International Conference- ISLM2021

## Schedule Day 1 | Focus Hall

27th November 2021

### Panel Discussion | Moderator- Dr Rekha Harish | Co Moderator- Dr Sudhir Sethi

#### Lifestyle in Pediatrics in Covid times

 3.00 pm to 4.00 pm  Dr Anju Virmani | Dr Dhanasekhar |  
Dr Vasumathi Balaguru | Ms Vineeta Mittal

### Conference Inauguration Ceremony | Chief Guest- Dr Ravinder Mamtani

#### Keynote address

 4.00 pm to 5.30 pm  Dr Ravinder Mamtani

### Endocrinology | Chair- Dr Usha Sriram | Co Chair- Dr Ravi Modali

#### Reversal of Diabetes- Hype or reality

 5.30 pm to 6.15 pm  Dr V.Mohan

#### COVID and NCD

 6.15 pm to 7.00 pm  Dr Shashank Joshi

#### Benign Thyroid Disease and Lifestyle Interventions

 7.00 pm to 7.45 pm  Dr Soham Patel

**END OF DAY 1 - 7.45 pm**





# 2nd International Conference- ISLM2021

## Schedule

## Day 1 | Progress Hall

27th November 2021

### Culinary Workshop

 7.30 am to 9.30 am  Dr Rani Polak  
Mr Vikram Udayagiri

### Mindfulness Session

 9.30 am to 9.40 am  Dr Anjali Nakra  
Dr Silja Sudhir

### Oral Paper /Poster Presentation 1

 9.40 am to 11.30 am

### Networking- Lifestyle Medicine Principles

 11.30 am to 11.45 am  Dr Rabbanie Tariq  
Dr Shalini P

### Lunch Break

 1.30 pm to 3.00 pm

### Networking- Nutritional Coaching

 3.00 pm to 3.15 pm  Dr Sheeja Gangan | Dr Silja Sudhir

### Networking- Obesity

 3.15 pm to 3.30 pm  Dr B M Makkar | Dr Anjali Nakra

### Networking- Digital Platform in Lifestyle Medicine

 3.30 pm to 3.45 pm  Dr Rajeeana Shahin | Dr Prapthi B





# 2nd International Conference- ISLM2021

## Schedule

## Day 1 | Progress Hall

27th November 2021

**Exercise** | Chair- Dr Thiagarajan | Co Chair- Dr (Col) Y K Yadav

**Exercise, the most underutilized lifestyle intervention**

 5.45 pm to 6.15 pm  Dr Sanjay Wadhwa

**Resistance Training: Lifting Weights to Lose Weight**

 6.15 pm to 6.45 pm  Dr Edward Philips

**Networking- Exercise at Workplace**

 7.15 pm to 7.30 pm  Dr Sheela Nambiar | Dr Sanjay Wadhwa

**Executive Director, IBLM**

 7.30 pm to 7.45 pm  Mr Stephen Herzog

**END OF DAY 1 - 7.45 pm**



# 2nd International Conference- ISLM2021

## Schedule Day 2 | Focus Hall

28th November 2021

**Sleep** | Chair- Dr Ramakrishnan | Co Chair- Dr Anitha Kankar

### Sleep Medicine & Lifestyle Medicine

 8.30 am to 9.30 am  Dr Param Dedhia

**Lifestyle Medicine** | Chair- Dr Suneela Garg | Co Chair- Dr Rabbanie Tariq

### LIFESTYLE MEDICINE: Transforming lives, Improving outcomes

 9.30 am to 10.15 am  Dr Pankaj Vij

### Prevention of NCD

 10.15 am to 11.00 am  Dr Jugal Kishore

**Gastroenterology** | Chair- Dr Vivek Raj | Co Chair- Dr Rajeena Shahin

### Diet in liver disease

 11.00 am to 11.45 am  Dr Shiv Sarin

### Microbiome

 11.45 am to 12.30 pm  Dr Vinod Mittal

### Guest of Honour

 1.00 pm to 1.30 pm  Ms Preetha Reddy



# 2nd International Conference- ISLM2021

## Schedule

## Day 2 | Focus Hall

28th November 2021

### Lunch Break

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1.30 pm to 2.00 pm

**Gynaecology** | Chair- Dr Ramani Devi | Co Chair- Dr Meera Ragavan

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### Living PCOS Free

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2.00 pm to 2.45 pm



Dr Nitu Bajekal

### Preventive Gynae oncology

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2.45 pm to 3.30 pm



Dr Rupinder Sekhon

### Oral paper/Poster Presentations 2

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3.30 pm to 5.00 pm

### Networking Session- Positive Psychology

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5.00 pm to 5.20 pm



Dr Sheela Nambiar | Dr Meera Ragavan

### Conference Valedictory Session

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5.20 pm to 5.45 pm

**END OF DAY 2 - 5.45 pm**



# 2nd International Conference- ISLM2021

## Schedule

## Day 2 | Progress Hall

28th November 2021

### Exercise

 8.00 am to 8.20 am

**Cardiology** | Chair- Dr Justin Paul | Co Chair- Dr Samuel Handsak

### Heart of India

 8.30 am to 9.15 am  Dr Koushik Reddy

**'Can we reduce cardiovascular risk by the right lifestyle?'**

 9.15 am to 10.00 am  Dr Prabhakaran Dorairaj

**Neurology & Psychiatry** | Chair- Dr Suresh Chandran | Co Chair- Dr Sheela Nambiar

### Prevention of Dementia

 10.00 am to 10.45 am  Drs Dean & Ayesha Sherzai

### Adolescents and Addiction - Modified Stress model

 10.45 am to 11.30 am  Dr Shekhar Seshadri

**Obesity** | Co Chair- Dr Anjali Nakra

### Metabolically Healthy Obesity- Does it exist

 11.30 am to 12.15 pm  Dr BM Makkar



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## Schedule

## Day 2 | Progress Hall

28th November 2021

### Sarcopenia in Obesity

 12.15 pm to 1.00 pm  Dr Naval Vikram

### Lunch Break

 1.30 pm to 2.00 pm

### Telemedicine | Chair- Dr G S Grewal | Co Chair- Dr Ravi Modali

### Delivery & Impact of Lifestyle interventions through telehealth

 2.00 pm to 2.45 pm  Dr Sunil Shroff

### Whole Body Digital Twin Enabled Reversal of Diabetes



 2.45 pm to 3.30 pm  Dr Maluk Mohammed

### Networking Session- Diet & PCOS

 3.30 pm to 3.45 pm  Dr Nitu Bajekal | Ms Rohini Bajekal

### Panel Discussion | Moderator - Dr Sheela Nambiar | Co-moderator - Dr Anjali Nakra

### Lifestyle Medicine in Clinical Practice

 3.45 pm to 5.00 pm  Dr Ravi Modali | Dr Rabbanie Tariq |  
Dr Samuel Handsak | Dr Meera Ragavan |  
Dr Rajeena Shahin | Dr Jacqueline Michael





# 2nd International Conference- ISLM2021

## Schedule

## Day 2 | Progress Hall

28th November 2021

### Kalari Fitness

 5.00 pm to 5.20 pm

### Conference Valedictory Session

 5.20 pm to 5.45 pm

**END OF DAY 2 - 5.45 pm**





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## Contact Us

### Conference Secretariat

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Workshop Registration (each workshop)

**Rs 3000/**



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