



INDIAN SOCIETY OF LIFESTYLE MEDICINE (ISLM)



ISLMCON 2023

4TH INTERNATIONAL CONFERENCE

ORGANISED BY INDIAN SOCIETY
OF LIFESTYLE MEDICINE

Theme : Lifestyle Medicine – Revolutionizing Healthcare

DATE

4th & 5th
November 2023

VENUE

Hotel Savera
Chennai, Tamil Nadu
India

More Information:

www.islm.org.in/con2023/

About ISLMCON 2023

The Indian Society of Lifestyle Medicine provides an excellent opportunity to get a flavor of this new approach which endeavours to prevent diseases by enabling people to make healthy lifestyle choices using an evidence based approach.

You'll get to hear from the pioneers in this area of medicine & listen to first-hand experiences on how lifestyle changes have helped innumerable patients overcome their illnesses. This conference would help learn and understand the need to reduce the incidences of diseases, reduce the morbidity and mortality and promote an overall well-being in individuals, families, society & nation at large.



CLICK HERE TO REGISTER FOR THE CONFERENCE



OR VISIT BELOW LINK

www.islm.org.in/conregister/index.php



WELCOME MESSAGE

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Welcome to the distinguished fourth Evidence-Based Lifestyle Medicine Conference hosted by the Indian Society of Lifestyle Medicine, ISLM. Prepare to be enlightened by the wisdom of a globally renowned faculty through their expert lectures. Engage in thought-provoking panel discussions and immersive sessions that delve into the foundational pillars of Lifestyle Medicine. Discover how Lifestyle Medicine can be effectively delivered, offering insights crucial for metabolic, mental health, and various chronic conditions. Uncover the progression of Lifestyle Medicine through different ages and contexts.

This conference is thoughtfully designed to cater to a diverse audience, especially allopathic physicians from various specialties, dedicated dietitians, adept exercise physiologists, insightful psychologists, and other stakeholders deeply invested in the nation's well-being. Our overarching mission revolves around ushering in a healthier society by catalyzing a revolutionary change in healthcare. Our intention is to foster a sustainable healthcare paradigm that benefits everyone, forging a path towards a brighter and healthier future.

ISLM ORGANISING COMMITTEE 2023



Dr Rabbanie Tariq
President



Dr Sheela Nambiar
Imm Past President



Dr Lakshmi Sundar
Secretary



Dr. Vinu Vij
Treasurer



Dr Anupama Devdas
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Dr Nrutya Subramanyam
Organizing Secretary



Dr Suvetha Kannappan
Organizing Secretary



SCIENTIFIC PROGRAM

SATURDAY, 4TH NOV 2023

SANDESH HALL - DAY 1

TIME	SESSION	SPEAKER
8:00 AM - 8:25 AM	RECEPTION DESK	
8:30 AM - 9:00 AM	INAUGURAL ADDRESS	MR. GAGANDEEP SINGH BEDI IAS, PRINCIPAL SECRETARY, DEPARTMENT OF HEALTH AND FAMILY WELFARE, GOVERNMENT OF TAMIL NADU
9:00 AM - 9:20 AM	PRESIDENTIAL ADDRESS	
9:20 AM - 10:00 AM	SCIENCE OF HAPPINESS	DR SHEELA NAMBIAR
10:00 AM - 10:30 AM	SHIFTING LIFESTYLE	DR N RAMAKRISHNAN
10:30 AM - 10.45 AM	NETWORKING AND TEA BREAK	
NUTRITION FOR HEALTH		
10:45 AM - 11:45 AM	MILLETS - ANCIENT GRAINS FOR A HEALTHY FUTURE	MS POOJA MANOJ
	PLANT-BASED DIETS AND KIDNEY DISEASE	DR MECHELLE PALMA (ONLINE)
	DECIPHERING NUTRITION LABELS	DR. RANJANI HARISH
11:45 AM - 12:00 PM	PHYSICAL ACTIVITY BREAK	



SCIENTIFIC PROGRAM



SATURDAY, 4TH NOV 2023

SANDESH HALL - DAY 1

TIME	SESSION	SPEAKER
12:00 PM - 01:00 PM	ROADMAP FOR LIFESTYLE MEDICINE	DR WAYNE DYSINGER - LMGA, CHAIR, ADVISORY BOARD (ONLINE)
	BENEFITS OF LIFESTYLE MEDICINE IN THE LOWER-MIDDLE INCOME COUNTRIES	DR IFEOMA MONYE (WLMO PRESIDENT) (ONLINE)
01:00 PM - 02:00 PM	LUNCH	
02:00 PM - 03:00 PM	PANEL DISCUSSION - HOW TO APPLY LIFESTYLE MEDICINE TO EVERY SPECIALITY	DR MURTHY GOKULA, DR RAJENDIRAN GOPALAN, DR ANUPAMA DEVDAS, DR KHALID KHADER
03:00 PM - 03:45 PM	ABSTRACTS & TEA BREAK	
03:45 PM - 04:15 PM	MEDICAL SCREENING PRIOR TO SPORTS/FITNESS ACTIVITY PARTICIPATION	DR M VIKRAM RAO
04:15 PM - 04:45 PM	CIRCADIAN RHYTHMS : A NEW PERSPECTIVE IN OBESITY MANAGEMENT	DR ANJALI NAKRA
4:45 PM - 5:15 PM	THE CHANGING PARADIGM OF HEALTHCARE: LIFESTYLE MEDICINE MATTERS	DR RAVI MAMTANI
5:15 PM - 6:15 PM	KEYNOTE ADDRESS : LIFESTYLE MODIFICATION PROGRAMS AT POPULATION LEVEL	DR YUTARO SETOYA (WHO-INDIA)
6:30 PM - 7:30 PM	ANNUAL GENERAL BODY MEETING	



SCIENTIFIC PROGRAM

SUNDAY, 5TH NOV 2023

SANDESH HALL - DAY 2

TIME	SESSION	SPEAKER
FEATURED TALKS		
9:30 AM - 10:00 AM	POPULATION APPROACH AND LIFESTYLE MEDICINE	PROF. EDWARD KUNONGA (ONLINE)
10:00 AM - 10:45 AM	ABSTRACTS & TEA BREAK	
10:45 AM - 11:45 AM	HOW TO UPSCALE LIFESTYLE MEDICINE IN INDIA, CHALLENGES & SOLUTIONS	GRID COUNCIL
INFLAMMATION AS THE BASIS OF CHRONIC DISEASE		
11:45 AM - 12:45 PM	ROLE OF INFLAMMATION IN LIFESTYLE DISEASES	DR SPOORTHI ARUN
	ALL DISEASES BEGIN IN THE GUT	DR PRIYANKA UDAWAT
12:45 PM - 01:00 PM	NETWORKING & PHYSICAL ACTIVITY BREAK	
01:00 PM - 02:00 PM	LUNCH	



SCIENTIFIC PROGRAM



SUNDAY, 5TH NOV 2023

SANDESH HALL - DAY 2

TIME	SESSION	SPEAKER / CHAIRPERSONS
02:00 PM - 03:00 PM	REVOLUTIONIZING HEALTHCARE THROUGH LIFESTYLE EDUCATION	DR SAMUEL GEORGE HANSDAK
	THE GBD COMPARE - A TOOL FOR THE LIFESTYLE MEDICINE PRACTITIONER	DR HERB GIEBEL
03:00 PM - 03:30 PM	LIFESTYLE MEDICINE-AN INNOVATIVE SOLUTION TO REDUCE THE BURDEN OF LIFESTYLE DISEASES	DR BETH FRATES (ONLINE)
03:30 PM - 03:45 PM	NETWORKING AND TEA BREAK	
03:45 PM - 04:15 PM	BURDEN OF NCDS AND IMPLICATIONS OF LIFESTYLE CHANGE	DR. PRADEEP SELVARAJ
04:15 PM - 04:45 PM	AWARDS	
LIFESTYLE MEDICINE AND MENTAL HEALTH		
04:45 PM - 05:45 PM	MINDFULNESS - WHAT, WHY AND HOW?	DR BHAVANI V
	FADING MOMENTS - PSYCHOSOCIAL MODEL OF CARE FOR DEMENTIA	POORNIMA RAJAN (PSYCHOLOGIST)



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