

# ISLMCON 2024

# 5TH INTERNATIONAL CONFERENCE

ORGANISED BY INDIAN SOCIETY OF  
LIFESTYLE MEDICINE

**Lifestyle Medicine Across Lifespan**

 5TH & 6TH OCT 2024

 INDIA HABITAT CENTRE,  
NEW DELHI



**CLICK HERE TO REGISTER FOR THE CONFERENCE**

OR VISIT BELOW LINK

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



## WELCOME MESSAGE

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Welcome to the distinguished fifth 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 2024



**Dr Rabbanie Tariq**  
**President**



**Dr Sheela Nambiar**  
**Imm Past President**



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## ISLM SCIENTIFIC COMMITTEE 2024



**Dr Nrutya Subramanyam**



**Dr Bhavani V**



**Dr Sudha Ramalingam**

## ISLM SPONSORSHIP COMMITTEE 2024



**Dr Anchal Agarwal**



# SCIENTIFIC PROGRAM



**SATURDAY, 5TH OCT 2024**

## SILVER OAK HALL - DAY 1

TIME	SESSION	SPEAKER / CHAIRPERSONS
8:30 AM - 9:00 AM	REGISTRATIONS	
9:00 AM	INAUGURATION AND PRESIDENTIAL ADDRESS	
PHYSICIAN WELLNESS		
9:45 AM - 10:45 AM	THE ART OF RESTING	DR BHAVANI V
	PRESCRIPTION FOR PHYSICIAN WELLBEING	DR SIVANESWARAN POOBALASINGAM
10:45 AM - 11:00 AM	TEA BREAK	
11:00 AM - 12:00 PM	PANEL DISCUSSION ON PAEDIATRIC HEALTH FOR A BETTER TOMORROW: LIFESTYLE PERSPECTIVE	DR ABHISHEK GHOSH, DR VIKRAM RAO, MS SHEELA KRISHNASWAMY, DR ANAMIKA DUBEY
MENTAL HEALTH : MIND MATTERS		
12.00 PM - 1.00 PM	ROLE OF CBT ACROSS LIFESPAN	DR NIMISHA KUMAR
	NUTRITION IN PSYCHIATRY	DR BANI TAMBER AERI
1:00 PM - 2:00 PM	LUNCH	
2:00 PM - 2:30 PM	MEDICOLEGAL ASPECTS	DELHI MEDICAL COUNCIL



# SCIENTIFIC PROGRAM



**SATURDAY, 5TH OCT 2024**

## SILVER OAK HALL - DAY 1

TIME	SESSION	SPEAKER / CHAIRPERSONS
2:30 PM - 3:00 PM	KEYNOTE ADDRESS - GUT HEALTH AND METABOLIC SYNDROME: UNDERSTANDING THE LINK	DR SHIV SARIN
3:00 PM - 4:00 PM	PANEL DISCUSSION ON 360 DEGREE VIEW OF GERIATRIC HEALTH	DR ARVIND BHATEJA, DR MEERA RAGAVAN, DR SHEELA NAMBIAR, DR KHALED
4:00 PM - 4:15 PM	TEA BREAK	
NEUROLOGY: BUILDING BETTER BRAINS THROUGH LM		
4:15 PM - 5:15 PM	LIFESTYLE MEDICINE FOR NEUROGENERATIVE DISORDERS	DR ARVIND BHATEJA
	ROLE OF LIFESTYLE MEDICINE IN PAEDIATRIC NEUROLOGY	DR HARSH PATEL
HEALTH COACHING SKILL POWER OVER WILL POWER		
5:15 PM - 6:00 PM	COACHING FOUNDATIONS FOR LIFESTYLE MEDICINE: EFFECTIVE APPROACHES	DR ANJALI NAKRA
	HEALTH COACHING FOR WOMEN	MS PREYASI KOTHARI
6:00 PM	ANNUAL GENERAL MEETING	
DANDIYA NIGHT		



# SCIENTIFIC PROGRAM



**SUNDAY, 6TH OCT 2024**

## SILVER OAK HALL - DAY 2

TIME	SESSION	SPEAKER / CHAIRPERSONS
6:30 AM	FOREST BATHING AND MINDFULNESS AT LODHI GARDENS	DR BHAVANI V
EMPOWERING HEALTH THROUGH NUTRITION: A LIFESTYLE MEDICINE PERSPECTIVE		
9.00 AM - 10.00 AM	NUTRITION AND CANCER	DR URVI A. SHAH
	MAKING FOOD INTERESTING FOR GEN Z	DR MECHELLE PALMA
WOMEN'S HEALTH : INTEGRATIVE STRATEGIES FOR WELLNESS AT EVERY STAGE		
10.00 AM - 11.00 AM	ROLE OF EXERCISE IN INFERTILITY	DR ERIKA PATEL
	SOCIAL PRESSURES AND MENTAL HEALTH IN ART	DR VEDANT JAIN
11:00 AM - 11:15 AM	TEA BREAK	
11.15 AM - 12.15 PM	PANEL DISCUSSION ON LIFESTYLE MEDICINE IN HEALTH SYSTEMS	DR HARSHAL SALVE (AIIMS, NEW DELHI) , DR ARCHISMAN ( GRID COUNCIL) - REPRESENTATIVE FROM HFW, WHO AND NHM
12:15 PM - 12:45 PM	INTEGRATING LIFESTYLE MEDICINE INTO CLINICAL PRACTICE	DR JASDEEP SALUJA
12:45 PM - 1:15 PM	PROBIOTICS & OVERALL WELL-BEING	MS PARIKSHA RAO





# SCIENTIFIC PROGRAM



**SUNDAY, 6TH OCT 2024**

## SILVER OAK HALL - DAY 2

TIME	SESSION	SPEAKER / CHAIRPERSONS
1:15 PM - 2:00 PM	LUNCH	
2:00 PM - 2:30 PM	TOPIC ZONE BASED TRAINING IN CARDIAC HEALTH	MR RAHUL VAIDYA
OPTIMISING METABOLIC HEALTH ACROSS LIFESPAN		
2:30 PM - 3:30 PM	INTEGRATING METABOLIC HEALTH PRINCIPLES INTO PRIMARY CARE AND PUBLIC HEALTH INITIATIVES	DR HERB GIEBEL
	GDM, MOTHER OF NCDS	DR SHRUTHI THENNATI
3:30 PM - 4:30 PM	GRID COUNCIL : LANDSCAPING FOR LIFESTYLE MEDICINE IN INDIA	DR ARCHISMAN & TEAM
4:30 PM - 5:00 PM	HEART OF THE MATTER	DR KIM WILLIAMS



# CALL FOR ABSTRACTS

Participants are kindly requested to submit their abstracts here:

[www.islm.org.in/con2024/call-for-abstracts.php](http://www.islm.org.in/con2024/call-for-abstracts.php)

## WHO SHOULD APPLY?

Physicians  
Scientists and Researchers  
Post-graduate Students and Research fellows  
Medical practitioners  
Public Health & Preventive Medicine Professionals  
Other Healthcare Practitioners



## KEY DATES

- Both eOral abstracts and ePoster presentations are accepted.
- Last Date of Abstract Submission: **31st July 2024**
- Results on the status of the submitted abstracts: **15th August 2024**
- Full Presentation Submission Oral/Poster (after acceptance): **15th to 20th September 2024**
- Conference Dates: **5th & 6th October 2024**

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# ISLMCON 2024

## 5TH & 6TH OCT 2024

### REGISTRATION CHARGES

	Earliest Bird (1st March - 15th March)	Earliest Bird (1st March - 15th March) <i>(Net Inclusive of 18% GST)</i>
Member	7100	8378
Student member	5100	6018
Non-member	8100	9558
Student non-member	5500	6490
	Early Bird (16th March - 30th April)	Early Bird (16th March - 30th April) <i>(Net Inclusive of 18% GST)</i>
Member	8500	10030
Student member	6100	7198
Non-member	9500	11210
Student non-member	6500	7670
	1st May to 15th July	1st May to 15th July <i>(Net Inclusive of 18% GST)</i>
Member	11100	13098
Student member	7500	8850
Non-member	12100	14278
Student non-member	8100	9558
	16th July to 30th Sept	16th July to 30th Sept <i>(Net Inclusive of 18% GST)</i>
Member	14500	17110
Student member	9000	10620
Non-member	15100	17818
Student non-member	10100	11918
	Spot Registration	Spot Registration <i>(Net Inclusive of 18% GST)</i>
Member	17000	20060
Student member	11000	12980
Non-member	17000	20060
Student non-member	11000	12980

[Click here to register for the conference](http://www.islm.org.in/conregister/index.php) 

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# ISLMCON 2024

## 5TH & 6TH OCT 2024

# REGISTRATION CHARGES

### PRE-CONFERENCE WORKSHOP : 4TH OCT 2024

WORKSHOP SCHEDULE	
Time	Workshop
9:00 AM - 12:00 PM	Exercise is Medicine: Fitness assessment and exercise in clinical practice
2:00 PM - 5:00 PM	Digital De-addiction

	Exam Registrants	Other Delegates
<b>Exercise is Medicine: Fitness assessment and exercise in clinical practice</b>	3500	5000
<b>Exercise is Medicine: Fitness assessment and exercise in clinical practice</b> <i>(Net Inclusive of 18% GST)</i>	4130	5900
<b>Digital De-addiction</b>	3500	5000
<b>Digital De-addiction</b> <i>(Net Inclusive of 18% GST)</i>	4130	5900
<b>For both the workshops</b>	7000	8000
<b>For both the workshops</b> <i>(Net Inclusive of 18% GST)</i>	8260	9440

Click here to register for the Workshop 

Or Visit : [www.islm.org.in/conregister/islmcon24-workshop/index.php](http://www.islm.org.in/conregister/islmcon24-workshop/index.php)



## **HOTELS NEAR INDIA HABITAT CENTRE, NEW DELHI**

- The Lodhi - A member of The Leading Hotels Of The World
- The Oberoi New Delhi
- Taj Mahal, New Delhi
- The Claridges New Delhi
- Ambassador, New Delhi - IHCL SeleQtions

## **HOTELS IN CONNAUGHT PLACE, NEW DELHI**

- The Lalit New Delhi
- The Park New Delhi
- Radisson Blu Marina Hotel Connaught Place
- Shangri-La Eros New Delhi
- The Imperial, New Delhi
- Le Meridien New Delhi

