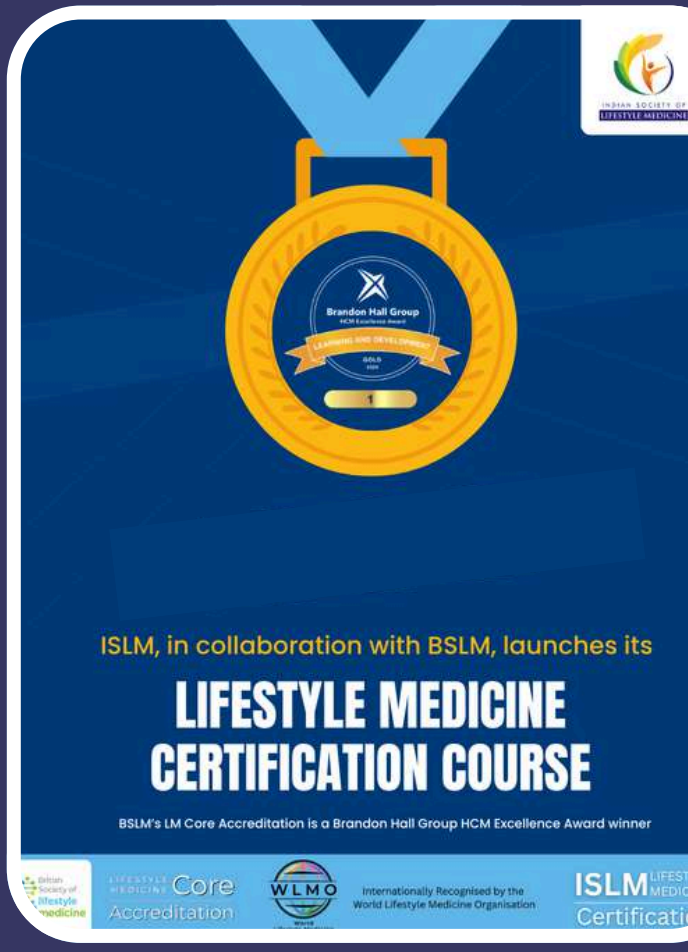
New Batch Starts from 16th March 2027

Applications Open: 1 January 2027

DIP ISLM
LIFESTYLE MEDICINE
CERTIFICATION COURSE

INTERNATIONAL COLLABORATION & RECOGNITION

- In collaboration with British Society of Lifestyle Medicine (BSLM)
- Recognised by World Lifestyle Medicine Organisation (WLMO)
- Award-winning learning framework: BSLM LM Core Accreditation - Brandon Hall Group HCM
- Excellence Award (Gold, 2025)



British Society of lifestyle medicine

LIFESTYLE MEDICINE Core Accreditation

WLMO World Lifestyle Medicine Organisation

Internationally Recognised by the World Lifestyle Medicine Organisation

ISLM LIFESTYLE MEDICINE Certification

BEYOND KNOWLEDGE. INTO PRACTICE.

ABOUT DIP ISLM

The Dip ISLM Lifestyle Medicine Certification Course equips healthcare professionals to integrate evidence-based lifestyle interventions into everyday clinical and preventive practice.
Developed in collaboration with the British Society of Lifestyle Medicine (BSLM) and recognised by the World Lifestyle Medicine Organisation (WLMO), the programme combines international academic standards with the Indian healthcare context, focusing on locally relevant lifestyle practices, behavioural change, clinical reasoning and practical application.

A GROWING LEARNING COMMUNITY

Following the March and July 2026 intakes, ISLM is welcoming its next cohort from **16th March 2027**. The course combines flexible online study with small-group mentorship, meaningful assignments and independent evaluation.

WHY CHOOSE DIP ISLM?

- **Global Collaboration, Indian Context:** Internationally aligned learning adapted to Indian dietary habits, cultural practices and healthcare challenges.
- **Mentorship by Indian LM Practitioners:** Guidance from experienced Indian healthcare professionals actively practising Lifestyle Medicine in India.
- **International Recognition:** In collaboration with BSLM and recognised by WLMO.
- **Award-Winning Framework:** BSLM LM Core Accreditation – Brandon Hall Group HCM Excellence Award recipient.
- **Blended Learning:** Flexible online learning combined with mandatory in-person conference and workshop participation.
- **Practice-Focused Assessment:** Dedicated mentorship, written assignments, independent evaluation and a final online viva.

LEARN. DEVELOP. DELIVER.

01 LEARN - BUILD THE FOUNDATION
Understand the principles and scientific foundations of evidence-based Lifestyle Medicine.

02 DEVELOP - STRENGTHEN KNOWLEDGE
Explore the six pillars and how lifestyle behaviours influence health and chronic disease.

03 DELIVER - APPLY YOUR SKILLS
Translate learning into ethical, patient-centred interventions and practical lifestyle counselling relevant to Indian healthcare settings.

THE SIX PILLARS OF LIFESTYLE MEDICINE

01	Healthy nutrition	02	Physical activity
03	Restorative sleep	04	Stress management
05	Avoidance of risky substances	06	Positive social connections

The goal: turn scientific knowledge into practical approaches that support sustainable behaviour change and long-term health.

Internationally Recognised by the World Lifestyle Medicine Organisation

FLEXIBLE LEARNING. REAL SUPPORT.

BLENDED LEARNING
Online learning + mandatory in-person components

~9 MONTHS
Indicative duration

3–4 HOURS/WEEK
Weekly commitment

SMALL-GROUP MENTORSHIP

Participants learn in small groups of approximately 5–8, guided by experienced Indian Lifestyle Medicine practitioners actively working in India. This ensures personalised mentorship, peer learning and practical insights relevant to the Indian healthcare context.

DEDICATED MENTOR
Academic guidance, feedback on assignment drafts and support throughout the learning journey.

INDEPENDENT ASSESSOR
Objective, consistent and standardised evaluation of participants' work.

Assessment Plan

- Four written assignments with mentor review and feedback before final submission
- Structured assessment milestones throughout the course
- Independent evaluation of assignments
- Final online viva examination
- Emphasis on clinical reasoning and practical application

Mandatory In-Person Learning

- Attendance at the designated Lifestyle Medicine conference
- Participation in one hands-on workshop
- Completion of prescribed learning activities and assessments

Conference attendance and workshop participation are mandatory for successful course completion.

British Society of lifestyle medicine — Lifestyle Medicine Core Accreditation

WLMO World Lifestyle Medicine Organisation — Internationally Recognised by the World Lifestyle Medicine Organisation

ISLM Lifestyle Medicine Certification

WHO SHOULD ENROL?

ELIGIBLE PROFESSIONALS

The course is intended for medical graduates (MBBS) and allied health professionals with an interest in evidence-based Lifestyle Medicine.

- Doctors and MBBS graduates
- Nutritionists and dietitians
- Physiotherapists
- Nurses and psychologists
- Other eligible health-sciences professionals

No prior Lifestyle Medicine certification is required.

HOW IT CAN STRENGTHEN YOUR PRACTICE

- Integrate evidence-based lifestyle interventions into clinical and community care
- Strengthen patient-centred counselling and behavioural change support
- Improve confidence in preventive care and chronic disease management
- Complement existing medical or allied healthcare qualifications
- Learn from Indian Lifestyle Medicine practitioners and apply evidence-based interventions within the Indian healthcare context.

A COMMITMENT TO ACTIVE LEARNING

This is a practice-oriented programme for professionals prepared to engage with science, complete assignments and apply what they learn - not a quick credential.

MARCH 2027 INTAKE

New Batch Starts from 16th March 2027

COURSE FEE BREAKDOWN

PARTICULARS	BASE AMOUNT	GST 18%
Course fee	₹74,220.03	₹13,359.61
Conference fee	₹12,369.80	₹2,226.56
Administration charges	₹5,000.00	₹900.00
TOTAL PAYABLE (INCLUDING 18% GST)		₹1,08,076.00

INSTALLMENT SCHEDULE

In Feb	**₹10,000.00**
On or before 10th March	**₹98,076.00**
Total installments	**₹1,08,076.00**

TWO INTAKES EVERY YEAR

Dip ISLM offers two admission cycles annually, providing healthcare professionals with flexible opportunities to begin their Lifestyle Medicine certification journey.

MARCH INTAKE

- **Applications Open:** 1 January
- **Course Commencement:** March

JULY INTAKE

- **Applications Open:** 1 May
- **Course Commencement:** July

OUR LIFESTYLE MEDICINE JOURNEY STARTS HERE

Applications Open: 1 January 2027
Next Batch Commences: 16 March 2027

Join Dip ISLM and experience internationally aligned Lifestyle Medicine education with Indian clinical relevance, expert mentorship and practical learning.