



BIOPEAK
LIMITLESS LIVING



INDIAN
INSTITUTE
of PUBLIC
HEALTH
GANDHINAGAR
ESTABLISHED BY GOVT. OF GUJARAT AND IIPH

6TH

ANNUAL INTERNATIONAL CONFERENCE OF INDIAN SOCIETY OF LIFESTYLE MEDICINE

**Healing People, Healing the Planet :
Lifestyle Medicine for a Sustainable Future**

 **1ST & 2ND NOVEMBER 2025**

 **CLUB 07, AHMEDABAD, GUJARAT**

VISIT THE WEBSITE FOR MORE INFO

<https://www.islm.org.in/con2025/index.php>

Welcome Message

”

Welcome to the distinguished sixth 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 2025



Dr Lakshmi Sundar
President



Dr Rabbanie Tariq
Imm Past President



Dr Anupama Devdas
Secretary



Dr Vinu Vij
Treasurer



Dr Veenu Sharma
Joint Secretary



Dr Aarti Rathi
Organizing Secretary



Dr Shaifali Gupta
Organizing Secretary

ISLM SCIENTIFIC COMMITTEE 2025



**Dr Nrutya
Subramanyam**



**Dr Sudha
Ramalingam**



**Dr Anita
Teli**



**Dr Michelle
Shah**

ISLM SPONSORSHIP COMMITTEE 2025



Dr Mrunal Pathak



Dr Anupama Devdas

ISLM ABSTRACT COMMITTEE 2025



Dr Khalid Khader



Dr Michelle Shah



Dr Suthanthira Kannan



Dr Anita Teli

WORKSHOP

31st Oct, 2025 (Friday) | Cube Grand

02:00 PM – 05:00 PM

PRE WORKSHOP

From Hurting to Healing: A Lifestyle Medicine
Approach to Chronic Pain

Prof Dr. Deepak Ravindran

ABSTRACT

1st Nov, 2025 (Saturday) | Power House 2

11:00 AM – 01:00 PM

ABSTRACT SESSION

STUDENT PARLIAMENT

1st Nov, 2025 (Saturday) | 02:00 PM – 05:00 PM | Power House 2

The Student Parliament – National Competition for MBBS Students, organized by the Indian Society of Lifestyle Medicine (ISLM), is a unique 4-week national initiative designed to engage medical students in shaping the future of healthcare education. With the theme **“Building India’s Future Doctors: Integrating Lifestyle Medicine into Medical Education”**, the competition invites teams of four MBBS students to simulate ministerial roles and develop a comprehensive National Action Plan for embedding lifestyle medicine into the undergraduate curriculum. The format fosters innovation, leadership, and collaborative policy-making while preparing students to become advocates for preventive healthcare.

The competition unfolds in three phases—**screening, preparation, and national finals**. Teams will submit an action plan, undergo evaluation, and top finalists will present their strategies at the **6th Annual International Conference of Indian Society of Lifestyle Medicine (ISLMCON 2025)** in Ahmedabad through an extempore policy challenge and parliamentary-style presentations. Winners receive cash prizes, mentorship, and national recognition, while all finalists benefit from networking, conference exposure, and travel support. By blending academic rigor with practical leadership, the Student Parliament aims to build a sustainable community of future doctors dedicated to lifestyle medicine integration and curriculum reform — **“Shaping Tomorrow’s Healthcare Leaders Today.”**

DAY 1

Hall Imperia : 1st Nov, 2025 (Saturday)

08:30 AM – 09:30 AM	REGISTRATIONS	
09:00 AM – 10:15 AM	LIFESTYLE MEDICINE IN INTERCONNECTED SYSTEMS?	
09:00 AM – 09:50 AM	Beyond the bandage: Fixing what Medicine Can't	Dr Ravi Mamtani
09:50 AM – 10:15 AM	Thriving together : The psychology of flourishing in a changing climate	Dr Sheela Nambiar
10:15 AM – 11:00 AM	INAUGURAL SESSION	
10:15 AM – 10:25 AM	Presidential Address	
10:25 AM – 10:45 AM	Director IIPH – Dr Deepak Saxena	
10:45 AM – 11:00 AM	Chief Guest	
11:00 AM – 11:15 AM	COFFEE BREAK	
11:15 AM – 11:45 AM	PANEL DISCUSSION	Moderator: Dr Mrunal Phatak
	Public Health and Lifestyle Medicine : Shared Experiences	Dr Rabbanie Tariq, Dr Komal Shah, Dr Sudha Ramalingam, Dr Sheela Nambiar & Prof Dr Deepak Ravindran
11:45 AM – 01:15 PM	THE IMPACT OF POLLUTION AND CHEMICALS ON HEALTH	
11:45 AM – 12:15 PM	Food contaminants and health	Ms Sheela Krishnaswamy
12:15 PM – 12:45 PM	Air and Water contamination – microplastics	Dr Shruthi Thennati
12:45 PM – 01:15 PM	Endocrine Disruptors and Lifestyle Diseases	Dr Nisha Chellam Vedomuthu

DAY 1

Hall Imperia : 1st Nov, 2025 (Saturday)

01:15 PM – 02:15 PM	LUNCH BREAK	
02:15 PM – 02:45 PM		
	Sleep Hygiene A Wake up Call	Dr Meera Raghvan
02:45 PM – 04:00 PM		
02:45 PM – 03:15 PM	Sustainable urban planning for better health outcomes	Prof Saswat Bandopadhyay
03:15 PM – 04:00 PM	The Built environment and Health	Dr Arvind Bhateja, Prof Saswat Bandopadhyay, Dr VC Manoj & Dr Pratima Singh Moderator: Dr Nrutya Subramanyam
04:00 PM – 04:15 PM	TEA BREAK	
04:15 PM – 05:45 PM		
04:15 PM – 04:45 PM	Impact of Environment On Women's health across lifespan	Dr Erika Patel
04:45 PM – 05:15 PM	Biopark	
05:15 PM – 06:00 PM	Debate on Sustainable Weight Loss	Dr Mahima Gulati & Dr Manish Khaitan
6 PM onwards	General Body Meeting	

DAY 2

Hall Imperia : 2nd Nov, 2025 (Sunday)

09:30 AM – 09:55 AM		
	The role of physical activity in childhood development	Dr Khyati Vakharia
10:00 AM – 10:30 AM		
10:00 AM – 10:15 AM	Pediatric NCDs – Driving change through advocacy and policy	Dr Narayan Gaonkar, UNICEF Gujarat
10:15 AM – 10:30 AM	Pediatric NCDs in Gujarat – A journey from Evidence to implementation	Dr Komal Shah
10:30 AM – 10:50 AM		
	Redefining Aging: Transforming Elder Care from Illness to Wellness through Lifestyle Medicine	Dr Murthy Gokula
10:50 AM – 11:20 AM		
	How movement and time in nature boost well being	Dr Arvind Bhateja
11:25 AM – 11:50 AM	TEA BREAK	
11:50 AM – 12:35 PM	KEY NOTE ADDRESS BY DR ROB LAWSON	

DAY 2

Hall Imperia : 2nd Nov, 2025 (Sunday)

12:35 PM – 12:45 PM	
	Time restricted eating study conducted by ISLM
12:45 PM – 01:15 PM	
	Asian Lifestyle Medicine Council (ALMC) Panel Discussion
01:15 PM – 02:00 PM	LUNCH BREAK
02:00 PM – 05:00 PM	NUTRITION OVERVIEW, ASSESSMENT AND NUTRITION PRESCRIPTION BY DR WAYNE DYSINGER