

7TH INTERNATIONAL CONFERENCE ON LIFESTYLE MEDICINE

From Burnout to Balance:
Restoring Health through Lifestyle Medicine

ISLMCON 2026

9th - 11th Oct 2026 | Hyderabad

MENTAL
HEALTH



REGISTER NOW

<https://www.islm.org.in/con2026/index.php>

Your Mind Matters.

It's okay to not be okay.
Take a deep breath, be kind to yourself,
and reach out when you need support.



You're
Not Alone



It's Okay
to Talk



Better Days
Take Time

You are
enough.
♡



Welcome Message

Welcome to the distinguished seventh 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 2026



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Ramalingam**

Workshop 9th Oct, 2026 (Friday)

10:00 AM – 01:00 PM	GUT HEALTH WORKSHOP	
	The Power of the Gut : Reset, Repair, Rewire.	Dr Pal Manickam & Dr Priyanka Udawat
02:00 PM – 05:00 PM	MENTAL HEALTH WORKSHOP	
	Mental Health Isn't What You Think: A New Model for Sustainable Wellbeing	Dr Rani Bora
05:00 PM – 06:30 PM	LM WORKSHOP FOR GENERAL PUBLIC	
	The Prevention Revolution	By ISLM
06:30 PM – 07:00 PM	MEDCOM BY DR PAL	
	LAWS of weight LOSS (<i>only for public workshop attendees</i>)	Dr Pal Manickam

Abstract 10th Oct, 2026 (Saturday)

ABSTRACT SESSION



“ Healing mental health starts with simple acts—rest, nourishment, movement, and self-compassion. ”

Day 1: 10th Oct, 2026 (Saturday)

07:00 onwards	BREAKFAST & REGISTRATION	
08:00 AM – 09:00 AM	NUTRITION PSYCHIATRY BY DR DREW RAMSAY	
09:00 AM – 09:30 AM		
	Uncovering True Resilience - The Power of Conscious Living	Dr Rani Bora
09:30 AM – 10:00 AM	ART THERAPY FOR PHYSICIANS	
	The Healing Canvas	Dr Michelle Shah
10:00 AM – 10:30 AM	INUAGURAL FUNCTION	
	Presidential Address	
	Chief Guest	
10:30 AM – 11:00 AM	TEA BREAK	
11:00 AM – 11:20 AM	SOCIAL CONNECTEDNESS	
	From Burnout to Belonging - The science of social connections in healing and resilience.	Dr Sheela Nambiar
11:25 AM – 11:45 AM	ADOLESCENT MENTAL HEALTH	
	TBD	Dr Shekhar Seshadri (to be confirmed)



Day 1: 10th Oct, 2026 (Saturday)

11:45 AM – 12:30 PM	PANEL DISCUSSION ON PARENTAL BURNOUT	
	<p>Dr Shekhar Seshadri, Dr Shyamala Jayamoorthy, Dr Anita Teli & (TBD)</p> <p>Moderator: Dr Anuja Pethe</p>	
12:30 PM – 01:00 PM	KEY NOTE ADDRESS	
01:00 AM – 02:00 PM	LUNCH BREAK	
02:00 PM – 03:00 PM	MIND BODY IMMUNITY NEXUS	
	TBD	Dr Deepak Ravindran
	SKIN- Reflection of the Mind and Body	Dr Smriti Naswa
	Mental Health : The Silent Comorbidity in Cancer	Dr Savita Goswami
03:00 PM – 04:00 PM	STUDENT PARLIAMENT	
04:00 PM – 04:15 PM	TEA BREAK	
04:00 PM – 04:25 PM	SLEEP AND MENTAL HEALTH BY DR NILEENA NKM	
04:45 PM – 05:45 PM	MUSIC THERAPY DRUM CIRCLE DJEMBE BY MR SAIKUMAR	
06:00 PM – 06:45 PM	ANNUAL GENERAL BODY MEETING (AGBM)	
07:30 PM onwards	GALA DINNER	



“ From burnout to balance begins when mental health becomes a priority, not an afterthought. ”

Day 2: 11th Oct, 2026 (Sunday)

08:45 AM – 09:15 AM	MEDITATION THROUGH MOVEMENT – TAICHI
09:20 AM – 09:45 AM	EXERCISE AND MENTAL HEALTH BY MS SAMRUDDHI SONAR (SPORTS PSYCHOLOGIST)
09:45 AM – 10:05 AM	WHEN SCIENCE MEETS EMOTIONS: THE UNTOLD MENTAL HEALTH JOURNEY IN REPRODUCTIVE CARE BY DR VEDANT JAIN
10:05 AM – 10:35 AM	TEA BREAK
10:35 AM – 11:30 AM	PANEL DISCUSSION ON METABOLIC HEALTH Dr Deepak Ravindran, Dr Pal Manickam, Dr Erika Patel, Dr Sabitha Krishnamoorthy, Ms Sheela Krishnaswamy Moderator: Dr Nrutya Subramanyam
11:30 AM – 12:00 PM	GERIATRIC MENTAL HEALTH BY DR MURTHY GOKULA
12:00 PM – 01:00 PM	ALMC PANEL
01:00 AM – 02:00 PM	LUNCH BREAK
02:00 PM – 02:30 PM	SOCIAL PRESCRIBING DR ARVIND BHATEJA
02:35 PM – 02:45 PM	PRIZE DISTRIBUTION
02:45 PM – 04:45 PM	WORKSHOP ON PHYSICIAN BURNOUT DR BHAVANI



“ Rest is not laziness; it is essential care for your mental health. ”

ISLMCON 2026 Registration Charges

	Earliest Bird (15th April - 15th June)	Earliest Bird (15th April - 15th June) (Net Inclusive of 18% GST)
Member	6000	7080
Student member	5000	5900
Non-member	7000	8260
Student non-member	6000	7080
16th June - 15th Aug		
	16th June - 15th Aug	16th June - 15th Aug (Net Inclusive of 18% GST)
Member	7500	8850
Student member	6500	7670
Non-member	8500	10030
Student non-member	7500	8850
16th Aug - 30th September		
	16th Aug - 30th September	16th Aug - 30th September (Net Inclusive of 18% GST)
Member	9500	11210
Student member	8500	10030
Non-member	10500	12390
Student non-member	9500	11210
Spot Registration		
	Spot Registration	Spot Registration (Net Inclusive of 18% GST)
Member	14000	16520
Student member	9500	11210
Non-member	15000	17700
Student non-member	10500	12390

ISLMCON 2026 - PRE-WORKSHOP REGISTRATION CHARGES		
	Workshop	Workshop (Net Inclusive of 18% GST)
	5000 (each)	5900 (each)

Visit the below link to register for the Conference

Call for Abstracts

Participants are kindly requested to submit their abstracts here:

www.islm.org.in/con2026/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.
- Abstract Submission Deadline: **15th August 2026**
- Notification of Abstract Acceptance: **15th September 2026**
- Full Presentation Submission (Oral/Poster): **on or before 30th September 2026**
- Conference Dates: **9th to 11th October 2026**

[**CLICK HERE TO REGISTER FOR THE CONFERENCE**](#)

OR VISIT THE LINK BELOW

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

