

5th Batch

THE POWER OF A HEALTHY LIFESTYLE

Enjoy happiness by adopting a healthy lifestyle

ANYONE AROUND THE GLOBE CAN ATTEND THE COURSE

COURSE COMPONENTS

The course is mainly divided into 6 components.

- ✓ **HEALTHY EATING HABITS**
- ✓ **DAILY EXERCISE KEEPS YOU SMART**
- ✓ **RESTFUL SLEEP TO BECOME YOUNG**
- ✓ **DE-STRESS AND BE HAPPY**
- ✓ **RETREAT MODERN-DAY ADDICTION**
- ✓ **BUILDING HEALTHY FAMILY RELATIONSHIPS**



Course Fee: 10,000 PKR

WHO CAN ATTEND

Educationists, Social Workers, Retired Officers, Patients with chronic disease, Students, LHWs/LHVs & Medical Students.

The minimum requirement is an Intermediate qualification with knowledge of using the online platform ZOOM.

ONLINE CERTIFICATE COURSE

DURATION

1.5 Months (April 2025 – May 2025)

CLASSES

Weekends (Friday & Saturday)

TIMINGS

05:00 pm – 07:00 pm (PKT)

OUR FACULTY

Dr. Shagufta Feroz

Director Riphah Institute of Lifestyle Medicine
Founder President Pakistan Association of Lifestyle Medicine Country Leader GPHI

Dr. Munira Abbasi

Adjunct Faculty, RILM
MBBS, MD, American Board Certified in Internal Medicine, Endocrinology and Lifestyle Medicine

Prof. Dr. Shazia Ali

Deputy Director RILM, HOD Physiology
MBBS, M.Phil, PhD (Physiology) PGD (PE&TM), CHPE, CMT, LMPC

Dr. Abeerah Zainub

Assistant Prof. Bio-Chemistry
MBBS, M.Phil, PGDE, CHPE, LMPC, DiplBLM, PHD Scholar

Prof. Dr. Maqsood ul Hassan

Vice Principle, IIMC
MBBS, MCPS, DPH, M.Sc (Med Adm)
MSLP, CHPE, PGD (PE & TM) LMPC, DiplBLM

Prof. Dr. Khalid Farooq Danish

Deputy Director RILM,
Director of Undergraduate Clinical Studies, IIMC
MBBS, FCPS, MHPE, PGD (PE & TM) LMPC

Dr. Jawaria Iftikhar

MBBS, M.Phil Pharmacology, CHPE, LMPC,
DiplBLM, SWIPE, MBBS, M.Phil
Pharmacology, CHPE, LMPC, DiplBLM,
SWIPE, PHD Scholar

ORGANISED BY

RIPHAH INSTITUTE OF LIFESTYLE MEDICINE

For admissions and more details, please call us at +92 347 5387620
or e-mail lifestyle.medicine@riphah.edu.pk

Certificates to be awarded after completion