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Professor Lt Col Muhammad Masood Khokhar (R), TI(M); MBBS, PGDC, FCPS(Psych), MCP SHPE, LMPC; HoD Psychiatry, IIMC is a reputed psychiatrist with 34 years' experience of clinical psychiatry. He joined Pakistan army after completion of MBBS degree in 1986 from army medical college and got retirement in 2015 after completion of prescribed service. He was offered an extension of service but because of his interest in academic psychiatry and medical education; he decided to pursue his further academic carrier near his hometown Alipur, Islamabad. He completed his health professions education MCP SHPE in 2014 from college of physicians and surgeons Karachi, Pakistan. Thereafter he contributed extensively to undergraduate, postgraduate teaching, training, assessment and faculty development programs in various medical colleges and universities including university of health sciences, Lahore, college of physicians and surgeons Karachi and Riphah International University, Islamabad. He is member of Pakistan Psychiatry Society and Executive Member of Pakistan Association Of Social Psychiatry and has contributed to many publications in clinical and academic research studies. He was awarded Tamgha-i-Imtiaz (Military) in recognition of his meritorious services in Pakistan army. He joined Islamic International Medical College (IIMC) as head of department of psychiatry in october2016, where he contributed to various faculty development activities at Riphah Academy of Research and Education (RARE). In addition, he contributed to revision and upgradation of integrated modular curriculum for MBBS program and worked hard for value addition to academic and clinical services in affiliated teaching hospitals of IIMC. In 2020 he completed lifestyle medicine postgraduate course, LMPC from department of lifestyle medicine Riphah International University with pioneer batch of lifestyle medicine physicians. He also established the first ever clinic of lifestyle medicine in Pakistan Railway Hospital for provision of health care on the principles of positive psychology, health promotion and prevention of noncommunicable diseases (NCDs).

**Area of Research Interest:** Clinical Psychiatry, Medical Education, Lifestyle Medicine, Religious & Spiritual Sciences