

## LIFESTYLE

## **MEDICINE**

A PARADIGM SHIFT IN HEALTHCARE

Sub-Theme: Prevent, Reverse, Thrive - The Promise of Lifestyle

Medicine

Thursday 29<sup>th</sup> May 2025

Venue: Ibn-e-Sina Auditorium 8:15 AM - 4:15 PM

**SCIENTIFIC PROGRAM** 

8:15-11:00 AM	Inauguration & Keynote Speaker Session
8:15AM to 9:00AM	Conference Registration
9:15 AM	Guest to be Seated
9:25AM	Arrival of Chief Guest
9:30 AM	Tilawat-e-Quran & Durood-e-Ibrahimi
9:35 AM	Welcome Address by DG-BUHSCK
9:45 AM	Dr. Zahara Abdul Manaf Keynote Speaker -1 Malaysia Virtual Live
10:00 AM	Dr. Ioannis Arkadianos Keynote Speaker -2 Greece Virtual Live
10:15 AM	Q/ A Session
10:25 AM	Remarks by Chief Guest
10:40 AM	Memento & Shield Distribution
10:50 AM	Concluding Remarks by Dean Health Sciences
11:00 AM	Group Photo
Tea Break (11:00 AM- 11:20 AM)	
11:25-1:00 PM	Scientific Session-1
11.25-1.00 PW	Invited Guest Speaker Session
11:25 AM	Guest to be Seated
11:30 AM	Invited Guest Speaker -1 (Virtual) Dr. Zainab Waseem - UK
11:45 AM	Invited Guest Speaker -2 (Virtual) Dr. Jane Hislop - UK
12:00 PM	Invited Guest Speaker -3 (Virtual) Dr. Inge Rachman - Indonesia
12:15 PM	Invited Guest Speaker -4 (On-campus) Prof. Dr. Shagufta Feroz- Riphah
12:30 PM	Invited Guest Speaker -5 (On-Campus) Prof. Dr. Shehla M Baqai - BUHSCK
12:45 PM	Q/ A Session
12: 55 PM	Shield Distribution
01: 00 PM	Group Photo
Lunch & Namaz Break (1:00PM- 2:00PM)	
2:00-3:45 PM	Scientific Session-2
	Panel Discussion
2:00PM	Guest to be Seated
2:15PM to 3:45PM	Panel Experts (Architecture- Town Planner, Lifestyle Medicine, Women Health, , Public Health, Physician, Rehabilitation, Nutritionist
Architecture - Town Planner	Mr Shahid Abdullah- Karachi Based Architect & Town Planner
Lifestyle Medicine	Prof. Dr. Shagufta Feroz- Riphah International University Islamabad
Women Health	Prof. Dr. Shehla M Baqai – BUHSCK – Dean Health Sciences and Dean Faculty of Obstetrics and Gynecology
Public Health	Dr Zakiuddin Ahmed HealthRAB
Physician	Prof. Dr. Abdul Basit - (IDEC) Indus Hospital – President DASG
Rehabilitation	Surg. Cdr. Atif Ahmed Khan - PNS SHIFA
Nutritionist	Lt. Ayesha Batool - PNS SHIFA
3:45 - 4:15PM	Concluding session
3:45 PM	Rapporteur Report

3:55PM	Certificate Distribution
4:05 PM	Vote of Thanks by Dean Health Sciences
4:15PM	Group Photo

<sup>\*11:00</sup> AM-2:00 PM Poster Display in Girls Common Room Basement Floor BUHSCK Building