

National Health Conclave 2024

LIFESTYLE MEDICINE

"EMPOWERING COMMUNITIES, TRANSFORMING LIVES"

📍 **SCUDDER AUDITORIUM**
CHRISTIAN MEDICAL COLLEGE (CMC), VELLORE



INDIAN SOCIETY OF
LIFESTYLE MEDICINE



About the Conclave

The Association of Healthcare Providers India [AHPI] and Christian Medical College, Vellore [CMC Vellore] proudly present the 5th National Health Conclave 2024, focusing on the theme, "**Lifestyle Medicine: Empowering Communities, Transforming Lives**". This event is scheduled for the 15th & 16th of October 2024 at the Scudder Auditorium, CMC Vellore, Tamil Nadu. Building on the success of the preceding 4 conclaves, this landmark event aims to convene leaders and experts from various sectors to generate implementable recommendations for enhancing healthy lifestyles across India. With a history of impactful white papers influencing government decisions, this conclave is a critical platform for collaborative action.

Objectives

- Empower communities to promote holistic health practices.
- Transform lives through the adoption of lifestyle changes.
- Educate and inspire participants to embrace lifestyle changes.
- Focus on interventions: Nutrition, Physical activity, Stress management & Social connections.
- Foster collaboration among healthcare professionals, policymakers, and community leaders.
- Achieve healthier and more fulfilling lives for individuals and society

Who should attend

- Policy makers / government officials
- Healthcare professionals
- Nutritionists
- NGOs engaged in healthcare
- Students from medicine, management and allied health
- General public



15th & 16th
OCT 2024

Speakers



Mrs. Anju Bobby George
Sr. Vice President,
Athletics Federation of India



Dr. Devi Shetty
Chairman and Founder,
Narayana Health



Dr. Vinod K Paul,
Member,
NITI Aayog, GOI



Dr. G Viswanathan
Chancellor -
Vellore Institute of Technology



Justice S R Bannurmath
Chairman,
Law Commission of Karnataka



Lt. Gen. Dr. Sadhna S Nair
Director General Medical Services
(Army)



Mr. Shanth Kumar K N
Director,
The Printers (Mysore) Pvt. Ltd.

SESSION 1

Exercise : Move for Life



Dr. Madan Gopal
Advisor - Public Health Administration at NHSRC-
MoHFW, GOI



Dr. Jaspal Singh Sandhu
Vice Chancellor,
Guru Nanak Dev University,
Amritsar, Punjab



Dr. Ashish Contractor
Director, Rehabilitation and Sports Medicine,
Reliance Hospital, Mumbai



Dr. Shifalika Goenka
Director, Centre for Public Health Ethics,
Public Health Foundation of India

SESSION 2

Environment



Dr. Rabbanie Tariq
President,
Indian Society of Lifestyle Medicine



Dr. Shyamala K Mani
Sr. Advisor, WASH and Waste Management,
Centre for Chronic Disease Control, PHFI



Prof. R Srikant
Dean, School of Natural Sciences & Engineering,
National Institute of Advanced Studies



Mr. Chandra Bhushan
Founder and CEO,
iFOREST

SESSION 3

Nutrition



Dr. B Srinivas,
Secretary,
National Medical Commission



Dr. Shvetank Sharma
Associate Professor,
Institute of Liver and Biliary Sciences



Dr. Nihal Thomas
Senior Professor, Dept. of Endocrinology,
Diabetes and Metabolism, CMC Vellore



Ms. Mahendri Narayana
Former Chief Dietitian,
CMC Vellore

SESSION 4

Social Health



Dr. RV Asokan
National President,
Indian Medical Association



Dr. Manoj Kumar Sharma
Professor of Clinical Psychology,
NIMHANS



Dr. Mohan K Isaac
Prof. of Psychiatry,
University of Western Australia Medical School



Dr. Jitendra Nagpal
Sr. Consultant Psychiatrist,
Moolchand Medcity

SESSION 5

Mental Health and Spirituality



Prof. Deepak Saini
Convenor,
Longevity India and initiative by IISc.



Prof. Christina Puchalski
Founder and Director,
GWish



Dr. Pratima Murthy
Director,
NIMHANS



Dr. Sapna Erat Sreedharan
Prof. of Neurology,
Sree Chitra Tirunal Institute
for Medical Sciences and Technology



Dr. Nimesh G Desai
Former Director,
IBHAS



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