

National University of Medical Sciences, Islamabad.

Postgraduate Certificate in Lifestyle Medicine Fall 2024

Admission to 1st Batch of PGC-LSM

1. Course Details:

This course will be able to guide in understanding the principles of Lifestyle Medicine, which prioritizes holistic well-being through lifestyle choices. It will provide with insights into the significance of various lifestyle factors such as nutrition, physical activity, sleep, stress management, substance abuse, social connections and gratitude. It will help in understanding the behavioral change, communication, advocacy, and public policy alongside the roles of social sciences and socioeconomic determinants of health to create a health-supportive environment in line with the UN sustainable development goals. The evidence-based effectiveness of lifestyle interventions will be explored along with the challenges and opportunities that Lifestyle Medicine offers for enhancing the health and well-being worldwide.

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| a. | Duration: | 06 Weeks (1.5 Months) |
| b. | Number of Modules: | 04 |
| c. | Mode of Classes | Online |
| d. | Course Fee: | Rs 1,000 |

2. Eligibility Criteria:

This course is designed for healthcare professionals, including Doctors, Dentists, Nurses, and Allied Health Professionals (such as Pharmacists, Dietitians, Nutritionists, Psychologists, and Physiotherapists) who are passionate about advancing their careers in Lifestyle Medicine. Applicants must hold one of the following qualifications:

- MBBS / BDS
- Pharm D / B Pharm
- BS Nursing (4-year program)
- BS Human Nutrition & Dietetics / BS Food Science & Technology

- e. BS Psychology
- f. DPT (Doctor of Physical Therapy)

3. Schedule:

S.No	Particulars	Dates
a.	Online Registration Starts	Monday, 23 September 2024
b.	Last Date for Registration	Friday, 04 October 2024 (4:00 PM)
c.	Display of Selection List	Wednesday , 09 October 2024
d.	Commencement of Program	Monday, 14 October 2024
e.	End of Program	Monday, 25 November 2024

Important Note:

- a. Application Form to be filled online, will be available on NUMS website : **www.numspak.edu.pk**
- b. For Govt. employee NOC from the respective organization of the employee is a pre-requisite for confirmation of admission. (if applicable).

For Correspondence and Information:

Website: <https://numspak.edu.pk/> **Contact No.** 051-9270686 **Email:** pg.admissions@numspak.edu.pk

Postal Address: Admissions Office, NUMS Secretariat, C/O PEMH, The Mall, Rawalpindi, Pakistan