

National University of Medical Sciences, Islamabad.

Postgraduate Certificate in Lifestyle Medicine Fall 2025

Admission to 4th 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.

- a. Duration: 06 Weeks (1.5 Months)
- b. Number of Modules: 04
- c. Schedule of Classes: Tuesday, 10 AM to 12 PM
Thursday, 12 PM to 02 PM
- d. Mode of Classes Online
- e. Fee Details: Application Processing Fee, Rs. 500 (Non-refundable)
Course Fee, Rs. 4,500

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:

- a. MBBS / BDS
- b. Pharm D / B Pharm

- c. BS Nursing (4-year program)
- d. 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	Tuesday , 01 July 2025
b.	Last Date for Registration	Monday, 14 July 2025 (4:00 PM)
c.	Display of Selection List	Tuesday , 22 July 2025
d.	Commencement of Program	Tuesday, 29 July 2025
e.	End of Program	Monday, 08 Sep 2025

Important Note:

- a. Application Form to be filled online, will be available on NUMS website : **www.numspak.edu.pk**
- b. For Foreign Degree Holder, Equivalence Certificate / Translated Degree is Required (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