

# Lifestyle Medicine Academic Programs



**European Lifestyle Medicine Organization,  
Geneva**

**Admissions in April/ May 2018**

In Association with

RAK Medical & Health Sciences University  
Ras al Khaimah, UAE

**Six months Online Certificate Programs in**

- \* Promotive, Healthcare & Lifestyle Medicine
- \* Health, Wellness & Lifestyle Management





## President's Message

The World Health Organization estimates that in 2020, two-thirds of all diseases worldwide will be caused by lifestyle choices. By 2030, it is estimated that non-communicable diseases (NCDs) will account for 52 million annual deaths worldwide.

One of the priorities of the United Nations' high level meeting of the General Assembly in NCDs in 2011 is to reduce "the level of exposure of individuals and populations to the common modifiable risk factor for the NCDs, namely tobacco use, unhealthy diet, physical inactivity and the harmful use of alcohol, and their determinants, while at the same time strengthening the capacity of individuals and populations to make healthier choices and follow lifestyle patterns that foster good health.

The biggest challenge in dealing with NCDs is to help patients change their health behaviour. Physicians have the potential to influence their patient's health behaviour by presenting them with a set of skills in managing their lifestyle choices and by being a role model by practicing a healthy lifestyle. Both approaches have been proven to be effective in supporting behavioral changes.

The practice of lifestyle medicine incorporates many public health approaches including prevention and treatment of obesity, diabetes, high blood pressure and other chronic diseases. Lifestyle medicine could prevent and treat NCD by offering a concrete set of tools such as stress management, smart nutrition, exercise activity and behavioral change.

The main purpose of European Lifestyle Medicine Organization supporting this academic program is to create a body of academically certified lifestyle medicine professionals worldwide, in order to lead the battle against lifestyle related ailments.

### **Stefania Ubaldi**

MD, PhD.  
ELMO President  
Geneva

### **Ioannis Arkadianos**

MD  
ELMO Vice President  
Geneva



## Note from the Vice Chancellor

RAK Medical & Health Sciences University is the First Comprehensive Health Science University in UAE. His Highness Sheikh Saud Bin Saqr Al Qasimi, Ruler of Ras Al Khaimah and Supreme Council Member, United Arab Emirates, is the Chancellor of the University.

From the humble beginning with 22 students, RAKMHSU has grown remarkably well, having 1350 plus students from 48 different Nationalities. Same way, RAKMHSU is proud of having 98 Teaching Faculty, 103 Adjunct Faculty and 100 Non-teaching Staff hailing from 25 different countries. Actually, RAKMHSU has become a role model of synergy and cooperation among the students and faculty of different nationalities and religions pursuing with commitment their respective professional careers. The continued significant contribution from our committed faculty has helped RAKMHSU immensely in improving the academic standards. RAKMHSU is proud to maintain a Student-Teacher Ratio at 7:1, which is more than an ideal situation.

RAKMHSU is fortunate to have matching physical & infrastructure facilities such as Classrooms, Multipurpose Laboratories and a Clinical Skills Laboratory, which are critical for the faculty to achieve the goals and objectives of each and every course of different programs. The University recognizes the highly commendable work done by the office of the Finance & Administration, & Facility Management in creating these facilities in a record time. Now, the construction of two additional buildings (Academic Block & Sports Complex) to meet the requirements of both Nursing & Pharmacy Colleges has been completed. In addition, the RAK College of Dental Sciences has its own State of Art building with all the ultra-modern dental facilities.

Our state of art Library has grown into one of the best libraries in UAE with more than 22,472 text books and 9719 Online Journals (PROQUEST and CINAHL) in addition to Computer, Internet and Wi-Fi facilities. Students and Faculty including Adjunct Clinical Faculty have access to these facilities from outside the campus too and through two satellite Libraries. Micromedex, which is a database of drugs, specially serves the Clinical Pharmacy department and its Masters students. In addition to the main Library, RAKMHSU has satellite libraries in RAK College of Dental Sciences and all the teaching hospitals of Ministry of Health.

RAKMHSU currently has full time Bachelors and Masters Programs in Medicine (MBBS), Dental Surgery (BDS), Pharmacy (B. Pharm & (MS) Pharmacy) and Nursing (BSN and MSN) and in view of the alarming rise in Lifestyle ailments in the UAE with 70% of our population overweight, 36% obese, 67% being unfit and sedentary, 33% smoking and 67% being cardiac risk, we have tied up with RAK Hospital and Arabian Wellness to launch a 6 month online certificate courses in Lifestyle Medicine. The program is affiliated to the European Lifestyle & Medicine Organization (Geneva).

I convey my deep sense of appreciation to the Commission for Academic Accreditation (CAA), Ministry of Higher Education and Scientific Research (MOHESR) and Ministry of Health (MOH), for their continued guidance and prompt action and timely help.

**Dr. S. Gurumadhva Rao**

Vice Chancellor

## Program Objectives

The biggest killer in the world today, accounting for over 80% deaths worldwide, is not war, infection or natural calamities but Modern Lifestyle.

Lack of physical activity, obesity, high fat diet, stress and tension, alcohol and smoking are the lifestyle factors that innocently manifest themselves as High Blood Pressure, Diabetes, Hypercholesterolemia and other ailments, and then without warning, strike fatally as Heart Attacks (which accounts for approx 60% deaths) & Cancer (which accounts for 20% deaths). Other lifestyle killers include Accidents and even AIDS, which results due to lack of safety compliance.

Our Lifestyle Medicine program was started by Apollo Hospitals India in 2000 & accredited by Harvard Medical School (USA) in 2005, & now was aimed at enhancing the understanding of modern degenerative diseases and learning about their connection with lifestyle.

Medical professionals are certainly knowledgeable about disease. They will benefit from the classroom & online study of health-related subjects like Nutrition & Dietetics, Exercise & Fitness, Stress & Health Psychology etc., and their correlation with disease & healing.

Health Professionals will benefit not only from expanding their knowledge to other health fields, but also from understanding more about modern degenerative diseases (Arthritis, Joint problems, Obesity, Anxiety, Depression, Cardiac, Cancer, AIDS etc.) and their connection with an unhealthy lifestyle.

The Wellness industry is a Trillion Dollar Industry covering many health verticals, & will need Holistic Wellness graduates from all disciplines in order to manage the industry & those with the knowledge this course provides, will have the advantage.

This knowledge can be beneficially used in many ways. It can be used to advantage in the Corporate & Health Industry (for improved health, fitness, productivity, stress management etc.) It can be used in Hospitals & Clinics (in Medical Check-ups as a Preventive Medicine in cases of early detection of ailments). It can also be used in Secondary and Tertiary Hospitals Care to enable inpatients & outpatients to achieve optimal levels of health to promote activities of daily living.

The program objective will be achieved by making available minimal classroom sessions, appropriate online text books in each subject, along with online audio, & videotapes to enhance learning skills, along with free access to a highly qualified and experienced faculty in every subject internship in professional corporates, clinics and hospitals.

### **Prof. Adrian Kennedy**

Former Director – Academics, (AHERF), Apollo Hospitals, India

Former Director – ILM, Harvard Medical School, USA

## Affiliates



**RAK Medical & Health Sciences University**  
**Al Juwais, Al Qusaidat, Ras al Khaimah, UAE**

Website: [www.rakmhsu.com](http://www.rakmhsu.com)



**EUROPEAN LIFESTYLE  
MEDICINE ORGANIZATION**

**European Lifestyle Medicine Organization**  
**Geneva**

The European Lifestyle Medicine Organization (ELMO) provides leadership in research, prevention and treatment of lifestyle –related diseases through nutrition, physical activity, psychology and public health.

Website: [www.eulm.org](http://www.eulm.org)



**Arabian Wellness & Lifestyle Management, LLC**  
**Al Juwais, Al Qusaidat, Ras al Khaimah, UAE**

The Arabian Wellness & Lifestyle Management Company specializes in evaluating the Health and incorporating Lifestyle change in order to alleviate ailments.

Website: [www.arabianwellness.com](http://www.arabianwellness.com)



**RAK Hospital**  
**Al Juwais, Al Qusaidat, Ras al Khaimah, UAE**

RAK Hospital is a high-end luxury hospital in the UAE that seamlessly blends world class hospitality with premium healthcare.

Website: [www.rakhospital.com](http://www.rakhospital.com)



**St. Francis College for Professional Studies**  
**Uma Nagar, Begumpet, Hyderabad, India**

An autonomous institution and a centre for Professional Studies  
Website: [sfc.ac.in](http://sfc.ac.in)

# Administration

## Program Coordinators

Dr. Gurjeet Singh Saggi  
(Arabian Wellness)

Ms. Carol Mathias  
(RAK Medical College & University)

## Faculty

### Director (Academic Programs)

Prof. Adrian Kennedy  
Ambassador ELMO (Geneva) Europe

### Anatomy & Physiology, Modern Medicine

Dr. Arpan R. David  
MBBS, MHM, PGDPPHC, PGDMLS  
COO RAK Hospital (UAE)

### Health Management

Dr. H S Wilkhoo BHMS, DIH, PGDPPHC,  
LSM-HMS, LMCCP-ACPM  
Head Operations, Arabian Wellness, RAK UAE

### Disease Management

Dr. Chacko George  
MBBS, MD, DTCD (Chest Diseases), PGDHHM  
Specialist, Internal Medicine, RAK Hospital, UAE

### Cardiac Care & Cardiac Rehabilitation

Dr. Ajay Kumar Kanojia  
MBBS, MD (Medicine), DNB (Cardiology)  
Director Cardiac Services, RAK Hospital, UAE

Dr. Arun Kumar Goyal  
MBBS, MS, MCh, FIACS  
Sr. Consultant, Cardiac Surgeon  
RAK Hospital, UAE

### Cancer Risk Management

Dr. Abhay Nigam  
MBBS, MD (Internal Medicine)  
Sr. Specialist (Internal Medicine) Al Zahrawi,  
Visiting Physician & CME Coordinator,  
RAK Hospital, UAE

### Health Psychology, Health Counseling & Psychotherapy

Dr. Savita Date  
MA (Cli. Psy.) PhD  
Consultant Apollo Life, Hyderabad  
Consultant AWLM, UAE

Ms. Carol Mathias  
Masters in Counseling Psychology  
Senior Lecturer (Psychology) & Student Counselor  
RAKMHSU, Ras Al Khaimah, UAE

### Nutrition & Dietetics, Nutrition Therapy

Ms. Alice Mohan  
MSc, BSc., B. Ed.,  
Manager Preventive Health & Nutrition  
RAK Hospital, UAE

### Exercise & Fitness

Professor Adrian Kennedy  
FND (USA), Ph.D (CHP) USA,  
CEO Arabian Wellness (UAE)

Coach L.K. Adhikari  
National Coach and Specialist Fitness,  
Arabian Wellness (UAE)

### Health Assessment and Correction

Professor Adrian Kennedy  
FND (USA), Ph.D (CHP) USA,  
CEO Arabian Wellness (UAE)

Mr. Saday Kumar  
M.Sc.  
Admin Head, Arabian Wellness, RAK (UAE)

# Promotive Healthcare & Lifestyle Medicine Curriculum

## For Medical & Health Graduates

The course comprises of four core subjects and three optional subjects.

- The four core subjects are compulsory
- From the three optional subjects, students are to complete any two.
- Students, who opt to complete all three optional subjects within the stipulated period, will receive an Advanced Certificate in Lifestyle Medicine.

### CORE SUBJECTS: -

- Nutrition & Weight Management
- Exercise & Fitness
- Health Psychology & Stress Management
- Health & Lifestyle Assessment & Correction

### OPTIONAL SUBJECTS: -

- Health & Disease Management
- Cardiac Care & Cardiac Rehabilitation
- Cancer Risk Factors Management

#### 1. Health Management

- Scope & definition
- Community health care
- Lifecycle health
- Occupational diseases & prevention
- Safety and accident prevention
- Environment & health
- Corporate health care

#### 2. Disease Management

- Medical check - ups
- HBP, Diabetes
- Hypercholesterolemia
- Respiratory disorders
- Arthritis and other joint problems
- Digestive disorders
- Stroke
- HIV / AIDS
- Infectious diseases
- Female reproductive health
- Geriatrics diseases

#### 3. Cardiac Care & Cardiac Rehabilitation

- Structure and function of the Heart & Circulatory System
- Cardiac Ailments
- Diagnostics ECG/ TMT/ Echo/ Angiogram, etc.
- Solutions - Pacemaker/ Valve replacement, etc.
- Medication
- Emergency Systems - CPR, etc.
- Cardiac Risk factors
- Cardiac Rehabilitation

#### 4. Cancer Risk Factors Management

- Cancer definition & explanation
- Types of Cancers
- Methods of detection
- Treatment
- Causes & Risk factors
- Recent Advances
- Prevention of Cancer (Alcohol, Smoking, etc.)
- Cancer Rehabilitation (Occupation, diet, radiation, etc.)
- Dependency Management

#### 5. Health Psychology & Stress Management

- Psychodynamics of normal behaviour
- Stress
- Physiology of Stress
- Stress and Disease
- Personality as a Stress variable
- Environmental aspects of Stress
- Health enhancing and endangering behaviour
- Cognitive and Behavioural coping strategies
- Other strategies for Stress Management
- Behaviour modification

#### 6. Nutrition & Dietetics

- Fundamentals of Nutrition
- Nutrition Plus – For children, expectant mothers, old age, etc
- Therapeutic Nutrition
- Diet in Cardiovascular Diseases
- Diet in Gastrointestinal Diseases
- Diet in Diseases of the Liver
- Diet in Diabetes Mellitus
- Diet in Disease of the Kidney
- Diet in Anaemia
- Diet in Cancer

\* Subject to change/ Revision as required



## **7. Exercise & Fitness**

- a. What is Physical Fitness
- b. How to achieve Fitness
- c. Stamina, Strength, Flexibility
- d. Exercise Scheduling
- e. Safety & Moderation
- f. Health Clubs
- g. Five Minute Exercise Program
- h. Corporate / Group Fitness
- i. Geriatric / Veterans Fitness
- j. Benefits of Exercise
- k. Therapeutic Yoga
- l. Exercise Therapy

## **8. Health and Lifestyle Assessment & Correction**

- a. Introduction to Health Scans
- b. Cardiac Risk Assessment & Prescription
- c. Physiological Age Assessment & Prescription
- d. Physical Fitness Assessment & Prescription
- e. Nutrition Assessment & Prescription
- f. Stress Assessment & Prescription
- g. Dependency Assessment & Prescription
- h. Cancer Risk Assessment & Prescription
- i. ENT, Dental Eye Assessment & Prescription
- j. Safety Assessment & Prescription
- k. HIV / AIDS Risk Assessment & Prescription
- l. Overall Lifestyle Assessment & Prescription
- m. Usage Methodology in Hospitals, Clinics, Corporates etc.

# **Health & Lifestyle Management Curriculum**

## **For Graduates of any discipline**

All six subjects are compulsory

### **1) Anatomy and Physiology**

- a) Overview of Human Anatomy & Physiology
- b) Musculoskeletal System
- c) Nervous System
- d) Cardiovascular System
- e) Respiratory System
- f) Endocrinal System
- g) General Pathology

### **2) Health and Disease Management**

- a) Health Management
- b) Health dimensions and Scope
- c) Life cycle & Health
- d) Population Medicine
- e) Corporate Health Care
- f) Occupational Health Care
- g) First Aid & Safety
- h) Environment and Health
- i) Alternative Medicine therapies
- j) Disease Management
- k) Concepts of Disease
- l) Immunity and Disease Transmission
- m) Communicable Diseases
- n) Non-Communicable Diseases
- o) Degenerative Ailments

### **3) Nutrition and Dietetics**

- a) Digestive Process
- b) Principles of Nutrition
- c) Nutritional requirements
- d) Principles of Diet Therapy
- e) Nutrition & Cardiovascular Diseases
- f) Dietetics for various diseases
- g) Weight Management
- h) Nutrition Related Disorders
- i) Sports Nutrition
- j) Health Foods
- k) Dietary counseling

### **4) Stress Management**

- a) Psychodynamics of Behaviour
- b) Stress
- c) Health damaging and promoting behaviour
- d) Cognitive and Behavioural Coping Strategies
- e) Relaxation
- f) Biofeedback
- g) Progressive Muscle Relaxation
- h) Visualization
- i) Massage
- j) Meditation

**Subject to change/ Revision as required**





## Study Material

The Health & Lifestyle Management series, written for Lifestyle Medicine & Lifestyle Management student comprises eight or more textbooks that together form an encyclopedia on Health & Lifestyle Management. The series was conceived & created by Prof. Adrian Kennedy (PhD) and researched and compiled by Dr. Arpan David (MBBS, PGDHM, PPHC) and Ms. N. Neela (MA (Cli. Psy.), PGD (Journalism))

1. The Book on **Health Management** validated by Dr. U V N Das (MBBS, FRCGP) is a pioneering work that defines the dimension of health, explains life cycle health, embraces the role of complimentary therapies & perhaps for the first time discusses corporate health care.

2. **Disease Management** validated by Dr. J. Srikanth (MD Med) represents the true cross roads in India health status. Beyond dealing with communicable disease of the rural population it deals with non-communicable, degenerative disease of urban India, & prepares the physician for future trends in preventive health care.

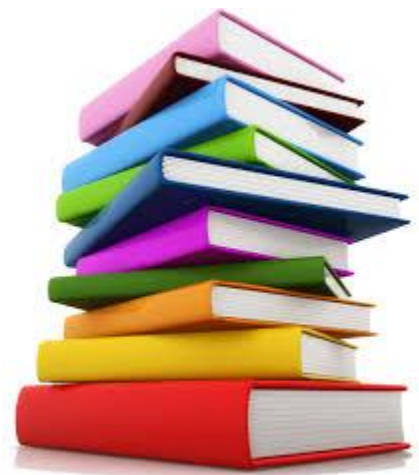
3. The book on **Cardiac Care** has been validated by Dr. M. Shiv Kumar (MD, DM (Cardio) & beyond describing cardiac ailments, diagnostics & treatment, has pioneering work in the area of cardiac risk assessment & reversal of heart disease.

4. **Cancer Risk Factors Management** has been validated by Dr. S V S S Prasad, MD. DM (Medical Oncology). Besides dealing with causes, types, detection & treatment of cancer the book exhibits in depths knowledge for the management of smoking, alcohol etc.

5. **Health Psychology & Stress Management** written by Prof. Savita Date Menon. MA (Cli. Psy.) PPHC represent her life work & vast experience in this field. Beyond the causes, physiology, effect & management of stress, the psychodynamics of behaviour, the variables of personality, and the relaxation & meditation systems makes this a study for any health & medical professional.

6. **Nutrition & Dietetics** has been written by Ms. Harita, MSc (Food Science), PPHC & Ms. Vasudha, PGD (Nutrition). Beyond discussing normal & therapeutic nutrition, the role of diet in cardiac ailments, cancer, hypertension and diabetes etc, the book also touches upon lifestyle nutrition, weight management, naturopathic diets & health foods.

7. Professor Adrian Kennedy, PhD. has written **Exercise & Fitness**, with valuable inputs from Coach L.K. Adhikari, 7 times Mr. India & National Coach BBFI. Based on his earlier work, "fitness a way of life", published by Tata McGraw Hill, this book is written in simple language caters not only to the layperson & anyone wanting to exercise but also to the Medical Health Professional. It talks about the correlation of exercise with Lifestyle, it enumerates the benefits of exercise, it identifies ways to evaluate physical fitness & most importantly, it helps the reader create exercise programs according to age, gender & medical condition.



8. The Book on **Health & Lifestyle Assessment & Correction**, written by Prof. A. Kennedy, explains how various aspects on health, such as physical fitness, diet, stress, dependencies, lifestyle, physiological age etc. can be assessed in a scientific way, & how personalized programs to reduce cardiac risk, cancer risk, and various degenerative ailments can be created through lifestyle change. A must read for any serious students of Health & Lifestyle Management.

9. **Health Counseling** has been written by Prof. Savita Date Menon, PhD drawn from her rich experience in the field clinical counseling. This book attempts to inform and educate doctors and all health professional about the skills of counseling. It recognizes that there is a need to be more sensitive to patient and hence equips you with the skills to deals with the emotional discomfort that accompanies every single disease in a scientific and systematic manner.

**In addition, each subject will be accompanied by videos, presentations & links to relevant research, etc.**

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## Career Prospects

The program aims at creating a new cadre of Lifestyle Medicine Professionals who could work in Private Clinics in Hospitals, Corporate Organization, Health Clubs, Spas, etc.

The knowledge gained by the physicians who study Lifestyle Medicine empower them to prescribe diet changes, exercise activity, quit smoking, etc. to all their patients. In addition, this knowledge is sought after in Cardiac Rehabilitation & Cancer Care.

Health professionals such as Physiotherapists, Nutritionists & Alternative Medicine Professionals gain valuable insight into Comprehensive Holistic Health by being exposed to Multidisciplinary subjects. They are able to use their skills in Weight loss clinics, Fitness gyms, Lifestyle counseling etc.

Corporate Organisations & the Health Insurance Industries are keen to reduce medicare costs & improve productivity. Lifestyle Management graduates form an important part of Corporate Wellness Teams.

Everyone now wants to be not only healthy, but also fit. The reasons go beyond merely good looks and also embrace medical necessity. Our modern fast paced, highly stressed and vastly automated lifestyle results in obesity, psychosoma and body degeneration requiring immediate solutions.

This program teaches students to become wellness professionals, who lead the vanguard in keeping the population healthy. Personal Trainers, Spa Managers, Health Counselors, Corporate Wellness Professionals are some of the openings this program provides.



## Program Information

### 1. Eligibility:

- Promotive Healthcare & Lifestyle Medicine (Certificate Course): For all medical & health professionals and graduates
- Health, Wellness & Lifestyle Management (Certificate Course): For Graduates in any discipline

### 2. Admission

- Students will be required to send verified photocopies of their academic qualifications and current Curriculum Vitae indicating details for correspondence, (address telephone, fax, email, etc.) to

#### Dr. Gurjeet Singh Saggi

Arabian Wellness & Lifestyle Management LLC, (Arabian Healthcare Group LLC initiative), c/o RAK Hospital, P. O. Box: 12027, Ras al Khaimah, UAE  
Email: gurjeet.s@arabianwellness.com

### 3. Program Fees

- The Program fees is Euro 1265/- & the Exam fee is Euro 230/-. The total amount of Euro 1495/- is to be paid at the time of the admission.

### 4. Payment to be made as follows:

Payment can be done through NEFT or RTGS.

Details are as follows:

Company's Name:

Arabian Healthcare Group LLC

Account No: 1051013321001

IBAN No: AE700460001051013321001

Bank Name & Address:

UNITED ARAB BANK, RAS AL KHAIMAH BRANCH, UNITED ARAB EMIRATES

Swift (BIC) Code: UARBAEAA

Payment can also be made by Credit/ Debit Card, etc. Details will be communicated to eligible students.

### 5. Study Material

- Comprises subject online text books, tutorial & consultation with faculty. Video support in each subject and

also script or voice over of the annual presentations made by faculty on various topics will also be provided.

- Each subject will take about 30 days to study.
- Each subject material will be accompanied by a set of questions, which will need to be answered by the student as proof of study. These will comprise online MCQs with an automatic evaluation. Student may do the assignment online.
- Each monthly subject evaluation will be on 100 marks & the pass mark will be 60 marks.

### 6. Final Examination:

- Students on successful completion of all subjects are eligible to sit for the final examination.
- Students to answer the final examination online. This will comprise of comprehensive MCQ's covering all the subjects & evaluated at 100 marks with 60 as pass marks.

### 7. The Final Mark Sheet & Diploma

will be dispatched to students within 3 months of the final examination.

### 8. The syllabus may be subjected to change / revision as required.

### 9. Contact details:

- RAK Medical & Health Sciences University, RAK, UAE
- Program Coordinator (RAKMHSU) – *mathias@rakmhsu.com*
- Program Coordinator (Arabian Wellness) - *gurjeet.s@arabianwellness.com*





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