



# Post Graduate Diploma in Lifestyle Medicine (PGDLM)

Department of Medicine & Distance Education



*Dr. Samuel George Hansdak*



**Christian Medical College, Vellore, TN**

# CHRISTIAN MEDICAL COLLEGE, VELLORE

*Dr. Ida Sophia Scudder*



125 years...



# CHRISTIAN MEDICAL COLLEGE, VELLORE



## Established

1900 (125 years)



## Campus

7



## Services

(**IP** – 3500 beds; **OP** – 10,000/ day;)



## Education

Medical, Nursing & Allied Health  
Subsidized



## Research

Students & Faculties



## Outreach

Mission hospitals - 200



Christian Medical College Vellore

- #2 Best Multispeciality Hospital - ALL INDIA
- #1 Best Multispeciality Hospital - Private
- #1 Best Multispeciality Hospital - South
- #1 Best Multispeciality Hospital - South - Private

## BEST MULTISPECIALITY HOSPITALS ALL INDIA

RANK	HOSPITAL	CITY
1	All India Institute of Medical Sciences	Delhi
2	Christian Medical College	Vellore
3	Postgraduate Institute of Medical Education and Research	Chandigarh

BEST MULTISPECIALITY HOSPITALS PRIVATE		
RANK	HOSPITAL	CITY
1	Christian Medical College	Vellore
2	Apollo Hospitals	Chennai
3	Medanta - The Medicity	Gurugram
4	Indraprastha Apollo Hospitals	Delhi
5	Kokilaben Dhirubhai Ambani Hospital & Medical Research Institute	Mumbai
6	Sir Ganga Ram Hospital	Delhi

BEST MULTISPECIALITY HOSPITALS SOUTH		
RANK	HOSPITAL	CITY
1	Christian Medical College	Vellore
2	Apollo Hospitals	Chennai
3	Apollo Health City	Hyderabad
4	Jawaharlal Institute of Postgraduate Medical Education and Research	Puducherry
5	Manipal Hospitals, HAL Airport Road	Bengaluru
6	Amrita Institute of Medical Sciences (Amrita Hospitals)	Kochi

BEST MULTISPECIALITY HOSPITALS SOUTH - PRIVATE		
RANK	HOSPITAL	CITY
1	Christian Medical College	Vellore
2	Apollo Hospitals	Chennai
3	Apollo Health City	Hyderabad
4	Manipal Hospitals, HAL Airport Road	Bengaluru
5	Amrita Institute of Medical Sciences (Amrita Hospitals)	Kochi
6	Aster Medcity	Kochi

# TOP 10 MEDICAL COLLEGES IN INDIA: NEET 2026

Your Guide to the Best MBBS Colleges for 2026 Admissions

### COLLEGE RANKINGS

- AIMS New Delhi**  
New Dehii
- PGIMER Chandrgarg**  
Chandundah
- CMC Vellore**  
Vellore
- KGMU Luckow**  
Comibeter
- Amrita Vishwa Vidyetham**  
Comibarte
- JIPMER Puducherry**  
Comibarr
- SGSMC Mumbai**  
Marami
- BHU Varaaani**
- MAAMC Delhi**  
New Dehii
- UCMS Delhi**  
New Dehii

### KEY HIGHLIGHTS

#### ADMISSION CRITERIA



- NEET UG Score
- Counselling (AIQ/State)
- 10+2 PCB Min. Marks

#### COLLEGE FEATURES



- NIRF Ranking
- Patient Load & Exposure
- Research Opportunities
- Infrastructure & Facilities

#### WHY THESE COLLEGES?



- Legacy & Reputation
- High-Quality Faculty
- Clinical Experience
- Alumni Network

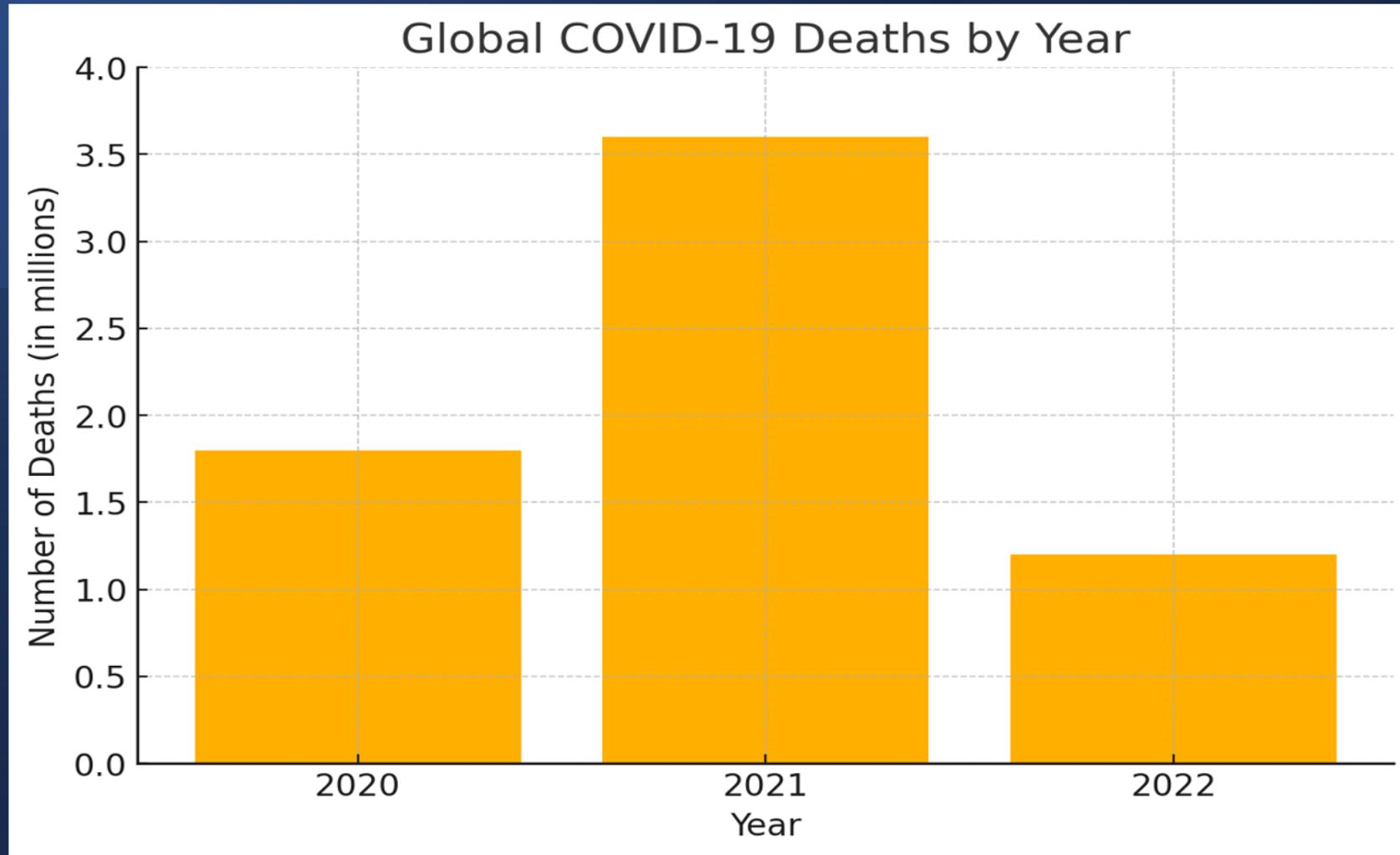
CHOOSE EXCELLENCE: SHAPE YOUR MEDICAL CAREER



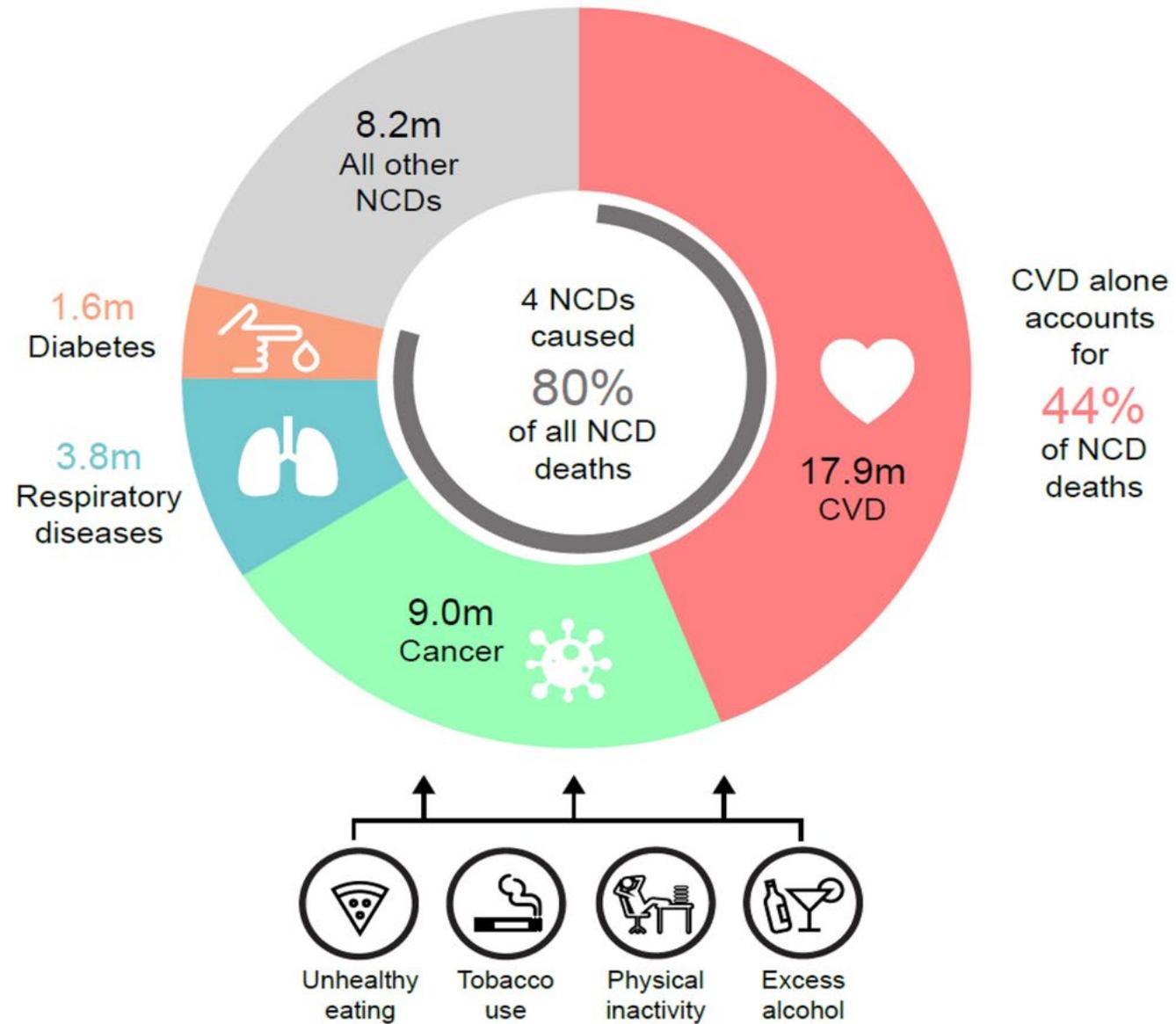
The image features a central white circle with a thick light green border. Inside this circle, the words "DISEASE" and "EPIDEMIOLOGY" are written in a bold, cyan, serif font, stacked vertically. The background is black and decorated with various geometric elements: a white zigzag line on the left, a small light orange circle at the bottom left, a larger light orange circle at the top right, a set of four parallel white diagonal lines on the right, and a large light orange circle at the bottom right.

**DISEASE**  
**EPIDEMIOLOGY**

# COVID PANDEMIC







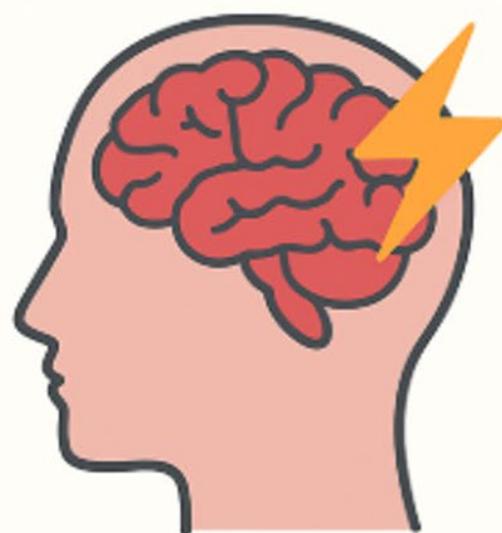


# HEART ATTACK & STROKE



**ONE HEART ATTACK  
DEATH EVERY**

**3-4  
SECONDS**



**ONE STROKE  
DEATH EVERY**

**5  
SECONDS**

# Asia

L2

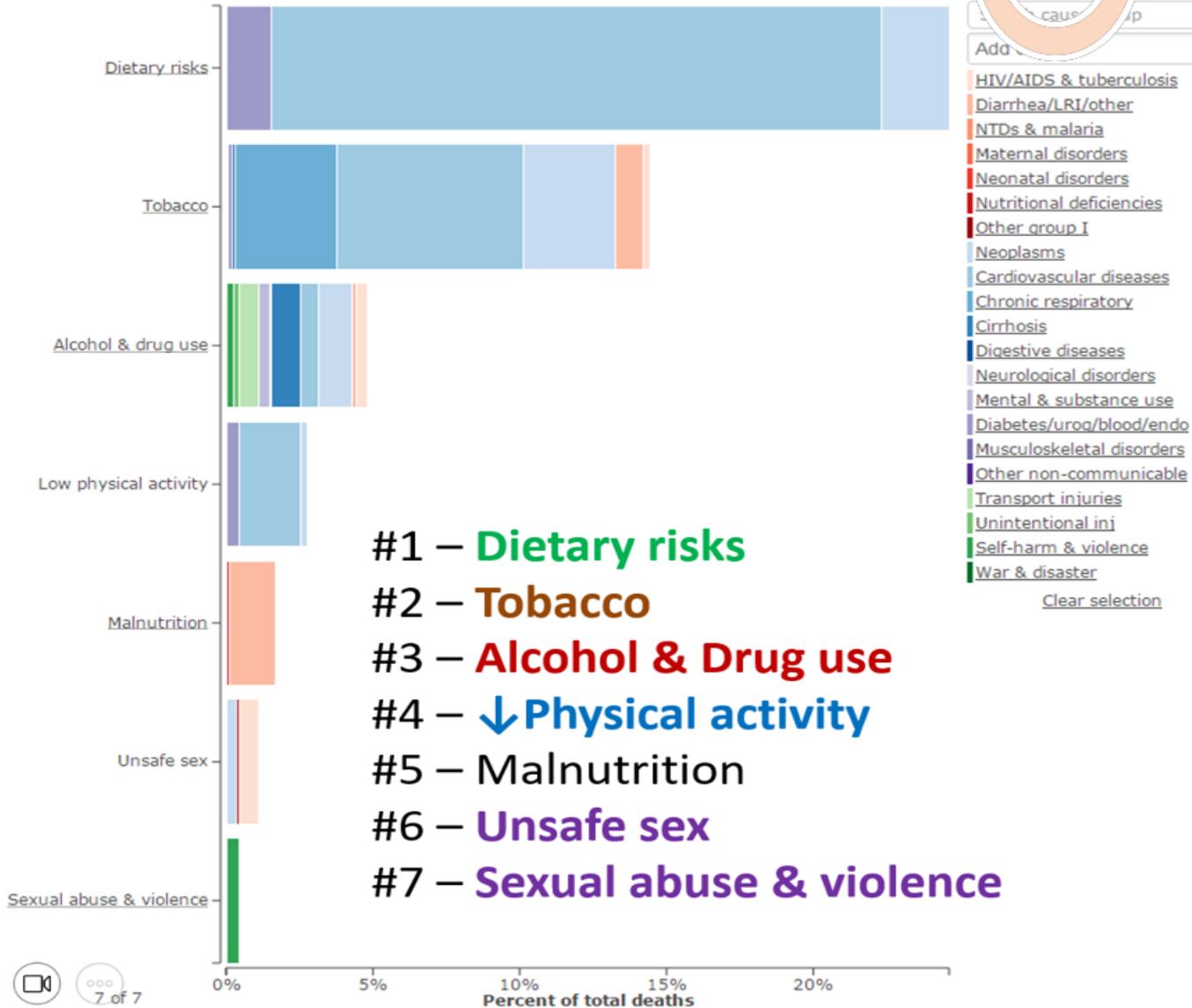


All Ages

## Behavioral Risk Factors for Death

Back

Asia, Both sexes, All ages, 2015



Asia

L3

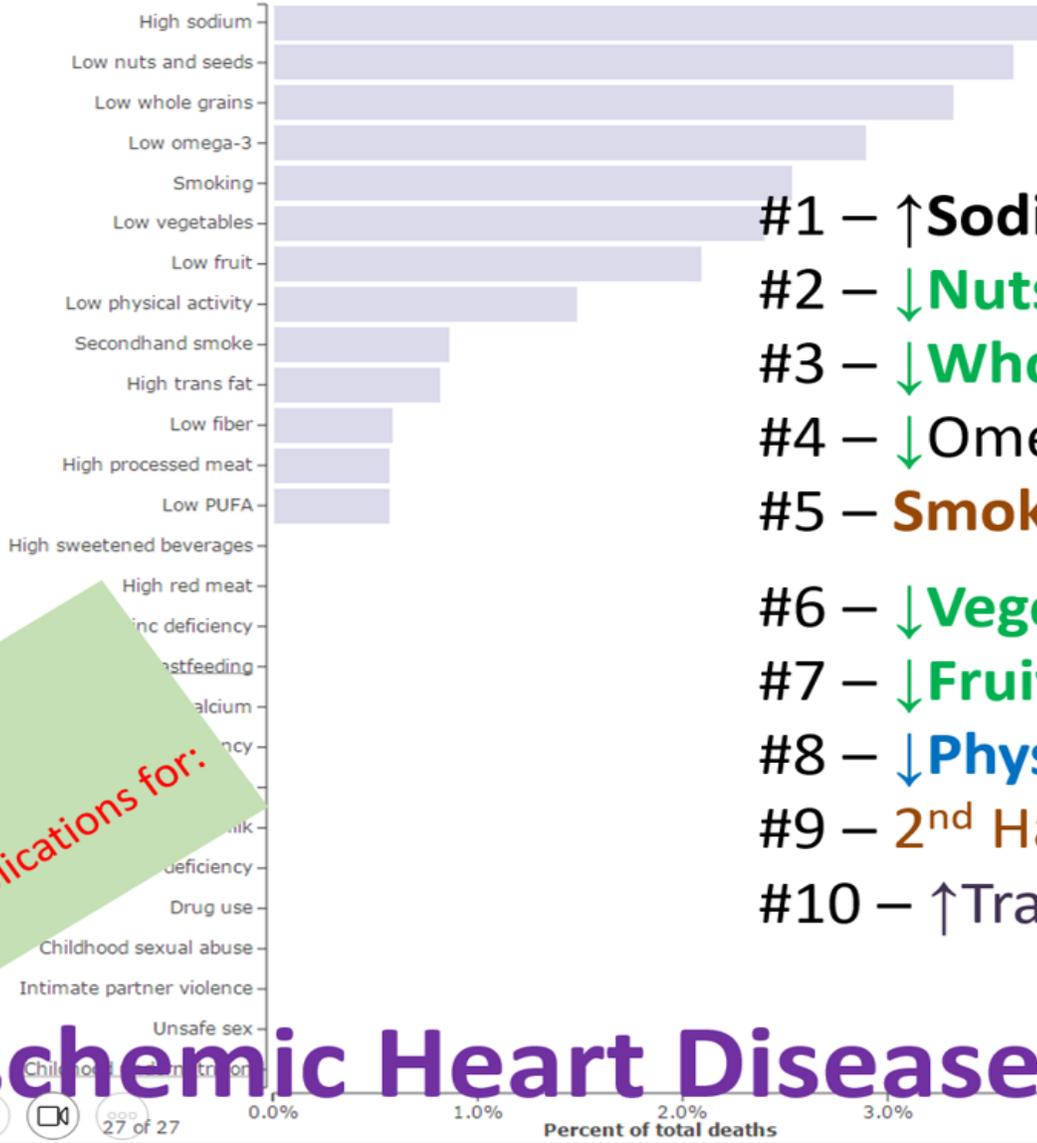


All Ages

Behav

Back

Asia, Both sexes, All ages, 2015



Search cause  
Add cause  
Ischemic heart disease  
Clear selection

- #1 – ↑ Sodium
- #2 – ↓ Nuts & seeds
- #3 – ↓ Whole grains
- #4 – ↓ Omega-3 FA
- #5 – Smoking
- #6 – ↓ Vegetables
- #7 – ↓ Fruit
- #8 – ↓ Physical activity
- #9 – 2<sup>nd</sup> Hand smoke
- #10 – ↑ Trans fat

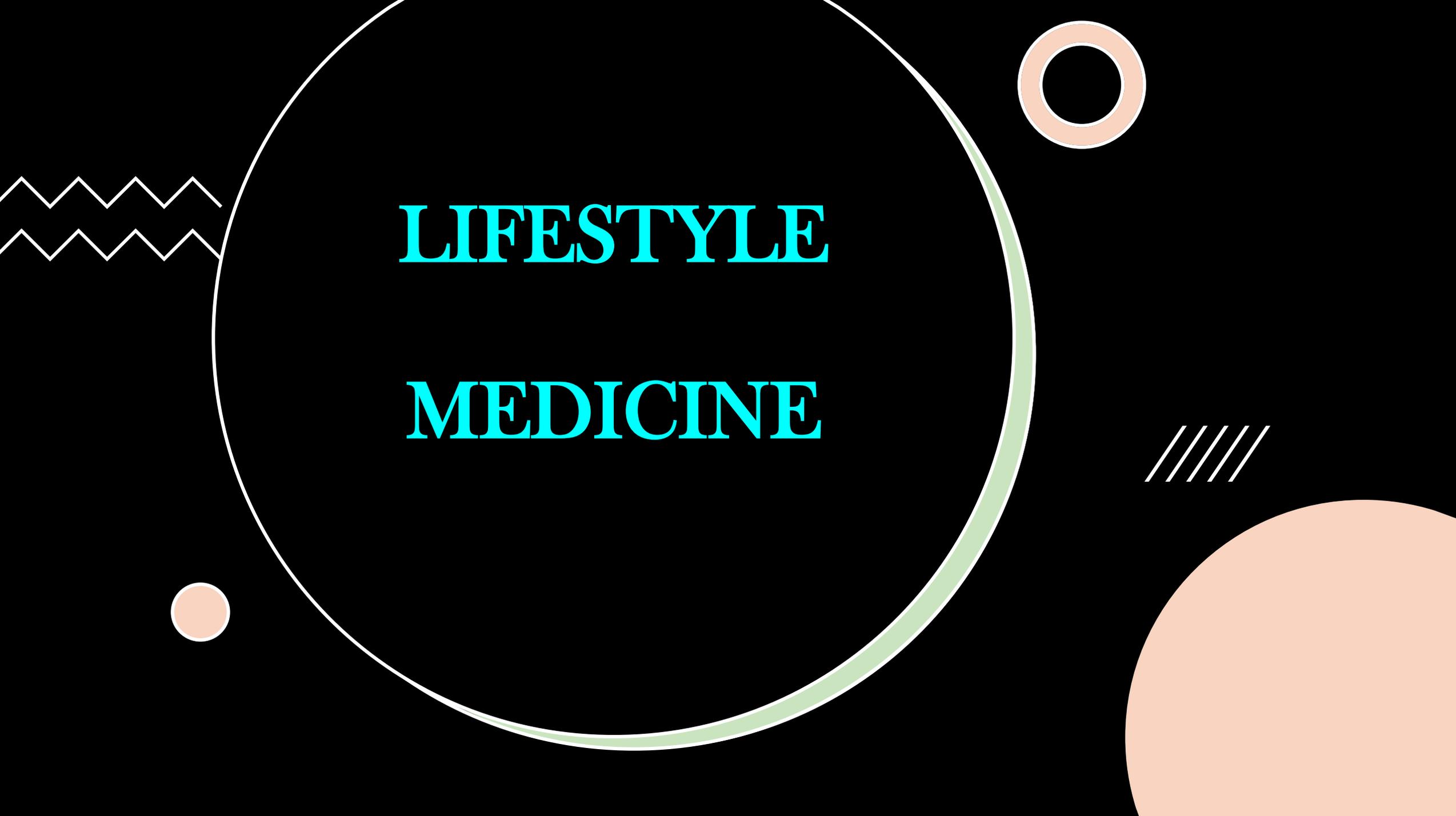
**RX** implications for:

# Ischemic Heart Disease

Percent of total deaths

# LANDMARK STUDIES

- **1938** Harvard study on adult development
- **1948** Framingham Heart Study Risk factors of **IHD**
- **1960** Adventist Health Study LM & Dis & **Longevity**
- **1972** Karelia Study (Finland) Diet & **IHD**
- **1976** Nurses Health Study (HMS) LM & **IHD**, **DM**, **Cancer**
- **1982** Physician Health Study (HMS) LM & **IHD**
- **1990** Lifestyle Heart Trial (Ornish) LM & **IHD**
- **1992** EPIC study LM & **Cancer**
- **2002** Diabetes Prevention Program LM & **DM**
- **2013** PREDIMED Trial Med diet & **IHD**

The image features a central large circle with a light green border. Inside this circle, the words "LIFESTYLE" and "MEDICINE" are written in a bold, cyan, serif font, stacked vertically. The background is black and decorated with various geometric elements: a white zigzag line on the left, a small peach circle at the bottom left, a peach ring at the top right, a set of four white diagonal lines on the right, and a large peach circle at the bottom right.

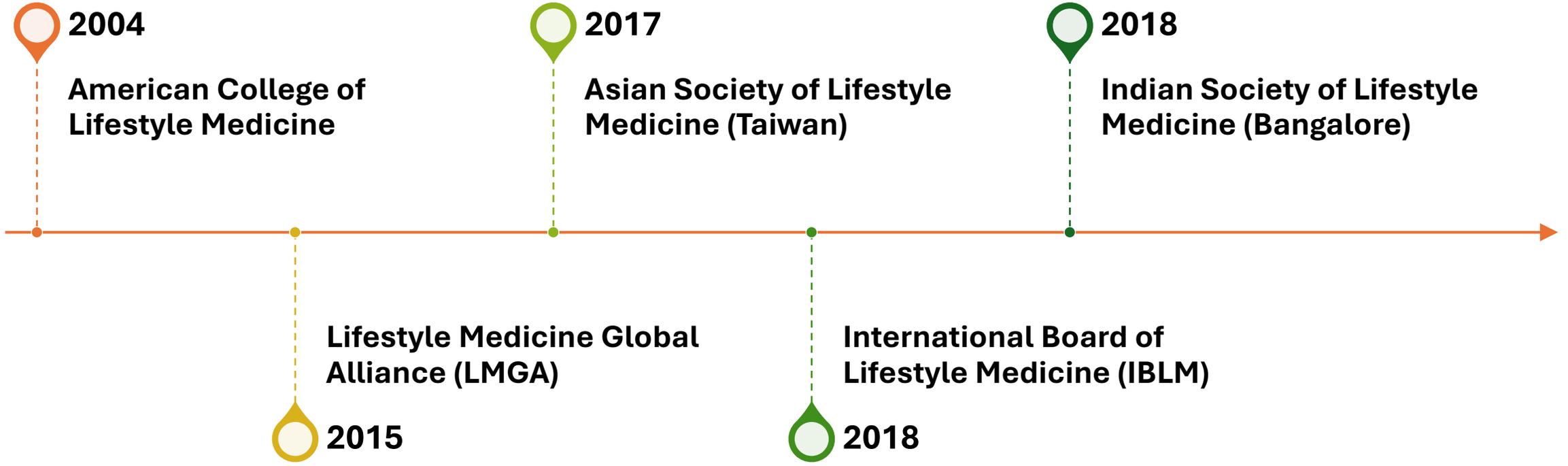
**LIFESTYLE**  
**MEDICINE**

# DEFINITION

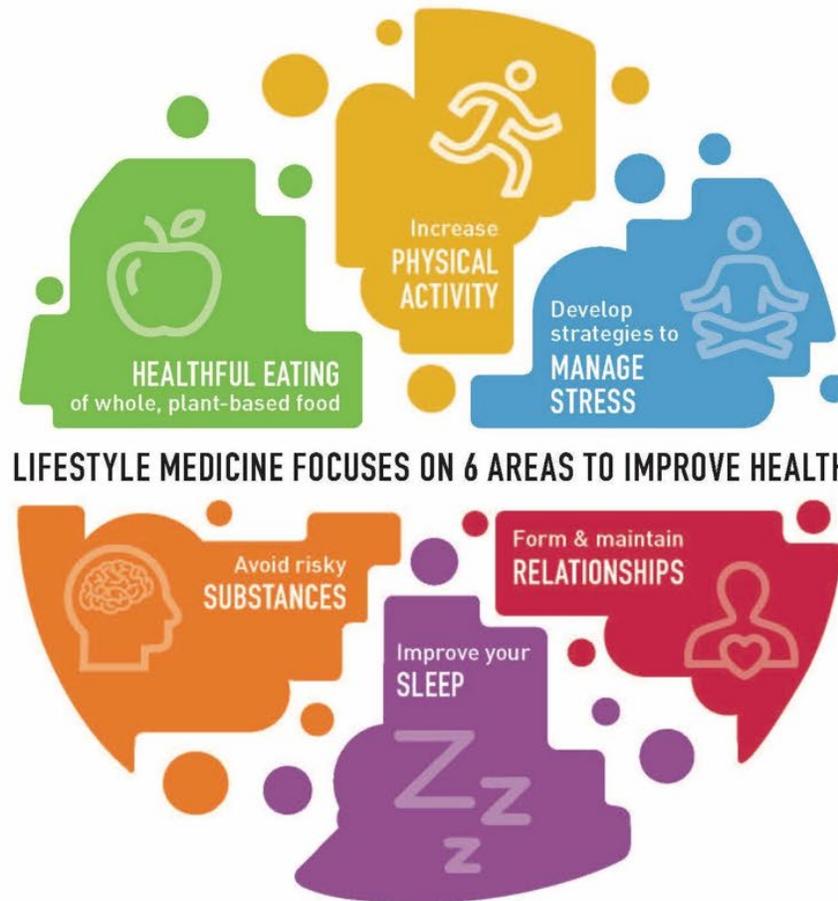
It's an **evidence-based** medical specialty that uses **lifestyle**—**optimal nutrition** that's predominantly whole food and plant-based, **physical activity**, stress management, adequate **sleep** and **hydration**, tobacco and alcohol cessation, as well as **social support**—as therapeutic intervention to prevent, treat and even reverse **lifestyle-related chronic disease**.



# HISTORY OF LIFESTYLE MEDICINE

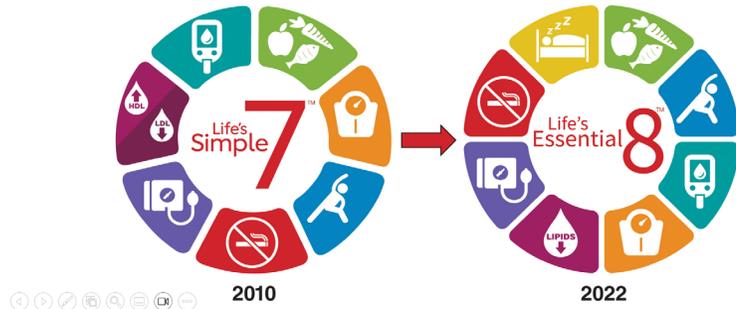


# AMERICAN COLLEGE OF LIFESTYLE MEDICINE (ACLM)



## AMERICAN HEART ASSOCIATION

American Heart Association evolving framework for primary and primordial prevention



# Lifestyle Changes Can Lower Cancer Risk

## Weekly Physical Activity



150-300 minutes moderate-intensity  
or  
75-150 minutes vigorous-intensity

## A Healthy Eating Pattern



Includes foods that are high in nutrients in amounts that help achieve and maintain a healthy body weight

## Best Not to Drink Alcohol

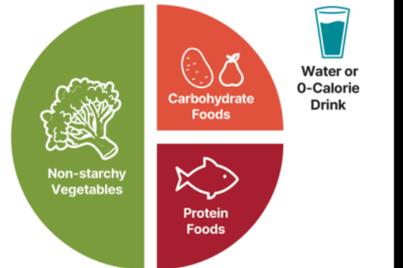


People who do choose to drink alcohol should limit consumption to no more than 1 drink / day for women and 2 drinks /day for men.

## Community Action

Policy and environmental changes that increase access to affordable, nutritious foods; provide safe, enjoyable, and accessible opportunities for physical activity; and limit alcohol for all individuals.

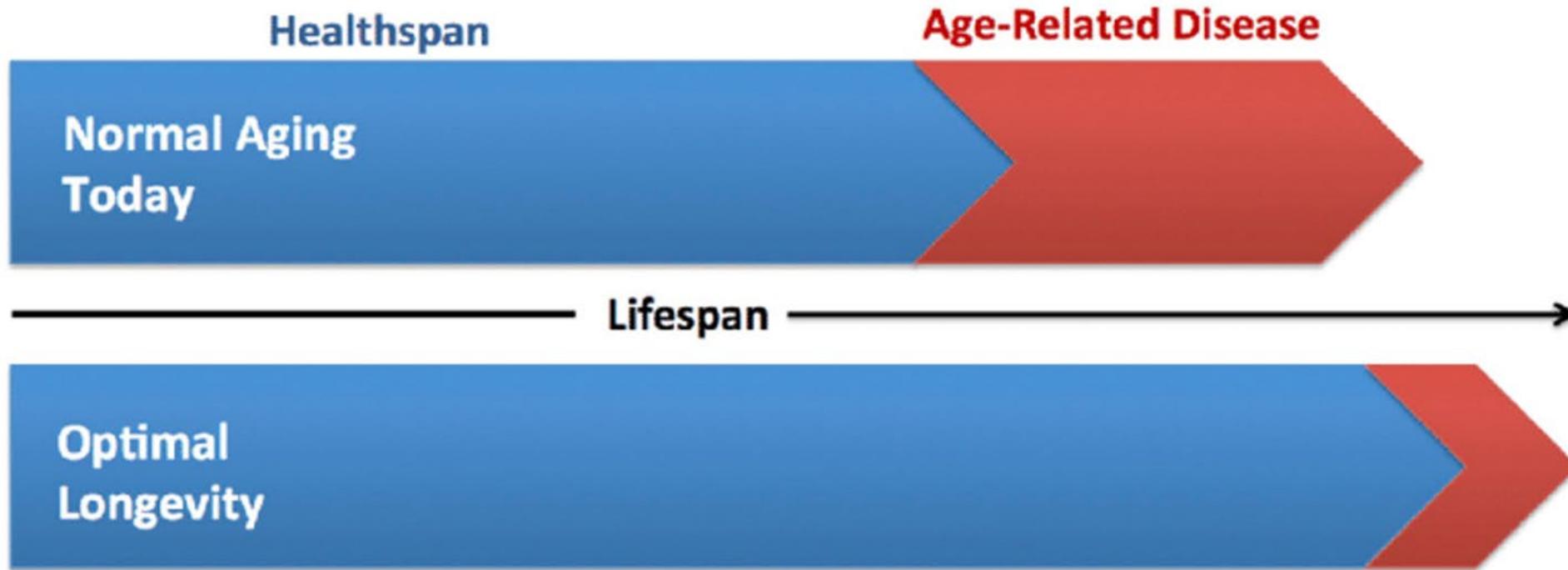
## AMERICAN DIABETIC ASSOCIATION

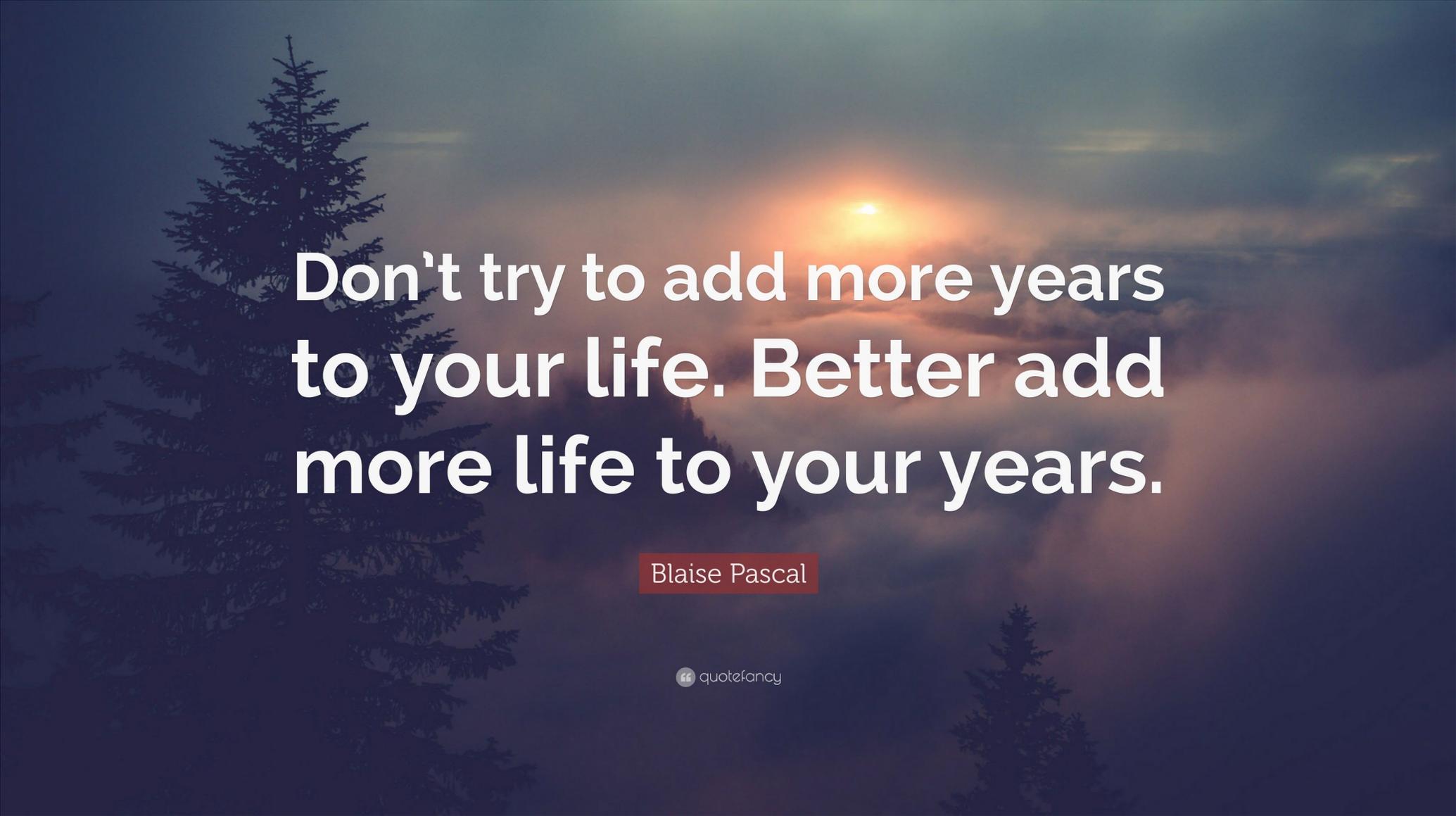


# **LM – PARADIGM SHIFT – 1**

LIFESPAN Vs HEALTHSPAN

# LIFESPAN VS HEALTHSPAN





**Don't try to add more years  
to your life. Better add  
more life to your years.**

Blaise Pascal

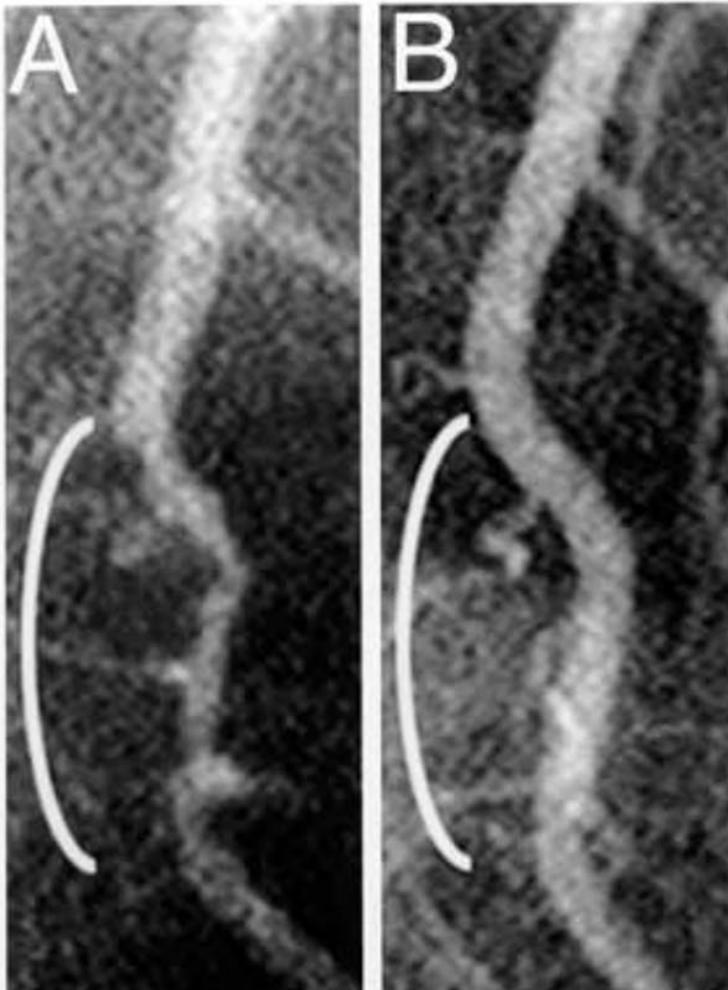
 quotefancy

# **LM – PARADIGM SHIFT – 2**

**DISEASE REVERSAL**

# A. HEART DISEASE

# A. REVERSING HEART DISEASE



Lifestyle Heart Trial, Dr. Dean Ornish

RCT – Patients - 48; (P-28 Vs C-20)

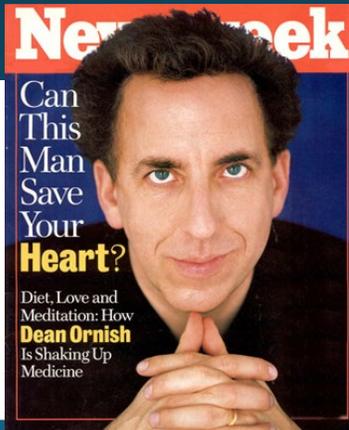
1990

*The Lancet*

5 year follow up

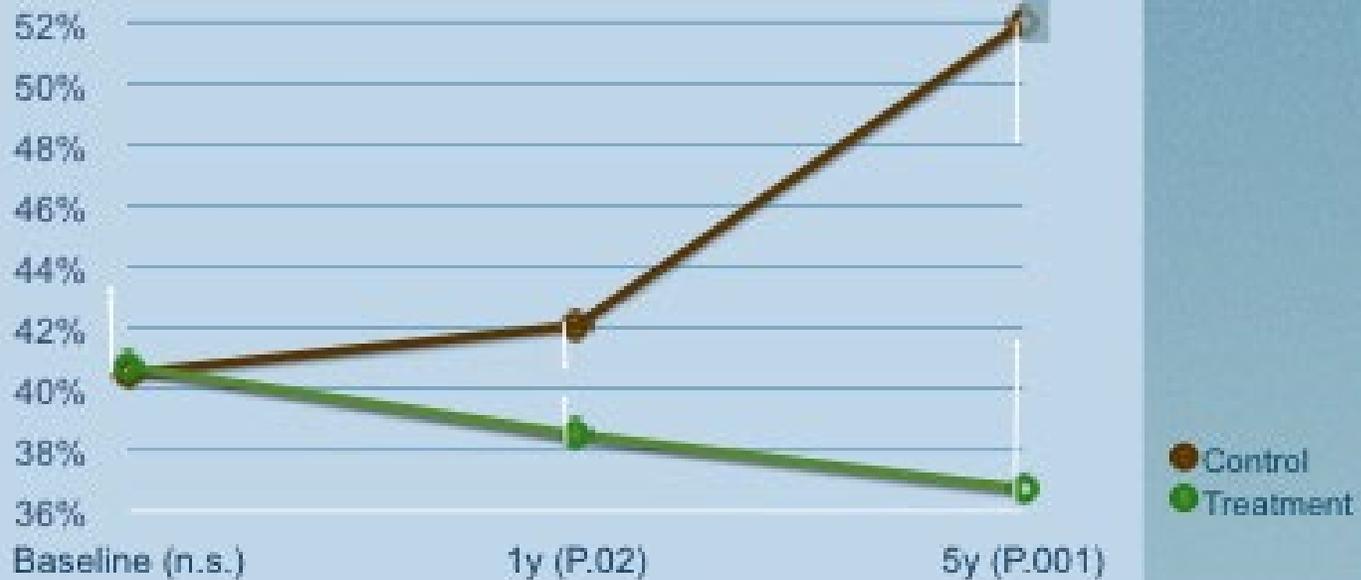
1998

*JAMA*



# Lifestyle Heart Trial

% Diameter Stenosis: Quantitative Coronary Arteriography



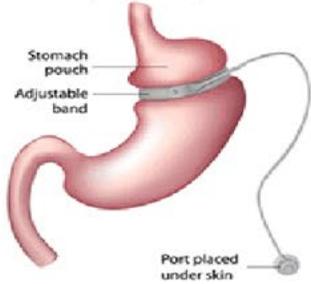
Ornish D et al. Lancet. 1990; 336:129 & JAMA. 1998;280:2001.

# **B. DIABETES MELLITUS**

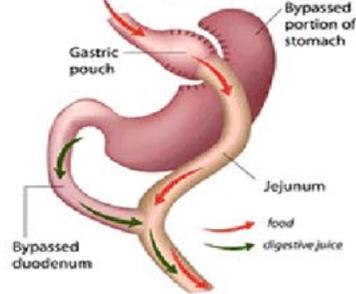
# B. DIABETES MELLITUS

## 4 Most Common Weight Loss Surgery Procedures in the United States

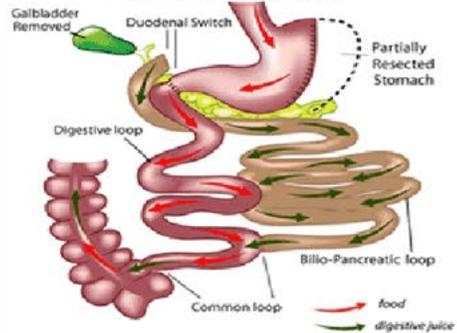
### Adjustable Gastric Band (Lap Band)



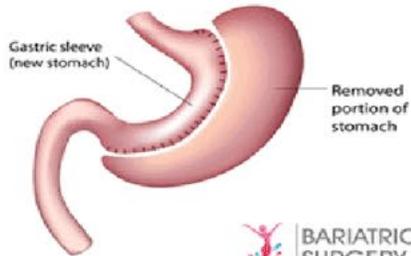
### Roux-en-Y Gastric Bypass (RNY)



### Duodenal Switch (DS)



### Vertical Sleeve Gastrectomy (Gastric Sleeve)



 BARIATRIC SURGERY SOURCE  
www.bariatric-surgery-source.com



Figure 1: Most Common Weight Loss Procedures.

# B. DIABETES REMISSION

## A. BARIARTRIC SURGERY

- **1995** (608) Pories – **83%**
- **2004** (4047) Swedish Obese Subjects (SOS) Study (2-10 years) – **72-37%**.
- **2012** (1400) STAMPEDE Trial (2-6-12 years) - **75-62-51%**

## B. LIFESTYLE MEDICINE

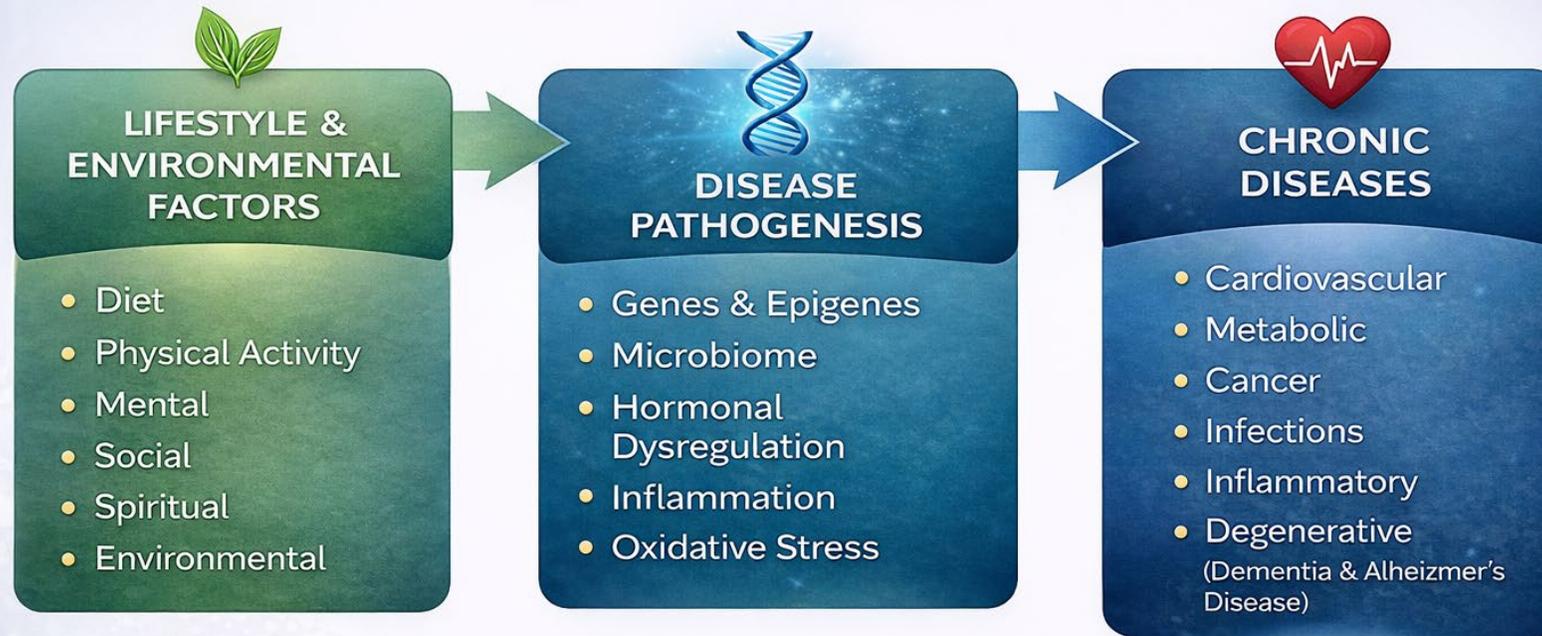
- **2001** (5145) Look AHEAD *NEJM* - **11.5%**
- **2014** (298) DIRECT TRIAL *Lancet* – **46%**
- **2022** (20) ReTUNE *Journal Clinical Science* – **70%**

# **LM – PARADIGM SHIFT – 3**

UNIFIED THEORY OF DISEASE PATHOGENESIS

# Unified Theory of Disease Pathogenesis

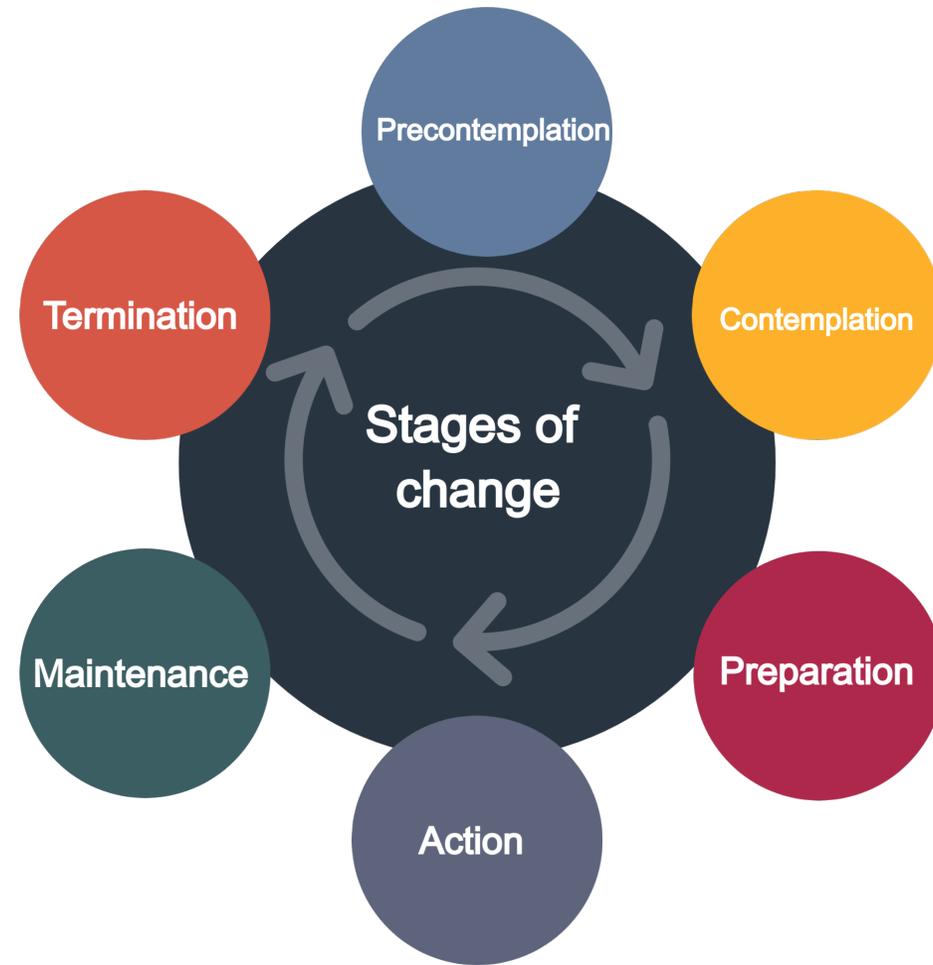
by Dr. Dean Ornish



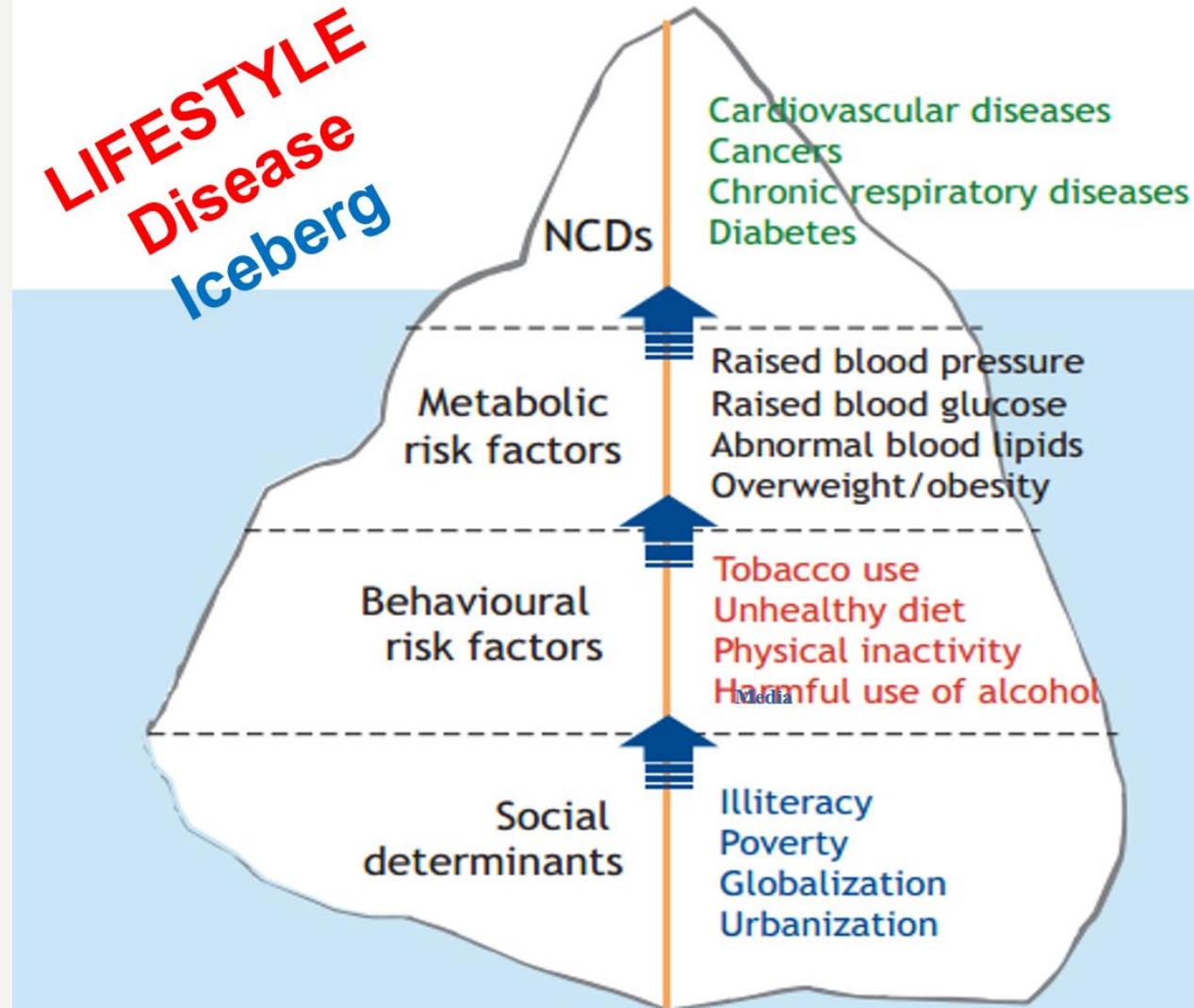
*The impact of diet, physical activity, mental, social, spiritual, and environmental factors triggers disease pathogenesis, leading to the development of chronic diseases.*

# **LM – PARADIGM SHIFT – 4**

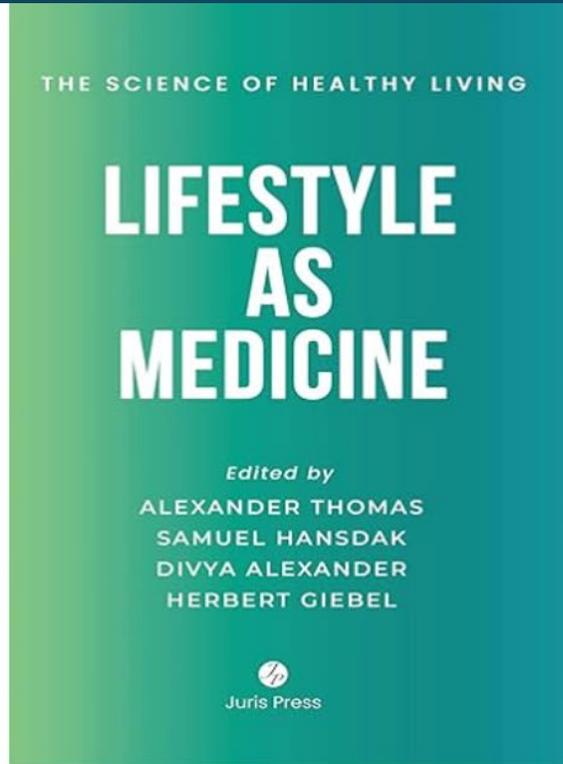
**BEHAVIOUR CHANGE (WHOLISTIC CARE)**



# LIFESTYLE Disease Iceberg

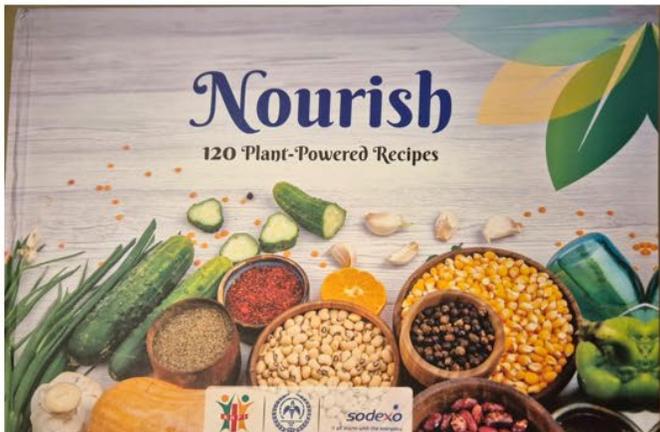


WHO NCD SEAR iceberg (2011) Figure 4.1 (adapted)



## CMC VELLORE

- **2012** Senior Training Fellowship
- **2013** Wellness Clinic
  
- **2017** Asian Society of Lifestyle Medicine
- **2018** Indian Society of Lifestyle Medicine
  
- **2023** Post Graduate Diploma in Lifestyle Medicine
- **2024** Textbook – Lifestyle As Medicine
- **2025** Cookbook - Nourish





# **POSTGRADUATE DIPLOMA IN LIFESTYLE MEDICINE**

**Department of Medicine-IV & Lifestyle Medicine  
and  
Distance Education Unit**

# General Medicine Unit 4 and Lifestyle Medicine Team



**Dr. Samuel  
George Hansdak**  
HOD, General  
Medicine



**Dr. Ronald Carey**  
HOU,  
General Med 4



**Dr. Herbert  
Giebel**  
LM Consultant,  
General Med 4



**Dr Tarun George**  
Associate Prof  
General Med 4



**Dr. Divya Mathew**  
Assistant Prof  
General Med 4



**Dr. Esther Inbarani**  
Assistant Prof  
General Med 4



**Dr. Prabhu Ram**  
Assistant Prof  
General Med 4



**Dr Stephen Philip**  
Senior Resident



**Dr. Shobana Devi**  
Dietitian cum  
Women Scientist



**Ms Shoba Samuel**  
Social Worker



**Ms Delicia**  
Physiotherapist



**Mrs. Beula  
Deepa Kumari**



**Mrs. Sofia Grace**



**Mrs. Sankari**

**Lifestyle Nurse Educators**

# Distance Education Team



**Dr. Jachin velavan**

HOD of Distance Education  
Department



**Dr Adeline Sittler**



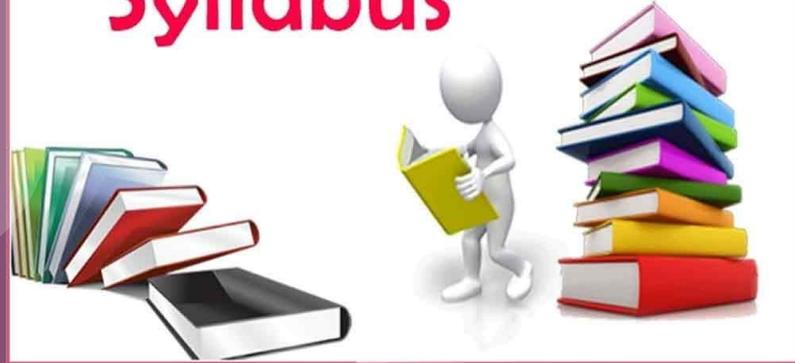
# Distribution of participants across India



# PGDLM – Course Design

- 1) **Team enrollment with Mentorship**
  - 2) **Blended program (SLM + Contact sessions)**
  - 3) **Moodle-based self-learning modules (SLM)**
  - 4) **Discussion board**
  - 5) **Workbook activity (self & patient)**
- 
- 1) **Monthly online sessions – summary, queries & virtual culinary session**
  - 2) **Participant feedback**
  - 3) **Contact program x 2**
  - 4) **Assessment**
  - 5) **Dashboard**

# Syllabus



**Module 1** Introduction to Lifestyle Medicine

**Module 2** Behaviour Change

**Module 3, 4, 5** Nutrition

**Module 6** Physical Activity

**Module 7** Mental & Emotional Wellness

**Module 8** Social Connectedness

**Module 9** Spiritual Wellness

**Module 10** Digital Health & Community-based Programs

**Module 11** Disease-Based Lifestyle Approach

**Module 12** Lifestyle Research & Publications

# Self Learning Modules - Time Split

<b>MODULE FORMAT</b>	<b>TIME REQUIRED (3 HOURS PER WEEK)</b>
<b>Learning Objectives</b>	<b>15 min</b>
<b>Introduction</b>	
<b>Case study</b>	
<b>Trigger questions</b>	
<b>Content</b>	<b>90 min</b>
<b>Take a break (TAB)</b>	
<b>Summary</b>	
<b>Quiz (End of the unit MCQs)</b>	<b>15 min</b>
<b>References</b>	
<b>Workbook Activity (Self &amp; Patient)</b>	<b>60 min</b>
<b>Student feedback</b>	

# Discussion Forum

Online platform for discussion on the current study topic

Open for whole year

1 thread per topic

Student roster

Supervised by a faculty (Faculty roster)

Attendance will be marked

Marks allotted on basis of attendance and contribution

# Workbook Activity (WBA)

## Purpose:

To improve the conceptual understanding

## Method:

One Patient to be identified at the beginning of the course.

To apply the concepts to self and patient

Each unit will have a WBA

- Each candidate will complete the WBA
- The WBA will be assessed by Mentors
- Each WBA will have **marks** and **feedback** section

# CONTACT SESSIONS

## 1 CONTACT SESSION:

- Timing                      After 6 months
- Duration                    1 week
- Activities                  a typical lifestyle experience, hands on training, project topic

## 2 CONTACT SESSION:

- Timing                      after 12 months
- Duration                    1 week
- Activities                  lifestyle experience, hands on training, project presentation & exams

# **EXERCISE SESSION**

# **SPIRITUAL SESSION**

# **CULINARY SESSION**

# **SMALL GROUP SESSION**

**ENTERTAINMENT**

# Mentorship Program

## 1. Purpose:

- To encourage the participants
- To equip the participants
- To support the participants

2. Total number of mentors 30+

3. One mentor for 1 teams (2 students)

## 4. Activities:

1. To monitor the start and completion of each module
2. To check the marks (Quiz)
3. To assess the WBA - marks and feedback
4. To supervise the building and progress of the Project

# SUMMATIVE ASSESSMENT

	Activity
<b>Internal Assessment (40%)</b>	Module start and stop on time – <b>20 Marks</b>
	Weekly online discussion leading – <b>30 Marks</b>
	Monthly online session attendance – <b>20 Marks</b>
	Monthly online session summary – <b>30 Marks</b>
	Workbook activity - <b>20 Marks</b>
	Quiz - <b>10 Marks</b>
<b>Contact Program (20%)</b>	CP_1 = 120; CP_2 = 80
<b>Project (10%)</b>	Project proposal presentation – <b>20 Marks</b>
	Project Final presentation - <b>80 Marks</b>
<b>Final (30%)</b>	Theory – <b>15%</b>
	Practical – <b>15%</b>

# Moodle Orientation

**Ms.Sangeetha.V**

**Course Admin – PGDLM**

**Department of Distance Education & Lifestyle Medicine**

Call us : 0416-2285590 E-mail : info@cmcdistedu.org

 DISTANCE EDUCATION UNIT  
CMCVELLORE [Home](#)



**Using  
innovative  
blended  
learning  
methodology**

# Help Desk

**Admin Support – Ms.Sangeetha & Team**

**Admin queries:**

[pgdlm@cmcdistedu.org](mailto:pgdlm@cmcdistedu.org)

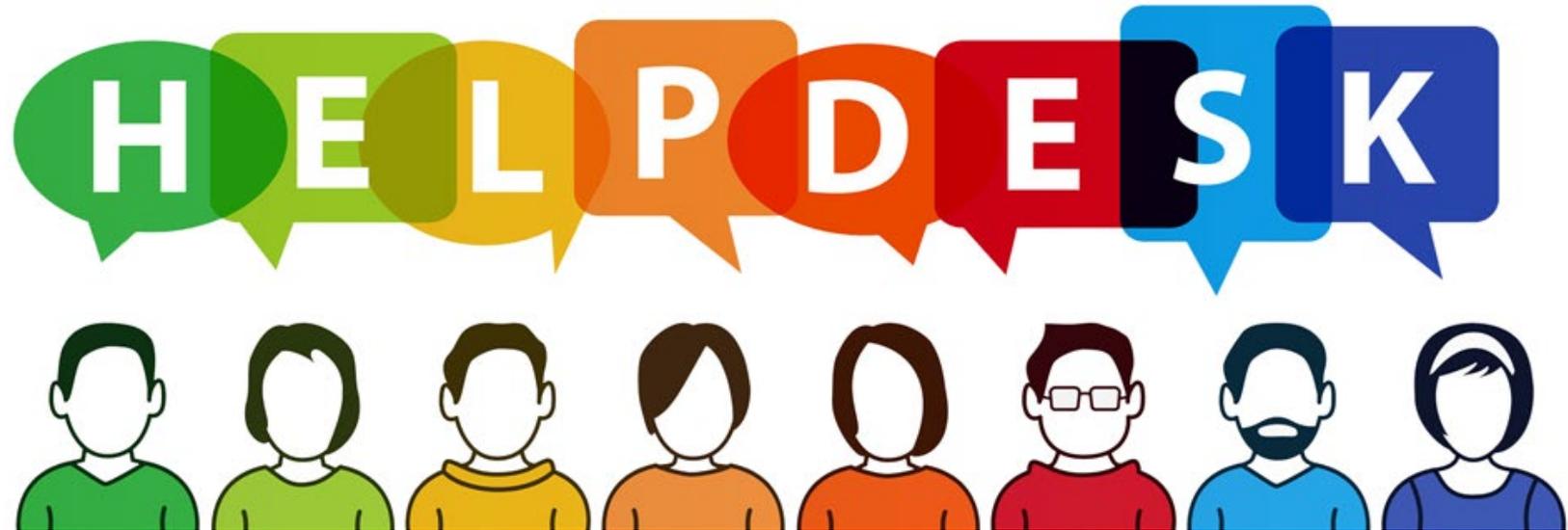
**Contact number - +91 9498749931**

**Office hours:**

Mon - Friday : 8.30 AM to 4.30 PM

Saturday: 8.30 AM to 12.00 PM

Sunday: Holiday



*Here's to a  
happy, healthy,  
long life!*

