

## **Unlocking the health secrets to promote Workplace well-being**

### Keynote Sessions

#### Faculty:

Ravinder Mamtani

The health, disease, and care system is characterized by its complexity, which poses challenges in delivering effective and efficient care. Despite the existence of proven evidence, there is often a delay in adopting these practices across all care systems. One crucial aspect that needs to be recognized is the significant role of lifestyle medicine in addressing and preventing various health conditions of concern. Chronic pain stands as a prime example of a condition that requires a comprehensive approach to treatment. Furthermore, prioritizing health-related human performance and productivity is essential for both employees and employers, as it fosters a mutually beneficial environment where roles and responsibilities are optimally fulfilled in the workplace.

#### **About Our Speaker:**

Ravinder Mamtani

Ravinder Mamtani, MD is a specialist in preventive medicine, occupational medicine, public health, lifestyle medicine and integrative medicine. Dr. Mamtani is a Professor of Population Health Sciences and Professor of Medicine (Centre for Global Health), Weill Cornell Medicine, New York (WCM). At WCM's international campus in Qatar (WCM-Q), where he is a full-time faculty member, he serves as Vice-Dean for Population Health and Lifestyle Medicine. He is also a Professor of Community and Family Medicine (adjunct) at New York Medical College, Valhalla, New York. Dr. Mamtani received his post-graduate training in preventive medicine and public health in USA and UK.

Prior to joining WCM-Q in 2007, Dr. Mamtani was a Professor of Clinical Community and Preventive Medicine and Associate Professor of Clinical Medicine at New York Medical College; and an occupational medicine physician at Westchester Medical Centre in Valhalla, New York. He has several years of clinical experience in utilizing lifestyle and integrative medicine in the treatment of chronic diseases such as chronic pain, arthritis, obesity, metabolic conditions, mental health conditions and gastrointestinal problems.

A renowned educator and a keen researcher, Dr. Mamtani has developed various innovative population health, lifestyle medicine and other education programs/activities. He has taught/presented seminars to medical students, residents and health professionals - at New York Medical College (NYMC) and WCM-Q - on topics such as preventive medicine, lifestyle

medicine, health systems, public health, infectious diseases, global health, complementary medicine, and emerging healthcare trends. At NYMC, he developed and directed the Master of Public Health (MPH) in International Health and Diploma in Tropical Medicine and Health; and served as the Associate Director of the Residency Program in Preventive Medicine.

Dr. Mamtani has published extensively on various public health, lifestyle medicine, complementary medicine and infectious disease topics. He has been Principal/Co Principal Investigator of several research projects. As a Principal Investigator of an NIH (US National Cancer Institute) R-25 education research grant, he developed new curriculum on nutrition and cancer for medical students at New York Medical College (1991-95).

Dr. Mamtani has been an invited speaker on various topics in the US and abroad and has published in prestigious peer reviewed journals. As a monthly columnist (2001- 07) of a local newspaper in the Hudson Valley, NY he wrote on contemporary health issues such as vegetarian diets, lifestyle medicine, mind-body medicine, emerging face of health care and public health challenges. He has also contributed health columns in Gulf Times, Qatar.

Dr. Mamtani serves or has served on many government, hospital, and medical school committees in USA and Qatar. He is a member of the prestigious New York State Board for Professional Medical Conduct and past chair of the Global Educational Exchange in Medicine (GEMx) Advisory Committee of Educational Commission for Foreign Medical Graduates (ECFMG), US. Recently, he was appointed as the Vice Chair, Lifestyle Medicine Global Alliance, USA. In the State of Qatar, Dr. Mamtani serves on several government and healthcare/ government sponsored committees.

Dr. Mamtani is a diplomate of the American Board of Preventive Medicine in the specialties of Preventive Medicine, Public Health and Occupational Medicine. He is also US Board Certified in Lifestyle Medicine and Integrative Medicine. Recently he was awarded the prestigious status of Fellow of the American College of Lifestyle Medicine.