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NATIONAL UNIVERSITY
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*NUMS Department of
Avant Health
Initiatives (NDAHI)*

is pleased to award this certificate to

Mr/Ms Saima Sultana

S/D of Mr Hafiz Mahboob Ahmed

for successfully completing a six-weeks online certification titled

*“Happiest Healthiest You:
An Introduction to Lifestyle Medicine”*

Session: 29 Jul, 2025 to 09 Sep, 2025

Dr. Omar Zafar Jhagra
Director, Avant Health Initiatives

Brigadier Nasir Rafiq Ahmed, SI(M), Retd
Registrar



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Dr. Omar Zafar Jhagra
MBBS, MRCP (UK)
Director
Avant Health Initiatives & Lifestyle Medicine
National University of Medical Sciences

16th Oct 2025

"Your remedy is within you, but you do not sense it. Your sickness is from you, but you do not perceive it."
– Ali ibn Abi Talib (ra)

"The life we receive is not short, but we make it so. Nor do we have any lack of it, but are wasteful of it." —
Seneca

Dear *Ms. Saima Sultana,*

Congratulations on Your Achievement!

We are thrilled to congratulate you on successfully completing the Lifestyle Medicine Certification Program: "**Happiest Healthiest You: An introduction to Lifestyle Medicine**". This remarkable milestone reflects your commitment to embracing a transformative approach toward health, wellbeing, and purposeful living.

This certification is more than an accolade—it is a call to action. By integrating the principles of lifestyle medicine into your personal and professional life, you now stand as a beacon of inspiration and change in a world increasingly burdened by non-communicable diseases. **The 7 Rs'— Recharge, Refuel, Reenergize, Relax, Reconnect, Rehabilitate, and Recognize—**serve as a roadmap for holistic wellness, equipping you to lead by example and make a profound impact in your community.

We invite you to stay connected with us by joining the **NUMS Alumni Network of Lifestyle Medicine Advocates**, where you will collaborate with like-minded professionals passionate about advancing the principles of lifestyle medicine.

Looking ahead, we are excited to announce upcoming opportunities to deepen your expertise. This includes specialized workshops focusing on the 7 Rs' of Lifestyle Medicine, designed to provide actionable strategies tailored to each dimension of wellness.

In this context, you are also cordially invited to join us for the first-ever workshop on Purposeful living.

"The 8th R – Raison D'être: The Reason for Existence; and the Role of Lifestyle Medicine"

This ground-breaking workshop will explore the profound connection between purpose and health, helping you uncover and harness the power of intentional living to transform not only your own life but also the lives of those you serve.

At NUMS, we are committed to empowering you with the tools, knowledge, and inspiration to lead life with purpose and integrity. We look forward to your continued journey with us as a pioneer and advocate for holistic wellness.

Warm regards,

Dr Omar Zafar Jhagra

Director

Avant Health Initiatives & Lifestyle Medicine

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