



American Wellness Center

 COLUMBIA

 KidsHeart
MEDICAL CENTER
ABU DHABI | DUBAI | AL AIN



Affiliated with
NewYork-Presbyterian Kids
Morgan Stanley Children's Hospital

Symposium ***Neurology &*** ***Mental Health***

The Theme

***Strategies for promoting
health and wellness in 2022.
"Wellness for All"***



20th May 2022



**Al Yasat Ballroom, Swissôtel
Al Murooj Hotel
Dubai, U.A.E.**



09:00am-10:00pm



6.75 **+3**
WORKSHOP

CME POINTS
DHA APPROVED

To Register:



For more information email us to:
info@americanwellnesscenter.ae

Welcome to Wellness



American wellness center likes to cordially invite you to attend our conference on **Neurology and Mental Health** at **Al Yasat Ballroom, Swisshotel Al Murooj Hotel in Dubai**, United Arab Emirates. The conference is being held to share, promote and discuss the Strategies to improve mental health and how it affects physical health and overall Wellness.

Wellness for All has always been our slogan and over the previous six years, American Wellness Center has made a significant contribution to our community to bring awareness through research, education, and practice in the medical field.

Here we take this opportunity to host a conference with local and international speakers to bring forth the latest information and practices with our colleagues in the medical field and related. Nonetheless, our long-term goal is to share information from within and provide even more value able services to our community and people all over the world. To achieve the purpose our aim is to provide our participants a fair chance to not only meet and greet but also discuss mutual views and ideas to map our path forward to new heights of patient care. Hence, we are looking forward to see many interesting programs and workshops to allow members to intermingle, reflect, share and celebrate their seniority in the light of past achievements, reconnect friendships and expand networks, and collaboratively explore current and future research prospects.

We hope you will have a productive and enjoyable experience at this unique mental & physical health conference.

Agenda:

Beginning with today's conference, famous speakers from Columbia University USA, Medical Center will collaborate and discuss case details in general in the light of their experience, health and wellness specializations with expert speakers from Europe, the UAE, and the region. The focus of the conference is "Wellness for All," and the full-day session will include 12 interactive lectures, 12 courses, and 1 workshop by participants of prestigious institutions.



DR. Muhammad S. Tahir

Chairman Conference

M.D. ABPN (USA) - AMERICAN BOARD OF PSYCHIATRY & NEUROLOGY, EX-ASSISTANT PROFESSOR OF PSYCHIATRY & NEUROLOGY, COLUMBIA UNIVERSITY COLLEGE OF PHYSICIANS AND SURGEONS, NEW YORK, USA



MRS. Sumra Tahir

Co-Chairperson Conference

CEO American Wellness Center - Dubai



DR. Mohamed Sulaiman

Director Conference

MD, FAAP, FACC (USA) - AMERICAN BOARD OF PEDIATRICS, EX-ASSISTANT PROFESSOR OF PEDIATRICS CARDIOLOGY, COLUMBIA UNIVERSITY COLLEGE OF PHYSICIANS AND SURGEONS, NEW YORK, USA

Conference Committees



DR. Muhammad S. Tahir

Managing Director

M.D. ABPN (USA) - AMERICAN BOARD OF PSYCHIATRY & NEUROLOGY, EX-ASSISTANT PROFESSOR OF PEDIATRICS, COLUMBIA UNIVERSITY COLLEGE OF PHYSICIANS AND SURGEONS, NEW YORK, USA



DR. Mohamed Sulaiman

Consultant Cardiology

MD, FAAP, FACC (USA) - AMERICAN BOARD OF PEDIATRICS, EX-ASSISTANT PROFESSOR OF PEDIATRICS, COLUMBIA UNIVERSITY COLLEGE OF PHYSICIANS AND SURGEONS, NEW YORK, USA



DR. Farinaz Aghajannashtaei

Specialist Psychiatry

American Wellness Center Dubai, U.A.E.



MS. Fatima Ezzahrae Harmouch

Business Development Manager

American Wellness Center Dubai, U.A.E.



MS. Cheryl Serenio

Head Nurse

American Wellness Center Dubai, U.A.E.



MS. Hrishika B.K.

Quality Assistant

American Wellness Center Dubai, U.A.E.



MS. Loida Aquino

Marketing Executive

American Wellness Center Dubai, U.A.E.

International Speakers



Dr. Muhammad Nurul Momen

Consultant Psychiatrist

M.D, MACP, ABPN (USA) NEUROSCIENCE, PSYCHOPHARM SPECIALIST, ASSISTANT CLINICAL PROFESSOR NORTHEAST OHIO MEDICAL UNIVERSITY , USA, PROGRAM DIRECTOR PSYCHIATRY RESIDENCY TRAINING DIRECTOR, WESTERN RESERVE HEALTH EDUCATION, WARREN OHIO



DR. Mustaq Siddique

Consultant Psychiatrist

MD, DABPN, DABPN(C&A), ASST. PROF OF PSYCHIATRY (ADULT, CHILD & ADOLESCENT) COLUMBIA UNIVERSITY OF NEW YORK, USA. SENIOR ATTENDING OF PSYCHIATRY, NEW YORK PRESBYTERIAN HOSPITAL OF COLUMBIA & CORNELL UNIVERSITY, NY, USA

SPEAKERS



DR. Muhammad S. Tahir

Managing Director

M.D. ABPN (USA) - AMERICAN BOARD OF PSYCHIATRY & NEUROLOGY, EX-ASSISTANT PROFESSOR OF PEDIATRICS, COLUMBIA UNIVERSITY COLLEGE OF PHYSICIANS AND SURGEONS, NEW YORK, USA



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Speakers



DR. Marc Mueller-Nieberg

Consultant Otolaryngology, GERMANY

MD, MS, MSC, FA (GERMANY) - GERMAN BOARD
CERTIFIED IN OTOLARYNGOLOGY
American Wellness Center Dubai, U.A.E.



DR. Beena Walawalkar

Head of Department Physiotherapy, USA

DRPT, MSC(PT), PHD(PMR), PGDR, D.AC., PGDHMM, MIAP,
HEAD OF THE PHYSIOTHERAPY
American Wellness Center Dubai, U.A.E.



DR. Huda Mahmood

Urogynecologist, Gynaecologist, Consultant Obstetrician, USA

CONSULTANT OBSTETRICIAN AND ADVANCED MINIMALLY
INVASIVE GYNAECOLOGIST, UROGYNECOLOGIST
American Wellness Center Dubai, U.A.E



MRS. Nancy Hage

Psychology, Counseling, USA

BA, M.A, LMFT, PsyD FELLOW
American Wellness Center Dubai, U.A.E.

Speakers



DR. Cynthia Roukoz

Psychology, Neurology, France

CLINICAL PSYCHOLOGISTS, CLINICAL
NEUROPSYCHOLOGISTS PHD PSYCHOLOGY, EMPHASIS
CHILD NEUROPSYCHOLOGY

American Wellness Center Dubai, U.A.E.



Prof. DR. Mostefa Stefane Kabene

Clinical Psychologist, CANADA

BSC, MS, PHD (CANADA) - AMERICAN, FRENCH AND
CANADIAN PSYCHOLOGICAL ASSOCIATIONS

American Wellness Center Dubai, U.A.E.



(PhD) DR. Martin Kramar

Psychology, Counseling. USA

Ph.D. GENERAL PSYCHOLOGY, CALIFORNIA'S NORTH
CENTRAL UNIVERSITY

American Wellness Center Dubai, U.A.E.



MS. Juhi Bhamhaney

Clinical Nutrition, AUSTRALIA

Clinical Nutrition, Dietitian

American Wellness Center Dubai, U.A.E.

Moderators



DR. Qamrun Abedin

Specialist Psychiatrist, USA

ATTENDING PSYCHIATRIST, CENTRAL NEW YORK
PSYCHIATRIST CENTER, MERCY, NEW YORK, DIPLOMATE
AMERICAN BOARD OF PSYCHIATRY AND NEUROLOGY
American Wellness Center Dubai, U.A.E.



DR. Junko Fukuda

Specialist Internal Medicine, JAPAN

MD, PHD (JAPAN) - JAPAN BOARD CERTIFIED DOCTOR OF
INTERNAL MEDICINE
American Wellness Center Dubai, U.A.E.



MRS. Nancy Hage

Psychology, Counseling, USA

BA, M.A, LMFT, PsyD FELLOW
American Wellness Center Dubai, U.A.E.



DR. Jessica Rios-Habib

Clinical Psychologist, USA

PHD (USA) - UNIVERSITY OF MIAMI MILLER SCHOOL OF
MEDICINE FELLOWSHIP, UNIVERSITY OF TORONTO SICK
KIDS HOSPITAL FELLOWSHIP
American Wellness Center, Dubai, U.A.E.



DR. Cynthia Roukoz

Psychology, Neurology, France

CLINICAL PSYCHOLOGISTS, CLINICAL
NEUROPSYCHOLOGISTS PHD PSYCHOLOGY, EMPHASIS
CHILD NEUROPSYCHOLOGY
American Wellness Center Dubai, U.A.E.

Moderators



DR. Farinaz Aghajannashtaei

Specialist Psychiatry, IRAN

MD (IRANIAN BOARD OF PSYCHIATRY)
American Wellness Center, Dubai, U.A.E.



DR . Rajarathinam Ayyanar

Specialist Neurologist, UK

MBBS , MD , DM-Specialist Neurologists
American Wellness Center Dubai, U.A.E.



DR. Muhammad Abdur Rehman

Paediatric Cardiology - UK

MBBS DIP (Child Health) DIP (Paediatric Cardiology) MRCP
(Paediatrics)
Mediclinic City Hospital Dubai, U.A.E.



DR. Heba Ghazy

Specialist Pediatrics/Pediatric Cardiology - EGYPT

MD Pediatrics
Kids Heart Medical Center Dubai, U.A.E.

Symposium **(Schedule)** **Neurology &** **Mental Health**



8:00am-9:00am	Registration
9:00am-9:15am	Opening Remarks
SESSION 1	Moderator: DR. Qamrum Abedin DR. Cynthia Roukoz
9:15am-9:45am	DR. Mustaq Siddique Dimensions of Child Development
9:45am-10:15am	DR. Muhammad Tahir Surviving Stress in Physician's Life
10:15am-10:30am	Question & Answer
10:30am-10:45am	Coffee Break



American Wellness Center

*Strategies for promoting health and
wellness in 2022*

Symposium **(Schedule)** **Neurology &** **Mental Health**



SESSION 2	Moderators DR. Jessica Rios-Habib DR. Junko Fukuda MRS. Nancy Hage
10:45am-11:15am	DR. Mohamed Sulaiman Congenital Heart Disease After Surgery
11:15am-11:45am	DR. Muhammad Momen Suicide Risk and Treatment of Complicated Depression in the Primary Care Setting
11:45am-12:15pm	DR. Stefane Kabene Use and Misuse of Psychometric Testing
12:15pm-12:30pm	Question & Answer



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Symposium **(Schedule)** **Neurology &** **Mental Health**



SESSION 2

Moderators:

DR. Jessica Rios-Habib

DR. Junko Fukuda

MRS. Nancy Hage

12:30pm-01:00pm

DR. Marc Mueller

Snoring vs Sleep apnea

01:00pm-01:10pm

Question & Answer

01:10pm-02:10pm

Lunch

SESSION 3

Moderator:

DR. Farinaz Aghajannashtaei

DR. Heba Ghazy

02:10pm-02:40pm

DR. Huda Mahmood

**Changing face of
laparoscopy in UAE**



American Wellness Center

CME

*Strategies for promoting health and
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Symposium ***(Schedule)*** ***Neurology &*** ***Mental Health***



SESSION 3

Moderators

DR. Farinaz Aghajannashtaei

DR. Heba Ghazy

02:40pm-03:10pm

DR. Martin Kramar

**The Applications of
Mindfulness Based CBT
and HRV Biofeedback in
Modern Psychotherapy.**

03:10pm-03:40pm

MRS. Nancy Hage

Stress Management

03:40pm-03:55pm

Question & Answer

03:55pm-04:15pm

Coffee Break



American Wellness Center

CME

*Strategies for promoting health and
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Symposium **(Schedule)** **Neurology &** **Mental Health**



SESSION 4

Moderators:

DR. Abdur Rehman

DR. Rajarathinam Ayyanar

04:15pm-04:45pm

DR. Cynthia Rouzok

**Neuropsychology of ADHD
from assessments to inter-
vention.**

04:45pm-05:15pm

DR. Beena Walawalkar

**Office ergonomics &
healthy living**

05:15pm-05:45pm

MS. Juhi Bhambhaney

**Food for thought: Quality
of diet, gut microbiome
and mental health**



American Wellness Center

CME

*Strategies for promoting health and
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Symposium (Schedule)

Neurology & Mental Health



05:45pm-06:00pm

Question & Answer

06:00pm-06:15pm

Coffee Break

06:15pm-07:00pm

WORKSHOP

**Child Abuse and Neglect:
Recognizing, Reporting, and
Responding In Early Childhood**

DR. Muhammad Tahir

DR. Mostefa Stefane Kabene

DR. Cynthia Roukoz

07:00pm-10:00pm

KidsHeart Medical Health

DR. Mohamed Sulaiman

DR. Sherif Bakir

DR. Muhammad Tahir

Moderator:

DR. Heba Ghazy



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