

Dr. Syed Ikram

Health Transformative Coach,
Nutritionist, Corporate Trainer

Contact



doctorikram.com



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YourDoctorIkram



A-48, Block-4, Gulshan-e-Iqbal
(Near Patel Hospital), Karachi

Education

CCRA - McMaster University Canada

Lifestyle Medicine: NMS - Harvard

M.B.B.S - Dow University of Health Sciences

P.G.D - Hamdard Institute of Management Sciences

Trainings Achieved

AccuChek University (2007) - Singapore

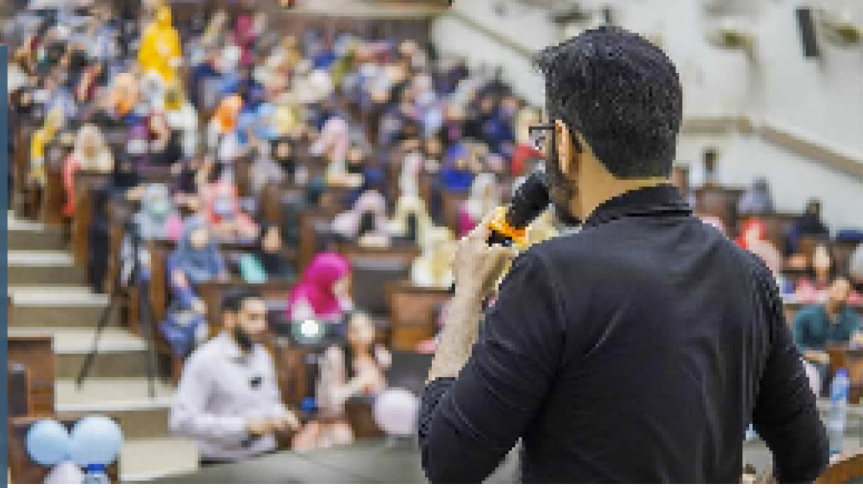
Diabetes Care (2008) - Dubai

Motivation in Sales (2008) Bangkok

Direct Client Marketing (2009), Bell Canada - Toronto

Expert in

- Emotional Intelligence
- Life Transformation
- Health, Nutrition & Disease
- Health Motivation
- -Ve & +Ve Mentality
- Weight & Fitness



Dr. Syed Ikram's vision is to transform lives & enable individuals & organizations to maximize their physical, mental & emotional potential.

Trainings Imparted



Emotional Intelligence & Health (2023)

Public Health - University of Karachi



Midlife Crises - 2nd Innings of Life (2022)

National Institute of Management



Alarming Obesity Epidemic (2022)

DHA College for Women, Phase 8, Karachi



Fitness for Professionals (2022)

Institute of Cost and Management Accountants



Malnutrition in Children (2022)

In collaboration with CCL Pharma



Diet Hints & Tips for Athletes (2018)

To Young Cricketers Organized by Peshawar Zalmi

Influencer



9K



15K



25K



50K

Media Appearances



Skills

English Fluency

Motivation & Training

Counseling

Life Transformation

Behavior Therapy

Speaking Art

Published Author



The Undiet Code - From Fat to Fit



https://ezinearticles.com/expert/Dr_Ikram_Abidi/775325



<https://www.humsub.com.pk/author/dr-syed-ikram/>

Experience

Founder & MD - Dr. Ikram's Diet & Weight Loss Clinic (2021- to date)

Founder & CEO - Diet Kitchen (2022 - to date)

Program Coordinator - Malaria Control Sindh (2018 - 2019)

Trainer & Content Writer - HOPE Foundation Canada (2013 - 17)

Marketing Manager - Bell Canada (2009)

Sr. Product Manager - Diabetes Care, Roche Pakistan (2007-08)

Product Manager - Barret Hodgson Pakistan (2005-06)