

Health and YOU *Community Wellness Series*

Positive Psychology

The session will focus on what positive psychology is, how it links to health and the science of happiness, and its benefits for overall health and well-being.

Live Webinar

August 17, 2022

5:00PM – 5:45PM (Qatar time)



Speaker

Dr. Sohaila Cheema

Associate Professor of Clinical Population Health Sciences
Assistant Dean for the Institute for Population Health
Weill Cornell Medicine-Qatar

Sohaila Cheema is the Assistant Dean for the Institute for Population Health (IPH) and Associate Professor of Clinical Population Health Sciences at Weill Cornell Medicine - Qatar (WCM-Q). She actively participates in oversight and implementation of IPH education, research, and community programs. Dr. Cheema co-directs and teaches the pre-medical course, Health and Disease: A Global Perspective, and teaches medical students in the Health Care and Public Health Clerkship, for which she also serves as the Associate Director.

Dr. Cheema serves as faculty and course-director for several continuous professional development/continuous medical education activities for building capacity in healthcare professionals, notably the Certificate in Lifestyle Medicine and Understanding Basics of Health Research. She is co-founder of the Lifestyle Medicine Interest Group-Middle East and collaborates with private and government institutions to promote health awareness in Qatar. Her research interests include non-communicable diseases, smoking, migrant health, oral health, road traffic injuries, integrative medicine, lifestyle health, and COVID-19.

Dr. Cheema received her medical degree from Dow Medical College, Pakistan and completed her Fellowship in Integrative Medicine at the Arizona Center for Integrative Medicine, University of Arizona. She received her Master of Public Health degree from Johns Hopkins Bloomberg School of Public Health and is Certified in Public Health by the National Board of Public Health Examiners, USA. She is a diplomate of the International Board of Lifestyle Medicine and is a certified lifestyle medicine physician.