



2nd National Conference on “Integrating Nutrition & Public Health: Challenges & Opportunities”

26th to 27th November 2024

*Jointly Organized by
Faisalabad Medical University, Faisalabad
&
Pak-Korea Nutrition Center, Faculty of Food, Nutrition and Home Sciences
University of Agriculture, Faisalabad-Pakistan*

*Venue: Fateh Muhammad Ch. Auditorium,
Faisalabad Medical University, Faisalabad*

Date: November 26, 2024

Venue:	Faisalabad Medical University (FMU), Faisalabad, Auditorium
9:00 am	<i>Registration of the Participants</i>
9:20 am	<i>Seating of the Participants</i>
9:30 am	<i>Arrival of Guests</i>
9:35 am	<i>Qirat</i>
9:40am	<i>Naat</i>
9:45am	<i>National Anthem</i>
9:50 am	Highlights of Pak-Korean Nutrition Center (PKNC) <i>Prof. Dr. Imran Pasha, Dean FFNHS/CPD, UAF</i>
10:00 am	Key note <i>Prof. Dr. Aamir Shaukat, Pro Vice Chancellor, Dean Postgraduate and Head of medicine, FMU, Faisalabad</i>
10:10 am	Remarks <i>Prof. Dr. Hooria Aamir, Dean Basic sciences, HOD Physiology and Biochemistry and focal person PKNC, FMU, Faisalabad.</i>
10:20 am	Address by Chief guest <i>Prof. Dr. Muhammad Sarwar Khan, Vice Chancellor, University of Agriculture, Faisalabad, Faisalabad</i>
10:30am	Address by Chief Guest <i>Prof. Dr. Zafar Ali Choudry (TI), Vice Chancellor Faisalabad Medical University, Faisalabad</i>
10:45 am	Vote Of Thanks

	<i>Prof. Dr Beenish Israr, Director IHS, University of Agriculture, Faisalabad</i>
10:55 am	<i>Distribution of shields</i>
11:10am	Tea break

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Technical Session 1 (11:30am to 1:00pm)	
Chair: Prof. Aamir Hussain	
Co-Chair: Prof. Tahir Bashir Malik	
Moderator: Dr Aisha Tasnim	

Venue:	Faisalabad Medical University (FMU), Auditorium
11:30 am	Effective breastfeeding; the foundation of lifelong health <i>Prof. Dr Aisha Sajid, Professor and HOD Pediatrics, UMDC, Faisalabad</i>
11:45 am	Awareness of folic acid supplementation in early pregnancy <i>Prof. Dr Nadia Sharif, Professor and HOD of gynae and obstetrics „Independent Medical college, FSD</i>
12:00 pm	The role of nutrition in preventing and managing Non-communicable Diseases <i>Dr Ahmad Shahzad, Consultant Diabetologist and Physician, Professor (Hon) Central institute of family medicine, Chapter head Punjab PCDA Pakistan. President Lyallpur Diabetes foundation ,FSD</i>
12:15 pm	Maternal and child health and nutrition <i>Prof Dr Nazia Mussarat, Professor and HOD gynae and obstetrics, Aziz Fatima hospital, FSD</i>
12:30 pm	Role of nutrition in transforming public health towards a sustainable future <i>Prof. Dr. Masood Sadiq Butt, Dean (Rtd.) FFNHS, UAF</i>
12:45 pm	Picky Eaters <i>Prof. Dr Sadia Zafar, Professor and HOD pediatric medicine, FMU, Faisalabad</i>
1:00 pm	Maternal, child health, and nutrition <i>Ms. Najma Ayub, Nutrition specialist, Nutrition Section, UNICEF Punjab</i>
1:15 pm	Policy interventions to combat diet related NCD's <i>Mr. Munawar Hussain, Country Lead, Global Health Advocacy Incubator</i>
1:30 pm	Question and answers
1:45 pm	Lunch

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Technical Session 2 (11:30am to 1:00pm) Venue II	
Chair: Prof. Dr. Hooria Aamir	
Co-Chair: Prof. Dr. Farwa Shamsi	
Moderator: Miss. Aina Armaan	

Venue:	Faisalabad Medical University (FMU), HPERD
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11:30 am	Role of life style modification in gestational diabetes <i>Prof. Dr Hooria Aamir, Dean Basic sciences, HOD Physiology and Biochemistry and focal person PKNC, FMU, Faisalabad.</i>
11:45 am	From hunger to health; Food and Nutritional Security in Pakistan and South Korea <i>Prof. Dr. Imran Pasha, Dean FFNHS/CPD, UAF</i>
12:00 pm	Fermented dairy products: Therapeutic projections with particular reference to ACE-inhibitory activity <i>Prof. Dr. Mian Anjum Murtaza</i>
12:15 pm	What is the importance of nutritional education? <i>Prof. Dr Humaira Gulnaz, Professor and HOD Anatomy, FMU, Faisalabad</i>
12:30 pm	An insight into nutrigenomics and nutri genetics <i>Prof. Dr Fakeha Rehman , Professor and HOD Pathology, FMU, Faisalabad</i>
12:45 pm	Empowering health choices: The importance of nutritional education and awareness <i>Prof. Dr Attia Anwar, Professor and HOD Pharmacology, FMU, Faisalabad</i>
1:00 pm	Associations of non-communicable diseases with dietary patterns in adult men <i>Dr Bilal Ahmad, Assistant professor community medicine, FMU, Faisalabad</i>
1:15 pm	Therapeutic Potential of Sapodilla in Mitigating Hepatic Damage: Insights from Rodent Experimental Model <i>Dr. Kanza Aziz Awan, HOD, Food Science and Technology, UCP</i>
1:30 pm	Shield Distribution
1:45 pm	Lunch

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Technical Session 3 (2:00pm to 3:30pm)	
Chair: Prof. Dr. Asim Shaukat	
Co-Chair: Prof. Dr. Mobin Inam	
Moderator: Dr. Hamza Ali	

Venue:	Faisalabad Medical University (FMU), Auditorium
2:30 pm	Diabetes Mellitus. What is the need of the day. <i>Prof. Dr Maqsood Ahmad, Professor and HOD Medical unit 4, Allied hospital II, FMU, Faisalabad</i>
2:40pm	Hypertension <i>Prof. Dr Aamir Husain, Professor and HOD Medical Unit 2, Allied hospital I, FMU, Faisalabad</i>
2:50 pm	Maternal nutrition in pregnancy <i>Prof. Dr Tasneem Tahira, Professor and HOD gynae and obstetrics, FMU, Faisalabad</i>
3:00 pm	Nourishing the future; address malnutrition, a silent epidemic <i>Dr Nagina Shehzadi, Assistant professor and HOD pediatric gastroenterology, children hospital, Faisalabad</i>
3:10 pm	Iron Deficiency Anemia In pregnancy <i>Dr Naureen Javed, Associate professor and HOD gynae and obstetrics, Allied hospital II, FMU, Faisalabad</i>

3:20 pm	Reforming Pakistan's food systems for health and sustainability <i>Dr. Allah Rakha, Associate Professor, NIFSAT, UAF</i>
3:30	Specific Nutrient Enforced Recipes Development for Food & Nutrition Security In Pakistan <i>Dr. Mian Kamran Sharif, Associate Professor, NIFSAT, UAF</i>
3:40	Shield distribution
3:50 pm	Tea

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Technical Session 4 (10:am to 12pm)	
Chair: Prof. Dr. Aamir Hussain	
Co-Chair: Prof. Dr. Maqsood	
Moderator: Dr Mubeen Yousaf	

Venue:	Faisalabad Medical University (FMU), Faisalabad, Auditorium
10:00 am	Qirat
10:05am	Naat
10:10am	National Anthem
10:20 am	Is Diabetes Mellitus A reversible Disease <i>Prof. Dr Aamir Shaukat, Pro Vice Chancellor, Dean Postgraduate and Head of medicine, FMU, Faisalabad</i>
10:40 am	Diabetic foot, leading cause of amputation in world ,can we prevent it? <i>Dr. Muhammad Adrees Associate Professor of medicine, Head of medicine department ,Faisalabad teaching hospital, FMU, Faisalabad</i>
11:00 am	Interplay between nutrition and oral health <i>Dr Ateeq Ur Rehman, Assistant professor, PMC dental institute, FMU, Faisalabad</i>
11:20 am	Ischemic Heart Disease <i>Dr Muhammad Irfan Associate professor of Medicine, FMU, Faisalabad</i>
11:40 pm	Shield Distribution
12:00 pm	Lunch

Technical Session 5 (10:am to 12pm)	
Chair: Prof. Dr. Humera Gulnaz	
Co-Chair: Prof. Dr. Rakeha	
Moderator: Mr Mushayyad Hussain	

Venue:	Faisalabad Medical University (FMU), Faisalabad, HPERD
10:00 am	Qirat
10:05am	Naat
10:10am	National Anthem

10:20 am	Oral manifestations of nutritional deficiencies <i>Dr Ayesha Tasneem, Assistant professor Anatomy, PMC Dental Institute, FMU, Faisalabad</i>
10:40 am	Exhaustion in young adults <i>Dr Uzma Ali, Assistant professor Anatomy, FMU, Faisalabad</i>
11:00 am	Importance Of Nutrition in children and Pregnant females <i>Dr Fozia Jilani, Assistant Professor Physiology, FMU Faisalabad</i>
11:20 am	Food Allergies <i>Dr Ayesha Ayub, In Charge HPERD, FMU, Faisalabad</i>
11:40 pm	Shield Distribution
12:00 pm	Lunch

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Technical Session 6 (10:am to 12 pm)	
Chair: Prof. Dr. Umar Farooq, Dean, Faculty of Food and Home Sciences, MNSUA, Multan	
Co-Chair: Dr. Muhammad Rizwan, Assistant Professor, UMT, Lahore	
Moderator: Ms. Kinza Javed Iqbal, Lecturer, NIFSAT, UAF	

Venue:	CAS Auditorium, University of Agriculture Faisalabad
10:00 am	<i>Qirat</i>
10:10 am	<i>Naat</i>
10:20 am	Climate change impact on food security and policy to achieve zero hunger <i>Prof. Dr. Aysha Sameen, Chairperson, Department of Food Science & Technology, GCWUF.</i>
10:30 am	Nutritional profiling and eating habits of Pakistani population: data analysis of last two decades <i>Ms. Binish Sarwar, Lecturer, IHS, UAF.</i>
10:40 am	Use of plant based hydrocolloid system for improve targeted delivery of probiotics (<i>Bifidobacterium Bifidum</i>) <i>Dr. Iqra Yasmin , Assistant Professor, Department of Human Nutrition and Dietetics, University of Chakwal</i>
10:50 pm	Integrating Nutrition into Maternal Health: Strategies for Enhancing Child Development <i>Dr. Nighat Raza, Assistant Professor, Department of Food Science and Technology, MNSUA, Multan</i>
11:00 pm	Fenugreek blending with wheat flour; Economic prespectives <i>Dr. Bahzad Afzal, Assistant Professor, NIFSAT, UAF</i>
11:10 pm	Functional sugars: A paradigm shift in nutritional science and food innovation <i>Dr. M. Sohail, Assistant Professor, NIFSAT, UAF</i>
11:20 pm	Creating effective nutrition education materials <i>Dr. Afifa Tanweer, PNDS Lahore Chapter, Assistant professor/acting chair, Department of Nutrition and Dietetics School of Health Sciences, UMT, Lahore</i>
11:30 pm	Nutrition education and awareness in current scenario <i>Ms. Rashidah Javed, Nutritionist, University of Child Health Sciences and The Children's Hospital, Lahore, Chapter Head (PNDS Lahore Chapter)</i>

	Strategies for mitigating Moderate Accute Malnutrition (MAM) for policy <i>Dietitian Iffat Khalid PNDS Faisalabad Chapter</i>
11:40 pm	Role of maternal iron deficiency in fetal growth restriction (FGR) and low birth weight (LBW) outcomes in Pakistan <i>Ms. Aqsa Younas, Lecturer, NIFSAT, UAF</i>
11:50 pm	Building Resilience: The Role of Climate-Smart Food Systems in Sustainable Agriculture <i>Ms. Maryam Jalal, Lecturer, NIFSAT, UAF</i>
12:00 pm	Lunch

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Technical Session 7 (1:00pm to 3:45pm)	
Chair: Prof. Dr. Aysha Sameen, Chairperson, Department of Food Science & Technology, GCWUF	
Co-Chair: Dr. Nighat Raza, Assistant Professor, Faculty of Food and Home Sciences, MNSUA, Multan	
Moderator: Ms. Sara Ishtiaq, Lecturer, NIFSAT, UAF	

Venue:	CAS Auditorium, University of Agriculture Faisalabad
1:30 pm	Impact of Nutrition & Dietary Patterns on Disease Outcomes of Breast Cancer Patients in South Punjab <i>Prof. Dr. Umar Farooq, Dean, Faculty of Food and Home Sciences, MNSUA, Multan</i>
1:40 pm	Antitumor potential of sweet potato (<i>Ipomoea batatas</i>) against aspirin-induced gastric ulcers in a rabbit model <i>Ms. Ammara Arshad, Lecturer, School of Health Sciences, UMT, Lahore</i>
1:50 pm	Transforming Public Health Nutrition through AI-Enabled Functional Food Solutions <i>Dr. M. Rizwan, Assistant Professor, UMT, Lahore</i>
2:00 pm	Therapeutic potential of <i>Fagonia indica</i> against hepatocellular carcinoma <i>Ms. Farwa Tariq, Lecturer, UAF, Sub-campus Toba Tek Singh.</i>
2:10 pm	Effect of raw milk cooling on shelf life and sensory perceptions of high-temperature, short-time (HTST)–pasteurized skim milk <i>Dr. Usman Mir Khan, Lecturer, NIFSAT, UAF</i>
2:20 pm	From waste to resource: Exploring the role of food waste in ecosystem restoration <i>Ms. Sara Ishtiaq, Lecturer, NIFSAT, UAF</i>
2:30 pm	Farming nutrition policies in developing countries: challenges and highlights <i>Ms. Roma Saleem, Lecturer, UAF, Sub-campus Toba Tek Singh.</i>
2:40 pm	Food waste reduction: A key strategy for sustainable development and climate mitigation <i>Ms. Kinza Javed Iqbal, Lecturer, NIFSAT, UAF</i>
2:50 pm	Utilization of agro-waste from local herbs for the development of antioxidant rich nutraceuticals <i>Ms. Aqsa Sattar, PhD. Scholar, NIFSAT, UAF</i>
3:45 pm	Closing Ceremony & Prize Distribution at FMU

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Poster competition (2:00pm to 3:00pm)

Venue:	Faisalabad Medical University (FMU)
2:00 pm	Poster competition

November 27, 2024

Closing Ceremony & prize Distribution (3:00pm to 3:45 pm)

Venue:	Faisalabad Medical University (FMU)
3:45 pm	Closing Ceremony & Prize Distribution