



13th June 2015

Pearl Continental Hotel, Karachi

**Medical
News**
Pakistan's First
Independent
Medical Periodical from
Karachi & Islamabad

Organizer & Media Partner



Platinum Sponsor

Event Summary



- NutriCon 15; Pakistan's first Nutrition & Lifestyle seminar was organized by Medical News. The one day event attracted executives and Key Opinion Leaders and stakeholders from Food Science, Technology and HealthCare Industry in Pakistan.



Seminar Highlights



- Key industry leaders including Academicians, Doctors and Nutritionists shared their expertise and knowledge during the conference.

NutriCon 2015 in Pictures



NutriCon 2015 in Pictures



NutriCon 2015 in Pictures



NutriCon 2015 in Pictures



**Medical
News**
Pakistan's First
Independent
Medical Periodical from
Karachi & Islamabad



NutriCon 2015 in Pictures



NutriCon 2015 in Pictures



NutriCon 2015 in Pictures



**Medical
News**
Pakistan's First
Independent
Medical Periodical from
Karachi & Islamabad



SPEAKERS PROFILE & TOPICS

Mr. Abdul Majeed,

Chairman, National Foods Limited



- Mr. Abdul Majeed, graduated from F.C. College, Lahore with a B.Sc. in Physics and Mathematics. He was selected by the British Council for Higher Studies in Textile Engineering and completed a B.Sc. (Hons.) in Technology from Manchester University in 1959.
- He is the Founder, Director and Chairman of National Foods Limited and Associated Textile Consultants (Pvt.) Ltd. Alongside, he is also the Chairman of Precision Rubber Products Ltd. and Nazaria-e-Pakistan Trust, Sindh. Currently, he is also the Member of Academic Council of Textile Institute of Pakistan, Board of Governors of National Textile University, Faisalabad. Also a Professional member of World Future Society, Bethesda, USA and Chancellor Textile Institute of Pakistan (TIP).



Dr. Iqbal Choudhary,

Director ICCBS

Botanicals for Better Life

- Dr. M. Iqbal Choudhary is a Professor of Organic Chemistry and Director at International Center for Chemical and Biological Sciences (H. E. J. Research Institute of Chemistry and Dr. Panjwani Center for Molecular Medicine and Drug Research). He is among the most prominent scientists of Pakistan, recognized for his original contributions in the fields of natural products and bioorganic chemistry. He has written and edited 37 *books*, most of which have been published in USA and Europe. He is also the author of over 900 *research papers and chapters* in top international science journals of the West, as well as 32 US patents. The cumulative impact factor of his publications is over 1,650. This is by far the largest number of quality publications from any scientist in Pakistan. He has been among the most cited scientists of Pakistan in last five years with citations exceeding 8,400 (*h-Index*: 35). He is the *Volume Editor* of many international book series and journals. He has served as a visiting faculty in many prestigious universities of the world, including Cornell University (New York), Purdue University (Indiana), Pennsylvania State University (Pennsylvania), Scripps Institution of Oceanography (San Diego, California), The University Rhode Island (Rhode Island) and various top Universities of UK, Saudi Arabia, Malaysia, Kazakhstan and Iran.



...Dr. Iqbal Choudhary,

Director ICCBS

Botanicals for Better Life



- Prof. Choudhary has won several national and international awards, such as *Hilal-e-Imtiaz*, *Sitara-e-Imtiaz* and *Tamgha-e-Imtiaz* by the President of Pakistan, Pakistan Academy of Sciences Gold Medal, National Book Foundation Prize on best book and the Third World Academy of Sciences Young Scientist Prize. He received the prestigious title of “Distinguished National Professor” from the Higher Education Commission in 2004 and Meritorious Professor by the University of Karachi 2013. He is a member and fellow of many prestigious societies including Fellow of The Academy of Sciences for the Developing World, Islamic Academy of Sciences, Chemical Society of Pakistan, Royal Society of Chemistry (London) and LEAD-International. He is also the recipient of the 1st Khawarizmi International Award and Prize from the President of Islamic Republic of Iran, Economic Cooperation Organization (ECO) Award in Education by the President of Azerbaijan, and COMSTECH Award in Chemistry by the Prime Minister of Pakistan.



Dr. Rashida Ali

Founder Chairperson, Dept of Food & Technology
University of Karachi

“NUTRACEUTICALS IN HEALTH & DISEASES”

- Dr Rashida Ali is a Ph.D. in Protein Chemistry, M.Phil. in Plant Proteins and an M.Sc. in Thesis on Provitamin antioxidants . Presently, she is serving as Chairperson, Department of Food Science & Technology, Jinnah Women University and consultant at the H. E. J. Research Institute of Chemistry, ICCBS, University of Karachi and English Biscuit Manufacturers, Karachi. She has served as an Eminent Professor in the Higher Education Commission (HEC) “Expansion Program for Hiring of Eminent Educationists and Researcher having Ph.D.”. She has also served as Professor and Head of the Department of Nutrition and Food Technology at the Faculty of Health Sciences, Baqai Medical University, Karachi. She has numerous articles and publications to her name.



**Medical
News**
Pakistan's First
Independent
Medical Periodical from
Karachi & Islamabad



Prof Abdullah Umer (Prof Peter Baillie)

Dean, Dept of Nutrition, Baqai Medical University

‘Nutrition Implications of the 21st century’



- He completed his MBBCH degree and Post-Graduate training from the University of Cape Town. He became the Nuffield Dominions Fellow at Oxford University in 1968 and a consultant to the United Oxford Hospital in Obstetrics and Gynecology. He is highly qualified in Fetal Physiology, Endocrinology and Oncological Surgery, and is the recipient of an Outstanding Research award. In 1996, he was appointed as the Head of Tawam Hospital of Obstetrics and Gynaecology in the Middle East. Dr. Baillie is a visiting Professor at more than 20 leading universities across all 5 continents, including Oxford, Sydney and Cape Town. He is the Author of two books and his work is published in several international journals. He is presently the dean Baqai Medical University.



**Medical
News**
Pakistan's First
Independent
Medical Periodical from
Karachi & Islamabad



Mr Zahid Majeed

Director National Foods Limited



- Mr. Zahid Majeed joined National Foods Limited in 1987 as Plant Director. From 1993 onwards, he has been responsible for the Textile and Trading Business within the group as well as International Business expansion.
- As a graduate of Philosophy, Politics and Economics from Oxford, Mr. Majeed enjoys the entrepreneurial challenge of Business Development and Transformation. Mr. Majeed has pioneered the introduction of an active and sustainable Corporate Social Responsibility (CSR) culture within the company.
- He has also acquired the International Certification in Company Direction from the Institute of Directors (IOD) London.



Prof Abdul Basit

Director, Baqai Institute of Diabetology & Endocrinology

“Diabetes and its Primary Prevention “

- He is an icon in his specialty and is a Professor of Medicine with F.R.C.P from London. He established Baqai Institute of Diabetology & Endocrinology and due to his untiring efforts BIDE today has developed into a tertiary care centre of excellence. He is also the Editor of the Journal of Diabetology (DASG Journal), Chairman Pakistan working group of diabetic foot, Country representative of IWGDF and a Member of Regional Council IDF.



Dr. Tahira Mohsin

Assistant Professor, Department of Food Science & Technology, University of Karachi

“Future Prospects of Resistant Starch in Low Calorie Foods”

- She is a Ph.D and is currently working as an Assistant Professor, Department of Food Science & Technology, University of Karachi.
- She is the recipient of National Foods' Gold Medal & Brooke Bond Gold Medal.
- She is HEC approved supervisor and has a long list of national and internationally published articles and is also a “Reviewer of Numerous International Journal”.
- She has won many research and travel grants besides attending many international workshops and trainings.
- She is a Member Pakistan Council for Science and Technology, Member of Departmental Research Committee and Member Board of Studies



**Medical
News**
Pakistan's First
Independent
Medical Periodical from
Karachi & Islamabad



Sarah Ikram

Clinical Dietician

Aga Khan University of Hospital

“Obesity a lifestyle or a disease?”



- She is a Registered dietitian with significant experience in all clinical aspects of nutritional support therapy, capability in the management of critically adult and pediatric population. Possess interpersonal skills of effective communication and effectively interact with individuals of all groups. Strong commitment to the organization to reach international standard evolved with the practice of nutrition .Valued not only as a trusted representative but as an extended team player to the organization she is presently working at Aga Khan University Hospital Karachi as Clinical Dietician providing In patient for the management of the critically ill Mechanically Ventilated Patients, management for pediatric critically ill patients, outpatient clinical consultation services at AKUH. She instigated development of nutrition support protocols and organization of guidelines for nutritional support in adult Intensive care unit. Nutrition support management of pediatric post op surgical patients with congenital diseases in affiliation with Cardiothoracic Surgery department. Nutritional management of patients undergoing General Surgery and conducting Workshops Every 3 months for Nursing Services at AKUH.
- She is member of Pakistan Nutrition and Dietician Society (PNDS) and has PROFESSIONAL LICENSURE Registered Dietician (PNDS) and CPR Certification/ BLS.



Prof M. Hafizur Rahman

Professor, PCMD, ICCBS

University of Karachi

“Role of **Herbs** in Healthy Life and Management of Diabetes”



- Dr. M. Hafizur Rahman, Assistant Professor in Dr. Panjwani Center for Molecular Medicine and Drug Research (PCMD), International Center for Chemical and Biological Sciences (ICCBS), University of Karachi. Dr Rahman did his PhD in Molecular Genetics from Kumamoto University, Japan and MSc Biochemistry and BSc Biochemistry from University of Dhaka. His distinguished Teaching Experience includes Molecular Medicine course for the MPhil/PhD students at PCMD, ICCBS, University of Karachi, Pakistan.
- Also Taught Biotechnology in Master of Science (MS) course, North South University, Dhaka, Bangladesh
- He has got more than 22 Publications published and submitted to his name in the journals of international repute and standing. He has presented more than 30 Papers as invited speaker in local and international conferences. Based on his outstanding work he has been awarded many Research Grants. Besides many Awards and Honors to his name he is the member of, European Association for the Study of Diabetes, Japanese Universities Alumni Association in Bangladesh, Diabetes and Endocrine Society of Bangladesh, Asian Network of Research on Anti-diabetic Plants and Core Member, Kumamoto International Education Progress, Japan.



Dr. Abid Hasnain

Chairman , Department of Food Science and Technology,
University of Karachi

“New Lifestyle and our Health”

- He has had a distinguished career spanning more than 2 decades. He has also served as Director in Students Guidance, Placements and Overseas Exams., University of Karachi. He is the recipient of many AWARDS including Chinot Beradri Research Fellowship, University of Karachi, British Council Fellowship, English Biscuits Manufacturers Fellowship and Research Productivity award

His International Publications with a TOTAL IMPACT FACTOR of 33.966 have been published or accepted in International Journals . He has had many local Publications to his credit as well. He has participated in many International & National conferences. His Projects have been widely acknowledged and he has won large grants for his projects.



Saima Rasheed

M.Sc Food and Nutrition, RD, PNDS, Consultant Dietitian,
Vice President, Pakistan Nutrition and Dietetic Society(PNDS)

“Women & Child Health”

- She has done MSc (Foods and Nutrition) with over 15 years of Clinical Experience and has worked in Baqai Institute of Diabetology and Endocrinology as Senior Clinical Dietitian and Certified Diabetes Educator. She has also worked at Park Lane Heart Center for 4 years. She is presently the Vice president & Registered Dietitian of Pakistan Nutrition and Dietetics Society (PNDS) and is currently working as a Consultant Dietitian at National Medical Center.
- She has done Research Work participated in International Workshops and Conferences as well as National workshops and courses. During the course of her career she has done numerous Presentations and Lectures including delivering talks related to Public Awareness regarding Nutrition at DAWN News Channel, Indus TV, FM 100 and FM 91 and also in Schools.



Mr. Shakaib Arif

Chief Operating Officer
National Foods Limited



- Mr Shakaib Arif is a Chartered Accountant by profession. He is the Chief Operating Officer at National Foods Ltd since 2008. Over the years he has played his due role in the success of National Foods Ltd.



**Medical
News**
Pakistan's First
Independent
Medical Periodical from
Karachi & Islamabad



Mr. Adnan Tariq

Deputy Manager

National Foods Limited

“Role of food industries to overcome Malnutrition”



- Adnan Tariq is the Deputy Manager Quality, Research & Development at National Foods Ltd.



**Medical
News**
Pakistan's First
Independent
Medical Periodical from
Karachi & Islamabad



Meena Iqbal

Research and Development Department
National Food Limited

"Stress & Diabetes"

She is presently doing
her M.Phil. in Public
Health and is the

Research and
Development officer at
National Foods Ltd.



Acknowledgements



- Food Science & Technology Department, Karachi University.
- Food Science & Technology Department, Jinnah Women University.
- Baqai Institute of Diabetology and Endocrinology, Baqai Medical University.
- H.E.J. Research Institute of Chemistry, ICCBS, Panjwani Center, Karachi University.
- National Foods Limited.
- Guard Rice.



Media Citations



Media Citations



روزنامہ دنیا، کراچی، 14 مارچ 2015ء

پاکستان کی 58 فیصد آبادی غذائی قلت کا شکار

عالمی خواتین میں غذائی قلت کی وجہ سے بچے بھی بیمار یوں میں مبتلا ہو رہے ہیں

بہتر اور معیاری غذا نہیں استعمال کریں، کانفرنس سے فائدہ اٹھان اور ڈاکٹر خضر کا خطاب

کراچی (اٹالک) رچرچر پاکستان کے لڑائیں ایڈ
ڈاکٹر سواتی کی صدر خانہ خانہ نے کہا ہے کہ
پاکستان کی 58 فیصد آبادی غذائی قلت کی وجہ سے
تحت کا شکار ہے جس کی وجہ سے روزانہ غذائی قلت
میں مبتلا ہو رہی ہے جس کی وجہ سے ملک کے لئے حکومت کو
فوری توجہ دینا چاہیے۔ یہ بات انہوں نے گزشتہ روز
کراچی کے مئی بول میں منعقدہ کانفرنس سے خطاب
کرتے ہوئے کی۔ خانہ خانہ نے کہا کہ ملک بھر میں
غذائی قلت پیدا ہو رہی ہے جس میں بچے اور خواتین زیادہ
متاثر ہو رہے ہیں۔ عالمی خواتین میں غذائی قلت کی وجہ

سے ان کے بچے بھی بیمار یوں میں مبتلا ہو رہے ہیں جس پر
توجہ دینے کی ضرورت ہے۔ ڈاکٹر اقبال نے بدلی نے
کہا کہ انار سے ملنے والی روغن کو کھانے کی روغن کو دو
بہتر اور معیاری غذا نہیں استعمال کریں۔ ڈاکٹر خضر کا خطاب
مختلف اور اس میں مبتلا ہو سکتے ہیں۔ ڈاکٹر خضر کا خطاب
کہا کہ غذائی قلت کے ساتھ ساتھ جسم میں دیگر کے امراض بھی
پیدا ہو رہے ہیں جن سے بچنے کے لئے ان تک آگے بڑھنا
بہت ضروری ہے۔ ممبران نے مزید کہا کہ روغن کو چاہیے
کہ وہ بہتر غذا استعمال کریں اور روزانہ کا نام لیال
دیکھیں تاکہ وہ مختلف بیماریوں سے محفوظ رہیں۔

**Medical
News**

Pakistan's First
Independent
Medical Periodical from
Karachi & Islamabad



Media Citations



سندھ کی 70 فیصد آبادی غذائی قلت کا شکار ہے، قارئین خان

غذائی قلت سے امراض بڑھ رہے ہیں، پھل و سبزیوں کے قلت کا اثر سب سے زیادہ کمزور طبقہ کا خطاب کرانچی (کامرس رپورٹر) پاکستان میڈیکل ایسوسی ایشن کے صدر قارئین خان نے کہا ہے کہ پاکستان کی 68 فیصد آبادی غذائی قلت کا شکار ہے جس کی وجہ سے آئے روز ملک بھر میں جاکر امراض کی وجہ سے ایک لاکھ لاکھ لوگ ہلاک ہو رہے ہیں۔ انہوں نے کہا کہ پاکستان کی 70 فیصد آبادی غذائی قلت کا شکار ہے جس کی وجہ سے آئے روز ملک بھر میں جاکر امراض کی وجہ سے ایک لاکھ لاکھ لوگ ہلاک ہو رہے ہیں۔ انہوں نے کہا کہ پاکستان کی 70 فیصد آبادی غذائی قلت کا شکار ہے جس کی وجہ سے آئے روز ملک بھر میں جاکر امراض کی وجہ سے ایک لاکھ لاکھ لوگ ہلاک ہو رہے ہیں۔

**Medical
News**

Pakistan's First
Independent
Medical Periodical from
Karachi & Islamabad



See you in March 2016



Thank you

Medical News (Pvt.) Ltd

Mahmood Center, BC-11, Block 9,
Clifton, Karachi

Ph: 021-35872289-90

0302-8208566 / 0301 8221756

