



3RD PNDS
INTERNATIONAL
CONFERENCE **2025**
17 - 19 October 2025, at Islamabad, Pakistan

NutriConnect 2025
Bridging the gap between Clinical &
Public Health Nutrition in Pakistan



Endorsed by



Conference Program

Date: Friday- Sunday, 17-19th October, 2025

Conference Venue: Hamdard University, Park Link Road, Chak Shahzad-Islamabad, Pakistan

Organizer: Pakistan Nutrition and Dietetic Society (PNDS) in collaboration with Hamdard University, Islamabad Campus, Islamabad

International: The Nutrition Society UK, Asian Federation of Dietetics Associations (AFDA), International Union of Nutritional Sciences (IUNS)

National: LiLM Foundation, HealthRab, Allama Iqbal Open University(AIOU) Pak-Korean Nutrition Centre(PKNC), Nutrition Wing, Govt. of Pakistan, Scaling Up Nutrition(SUN) Movement, PAFDA, UNICEF

Pre-Conference Session: Thursday, 16th October, 2025

Topic: Leadership & Governance

Speaker: Mark Hollingsworth-CEO, The Nutrition Society UK

Venue: Highland Country Club, Islamabad (only for Invited participants)

Friday, 17th October -Day 1

8:30-11:30 AM	<u>Workshop 1: Hall A</u> <i>Translating Science into Care: FODMAP Diets in Clinical Nutrition Practice</i>	<u>Workshop 2: Hall B</u> <i>Beyond the Numbers: Integrating Qualitative and Quantitative Approaches in Nutrition Research</i>	<u>Workshop 3: Hall C</u> <i>Research Methods and Data Analysis for Nutritional Surveillance</i>	<u>Workshop 4: Hall D</u> <i>From Field to Bedside: A Unified Approach to Pediatric Malnutrition</i>
Facilitators	Saima Rasheed, Sana Azfar & Farah Syed	Prof Dr Basma Ellahi, Ayesha Khalid	Dr. Rukhsana Khan, Dr. Arsia Bilal, Dr. Mudassar Mushtaq	Yumna Sadiq, Munazzah Ahmed, Misbah Kamran, Dr. Saba Shahid
10:00-12:00 PM	PNDS Chapter / Executive committee meeting Venue: Conference Room, Hamdard University, Islamabad			
Inaugural Session: Friday, 17 th October, 2025 (6:00-8:00 PM)				
Venue: Hamdard University, Islamabad (only for invited participants)				
5:30-6:00 PM	Guest Arrival for Inaugural Session			



3RD PNDS
INTERNATIONAL
CONFERENCE **2025**
17 - 19 October 2025, at Islamabad, Pakistan



Endorsed by



6:30-8:00 PM	Moderators- Tehreem Hussain (DUHS-PK)- Erum Jhumra(Islamabad) Recitation of Quranic Verses with Translation & National Anthem (5 minutes) Welcome Note: Lt. Cdr Rabia Anwer, TI (M), President PNDS & Chair Organizing Committee (5 minutes) Opening Remarks: Mrs. Sadia Rashid, President of Hamdard Foundation Pakistan & Chancellor, Hamdard University (5 minutes) Keynote Speech: Dr. Nilofer Fatimi Safdar, Professor Nutrition & Dietetics & Director Research & Grants, Faculty of Allied Health Sciences, Ziauddin University, Karachi (15 minutes) <i>“From Silos to Systems: Reimagining Nutrition Science for a Healthier Pakistan”</i> Speech: Mark Hollingsworth CEO, The Nutrition Society UK (5 minutes) Speech: Dr. Hyun-Sook Kim IUNS Society- President (recorded message) 5 minutes Speech: Prof. Chwang Lee Chee (Honorary life President) Video message 5 minutes Speech: Mr. Imtiaz Haider Director General Hamdard University (5 minutes) Speech: Dr. Nazeer Ahmed, <i>Chief Nutrition Section & SUN movement Focal Person MPDSI, Pakistan-</i> (10 minutes) Address by the Chief Guest: GoP (15 minutes) Vote of Thanks: Ms. Fayza Khan – General Secretary PNDS & Chair, Organizing Committee (5 minutes) Shield Presented to Chief Guest Group Photo/organizing committee/scientific committee/ guests
	Dinner



3RD PNDS
INTERNATIONAL
CONFERENCE **2025**
17 - 19 October 2025, at Islamabad, Pakistan



Endorsed by



Saturday, 18th October -Day 2		
7:30-9:00 AM	Panel Discussion: <i>Beyond the Degree: Navigating Careers & Higher Education in Nutritional Sciences</i> Moderator: Nida Jawed (DUHS-KHI) Presenter: Mark Hollingsworth (CEO-UK-NS) Presenter: Shahid Fazal, (CEO, DevRes Pakistan) Panelists: Mark Hollingsworth (CEO-UK-NS), Shahid Fazal, (CEO, DevRes Pakistan), Shazia Zehra (Director Nur. FMH) Penny Hunking (Sports Nutritionist, UK), Azka Fatima(Islamabad)	
9:00-10:00 AM	Plenary Session # 1 Hall A <i>From Nutrient Deficiencies to NCDs: Linking Clinical Nutrition Science with Public Health Priorities</i> Speaker: Prof Dr. Mary Ward, President, UK-NS) Moderator: Ms.Erum Jhumra (PNDS-Islamabad) Chair: Dr. D.S. Akram (Prof. of Pediatrics-HELP Foundation) / Dr. Nilofer F. Safdar (Prof. of Nutrition and Dietetics & Director Research ZU,KHI) Group Photo: Garden	
10:00-10:30 AM	Tea Break & Group Photo (all Participants) Poster Viewing	
10:30 AM - 12:30 PM	<i>Parallel Thematic Session 1</i> Malnutrition, NCDs & mental health connection Hall A	<i>Parallel Thematic Session 2 (Hall B)</i> Nutrition Across Lifespan: Prevention, care & policy Hall B



3RD PNDS
INTERNATIONAL
CONFERENCE **2025**
17 - 19 October 2025, at Islamabad, Pakistan



Endorsed by



	Keynotes: <i>The Triple Burden: Intersections of Malnutrition, Non-Communicable Diseases, and Mental Health in Pakistan</i> Speaker: Prof Dr. Saeed-Ullah, Cardiologist, Shifa International, Islamabad Time: 10.30-10:50 am <i>Connecting the Dots: Integrating Nutrition, NCD Care, and Mental Health into Pakistan's Health System</i> Speaker: Syed Saeed Qadir (Nutrition Specialist, UNICEF) Time: 10:50-11:10 am Free Papers: <i>The Triple Burden: Intersecting Pathways Between Malnutrition, Non-Communicable Diseases, and Mental Health in Pakistani Women of Reproductive Age.</i> Presenter: Aneeqa Ameen, Life-care Clinic Time: 11:10-11:20 <i>Effect of Individualized Dietary Regimen on the Health and Psychological Outcome Among Obese Pathan Adults: Case Study of Territory Care Unit at Peshawar, Pakistan.</i> Presenter: Saba Tanveer, North West Hospital Time: 11:20-11:30 am	Keynotes: <i>Breastfeeding and Young Child Nutrition- Foundation for Life</i> Speaker: Prof Dr. Dure-Sameen Akram, Pediatrician & Honorary Chairperson HELP Time: 10:30-10:50 am <i>A Life-Course Approach to Nutrition: Community Interventions and Policy Imperatives</i> Speaker: Anteneh Girma, Chief Nutrition, UNICEF Time: 10:50-11:10 am <i>A co-produced photovoice study exploring dietary practices among older South Asian adults in the UK (TANGERINE Project)</i> Speaker: Prof Dr Basmah Ellahi(University of Chester-UK) Time: 11:10-11:30 am Free Papers: <i>Investigation of Infant Growth Faltering Associated with Changes in Breast Milk Composition Among Healthy and Mastitis-Suffering Mothers</i> Presenter: Dr. Beenish Israr, University of Agriculture, FSD Time: 11:30-11:40 am
--	---	---



3RD PNDS
INTERNATIONAL
CONFERENCE **2025**
17 - 19 October 2025, at Islamabad, Pakistan

NutriConnect 2025
Bridging the gap between Clinical & Public Health Nutrition in Pakistan



Endorsed by



	<i>Nutritional Interventions to Reduce Depression and Anxiety in Adolescents with Obesity: A School-Based Approach.</i> Presenter: Nahel Noor, University of Agriculture, FSD Time: 11:30-11:40 am	<i>Prevalence of Anemia and Its Association with Dietary Patterns and BMI Among Women of Reproductive Age in Nagarparkar, Sindh, Pakistan</i> Presenter: Amna Javed, SHINE Humanity Time: 11:40-11:50 am <i>Nutritional And Functional Status Of Older Adults In Punjab, Pakistan, And Development Of Food-Based Interventions To Address Malnutrition</i> Presenter: Dr. Shahid Bashir, University of Lahore Time: 11:50-12:00 noon
	Chair: Dr.Zia-ul Haq (VC-KMU) Co-Chair: Prof. Mary Ward Moderator: Dr.Bibi Hajira (KMU-KPK)	Chair: Prof Dr. Rukhsana Khan,(HOD-CM & FMC-Islamabad) Co-Chair: Dr. Hajra Ahmed(Ex.AIOU) Moderator: Fahad-Ullah Shakir (KPK-PNDS)
12:30 AM-1:30 PM	Lunch, Poster Viewing & Prayer Break	
1:30-3:30 PM	<i>Parallel Thematic Session 3 (Hall A)</i> Health Promotion & Social Behaviour Change Communication(SBCC)	<i>Parallel Thematic Session 4 (Hall B)</i> Latest Trends in Clinical & Nutritional Sciences
	Keynotes: <i>"S.E.L.F For Health-Role of Nutritionist/Dietitian in Healthcare"</i> Speaker: Prof Dr Zaki Uddin Ahmed, General Secretary, HealthRAB	Keynotes: <i>Nutrition, Immunity, and the New Landscape of Infectious Diseases and Antimicrobial Resistance</i> Speaker: Shifa Ali, Clinical Dietitian, Ittefaq Hospital, Lahore



3RD PNDS
INTERNATIONAL
CONFERENCE **2025**
17 - 19 October 2025, at Islamabad, Pakistan

NutriConnect 2025
Bridging the gap between Clinical &
Public Health Nutrition in Pakistan



Endorsed by



	Time: 1:30-1:45 pm <i>Scaling Impact & Cultural Competencies: SBCC Strategies for Nutrition and Health Promotion in Communities</i> Speaker: Xaher Gull, Strategic Thinker and SBC Enthusiast <i>Empowering Nutrition Leaders: Effective Health Communication & Entrepreneurship</i> Speaker: Mary Easaw, Chief Dietitian, National Heart Institute confirmed online Free Papers: <i>Assessment of Diabetic Health Literacy And Associated Factors Among Diabetic Adults: A Cross-Sectional Study In Public And Private Hospitals Of Rawalpindi, Pakistan</i> Presenter: Maira Ahsan, National University of Management Sciences Time: : 2:30-2:40 PM <i>Co-Designing Formative Research for SBCC Platforms in Nutrition-Sensitive Social Protection Programs in LMICs</i> Presenter: Nadia Shah, DUHS Time: 2:40:2:50 pm	Time: 1:30-1:45 pm <i>Inborn Errors of Metabolism:</i> Speaker: Mozamila Mughal, Former HOD, Clinical Nutrition Section, Aga Khan University Hospital Time: 1:45-2:00 pm <i>Rethinking Clinical Nutrition: AI tools for better patient care</i> Speaker: Mohd Siddeq Azha, RD Ansagna Health Malaysia (on-line) Time: 2:00-2:15 pm <i>Integrating innovation to Elevate Nutrition and Dietetic Practice.</i> Speaker: Pei San (Singapore Dietetic Association(SNDA) (online) Time:2:15-2:30 pm Free Papers: <i>Dietary Inflammatory Index: A Novel Approach for Assessing the Risks of NCDs Among Women, Uncovered Insights from A Pilot Study in Khyber Pakhtunkhwa, Pakistan</i> Presenter: Fazia Ghaffar, University of Peshawar Time: 2:30-2:40 pm <i>Integration of Artificial Intelligence in Nutrition: A Systematic Review of Applications, Accuracy, And Implementation</i> Presenter: Asad Jaffri, IHNN Time: 2:40:2:50 pm
--	--	--



3RD PNDS
INTERNATIONAL
CONFERENCE **2025**
17 - 19 October 2025, at Islamabad, Pakistan

NutriConnect 2025
Bridging the gap between Clinical & Public Health Nutrition in Pakistan



Endorsed by



	<i>Cultural Beliefs, Economic Barriers, And Infant Feeding Practices in Low-Income Pakistani Mothers a Qualitative Study</i> Presenter: Hafiza Fakhra Sultana, University of Management and Technology Lahore Time: 2:50-3:00 PM	<i>Feasibility of AI-Based Dietary Recall Tools for Accurate Nutrient Assessment in Adolescents</i> Presenter: Quratulain Shahzad, University of Agriculture, FSD Time: 2:50-3:00
	Chair: Dr. Shabina Raza/Prof.Basma Ellahi Co-Chair: Penny Hunking Moderator: Hajira Saleem	Chair: Prof. Ghazala Pervez Zaman Co-Chair: Prof.Basma Ellahi /Dr. Mehnaz Nasir Moderator: Baddar Hina Afnan/Mehwish Riaz
3:30- 4:00 PM	Tea Break & Poster Viewing	
4:00-5:30 PM	Panel Discussion on Nutrition Policy, Governance & Advocacy <i>Policies-Implementation & Impact to address the burden of malnutrition in Pakistan</i> PKNC Overview as a case to present followed by a discussion on the above topic, Prof. Jehan Kim, Dean, Depart. of Food and Nutrition, College of Human Ecology, Chungnam National University, Korea Moderator: Faisal Zubair Abbasi (Impact International-Islamabad) Panelists: Dr. Nazeer Ahmed (Planning Commission), Dr. Ayesha Isani (DG Heath- MoNHRC), Dr. Shabina Raza(NI), Dr. Tanveer Ebrahim (NIH), Dr. Zaffar Mehmood(FAO), Abdullah Khan(Balochistan)	



3RD PNDS
INTERNATIONAL
CONFERENCE **2025**
17 - 19 October 2025, at Islamabad, Pakistan

NutriConnect 2025
Bridging the gap between Clinical &
Public Health Nutrition in Pakistan



Endorsed by



	Rabia Anwer (PNDS President)
7:30-9:30 PM	Networking, Social Evening & Conference Dinner (On Invitation only)

Sunday, 19th October -Day 3		
8:00-8:30 AM	Early Morning Tai-Chee Session	
8:30-10:00 AM	Career Counseling Session (To be continued) Moderator: Nida Jawed (DUHS-KHI) Dr. Ejaz Ahmed Khan (HSA- Islamabad), Dr. Anwar Hassan Gillani (HEC Consultant), Dr. Sajid Mehmood (President Allied Health Professional Council, Pakistan), Shazia Zehra (Nur-University FHH-Lahore) Mozamila Mughal (Ex.Senior Dietitian-AKU) Prof.Basma Ellahi (Prof. of Nutrition, Chester University)	
10:00-12:00 PM	<i>Parallel Thematic Session 5 (Hall A)</i> Food System Transformation-From Farm to Plate	<i>Parallel Thematic Session 6 (Hall B)</i> Critical & Specialized Nutrition Care in Tertiary Care Settings
	Keynotes: <i>The Food Systems Transformation Journey of Pakistan-Policies, Partnerships, and the Pathways to Impact in Pakistan.</i> Speaker: Faiz Rasool, Head of Policy & Advocacy, Global Alliance for Improved Nutrition Time: 10:00-10:20 am. <i>Transforming Food Systems from Farm to Plate: The Role of Food Safety in Achieving Nutrition and Sustainability Goals.</i> Speaker: Dr. Zafar Mehmood (Food Safety Specialist, FAO)	Keynotes: <i>Healing Hunger: The power of nutrition in critical care</i> Speaker: Dr. Mehnaz Nasir, Kinnaird College, Lahore Time: 10:00 -10:20 am <i>Nutrition in Critical Care: Advancing Practice in South Asian Tertiary Hospitals</i>



3RD PNDS
INTERNATIONAL
CONFERENCE **2025**
17 - 19 October 2025, at Islamabad, Pakistan

NutriConnect 2025
Bridging the gap between Clinical &
Public Health Nutrition in Pakistan



Endorsed by



	Time: 10:20-10:40 am <i>Food System Transformation: Latest Updates</i> Speaker: Okoto, Nutrition Officer, FAO Rome Time: 10:40-11:00 am <u>Panel Discussion:</u> Topic: “Beyond Silos: Creating Synergies Between Agriculture, Nutrition, and Health” 12:00-1:00 Panelist: • Dr. Nasir (PAFDA), • Chairman of Food Security • Dr. Jahangir Awan(University of Haripur) • Dr. Amir (Friesland Campina) • Dr. Sumaira Nasim (DUHS)	Speaker: Dr. Lakmali Samaraweera Columbo National Hospital, Srilanka (Online) Time: 10:20-10:40 <i>Effectiveness of Nutritional Interventions on Accelerating Recovery in Pre- and Post-Operative Patients</i> Speaker: Dr. Raheel Rehman, Prof. of Surgery, Karachi Medical & Dental College Time: 10:40-11:00 am <i>Specialized Nutrition Care: Building Capacity for Multidisciplinary Clinical Nutrition Team in Pakistan</i> Speaker: Hira Farooq, Aga Khan University Time: 11:00-11:20 am Free Paper: <i>The Impact of Early Enteral Nutrition On Clinical Outcomes Among Critically Ill Patients: Rims-Trauma Hospital, Karachi</i> Presenter: Aqsa Ameen 10:30 am-10:40 am
	Chair: Dr. Ghulam Sadiq Afridi- Member SSD- PARC, Co-Chair: Secretary, Ministry of National Food Security & Research Moderator: Dr. Ali Hamza	Chair: Dr.Rezzan Khan, Consultant Nutritionist, Shifa International Co-Chair: Dr.Murtaza Kazmi (Shifa International-Hospital) Moderator: Fayyaz Danish (AJK-PNDS)
	12:00-1:00 PM Lunch, Poster Viewing & Prayer Break	



3RD PNDS
INTERNATIONAL
CONFERENCE **2025**
17 - 19 October 2025, at Islamabad, Pakistan

NutriConnect 2025
Bridging the gap between Clinical &
Public Health Nutrition in Pakistan



Endorsed by



1:00-3:00 PM	<i>Parallel Thematic Session 7 (Hall A)</i> Nutraceuticals & Functional Foods Convener: PKNC	<i>Parallel Thematic Session 8 (Hall B)</i> School Meal/Nutrition Program: Challenges & Opportunities
	Key Note: <i>Functional Foods and Nutraceuticals: Advancing Health Through Innovation and Science</i> Speaker: Dr.Issa Khan, Director General, NIFSAT, UAF Time: 1:00-1:20 pm Free Papers: <i>Digestibility and techno-functional characteristics of low-fat mayonnaise using RS 3 Extrudates of sorghum complexed with xanthan gum</i> Speaker: Faiza Sheikh, Ziauddin University, KHI Time: 01:20-1:40 pm <i>Formulation and Evaluation of Nutty Legumes Brownie to Combat Protein Energy Malnutrition In School-Aged Children (6–10 Years)</i> Speaker: Laiba Chaudary Time: 1:40-1:50 pm <i>Impact of Traditional Processing Methods On Saponin Reduction and Bioactive Enhancement In Quinoa</i> Speaker: Zainab Akram Time: 1:50-2:10 pm	Key Notes: <i>Literature Review of School Meals Program</i> Speaker: Ayesha Khalid Time: 1:00-1:15 pm Landscape of School Feeding Program in Pakistan Speaker: (WFP) TBC Time: 1:15-1:35 Panel Discussion: 1:35-3:00 pm <i>Investing in Young Minds: The Case for Scalable and Nutritious School Feeding Programs</i> OR <i>Refining School Nutrition Program in Pakistan through collaboration & coverage</i> Panelists: WFP TBC UNICEF Representative, AKHSP, Dr. Asghar Naqvi (Shine Humanity), Jamie Oliver(Online) Ayeza Abid(Educational Psychologist) Parents Nutritionist



3RD PNDS
INTERNATIONAL
CONFERENCE **2025**
17 - 19 October 2025, at Islamabad, Pakistan

NutriConnect 2025
Bridging the gap between Clinical &
Public Health Nutrition in Pakistan



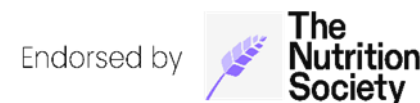
Endorsed by



	<u>Panel Discussion:</u> 2:10 -3:00 pm <i>Nutraceuticals and Functional Foods in Pakistan: Policy, Regulation, and Public Health Pathways for NCD Prevention</i> Panelists: Dr. Sana Ullah Ghumman (PHA) Dr.Farah Ather (PFA) Munawwar Hussain Chairman, Drug Regulatory Authority Moderator: Beenish Sarwar (UAF, PKNC)	
	Chair: Dr. Imran Pasha, NIFSAT UAF Co-Chair: Dr. Beenish Israr, UAF Moderator: Hira Iftikhar, UAF	Chair: WFP Co-Chair: Dr.Noreen (UNICEF) TBC Moderator: Tauseeq Haider (TBC)
3:00-5:00 PM	Closing Ceremony Evidence Based Dialogue: Food, Nutrition and Dietetics Professionals (Speaker TBC) Prize Distribution (Best Poster/Oral Abstract presentation) Supported by HealthRAB Certificate Distribution (Conference Organizing Committee) MOU signing Ceremony with Hamdard University and HealthRAB Chief Guest speech: Director General Health (Federal Ministry of Health) Closing Remarks: Mark Hollingsworth, CEO, Nutrition Society UK Thank You Remarks: President/ Honorary President PNDS	

Scientific & Program Committee:

- Prof. Dr.Nilofer Fatimi Safdar (Chair), Director Research & Grants, Department of Allied Health Sciences, Ziauddin University Karachi
- Ms Tahreem Hussain, Senior Lecturer, & Coordinator Scientific Committee, Dow University of Health Sciences, Karachi
- Ayesha Khalid, Coordinator, Scientific/Workshop Committee, Manager Research Aga Khan University Karachi
- Dr Sumaira Nasim, Assistant Prof & Coordinator workshop/ Scientific Committee, Dow University of Health Sciences, Karachi
- Prof. Basmah Ellahi, Professor of Nutrition, University of Chester, UK



- Dr. Fazia Ghaffar, Asst. Prof, University of Peshawar, CHE
- Dr Ghazala Rafique Former Associate Prof, Community Health Sciences & Director, Human Development, AKU Visiting faculty APNA, JSMU
- Dr. Bibi Hajira, Chapter Head, PNDS KPK Assistant Professor, Khyber Medical University, Peshawar
- Fayza Khan, Organizing Chair, Nutri-Connect 2025, Consultant Nutritionist, Midcity Hospital, National Consultant, FAO
- Rabia Anwar, Organizing Chair, Nutri-Connect 2025, Consultant Nutritionist, HELP Foundation
- Mehwish Sheraz, Co-Chair Chapter Islamabad, consultant Dietitian/Nutritionist, Hanif Medical Complex, Islamabad
- Dr.Jahangir Awan, Director, ORIC, Haripur University,KPK
- Zubair Faisal Abbassi, Impact-International-Islamabad
- Shahid Fazal, DevRes-Pakistan

Organizing Committee:

Communications & Publications:

- Hira Farooq, Research Specialist AKU
- Erum Jhumra, Consultant Nutritionist, PNDS-Islamabad
- Fatima Ahmed-Karachi -
- Nida Jawed-DUHS-KHI

Registration Committee: Chair, Badar Hina Afnan, Consultant Dietitian, Dow University of Health Sciences, Karachi

Student Engagement Committee:

- FahadUllah Shakir, Membership coordinator, KPK Chapter, National Project coordinator, Nutrition International
- Hajira Saleem, Consultant Nutritionist, Evercare Hospital, Lahore

Hospitality Committee:

- Chair: Raeha Zahid, RDN, M.Phil. Scholar, Researcher, Assistant Newsletter Editor at RMIG, Academy of Nutrition and Dietetics
- Dr. Atta-Ullah Jan- Focal Person, Hamdard University Islamabad Campus
- Dr. Neelam Shehzadi, Faculty, HND Dept. Hamdard University Islamabad Campus

Volunteer Acknowledgement:

- Haniya Irfan Khan-KHI
- Summayah Zia-DUHS-KHI
- Riyan Ahmed-FSD



3RD PNDS
INTERNATIONAL
CONFERENCE **2025**
17 - 19 October 2025, at Islamabad, Pakistan

Nutri2025
Connect 
Bridging the gap between Clinical &
Public Health Nutrition in Pakistan

Endorsed by

