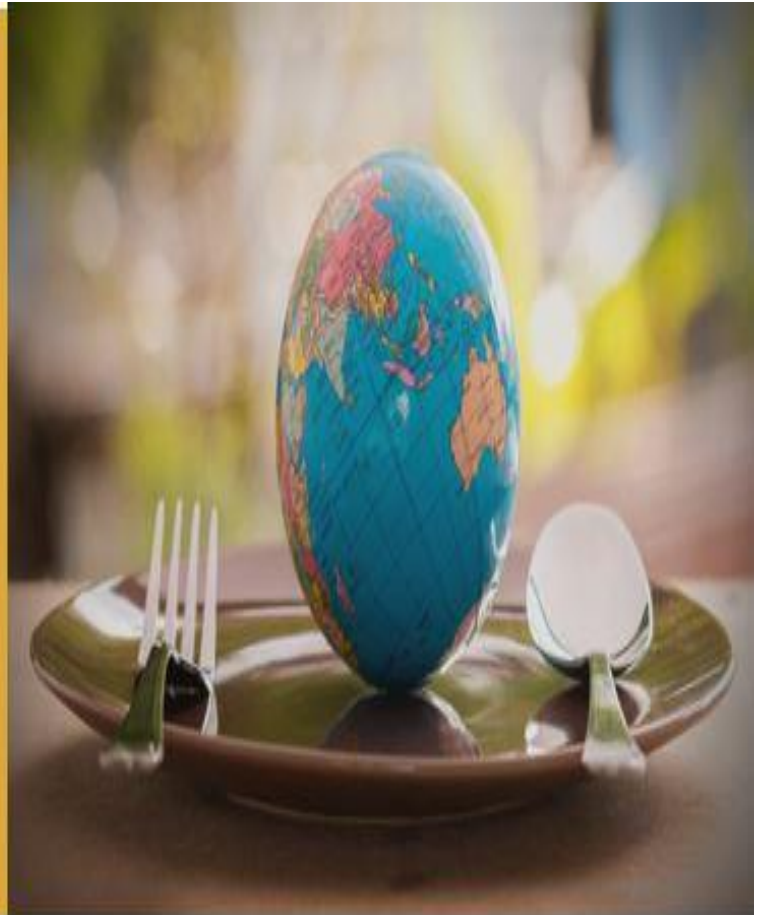




Report on:

SDG-2 (ZERO HUNGER)



National University of Medical Sciences (NUMS)

An SDG Engaged University

Preamble



NUMS as a SDGs engaged university is very much committed to provide ***sustainable, nutritious and healthy food choices*** at all campuses ensuring good health and well-being of all staff, faculty and students by inclusion of all basic food groups. By practicing this, it will discourage the consumption of junk food leading to good-health and well-being.

RESEARCH:

Research Publications by NDND Faculty

Assessment of Nutritional Status & Dietary patterns of orphans in different orphanage houses of Rawalpindi and Islamabad – Dr Abdul Momin.



**EDUCATION:
NUMS Academic Program on Nutrition
and Dietetics**



NUMS Department of Nutrition and Dietetics (NDND) is committed to improving human health and wellbeing through a *balanced diet, adequate nutrition, and healthy lifestyle*. The whole team strives to achieve this goal through a wide range of research initiatives focusing on nutritional epidemiology, food technology, nutritional biochemistry, public health, clinical nutrition, and (medical) anthropology of food. The department currently offers the academic program in *“BS in Human Nutrition and Dietetics”* through its internationally qualified faculty. Currently **82** students are enrolled in the said program.

The program is designed to provide a theoretical and practical framework to comprehend the fundamentals of nutrition for a broader implementation of nutritional strategies at a local, national, and global level. NDND committed to preparing its graduates for outstanding professional careers, from planning to applying nutritional strategies at the aforementioned levels.

The offered degree programs plays a substantial role to develop a thorough understanding of nutritional science's essentials along with practical training concerning the food, health, and agriculture sectors. This in-depth understating will support studying, analyzing, and knowing the factors that influence nutrition at molecular to the monumental level, perinatal to aging, and micro to macro levels.

Vision of Program

To follow the NUMS motto of “**understanding and improving life,**” this department aims to conduct advanced research and produce distinctive knowledge concerning Nutrition & Dietetics from multi-disciplinary and critical standpoints.

Future Plan

The Department of Human Nutrition and Dietetics will soon offer the following academic programs:

1. **MS in Human Nutrition and Dietetics.**
2. **PhD in Human Nutrition and Dietetics.**

Mission of Program

NUMS Department of Nutrition & Dietetics is devoted to providing a competitive environment required for learning, research, and innovation. Emphasizing applied and multi-disciplinary research regarding Nutrition & Dietetics and translating critical findings for humanity's benefit, the department strives to educate and develop insights and skills based on international standards. It specifically aims to unravel and comprehend visible as well as invisible aspects of food and nutrition occurring at various levels.

Career Prospects

- Clinical Dietitians/Nutritionists
- Public health nutritionists
- Faculty members in colleges/universities
- Consultants with national and international agencies
- Private practice
- Researchers
- Food industries
- Fitness/wellness centers
- Sports nutritionists

Orientation Session of 1st Batch (2021-25) of BS NDND



National University of Medical Sciences (NUMS) offered the BS program for the 1st time in 2021 under the newly established NDND (NUMS Department of Nutrition & Dietetics). Due to the Coronavirus pandemic, the orientation session was held virtually. The Dean, Faculty of MDS (Multi-disciplinary studies), Prof. Dr. Aisha Mohiyuddin chaired the session. The HoD of the department, Dr. Sehar Iqbal along with two faculty members, Dr. Falak Zeb and

Dr. Abdul Momin also participated in the orientation session. The purpose of the orientation session was to orient the students with the University as well as to convey the aims and objectives of initiating the program of Human Nutrition & Dietetics.

After that, the HoD, Dr. Sehar Iqbal introduced the department and the faculty members to the students. The students were then asked to introduce themselves and why had they opted for NUMS. Following the introductory session, a detailed briefing was given to the students from the Directorate of Digital Technologies, regarding the use of online LMS (Learning Management System) of the University.

In the end, the students asked different questions regarding the schedule of classes in the times of Covid-19, scope of their degree and potential job opportunities. All the relevant faculty members gave their input to answer to the students' queries. The session was concluded with a vote of thanks by the Batch Coordinator, BS-HND, 2021-25, Dr. Abdul Momin.

STEWARDSHIP

NUMS has constituted a committee named “**NUMS Sustainable Diet Committee**” to discuss and suggest the food options to be made available in terms of sustainability and affordability Sustainable Diet Committee at NUMS cafeteria/s

The committee composition includes the following which also contains student members from various academic programs;

Name	Designation / Department	Status
1. Dr Abdul Momin	HOD NUMS Department of Nutrition & Dietetics (NDND)	Chairman
2. Ms Sumiya Nauman	Manager Quality Assurance/Focal Person for Impact Rankings	Member
3. Mr Osama Nasir	Assistant Manager Admin	Member
4. Mr Ahsan Mukhtar	Student - BS Social Science of Health (Sem VI)	Member
5. Ms. Sunia Mohsin	Student - BS Biotechnology (Sem IV)	Member
6. Mr. Muhammad Sheraz	Student - BS Nutrition & Dietetics (Sem IV)	Member
7. Ms Anosh Shahid	Student - BS Psychology (Sem II)	Member



NUMS is also making Food Donation to Security Guards on daily basis.

NUMS celebrated “NUTRITION MONTH, 2022”



Nutrition is a vital component for health and wellbeing of every individual. The eating habits of any population are directly associated with various health ailments including cardiovascular diseases, cancers, hypertension, and diabetes in both developed and developing countries like Pakistan. Also, the country is facing triple burden of malnutrition and micronutrient deficiencies in children and women of reproductive age respectively.

Keeping in view the significance of nutrition and health, the NUMS Department of Nutrition & Dietetics, **NUMS celebrated “Nutrition Month, 2022”** on **15th March, 2022**. National Nutrition Month is an annual campaign started by the

Academy of Nutrition and Dietetics, U.S.A and celebrated every year in March. The objective of nutrition month celebration is to raise community awareness regarding balanced diet, healthy food choices, mindful eating along with adequate physical activity and overall healthy lifestyle. The theme for this year was **“Celebrate a World of Flavors”**.

The event started with the Healthy Salad Competition in which BS students of the Department of Nutrition & Dietetics took a part and divided into 5 groups. A panel of judges including evaluated the salads through the particular evaluation criterion. NUMS Pro-Vice

NUMS Celebrated “WORLD FOOD SAFETY DAY”

World Food Safety is celebrated every year on 7th of June to reduce the risk of food borne diseases, to improve health and agriculture and to attain sustainable development goals.



The NUMS Department of Nutrition & Dietetics, National University of Medical Sciences (NUMS), Rawalpindi celebrated “World Food Safety Day, 2021” on 7th June 2021.

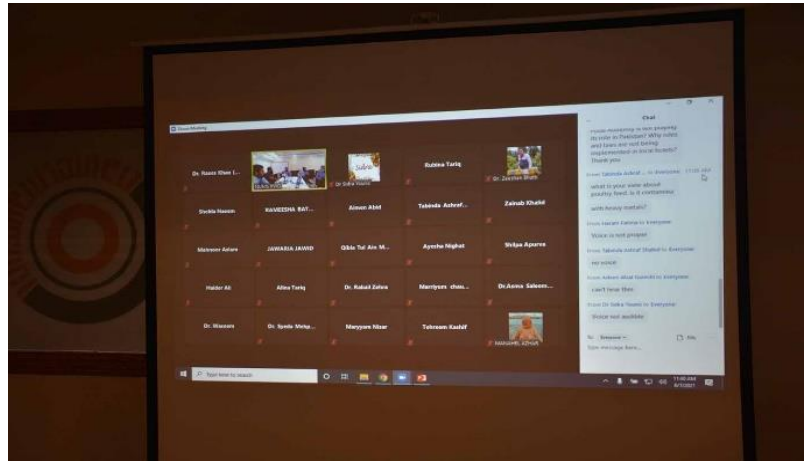
Health of people, animals and environment is so interconnected that any food hazards can disturb the trade, economy, and public health of the population. According to World Health Organization, global burden of food borne disease is affecting individuals of all ages, particularly children under 5 years and people living in low-income countries. Therefore, United Nation General Assembly proclaimed in 2018 that 7th June of every year will be celebrated as World Food Safety Day. Later in 2020, World Health Assembly further passed a resolution to strengthen the global efforts for food safety and to reduce the burden of food borne diseases.

It is a shared responsibility between Governments, Producers and Consumers from farm to table that what we are eating is safe and healthy. The theme for the current year’s world food safety day is “Safe Food Today for a Health Tomorrow” emphasizing on the production and consumption of safe food contributing to immediate and long-term benefits for people, the planet, and the economy.

Dr. Atta-ur-Rehman, PhD in Clinical Nutrition, as a resource person for the event, presented his talk on Food Safety. He focused on the importance of food safety in his talk and mentioned the various ways in which we can ensure that the food we are consuming is not only nutritious, but also safe in terms of health and free from contaminants.

Dr. Rehman also highlighted various sources of food contamination in our daily life and suggested practical tips for improving food safety at our kitchens and food processing areas.

His talk was followed by an extensive Question & Answer session, which went on for more than 30 minutes. The session was attended by **50+ online participants and 10 participants in person.**



NUMS Celebrated “WORLD FOOD DAY”

The NUMS Department of Nutrition & Dietetics (NDND), National University of Medical Sciences (NUMS), Rawalpindi celebrated “World Food Day” on **18th October 2021**.

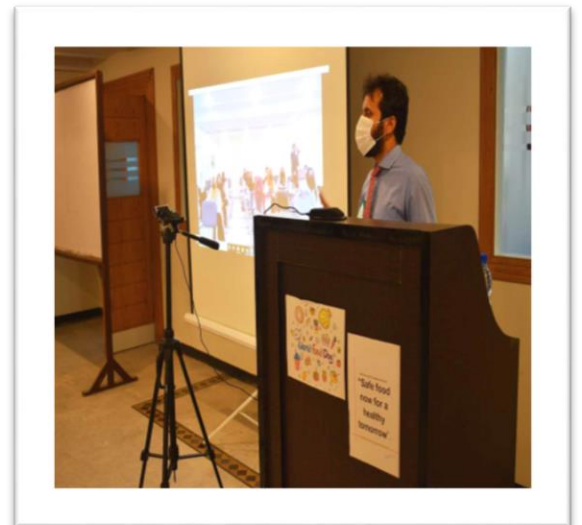


World Food Day is celebrated every year on 16th of October to honor the date of the founding of the United Nations Food and Agriculture Organization in 1945. It is a collective action across 150 countries which makes World Food Day one of the most celebrated days of the UN calendar. Hundreds of events and outreach activities bring together governments, businesses, NGOs, the media, and general public. They promote

worldwide awareness and action for those who suffer from hunger and for the need to ensure healthy diets for all.

Since 1981, World Food Day has adopted a different theme each year in order to highlight areas needed for action and provide a common focus. FAO issued World Food Day medals each year to commemorate and promote the anniversary. The theme for the current year’s world food day is “Safe food now for a healthy tomorrow” emphasizing on the food security, production and consumption of food contributing to immediate and long-term benefits for people, the planet, and the economy.

Dr. Inayat Ali, Assistant Professor (Visiting) from NDND organized the event.



SDG-2 (Individual Report)-2022

The BS students of NDND gave thought provoking presentations in three assigned groups. The students specifically highlighted the current food insecurity in developing countries, malnutrition, and its burden on economy. They also highlighted sociocultural aspects of food and focused on the importance of healthy food and mentioned the various ways in which we can ensure that the food we are consuming is not only nutritious, but also good for our wellbeing as well as mental health. The participants attended the session both onsite and online.



Field Visit by NDND Students to Shifa International Hospital, Isb

NUMS Department of Nutrition and Dietetics is committed to provide theoretical knowledge as well as practical learning according to international standards. Therefore, NUMS Department of Nutrition and Dietetics organized a field trip for the students at Shifa International Hospital, Islamabad on **31st May, 2022**.



Prior to one day from scheduled trip, Dr. Falak Zeb (Assistant Professor, Department of Human Nutrition &

Dietetics) conducted a pre-visit session to discuss the objectives of the visit followed by a briefing on punctuality and discipline on the day of trip. On 31st May, 2022, BS-HND students (semester 3) accompanied by Dr. Falak Zeb, reached the Shifa International Hospital, Islamabad.

Dietitians and Nutritionists from the Department of Nutrition, Food Services and Clinical Nutrition at Shifa Hospital delivered a lecture through emphasizing on structural and functional components of the Department. Dr. Rezzan Khan Head of the Department of Nutrition at Shifa International Hospital covered various topics such as;

- Importance of nutrition in hospitals and patient management
- The emergence of the field of Nutrition and Dietetics
- Applications of nutrition and dietetics practices in hospitals and private sector
- Assessment and treatment of nutritional status for patients in hospital settings
- Diet plans for patients with various health ailments
- Working and field experience in the field of Nutrition

At the end of the lecture, a question answer session was held to answer the students' queries. Finally, students were taken to the hospital kitchen facility for an overview of preparation of diet meals according to health conditions of patients.

Prepared by: Sumiya Nauman, Manager QA/Focal person for IR