



NUMS
NATIONAL UNIVERSITY
OF MEDICAL SCIENCES

Report on: SDG-2 (Zero Hunger)

**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.



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”**

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 our graduates for outstanding professional careers, from planning to applying nutritional strategies at the aforementioned levels.

The offered degree programs will play 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.

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.

Orientation Session of 1st Batch (2021-25) of May 5, 2021

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.

The session started with the recitation of the Holy Quran, followed by a welcome address by the Dean. 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.

Celebration of “World Food Safety Day’ at NUMS dated June 7, 2021



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

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.

Head of the Department of Nutrition & Dietetics, Dr. Sehar Iqbal welcomed the participants and gave a brief overview regarding world food safety day. Following that, **Dr. Atta-ur-Rehman**, who was the resource person for the event, presented his talk on Food Safety. He is a PhD in Clinical Nutrition and has got vast experience of working in this field, both in Pakistan as well as Saudi Arabia. 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. Today’s session was attended by 50+ online participants and 10 participants in person. At the end of

the session, Dr. Sehar Iqbal presented a souvenir to the guest speaker in recognition of his valuable talk.



Celebration of “World Food Day” at NUMS dated October 18, 2021



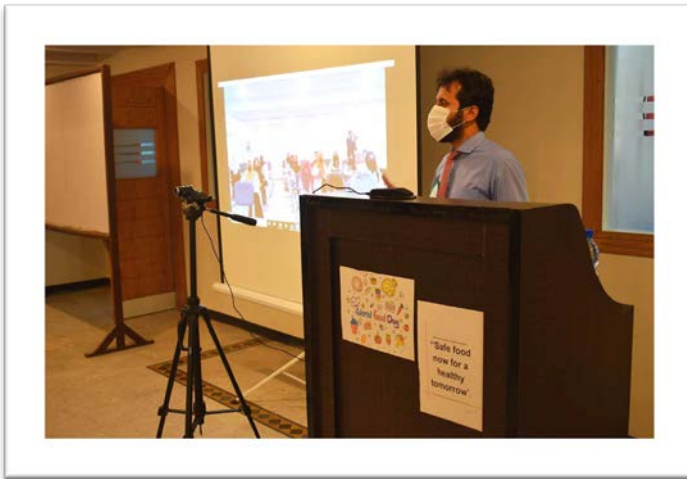
The NUMS Department of Nutrition & Dietetics (NDND), National University of Medical Sciences (NUMS), Rawalpindi celebrated **“World Food Day”** on **18th October 2021**. World Food Day is celebrated every year on 16th of October to honor the date of the founding of the United Nations Food and Agriculture 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 days 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. Honorable Prof. Dr.



Muhammed Azam Chaudhary, Dean Department of Social Sciences and Humanities was invited as a chief guest.

Head of the Department of Nutrition & Dietetics, Dr Sehar Iqbal welcomed the participants and gave a brief overview regarding world food day. 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.

All presentations were followed by an extensive Question & Answer session. The participants attended the session both onsite and online. At the end of the session, Prof. Dr. Azam Chaudhry appreciated and praised departmental initiatives and efforts for organizing a successful event.



Research Publications by NDNS Faculty:

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