

Latest News and updates of the season

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WHAT IS INCLUDED?

EDITOR'S NOTE

TABINDA ASHRAF SHAHID, RDN

SIGNS REPORT

DR WAJEEHA NASIR

AMMAR AWAN

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Tabinda Ashraf Shahid
Blessings TF Mushounga

STUDENT EDITORS:

Ammar Awan

GRAPHIC DESIGNER:

Maham

EDITOR'S NOTES

Dear Readers

Welcome to SIGNS International Health Newsletter- Autumn 2023!

SIGNS provides an array of comprehensive accredited programs of the highest standards in the health and research sector, helps equip professionals with the latest knowledge and skills and provides a diverse range of opportunities throughout their careers.

Along with accredited courses SIGNS International use to organizes multiple other activities to engage physicians, dietitians, nutritionists, psychologists and other medical allied professionals to keep updated their information by offering state-of-the-art training at affordable cost under the supervision of renowned experts around the globe from highly honorable institutes of USA, UK, Australia including Harvard University, Kentucky University, Kingston University, Canada and Queensland University. Moreover, SIGNS International has been collaborating with over 30 countries in the Middle East, Africa, Asia and Australia across the world on the virtual platform.

SIGNS International Organization is dedicated to promoting research by organizing conventions and seminars within member working groups as well as on international plate form. We take pride in sharing that the first SIGNS International Symposium was held online this summer including speakers from around the world. The symposium was attended and appreciated by more than 100 participants including students and professionals in each session. This activity was a great success which has encouraged the members of SIGNS and other organizations to update their knowledge and gain a significant amount of practical and evidence-based understanding to apply in their practical lives.

On the auspicious occasion of Pakistan's 76 Independence Year, SIGNS has the privilege to announce awards for the untiring efforts and contributions of our seniors, colleagues and students. This included Lifetime Achievement Awards, Young Achiever Awards, Service Recognition and Student Ambassador Recognition for SIGNS for the incredible and brilliant Researchers, Academicians and Nutrition practitioners for their contribution to the field of food and nutrition. We would like to congratulate all deserving award recipients.

Last but not least we would also like to acknowledge the energies of our SIGNS members and coordinators who have made these events successful!

**HAPPY READING
REGARDS**

TABINDA ASHRAF SHAHID, RDN | EDITOR

SIGNS MEETING AND APPRECIATION AWARD CEREMONY

Date: August 12, 2023

Location: Hi- Tea at Eatly Rooftop, Islamabad

Organized by: SIGNS International

The SIGNS meeting with Heads of Departments (HODs) and Designation Holders held on August 12, 2023, at Eatly Rooftop in Islamabad, was a significant gathering aimed at promoting nutrition awareness and fostering evidence-based approaches in the field of nutrition.

The SIGNS Meeting with HODs and designation holders was a success, bringing together influential figures in the field of nutrition. The event served as a dynamic platform for sharing knowledge, recognizing achievements, and cultivating collaboration in the pursuit of nutrition awareness and evidence-based approaches.

The central objective of this meeting was to convene influential figures, including HODs from various nutrition and related departments, to discuss and strategize the promotion of nutrition awareness and the adoption of evidence-based practices. By bringing together a diverse group of experts, SIGNS International aimed to facilitate collaborative efforts that could drive meaningful change in the field of nutrition.

This event was also selected to recognize the efforts and contributions of our worthy guests for bringing SIGNS International in the limelight in the field of nutrition. The awards were distributed by the chairman of SIGNS International Dr. Atta ur Rehman to the following participants which symbolizes SIGNS International's appreciation for their tireless efforts in advancing the cause of nutrition awareness on national and international forums.



Clicked at the event



Dr. Naghmana Life Time Achievement Award
 Ms. Tabinda Ashraf Shahid, RDN Young Achiever
 Award (Best Writer)
 Dr. Latif Ullah Khattak Young Achiever Award

Highlights:

Discussion of Nutrition Awareness Goals: The meeting commenced with a detailed discussion on the multifaceted goals of promoting nutrition awareness. Participants emphasized the need for evidence-based approaches to counteract the prevailing challenges related to nutrition, ranging from malnutrition to lifestyle diseases. This comprehensive exchange of ideas laid a robust foundation for future collaborative initiatives.

Networking and Knowledge Sharing: One of the most noteworthy aspects of the event was the opportunity for participants to interact and share knowledge. The diverse backgrounds and expertise of the attendees fostered a sense of community and mutual learning. Networking sessions allowed attendees to forge valuable connections that have the potential to lead to innovative nutrition-related projects.

Hi-Tea and Informal Discussions: During the event, a well-organized hi-tea was provided, creating an informal setting for important discussions. This relaxed atmosphere encouraged open dialogue and the exchange of ideas among participants. Many fruitful conversations continued over cups of tea, fostering an environment of camaraderie and collaboration.



Dr. Khattak receiving shield



Dr. Naghmana receiving shield

Participants: The event featured a distinguished array of participants, including:

1. **Dr. Atta ur Rehman - Chairman, SIGNS International:** Dr. Atta, a prominent figure in the field of nutrition, played a pivotal role in orchestrating this event and setting its agenda.
2. **Dr. Naghmana - HOD, Home Economics College F-11 Islamabad:** Dr. Naghmana's expertise and qualifications in nutrition added significant depth to the discussions.
3. **Ms. Tabinda Ashraf Shahid - SIGNS Editor Newsletter:** As the editor of SIGNS' newsletter, Ms. Tabinda has been instrumental in disseminating information related to nutrition awareness.
4. **Waseem Malik - NDMA (National Disaster Management Authority):** Mr. Waseem's presence underscored the importance of nutrition in disaster management and recovery efforts.
5. **Dr. Rubina Tariq - National Defense University (NDU):** Dr. Rubina, from NDU, brought an academic perspective to the discussions, highlighting the role of education in promoting nutrition awareness.
6. **Dr. Latif Ullah Khattak - Research Coordinator, SIGNS:** Dr. Khattak's experience as a research coordinator enriched the dialogue with evidence-based insights.
7. **Mr. Zulfiqar - Shifa International (HOD, Food Service and Nutrition Department):** Mr. Zulfiqar's extensive knowledge in food service and nutrition was invaluable in addressing practical aspects of nutrition promotion.
8. **Ms. Tehreem, Ms. Anisa, and Mr. Ammar - SIGNS Coordinators:** The SIGNS coordinators played a pivotal role in organizing and facilitating the event, ensuring its smooth execution.



Dr. Tabinda Ashraf receiving shield



Award Ceremony Lahore

Ceremony Held on: Sep 8, 2023

Venue: Mouthful, MM Alam, Lahore



Participants:

Chief Guest

- Prof. Ghazala Pervez Zaman - Member, Board of Directors- Punjab Food Authority, Prof. (R) CHE, Lahore
- Dr Rana Basharat Ali Khan - Chief Dietitian (R), Lahore General Hospital
- Ms. Rashidah Javed - Chief Dietitian, Children Hospital Lahore.
- Mr. Sarmad Asif - Assistant Director, Punjab Food Authority
- Dr. Afifa Tanveer - Assistant Professor, UMT Lahore
- Ms. Tayyaba Batool - Lead Dietitian, Services Hospital Lahore
- Mr. Nauman Zafar Kasuri - Dietitian, Lahore General Hospital
- Mr. Khaqan Munir - APEX Institute Lahore

AWARDS PRESENTED:

1) Lifetime Achievement Awards:

- Prof. Ghazala Pervez Zaman
- Dr. Rizwana Muzaffar
- Dr. Basharat Ali Khan

2) Young Achiever Award:

- Ms. Rashidah Javed
- Ms. Tasnim Zahra Ali

3) Service Recognition:

- Dr. Wajeeha Nasir
(Best Nutrition Event Management)
Event Manager- Lahore Chapter



FIRST SIGNS VIRTUAL GLOBAL SYMPOSIUM

First SIGNS International Virtual Global Symposium was held on 26th August 2023. This symposium is intended for all professionals of Medical Sciences, Nursing, Pharmaceuticals, Nutrition, Dietetics and Public Health Sciences. SIGNS aims to provide young students, Researchers, doctors, NGO academicians, food technologists, clinical dietitians, nutritionists and consultants to present their abstracts.

Symposium Themes:

- Climate change and its impact on health disease and food security.
- Water Borne Diseases and their prevention.
- Current Medical Research and post-COVID Era.
- Promotion of Research culture in Universities/Colleges.
- Health for all.
- Sustainable Development Goals SDGs 2030.
- Food security, Medical Nutrition and Dietetics

Symposium Day: Saturday, August 26th, 2023.

Timings: 10am to 6pm

Symposium Chairman and Patron in Chief: Dr. Atta ur Rehman Khan

Coordinator: Dr. Latif Khattak

Secretaries: Ms. Maria Zia, Ms. Anisa Sohail

Program Drafted by: Ms. Anisa Sohail

Keynote Speakers:

Prof. Dr. Shahzad Ali Khan -Vice Chancellor Health Services Academy, Islamabad

Prof. Dr. Jehangir Khan Khalil-Dean, Faculty of Allied Health Sciences Iqra National University, Prof. Dr. Mujtaba Quadri-Diplomate American Boards, Internal Medicine and Nephrology Certified in Clinical Research, Harvard Chairman Pakistan Society of Nephrology, Dr. Bhuvaneshwari Shankar- Ph.D Clinical Nutrition Chief Dietitian, Apollo Hospital Network- India

We have an honor to represent international speakers and panelists online for their presentations. Our honorable guest were:

Dr. Ainsley Malone, USA Dr. Darren Heylan, Canada, Prof. Sajjad Ahmad (Canada) Prof. Dr. Robert G Martindale, USA, Dr. Afiya Salim (USA) Dr. Rafa Al Khalifah, UAE, Ms. Nasreen Mohamed (South Africa) Percival Agordoh (Ghana), Prof. Dr. M Muzaffar Ali Khan Khattak (Malaysia), Prof. Dr. Hajra Ahmad (Pakistan), Dr. Sadiq Afridi (Pakistan) Dr. Rasha Shalaby (Egypt), Dr. Aasma Tasan (Saudi Arabia) Miss Asmah Shafique (UK), Dr. Farasat Zaman (Sweden) Prof. Dr. Rubina Hakeem (Pakistan) Dr. Naghmana Mahmoud, Pakistan Ms. Fayza Khan (Pakistan) Dr. Fazia Ghaffar (Pakistan) Dr. Rehana Masood (Pakistan) Mrs. Naaznin Husein (India) Dr. Anwar Abdurehman, Ethiopia Dr. Pooja Thacker (India) Fayyaz Ahmad Sahibzada, Australia Haider Khattak, Canada Prof. Ghazala Zaman, Pakistan Kiran Khan, Pakistan Sidra Raza, Pakistan Dr. Rubina Tariq, Pakistan.

Sessions included:

1. Medical Research Challenges of Current Era
2. Medical Nutrition and Dietetics
3. State of Global health & Nutrition
4. Global Leaders Panel

SIGNS ACCREDITED COURSES BY COMMISSION ON DIETETIC REGISTRATION (CDR), ACADEMY OF NUTRITION & DIETETICS, USA (5 BATCHES SUCCESSFULLY GRADUATED)

1. International Dietetic Internship Program – Dietetics in Practice (10 CPEUs)

SIGNS has successfully trained the 2 batches of Dietetic Interns through its CDR accredited program Dietetic in Practice which was covered under International Dietetic Internship Program (IDIP)- Level 1. Around 100 interns were trained under this program. Summer & Autumn batches were graduated and certified by Commission on Dietetic Registration for 10 Credit Hours.

2. Diabetes Management Course (10 CPEUs)

SIGNS has successfully trained one batch through its CDR accredited program Diabetes Management Course. Spring batch was graduated and certified by Commission on Dietetic Registration for 10 Credit Hours.

3. Proposal To Publication (PToP) Research Course - Level 1 (10 CPEUs)

SIGNS has successfully trained one batch through its CDR accredited program Proposal To Publication (PToP) – Level-1. Autumn batch was graduated and certified by Commission on Dietetic Registration for 10 Credit Hours.

4. Continuous Professional Development Sessions (7.5 CPEUs)

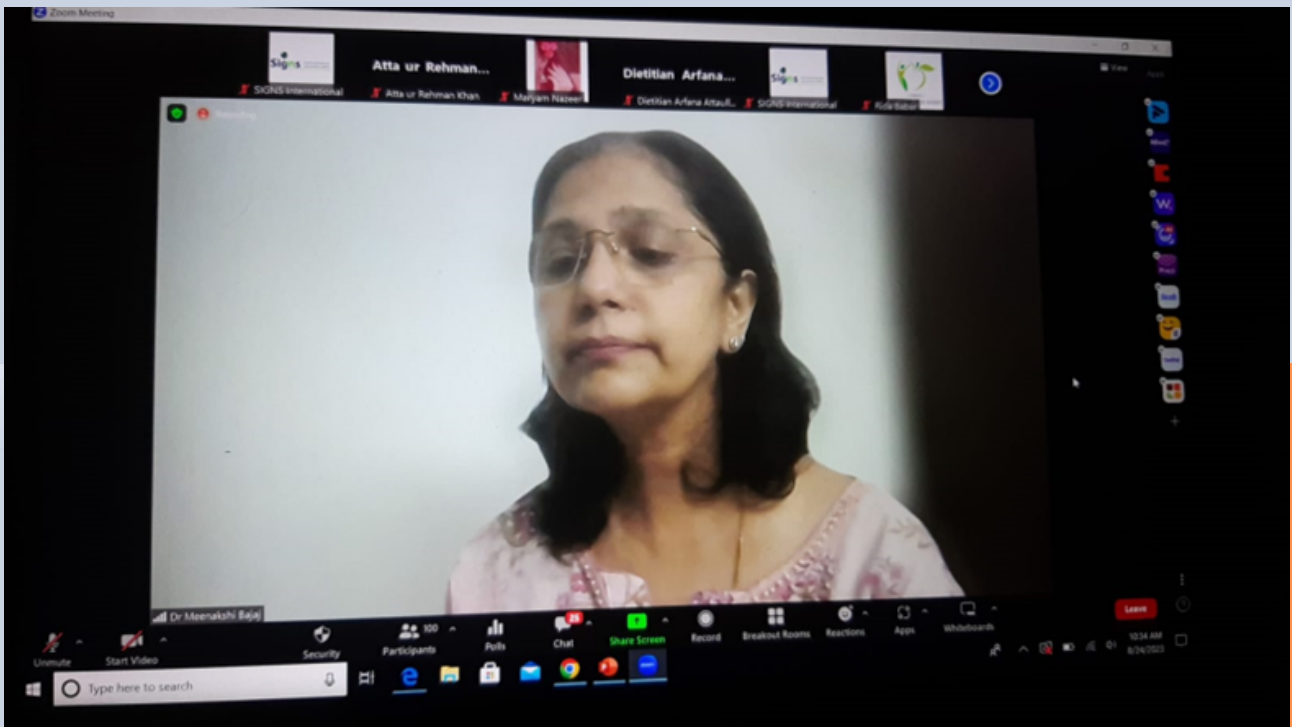
SIGNS has successfully trained one batch of Dietetic Professionals (Entry level and senior RDs) through its CDR accredited Continuous Professional Development Sessions (JAN-SEP 2023). The batch is recently graduated and will be certified by Commission on Dietetic Registration for 7.5 Credit Hours.

The infographic is a blue-bordered box with a white background. At the top, it features the logos for 'eget right' (the credentialing agency for the Academy of Nutrition and Dietetics) and 'Signs' (SCIENTIFIC INVESTIGATIONS AND GLOBAL NETWORK OF SCIENTISTS). Below the logos, the title reads 'Programs Accredited by Commission on Dietetic Registration (CDR)'. A note states: 'SIGNS International proudly announces the list of programs that have been accredited by the Commission on Dietetic Registration (CDR)*, USA. *CDR is a credentialing agency for the Academy of Nutrition & Dietetics (AND), USA.' The infographic is divided into five colored boxes, each representing a program:

- Continuous Professional Development (CPD)** (Jan-Sep 2023): 7.5 CPEUs. Course Director: Dr. Atta Ur Rehman Khan, PhD (PhD, Saudi Arabia). Co-Director: Dr. Asmah Shafique (RD, UK).
- Dietetics in Practice (internship program)**: 10 CPEUs. Course Director: Dr. Atta Ur Rehman Khan, PhD (PhD, Saudi Arabia). Co-Director: Dr. Afya Saleem, PhD (PhD, USA).
- Proposal to Publication (PtoP) Research Course**: 10 CPEUs. Course Director: Dr. Atta Ur Rehman Khan, PhD (PhD, Saudi Arabia). Moderator: Dr. Latif Khattak, MS (Certified Professional).
- Diabetes Management Course**: 10 CPEUs. Course Director: Dr. Atta Ur Rehman Khan, PhD (PhD, Saudi Arabia). Co-Director: Tasmim Zahra Ali, MS.
- Mental Health & Clinical Psychology Course**: 10 CPEUs. Course Director: Dr. Atta Ur Rehman Khan, PhD (PhD, Saudi Arabia). Co-Director: Kiran Khan, MS (Clinical Psychologist, Saudi Arabia).

At the bottom, there is contact information for the Program Manager, Dr. Wajeeha Nasir, MS (Certified Clinical Dietitian), including social media handles for LinkedIn, Facebook, and Instagram, and a website URL: www.signsinhealth.com. It also includes a QR code to download the app and a link to the app on the Google Play store.

Milestone of 100 Participants in Multiple CPD Sessions



SIGNS has achieved another milestone by maintaining a number of 100 participants in multiple CPD Sessions.



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CHIEF
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OFFICER
(CEO)



AYEZA UMAR
DIRECTOR
INTERNATIONAL
PROGRAMS
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SIGNS



MR. MUSAAD AWADH
ALYABISI- CHIEF
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DR FASIHA AHSAN
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DR RASHIDA JAVED
TEAM LEADER
(PAKISTAN)



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DR YONNA
SACRE
TLO LEBANON



DR PRIYANKA
ROHATGI
TLO INDIA



MS RESHNA
TLO PHILLIPINE



MS MERNA DIMITRI
TLO NEWZEALAND



MS NASREEN
TLO SOUTH AFRICA



MS BERNICE
TLO GHANA



MR OLAMILEKAN
OPEBIYI
TLO NIGERIA



DR RESHMA ALEEM (RD)
TLO INDIA



DR ENAMULHAQ
TLO BANGLADESH



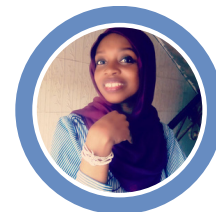
MS RANEEM NOUR
TLO TURKEY



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MR MALIK HASNAT
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MS SARA
TLO SUDAN



MS RASHA SHALABY
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MR TARIQ MALIK
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