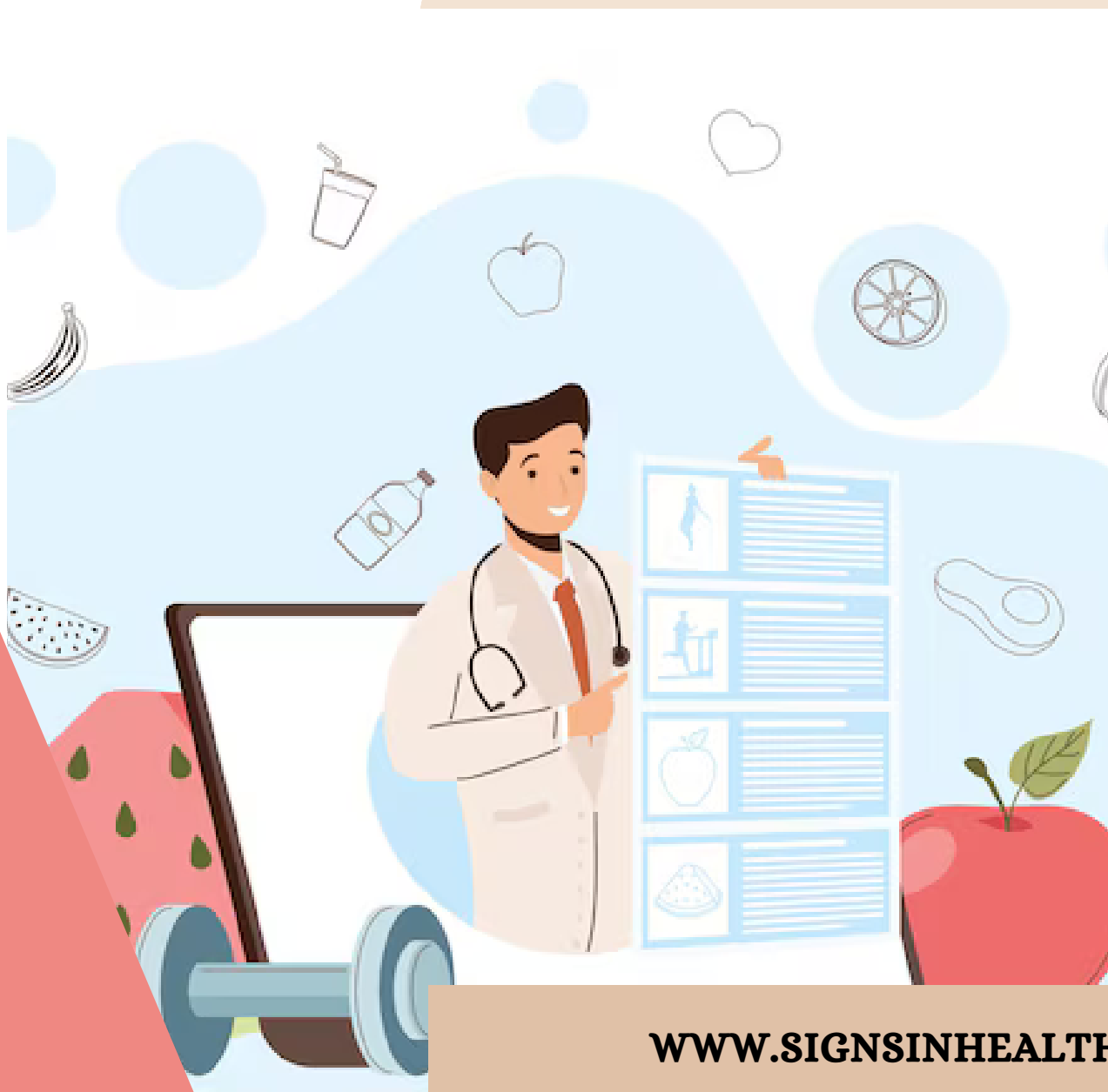


WINTER EDITION

FEBRUARY, 2024

NEWSLETTER

VOLUME: 6, ISSUE: 7



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WHAT IS INCLUDED?

EDITOR'S NOTE

TABINDA ASHRAF SHAHID, RDN

A RESEARCH DIALOGUE AT THE
NATIONAL DISASTER
MANAGEMENT AUTHORITY
(NDMA)

SIGNS- ASPEN MALNUTRITION
AWARENESS SEMINAR SERIES

MEETING WITH MR. BADAR
UZAMAN FOR COLLABORATION
WITH THE SCALING UP
NUTRITION (SUN) MOVEMENT IN
PAKISTAN

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EDITOR'S NOTES

TABINDA ASHRAF
SHAHID, RDN

|Editor

Hi welcome to our New Year's Newsletter!

Health is a basic human right and the SIGNS International is not alone in the mission of health and wellness, as collaborative effort is the right tool to make a difference. In a way that relates to a well-known saying, "Alone we can do so little, together we can do so much". The good news is that now SIGNS international is an official ASPEN Ambassador. The journey of SIGNS with ASPEN to spread awareness among the general public, students and professional around the globe is a continued mission led by Dr. Atta ur Rehman and his vigilant Team. It is an honor for SIGNS which together with ASPEN has launched a malnutrition campaign in different cities of Pakistan to benefit students and professionals in the field of nutrition, health and wellness. The mission is to eradicate malnutrition that is present in different forms in every community around the world i.e., under nutrition, over nutrition and micronutrient deficiencies which are also known as hidden hunger.

This newsletter encompasses a report on last year's collaborative efforts at NDMA Islamabad including the "Round Table Research Dialogue for Better Research" while focusing on research findings in real-world situations and their application before, during and after nutrition and health emergencies.

You will also find reports including successful Malnutrition seminar/campaign in different Institutes by Dr. Atta ur Rehman Khan, founder of SIGNS International and their team which are truly inspiring for the students and professionals in the field of health. The SIGNS-ASPEN Malnutrition Seminar series was conducted in different institutes /organizations around the country including Lahore, Islamabad, Faisalabad, and Peshawar.

The SIGNS International organization is a global Healthcare Training and Research Organization is always on the forefront in the research and education field of nutrition, health and wellness. Malnutrition can affect the health of all ages whether it is the period of rapid growth, elderly age or people with long- term disease conditions with altered gut health or whether suffering from malnutrition due to ignorance, poverty or non-availability of nutritious food. Malnutrition is most of the time overlooked by people and professionals worldwide, it is significant to spread awareness about malnutrition and its consequences at regional as well as international levels.

Hope this newsletter will help you understand the efforts and how effectively SIGNS-ASPEN are working to make the dream come true!

Happy Reading

EDITOR-
TABINDA ASHRAF SHAHID RDN

A Research Dialogue at the National Disaster Management Authority (NDMA)

"Harmony in Research: Unveiling Strategies for Disaster Resilience!"



SIGNS International aims to promote better research and impart knowledge and skills amongst healthcare professionals. Recently SIGNS in collaboration with the National Institute of Disaster Management (NIDM), the national think tank working under the National Disaster Management Authority (Prime Minister Office), has the privilege to organize a round table research dialogue on Dec 20, at the National Disaster Management Authority, Islamabad, focusing on research areas in Disaster Management and Nutritional Rehabilitation in Emergencies with the world leading national & international experts.

The objectives were

- To refine research areas in disaster management and nutritional rehabilitation
- To create the working groups for providing the opportunity of induction in future projects by NDMA & SIGNS International

This dynamic dialogue brought together a diverse array of experts, researchers, and students, creating a platform to delve into various research themes spanning health, food, nutrition, and disaster rehabilitation. The prime objective of the dialogue was to initiate a comprehensive strategy and action plan for conducting applied research in nutrition and food security-related areas.

The event took a unique approach by organizing discussions into different research areas, fostering targeted conversations and actionable insights. The day commenced with a visit to the National Emergency Operations Centre (NEOC), where participants received a comprehensive briefing from the esteemed Chairman of NDMA, Lieutenant General Inam Haider Malik HI (M). This laid a strong foundation for the dialogue, providing insights into the operational aspects of disaster management. Distinguished speakers, including international voices, shared their expertise, emphasizing the pivotal role of research in effective disaster management. SIGNS's collaboration with NIDM signifies a commitment to forging long-term partnerships to contribute significantly to research in disaster management, food security, health, and nutrition on a national scale.



The dialogue was not only an intellectual exchange but also a practical exploration. Participants were organized into groups based on their areas of interest, enabling focused discussions and the formulation of tangible outcomes. This innovative approach encouraged collaborative thinking, laying the groundwork for future research initiatives.

SIGNS volunteer comprising experienced academicians, practitioners and young researchers shared a joint resolve to contribute

towards national resilience against disasters while reflecting upon their expertise, knowledge and skill set. Different research groups formed at the occasion will share their findings with NIDM in due course of time.

All participants, speakers, and organizers contributed to making this dialogue impactful. The SIGNS international in collaboration with other organizations is fostering a culture of research that enhances understanding and resilience in meeting the challenges of this changing world.

SIGNS- ASPEN Malnutrition Awareness Seminar Series

Lahore:

The SIGNS and ASPEN have started a series of events focused on Malnutrition, first visit was held in Lahore, Pakistan at the e-Library, organized in collaboration with Med-Bit Organization and co-hosted by SIGNS International, the official ambassador of ASPEN. Students from prestigious institutions including Ripah University Islamabad and The University of Lahore Islamabad Campus participated actively.

Dr. Atta Ur Rehman Khan, Chairman SIGNS International delivered a compelling opening talk, emphasizing global malnutrition challenges and prevention strategies. The event's interactive sessions fostered knowledge exchange and a collective approach to address this critical issue. This seminar was the inaugural event in SIGNS International's nationwide awareness campaign, dedicated to eradicating malnutrition.

Faisalabad:

The seminar at GC University Faisalabad marked a pivotal event in the ongoing joint Malnutrition Awareness campaign. SIGNS International is grateful for its joint ASPEN-SIGNS Malnutrition Awareness Campaign in Academic & Research Institutes of Faisalabad & Peshawar from 20th – 23rd November 2023.

The session commenced with a comprehensive presentation delivered by Dr. Atta-Ur-Rehman Khan, delving into strategic approaches for mitigating the pervasive issue of malnutrition. . Dr. Atta Ur Rehman's discourse extended over a duration of two hours, wherein he expounded upon the roles of key stakeholders, including physicians, nurses, healthcare centers, academic and research institutes, government agencies, the Ministry of Health, and entities focused on food security, such as NGOs.

Dr. Atta underscored the pivotal role dietitians play in this collective effort,

emphasizing the profound significance of their contributions to combat malnutrition. This seminar marks a substantial stride in the collaborative mission to address malnutrition comprehensively and enhance awareness of its critical implications.

Moreover, a mutual agreement was reached to formalize a Memorandum of Understanding (MOU) between GC University and SIGNS International. This agreement aims to bolster education and research ties between the two entities. Furthermore, both parties concurred on the organization of additional joint events in the future, reflecting a shared commitment to ongoing collaboration. The Malnutrition Awareness campaign witnessed active participation, with over 100 students and the entire staff of GC University engaging in the enlightening session. The event organizer was Dr. Huma Umbreen.

Peshawar:

Collaborators:

1. College of Home

Economics, University of Peshawar

Event Organizers

Dr. Fazia Ghaffar

Ms. Saba Tanveer

2. Shaheed Bhutto Women University

Peshawar

Event Organizers

Dr. Rehana Masood

3. Iqra University , Peshawar

Chief Organizer

Prof Dr. Jehangir Khan Khalil

Organiser: Dietitian Ammar Awan

Seminar at Rashid Latif Medical College Lahore:

On Dec 4, 2023, SIGNS International in collaboration with the American Society for Parenteral & Enteral Nutrition (ASPEN) conducted a Malnutrition Awareness seminar at Rashid Latif Medical College, Lahore.

Dr Atta Ur Rehman, as a keynote speaker, highlighted the global challenge of malnutrition and shared the latest evidence-based statistics and updates in the seminar. He also emphasized how important is the role of nutrition in patient treatment.

The event was organized by Chief Organizer, Respected Dr Rizwana Muzaffar - Principal RLMC, Ms. Moha Akram - Lecturer & Focal Person - RLMC and Dr. Wajeeha Nasir - Chief Coordinator SIGNS International & Focal Person of ASPEN-SIGNS Malnutrition Awareness Campaign.

Our honorable delegates including Mr. Intekhab Ahmad Ex- National player of the Pakistan Cricket Team, Dr. Rana Basharat Chief Dietitian (Retd.), Lahore General Hospital & Mr. Naeem Zafar Kasuri - Dietitian, Lahore General Hospital graced the event with their worthy presence.

Students and Faculty from the Institute of Allied Health Sciences, Rashid Latif Medical College Lahore attended the seminar.

Seminar at NUR International University Lahore:



The Malnutrition Awareness seminar was held at NUR International University in Lahore on Dec 5, 2023. The keynote speaker Dr. Atta Ur Rehman, during his presentation, shared the latest evidence-based updates on malnutrition and highlighted the role of Academia and Research in combating malnutrition. The event was organized by Chief Organizer, Prof. Dr. Tahir Zahoor Dean AHS- NIU, Ms. Wisha - Coordinator NIU and Dr Wajeeha Nasir - Chief Coordinator SIGNS International & Focal Person of ASPEN-SIGNS Malnutrition Awareness Campaign. The honorable guest Mr. Iqbal- Manager SIGNS

food Bank, accompanied the delegation in this seminar. The Chief guest Dr. Najma Najam, Ex Vice Chancellor of Fatima Jinnah University, Rawalpindi and Pro -Vice Chancellor of Nur University Lahore graced the seminar. Moreover, a mutual agreement was reached to formalize a Memorandum of Understanding (MOU) between NUR International University and SIGNS International. Furthermore, both parties concurred on the organization of additional joint events in the future, reflecting a shared commitment to ongoing collaboration. The Malnutrition Awareness campaign witnessed



active participation with over 100 students and the entire staff of NUR International University engaging in the enlightening session.

Fatima Memorial Hospital- Institute of Allied Health Sciences, Lahore:

SIGNS International, on Dec 6, 2023, conducted a Malnutrition Awareness Seminar in collaboration with the American Society for Parenteral & Enteral Nutrition (ASPEN) at Fatima Memorial Hospital, Institute of Allied Health Sciences, Lahore.

Dr. Atta Ur Rehman addressed the seminar as a keynote speaker. During his presentation, Dr. Atta Ur Rehman highlighted the importance of nutrition and emphasized that nutrition must be considered as a vital sign in hospitals. He shared the latest statistics and evidence-based updates on malnutrition in the seminar.

The event was organized by Chief Organizer, Dr. Shazia Zahra, Director Nutritionist/ Assistant Professor, NUR-FMS, Ms. Rimsha - Coordinator FMH-IAHS and Dr. Wajeeha Nasir - Chief Coordinator SIGNS International & Focal Person of ASPEN-SIGNS Malnutrition Awareness Campaign.

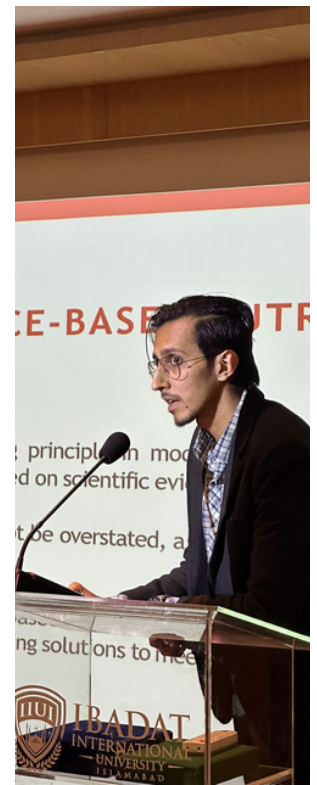
The seminar was attended by the Chief Guest Mr. Abubakar Imran - Vice Principal, FMH - IAHS, Dr. Rana Basharat Ali - Ex. Chief Dietitian, Lahore General Hospital and Mr. Naeem Zafar Kasuri, Dietitian - Lahore General Hospital.

In addition to that, both parties agreed to formalize a Memorandum of Understanding (MOU) between FMH-IAHS and SIGNS International. Moreover, both parties were by the establishment of joint ventures in the future, reflecting a shared commitment to ongoing collaboration. The Malnutrition Awareness campaign witnessed active participation including students and the entire staff of FMH - IAHS engaging in the insightful session.

IBADAT International University Islamabad:

A seminar held at IBADAT International University Islamabad marked a pivotal event in the ongoing joint Malnutrition Awareness campaign orchestrated by SIGNS and ASPEN. The session commenced with a detailed presentation by Dr. Atta-Ur-

Rehman Khan, shedding light on strategies to combat malnutrition. Dr. Atta also highlighted the crucial role of dietitians in this endeavor, emphasizing the significance of their contributions in addressing malnutrition.



The presence of Prof. Dr. Muhammad Nazim Farooq, Dean of Allied Health and Biological Sciences (AH&BS), added prestige to the event. Alongside faculty members of the Nutrition Department including Ms. Amna Hameed, the seminar provided a platform for valuable exchanges of knowledge and ideas.

This seminar serves as a significant step forward in the collaborative mission to combat malnutrition and elevate awareness of its critical implications.



Federal Government College of Home Economic Islamabad:

The SIGNS International team also visited the Federal Government College of Home Economic F/11/1 Islamabad. Here a large number of students with the principal and staff

welcome Dr. Atta ur Rehman and his Team. The talk by Dr. Atta ur Rehman was appreciated and many questions were asked by students in the question and answer session.

Allama Iqbal Open University Islamabad:

The SIGNs Team also visited Allama Iqbal Open University Islamabad, where Dr. Atta ur Rehman met Dr Hajra Ahmed Chairperson Department

of Nutritional Sciences and Environmental Design for further collaboration in research and education in the field of Food and Nutrition.

Meeting with Mr. Badar Uzaman for Collaboration with the Scaling Up Nutrition (SUN) movement in Pakistan



In connection with the malnutrition campaign, a meeting was organized with Mr. Badar Uzaman, a distinguished Nutrition Policy Planning professional representing the Scaling Up Nutrition (SUN) Movement Pakistan at the Ministry of Planning Development and Special Initiatives (MoPDSI)/Planning Commission was marked by a deep exploration of nutrition governance and key initiatives. The meeting was convened with the primary goal of fostering collaboration. The SIGNS lauded Mr. Badar Uzaman's commendable efforts in advancing nutrition agenda in Pakistan.

During the discussion, SIGNS delved into various facets of nutrition,

including school health and nutrition/school meal programs, Early Childhood Development and adolescent nutrition etc. This collaborative meeting represents a significant step towards amplifying our collective efforts to advance the nutrition agenda and improve nutrition outcomes nationwide. Mr. Badar Uzaman also praised SIGNS for its dedicated efforts in nutrition advocacy and awareness campaigns. This exchange of insights and shared commitment to addressing the nutrition challenges sets the stage for potential future collaborations in line with the goals of the SUN and the government priorities and commitments.

School of Health Sciences, University of Management & Technology Lahore



On Dec 11, 2023, SIGNS International organized a Malnutrition Awareness Seminar in collaboration with the American Society for Parenteral & Enteral Nutrition (ASPEN) at the School of Health Sciences, University of Management & Technology (UMT) Lahore.

Dr. Atta Ur Rehman, as a keynote speaker, delivered his talk on Malnutrition- A Skeleton in Hospital Closet. During his presentation, highlighted the prevalence of Malnutrition in hospitalized patients and shared the latest statistics and evidence-based updates on malnutrition.

The event was organized by Chief Organizer, Dr. Salman Bashir, Dean of the School of Health Sciences & Faculty of Department of Nutrition



& Dietetics, SHS-UMT and Dr. Wajeeha Nasir - Chief Coordinator SIGNS International & Focal Person of ASPEN-SIGNS Malnutrition Awareness Campaign.



Dr. Salman Bashir honored the seminar with his presence as a chief guest.

A Memorandum of Understanding (MOU) between SHS-UMT and SIGNS International was agreed upon in this event. In addition to that, both parties were willing to collaborate in joint ventures reflecting the ongoing collaboration. The Malnutrition Awareness seminar was attended by a large number of interactive audiences including students and faculty members.

SIGNS TEAM MEMBERS



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CHIEF EXECUTIVE OFFICER (CEO)



AYEZA UMAR
DIRECTOR INTERNATIONAL PROGRAMS COLLABORATION SIGNS



MR. MUSAAD AWADH ALYABISI- CHIEF OPERATING OFFICER (COO) SIGNS-SAUDI ARABIA



DR FASIHA AHSAN
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DR RASHIDA JAVED
TEAM LEADER (PAKISTAN)



HEBA BARAKATI
TLO SYRIA/SAUDI ARABIA



DR MOHAMMAD HASAN MOSTAFA
TLO IRAQ



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



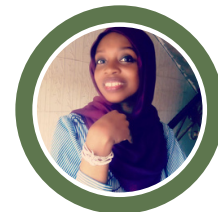
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TLO TURKEY



BLESSING TF MUSHOUNGA
TLO ZIMBABWE



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