

RECENT ADVANCES IN HUMAN NUTRITION WITH SPECIAL REFERENCE TO VULNERABLE GROUPS

Nutrition science encompasses a spectrum of disciplines and involves use of many methodologies. In the past, major advances in nutrition were made at level of organs to organisms; most recent advances have been at the population level and most recently at the molecular level. The discovery that dietary alterations can modify gene expression suggests that what we eat has even more profound implications than had previously been believed. These disciplines now need to be integrated at the human level to promote the practical application of nutritional sciences in the metabolic, clinical and public health nutrition. Pakistan, a developing country, with a population of more than 160 million people is the 6th most populous country in the world. Its population includes 76.8 million women and 7.81 million children (under age 5 years) who suffer from a variety of nutritional deficiency disorders. Nutrition surveys have revealed that deficiencies range from protein-calorie malnutrition to those of specific nutrients in certain areas of the country. These deficiencies have resulted in growth retardation, mental disorders and various types of physical disabilities. Consequently, low productivity, poverty and low standard of living are widespread. Measures like iodization of salt and addition of vitamins and minerals to wheat flour have been undertaken to rectify the nutrient deficiency syndrome in the country. With advancement in the science of nutrition, people of all ages specifically women and children and newer methods of interventions to improve the health of vulnerable groups must be an excellent subject of discussion in the international conference.

FAISALABAD

Faisalabad, formerly known as Lyallpur, is an important industrial city situated 145 Km to the west of Lahore (Punjab). It is the 3rd largest city in Pakistan with an estimated population of 5.4 million. Faisalabad is known as "Manchester of Pakistan" for its textile industry. The city centre was designed by Captain Poham Young, to imitate the UK Union Jack Flag with eight roads radiating from a large clocktower. After independence in 1947, the city marched rapidly on the path of progress. In 1977, it was renamed "Faisalabad" in honor of the late King of Saudi Arabia, Shah Faisal-bin-Abdul Aziz. In 1983, the city was upgraded to a division comprising three districts.



The Clocktower, Faisalabad

UNIVERSITY OF AGRICULTURE, FAISALABAD

The University of Agriculture, Faisalabad (UAF) emerged as a result of up-gradation of the famous Punjab Agricultural College and Research Institute (PACRI) in 1962. Since its inception the scope of studies in the University has broadened manifold to include diverse curricula. PACRI was a premier institution in its own right for agriculture education. It had catered to the teaching and research needs of the entire Indo-Pak subcontinent till its partition in 1947. The magnificent building of PACRI speaks volumes of its grandeur. The University campus is spread over an area of 1950 hectares. The lush green campus is a conglomeration of monolithic blocks built in modern style. The old building, a reminiscent of the traditional Muslim architecture, reminds of the Punjab Agricultural College and Research Institute, which now houses the Faculty of Sciences.



University of Agriculture, Faisalabad

NATIONAL INSTITUTE OF FOOD SCIENCE AND TECHNOLOGY

The National Institute of Food Science & Technology (NIFSAT) was established as Food Technology Section in the then Punjab Agricultural College and Research Institute, Lyallpur in 1959-60. It was given the status of Department in 1962. Realizing the importance of the discipline in Pakistan, the Department was upgraded to Institute of Food Science and Technology in 2003 which has further been elevated to the National Institute of Food Science & Technology in 2007. Following the example of NIFSAT, few other universities of the country also offer food science and technology curriculum in their scheme of studies. NIFSAT at UAF is a pioneer institution in the country and has strong interactions with public and private sector institutions/organizations at national and international levels. Ever since its establishment in 1959-60, this Institute has trained people for newer institutions in this field and growing sector of food processing and preservation industries.

THEMES OF THE CONFERENCE

Two and a half days will be dedicated to the oral presentations and poster communications in the following sessions:

- 1) Nutrition of vulnerable groups
- 2) Modern concepts in community nutrition
- 3) Innovative nutritional products of industrial interest
- 4) Food safety and regulations in the modern era
- 5) Nutrition as preventive medicine
- 6) Nutrition interventions
- 7) Biofortification
- 8) Open session

ABSTRACT SUBMISSION

To submit a paper, please send an abstract (maximum 400 words) as Microsoft Word document indicating title of the paper, first and last names, organization, address, country and email at info@icohn2009.com or icohn2009@yahoo.com. An email confirming the receipt of the abstract will be sent to the presenting author. Abstracts will NOT be accepted by fax. Please note that acceptance of abstracts will be conditional on registration paid in full prior to the Conference. All papers presented at the Conference will be published in the form of proceedings (book and CD-ROM).

DEADLINES

Abstract Submission	30th September, 2009
Selection/ Confirmation	7th October, 2009
Full Paper Submission	31 st October, 2009
Online Registration	15 th November, 2009

REGISTRATION PROCEDURE AND FEE

For registration please complete and return the attached registration form along with registration fee through bank draft payable to "Pakistan Society of Food Scientists and Technologists" C/O National Institute of Food Science & Technology, University of Agriculture, Faisalabad-Pakistan.

Category	Amount
Foreign participant	US \$ 100.00
Foreign student	US \$ 50.00
Local participant	Pak Rs. 1000.00
Local student	Pak Rs. 500.00

TRAVEL INFORMATION

Participants are required to make their own travel arrangements. Faisalabad is very well connected with other cities in the country by air, rail and road. Flights operate daily between Faisalabad and Karachi. Alternately, one may take international flight for Lahore or Islamabad that are at 2½ and 4½ hours drive, respectively. Many trains shuttle between Faisalabad and Lahore.

VISA

Foreign participants should make their own arrangements for obtaining Pakistani Visa by contacting the Pakistani Embassy/Consulate in their home countries. If needed, the organizers will send official letter confirming their participation at the conference.

WEATHER

During December, pleasant weather with day and night temperature between 20-25°C and 10-15°C, respectively is expected.

ACCOMMODATION

Accommodation for delegates attending the Conference will be available in 2-4 star hotels. The rates per night vary from US \$ 50-300; the exact details for various hotels shall be made available upon request. Kindly intimate about your accommodation requirements till 15th September, 2009. Local hospitality will be provided by the organizers.

EXCURSION

One-day excursion trip will be arranged by the organizers to visit historical places in Lahore, the capital of the Punjab. It is the 2nd largest city in Pakistan, after Karachi and 5th in South Asia. It is also known as the *Heart of Pakistan*. Lahore has rich history with the Mughal and Colonial architecture still preserved in all its splendour. Mughal architecture such as the Badshahi Mosque, Lahore Fort, Lahore Museum and the Mausoleums of Jehangir and Nur Jehan are very popular tourist spots in the city.

FOOD EXPO

Food expo will be organized in collaboration with the national and international food and allied industries. Those wishing to participate should contact the conference secretariat.

OTHER EVENTS

GOLDEN JUBILEE OF THE NIFSAT (1959-2009)

The Food Technology Section was established in 1959 and first enrollment was made in September 1960. Golden jubilee celebrations will also prevail during the Conference.

20TH ALL PAKISTAN FOOD SCIENCE CONFERENCE

The Conference will also feature the 20th All Pakistan Food Science Conference, a regular annual event of the Pakistan Society of Food Scientists & Technologists. It is a unique juncture of the Society which is attended by eminent scholars, researchers, scientists, industrialists and students.

SCIENTIFIC COMMITTEE

Convener

- **Prof. Dr. Faqir M. Anjum**, Director General, National Institute of Food Science & Technology, University of Agriculture, Faisalabad-Pakistan. E-mail: dqnifsat@ymail.com

Members

- **Prof. Jean-François Grongnet**
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ORGANIZING COMMITTEE

Convener

- **Prof. Dr. Iqrar Ahmad Khan**, Vice Chancellor, University of Agriculture, Faisalabad-Pakistan. E-mail: vc@uaf.edu.pk

Members

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INTERNATIONAL CONFERENCE

on

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(Let food be your medicine and medicine be your food)

December 14-17, 2009
Faisalabad-Pakistan



In collaboration with



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University of Agriculture

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