

CV and Publications of Dr. Rubina Hakeem

I. RESUME

A. PERSONAL INFORMATION

Name: Professor Dr. (Mrs) Rubina Hakeem

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B. EDUCATION

• Regular

Level	Area of study	Major Courses	Institution.	Year	Division
Ph.D.	Nutrition	<i>Diet, Exercise and CHD risk: comparison of children in UK and in Pakistan</i>	King's College London, UK	April 1997	NA
M.Sc.	Home Ecs (Food & Nutrition)	<i>Research in Food and Nutrition & Special Problems in F&N</i> <i>Research methods and statistics</i>	RLAK college of H.Ecs, Karachi	1983	I
B.Sc.	Home Ecs	<i>Experimental Foods</i> <i>Food Service in Institutions</i> <i>Biochemistry</i>		1980	I
S.Sc	Home Ecs	<i>Foods and Nutrition</i> <i>Biology and Microbiology</i>	RLAK college of H.Ecs, Karachi	1978	1st
H,Sc.		<i>Foods and Nutrition</i> <i>Biology</i>	Aisha Bawany Academy Karachi	1975	1st

• Clinical Nutrition/Dietetics Related Short courses (CPE):

1. ADA's course Dietetics Preceptor Training Program 2007-2008
2. ADA's course titled Outcomes Assessment for Dietetics Educators
3. ADA's course Managing Type II Diabetes Using the Nutrition Care Process
4. ADA's course Gerontological Nutrition
5. ADA's course Sports Dietetics: Nutrition for Athletic Performance
6. Completed ASPEN's Clinical Nutrition CPE modules in 2011
7. Passed PNDS Registered Dietician's test in Feb 2011

C. PROFESSIONAL MEMBERSHIPS/REGISTRATIONS

8. Member Nutrition Society UK (since Jan 1998) Registered Nutritionist UK since 1999 and Public Health nutritionist in 2005.
9. Member and CR American Overseas Dietetic Association and Country Representative Pakistan.
10. Member Diabetes Care And Education group of American dietetic association.
11. Member Muslims in Dietetics and Nutrition group of American Dietetic Association.
12. Member Scientific Committee American Dietetic Association
13. Member and CR International Federation of Home Economics (IFHE),(UN agency) (since Jan 2001)
14. Founder Member Pakistan Nutrition and Dietetic Society (PNDS) (Est. May 2003) Vice President Pakistan Nutrition and Dietetic Society (PNDS) (since July 2005) Gen Secretary (May 2003-2005)
15. Representative of PNDS at ICDA International Confederation Of Dietetic Associations
16. Chair Person Board of Directors, Food and Nutrition Society (FANS) (Since March 2000)
17. Member EU DIETS Thematic network first round
18. President National Association of Diabetes Educators of Pakistan.

19. Chairperson Program for the Accreditation Of Nutritional Activities In Pakistan (PANAP) Editor in Chief, International Human Development Research Journal NURTURE www.chek.edu.pk/nurture

20. Associate Editor Journal of Diabetology www.journalofdiabetology.org

• **International Travel**

USA. Canada, Switzerland, Germany, Italy, Portugal, Spain, Egypt, Saudi Arabia, Thailand, Malaysia, Korea, Japan, UK (Glasgow, Edinburgh, Manchester London Birmingham and many others), India (several cities). Turkey, Singapore, Sirilnka.

D. EMPLOYMENT RECORD

• **Regular Employment**

Period	Position	Place/program of work	Employer / Parent Agency	Main Duties
Dec. 83-todate:				Teaching “Food & Nutrition” Supervising Research work of Masters students
<i>Dec.83- Aug.96</i>	<i>Lecturer -BS 17</i>	Rana Liaqat Ali Khan Government College of Home- Economics Karachi	Education Dept Government of Sindh	
<i>Aug 96-Feb 02</i>	<i>Assist. Prof. BS 18</i>			
<i>Feb 02 to 9.3.04</i>	<i>Professor - BS 20</i>			
9.3.04 todate	Principal		As above	As above PLUS Administration and Supervision

• **Part time honorary work & Consultations**

Period	Position	Place/program of work	Employer / Parent Agency	Main Duties
From Jan. 2011 todate	Consultant Dietician	Fatima Bai Hospital	Haji Yaqoob Wali Ghani Foundation	Private nutrition consultancy for clients
From Dec. 2007 to Aug.08	Obesity Nutrition Consultant	Various Health care centres in Karachi	PharmEvo Pakistan Ltd.	Guiding and public speaking about diet for weight management.
3 rd May to 22 nd June 2007	Trainee/observer	Various clinics within Birmingham Primary care Trust NHS	NA	Learning about current Clinical Dietetic practices in UK
From Jan. 2001 to date:		Baqai University Karachi Baqai Institute of Diabetes Karachi. IDF regional centre for diabetes education		Consultant Clinical Dietetics Honorary Research and Clinical Nutrition Consultant. Diabetes Educator Course Advisor
Sept '05 to nov 06	Hon. Research Fellow	Dept of Psychology	Birmingham Univ. UK	Research on infant feeding
From July 1999 to Aug'01.	Nutrition Research Consultant	IMCI (Integrated Management of Childhood Illnesses)	WHO (World Health Organisation)	Guiding diet and nutrition component of IMCI;

II. CONTRIBUTIONS TO THE FIELD OF NUTRITION AND HEALTH:

•Participation in National policy making meetings, projects and workshops

1. Participated as convenor in meetings held by Higher Education Commission of Pakistan for revising curricula of BS Home economics with specialisation in various areas including nutrition from 11-13th October 2010 and 28-30th March 2011 at HEC regional Centre Lahore.
2. Participated in a consultative meeting on ways and means of establishing a National Nutrition Institute organised by Ministry of Health on 27th March 2010
3. Participated in a consultative meeting on ways and means of establishing a National Nutrition Institute organised by Ministry of Health on 27th March 2010
4. Participated in meeting of nutrition group of National Commission for control of non communicable diseases in Pakistan in April 2009.
5. Ministry of Research and development, Govt of Pakistan, Disability Strategy planning meeting and Workshop to revise national policy for prevention of disabilities 17-18 Nov. 2008 Islamabad.
6. Participated in meeting of nutrition wing of ministry of health for the Development of food based dietary guidelines for Pakistanis April 2005
7. Participated in WFP project for development of recipes using WSM (Wheat-Soya-Milk) for maternal and child feeding in Sindh 2004-5.
8. Participated at Consultative Meeting on draft National Nutrition Strategy Plan organised by UNICEF at The Pearl Continental Hotel , Karachi, on 17th December 2004.
9. Participated at National Nutrition Strategy Development Workshop organised by Government of Pakistan at The Aga Khan University Karachi, from 19th to 22nd December 2003.
10. Attended a conference and workshop on “Early Human Development (including impact of nutrition) ” held at Aga Khan University Karachi in October 2002
11. Attended A symposium & workshop on “What Can We Do To Improve Maternal And Child Nutrition In Pakistan?” at the Aga Khan University (January 26, 2001)
12. Attended “Diabetes in Asia-2001” conference held from 17-18th Feb.2001 at Chennai India and presented one lecture as faculty member and two poster papers.
13. Attended a conference and workshop on Maternal and Foetal Malnutrition and Human Development in South Asia held at Aga Khan University Karachi on 28-29 October 1999.

•Nutrition and health related research

1. Completed Research projects and other research related activities: (PI)

1. Applicant's M.Sc. Thesis: Effect of distribution of income on food cost and nutritional adequacy of diets of fifty families residing in Khudadad Colony, Karachi.
2. Applicant's Ph.D. thesis: Diet Exercise and CHD risk: a comparison of children in UK and in Pakistan.
3. Studied Socio-economic differences in nutritional status and 'Food systems' in household of Karachi - funded by ISFE Switzerland.
4. Studied Nutritional Status of Pre-Schoolchild And Mother At Low-Income Families.
5. Studied Nutritional status of affluent children in Karachi
6. Studied Household Food and Nutrition security in Karachi
7. Studied Ethnic differences in diet related diseases in Karachi.
8. Studied Prevalence of Diabetic complication in Karachi.
9. AGRIS: Reviewed the previous research work, prepared abstracts and submitted 72 records to FAO for entry into AGRIS in August 2000.
10. Compared the suitability of various food composition databases: (USDA, Pakistani, Indian and Platt's) for use in Pakistan.
11. Developed a software on excel to calculate nut value of recipes/diets using USDA database.
12. Nutritional knowledge, activity habits and status of college girls in Karachi.
13. Food habits and Nutritional status of college girls AND BOYS in Karachi
14. Dietary habits and diabetes self management practices of diabetic in Karachi (2011)

2. Current research projects

14. Participating in Maternal and Child Health Study focusing on nutritional and other chronic disease risks in fetal and early postnatal life of children from a low resource community

15. Reviewed research work of applicants for the post of professor for Peshawar University and King Abdul Aziz university of Saudi Arabia
16. Serving as member editorial board and reviewer for Journal of Diabetology
17. Participating in a research project about diabetes and Ramadan fasting
18. Leading a research project about Diet and Health related quality of life in Karachi.

3. Research Reviews

4. Reviewed papers for EJCN, Nutrition (Upstate USA), JPMA
5. Reviewed a few Nutrition CD's
6. Reviewed research proposals for Higher Education Commission of Pakistan
7. Reviewed research proposals for BIDE, DWHP and AIOU.
8. Reviewed systematic-reviews-based book about maternal and child health in Pakistan

•Voluntary Educational activities

9. Professionals' Education

1. Arranged Preceptor training course for dieticians and delivered lecture in the course
2. Organised and Attended Diabetes Conversation Map trainers training
3. Arranged seminar of critical care nutrition and delivered lecture in the course Reviewed nutrition modules for International diabetes federation (IDF) Federal Ministry of Education Govt of Pakistan Workshop to revise secondary school Curriculum of Food and nutrition 2006
4. Higher Education Commission, Govt of Pakistan Curriculum Workshop BS HE Food and nutrition mics 2007
5. Development of Dietetics in Pakistan Seminar and workshop organised by food and Nutrition Society on 29.11.08 at College of Home Economics Karachi.
6. Participated as expert in development and implementation of Diabetes Educator course at Baqai University Karachi started in 2007
7. Participated in curriculum-development-workshops organised by Centre of excellence for women studies Karachi university in 1993.
8. Facilitated a three-day workshop for nurses on "Demystifying, Promoting, Utilising and Conducting Research" held on 24-25 October 1998 by Mc.Master University Canada and DWHP at Islamabad Pakistan.
9. Facilitated and Attended a two-day course on Hazard Analysis Critical Control Points (HACCP), organised by Marine Fisheries dept of Govt of Pakistan in 1999.
10. Participated as faculty and organiser at series of research workshops (Dec 04 to July 05) organized by PNDS for nutritionists.

10. Public health nutrition awareness activities

11. Television programmes on various TV channels
12. Newspaper interviews/ articles about nutrition
13. Editor in Chief of PNDS news quarterly publication of Pakistan Nutrition and Dietetic Society
14. Delivered lectures to public about diet and weight management.

11. Development to product, standards and services

1. Participated in development of food based dietary guidelines for Pakistanis
2. Lead the development of food exchange based dietary guidelines in Urdu for diabetics
3. Lead the writing of easy to read book in Urdu for diabetics in Pakistan
4. Developed Generic Food Photograph Atlas for international use in low resource communities
5. Developed code of ethics for dieticians in Pakistan
6. Developed standards of eligibility for registration of human nutrition professionals in Pakistan
7. Lead the development Standard operating procedures for dieticians in Baqai Institute of Diabetes

III. Publications and presentations by Dr. Rubina Hakeem

A. FULL RESEARCH PAPERS IN PEER REVIEWED INDEXED JOURNALS

Title of the Publication	Name of the Journal in which it was published	Number & Date of the Journal	Year	Address of the Institution / Organization who published the Journal
1. Diabetes in Pakistan: Epidemiology, Determinants and Prevention	Journal of Diabetology (online)	October	2010	Diabetes in Asia Study group of IDF http://journalofdiabetology.org
2. Pakistan National Diabetes Survey: prevalence of glucose intolerance and associated factors in the Punjab Province of Pakistan.	<i>Primary Care Diabetes</i> ,	4, (2) 79-83	2010.	Primary Care Diabetes Europe
3. Glycaemic trend during Ramadan in fasting diabetic subjects: a study from Pakistan.	Pakistan Journal of Biological Sciences	11, (16) 2044-2047	2008	Asian Network of Scientific Information Faisalabad Pakistan
4. Efficacy of Dietetics in low resource communities: Dietary intake and BMI of Type 2 Diabetics living in Karachi before and after receiving Dietician's guidance accepted for publication in	Pakistan Journal of Biological Sciences	11(10):13 24-9	2008	Asian Network of Scientific Information Faisalabad Pakistan
5. Determination of reference values for elevated fasting and random insulin levels and their associations with metabolic risk factors among rural Pakistanis from Sindh Province	Metab Syndr. Relat Disord.	6(2) 143-148	2008	Mary Ann Liebert Inc. Publishers New Rochelle, NY USA
6. Clinical profile of fasting diabetic subjects during ramadan	Jour. of College of Physicians and Surgeons of Pakistan	17(7) 446-447	2007	College of Physicians and Surgeons Karachi Pakistan
7. Relationship among fatness, blood lipids, and Insulin resistance in Pakistani children.	J Health Popul Nutr	23 (1):34-43.	2005	International Centre for Diarrhoeal Disease Research, Dhaka Bangladesh
8. Comparison of fasting glucose, Insulin levels and lipid profile in normal and overweight children	J Postgrad Med Inst	19(1):8-13.	2005	Postgraduate Medical Institute, Cardiology Department, Lady Reading Hospital Peshawar Pakistan
9. Glycemic control, hypertension and chronic complications in type 2 Diabetic subjects attending a tertiary care centre.	J Ayub Med Coll Abbottabad		2005	Ayub Med Coll Abbottabad Pakistan
10. Socio economic differences in frequency of food consumption and dietary trends in urban areas of Karachi, Pakistan " PJBS 7(5) 2004, (822-826	Pakistan Journal of Biological Sciences	7(5) : 822-826	2004	Asian Network of Scientific Information Faisalabad Pakistan
11. Socioeconomic Differences in Housewife's ability to take nutritional care"	J Pak Med Assoc	54(7):382-389	2004	Pakistan Medical Association PMA house Sir Aga Khan III Road Sadaar Karachi Pakistan
12. Iodine content of Pakistani diets invited editorial for Nutrition USA	Nutrition	20(10):95 2-3	2004	Nutrition is the associate journal of:Czech Society of Parenteral and Enteral Nutrition,
13. Relation between family history, obesity and risk for Diabetes & Heart disease in Pakistani children	Pak J Med Sci	20(4):296-302.	2004	Professional Medical Publications, Karachi Pakistan
14. Children's health is Insulin and lipid dependent.	Pakistan Journal of Nutrition	3(2): 128-133,	2004	Asian Network of Scientific Information Faisalabad Pakistan
15. Linear growth status of affluent urban Pakistani adolescents living in Karachi	Annals of human biology	31(3) :281-290.	2004	Society for the study of of human biology Editors :Noël Cameron , Department of Human Sciences , Loughborough University UK
16. Food Insecurity in metropolis of the developing world – observations from Karachi, Pakistan	J Pak Med Assoc	53(11):55 6-562.	2003	Pakistan Medical Association PMA house Sir Aga Khan III Road Sadar Karachi Pakistan

Title of the Publication	Name of the Journal in which it was published	Number & Date of the Journal	Year	Address of the Institution / Organization who published the Journal
17. Fatness, Lipids, Insulin sensitivity, and Life Style of children from high and low risk families.	J Ayub Med Coll. Abbottabad	15(3):6-9	2003	Ayub Med Coll Abbottabad Pakistan
18. Urbanization and food selection for South Asian children.	Pakistan Journal of Nutrition	1(1) 34-38	2002	Asian Network of Scientific Information Faisalabad Pakistan
19. Food habits and nutrient density of diets of Pakistani children living in different urban and rural settings.	J Health Popul Nutr	20 (3):255-63.	2002	International Centre for Diarrhoeal Disease Research, Dhaka Bangladesh
20. Relation between family disease history and risk for Diabetes and Heart disease, in Pakistani children	Pak. Journal of Biological Sciences	5(1) 107-110	2002	Asian Network of Scientific Information Faisalabad Pakistan
21. Urbanization and activity pattern of south Asian children. J Pak Med Assoc 2002;52(9):402-7.	J Pak Med Assoc	52(9):402-7.	2002	Pakistan Medical Association PMA house Sir Aga Khan III Road Sadar Karachi Pakistan
22. Diabetic service and dietary guidance for Diabetics in South Asia Abstracts DIA 2001 Chennai India.	Proceedings pg 93	1993	2001	IDF and Diabetes India
23. Urbanization and coronary Heart disease risk factors in South Asian children.	J Pak Med Assoc	51(1):22-28.	2001	Pakistan Medical Association PMA house Sir Aga Khan III Road Sadaar Karachi Pakistan
24. Socio economic differences in Height and Body Mass Index in Karachi European	European Journal of Clinical Nutrition	55(5) 400-406	2001	Nature Publishing Group Houndmills, Basingstoke, Hampshire, RG21 6XS, UK http://www.nature.com/ejcn/
25. Urbanization and health related knowledge and attitudes of South Asian children.	J Pak Med Assoc	51(12):437	2001	Pakistan Medical Association PMA house Sir Aga Khan III Road Sadar Karachi Pakistan
26. Rural-urban differences in food and nutrient intake of Pakistani children.	J Pak Med Assoc	49(12):288-294. 1999	1999	Pakistan Medical Association PMA house Sir Aga Khan III Road Sadaar Karachi Pakistan

B. PRESENTATIONS AT CONFERENCES PUBLISHED AFTER PEER REVIEW IN PROCEEDINGS AS SHORT COMMUNICATIONS

S. No.	Title of the Publication	Name of the Journal in which it was published	Number & Date of the Journal	Address of the Institution / Organization who published the Journal
1	Socio-economic Differences in the Dietary Trends in Karachi.	Proceedings of the Nutrition Society	vol. 58,153A 1999	The Nutrition Society, London UK
2	Foods perceived to be important for Boys and Girls in UK and in Pakistan.	Proceedings of the Nutrition Society	vol. 58,155A 1999	The Nutrition Society, London UK
3	Determinants of Food Choice At Home in families in UK and in Pakistan.	Proceedings of the Nutrition Society	vol. 58,154A 1999	The Nutrition Society, London UK
4	Socio-cultural Determinants of Children's Food Choice Annual winter meeting of	Proceedings of the Nutrition Society	vol. 58,156A 1999	The Nutrition Society, London UK
5	Anthropometric assessment of the nutritional status of South Asian children in UK and in Pakistan	Proceedings of the Nutrition Society	vol. 59 CA spring 2000...	The Nutrition Society, London UK
6	Urbanisation and atherogenicity of the diet of South Asian children.	Proceedings of the Nutrition Society	vol. 59 OCA spring 2000 pg. 28A	The Nutrition Society, London UK
7	Urbanisation and Coronary Heart Disease (CHD) risk in South Asian children.	Proceedings of the Nutrition Society	vol. 59 OCA spring 2000 pg. 27A	The Nutrition Society, London UK
8	Socio-economic differences in pre-school-child-feeding practices in Karachi.	Proceedings of the Nutrition Society	vol. 59 OCA spring 2000 pg. 30A	The Nutrition Society, London UK

C. PRESENTATIONS PUBLISHED IN JOURNALS AS ABSTRACTS

S. No.	Title	Journal	Number & Date	Address
10	Rural urban differences in food consumption of Pakistani children.	J pediatr. Gastroenterol Nutr	1998 Aug 27:2 F53.	Lippincott Williams & Wilkins PA USA
11	Rural urban differences in nutrient intake of Pakistani children.	J pediatr. Gastroenterol Nutr	1998 Aug 27:2 POS14	Lippincott Williams & Wilkins PA USA
12	Social class difference in dietary management of infantile diarrhoea.	J pediatr. Gastroenterol Nutr	1998 Aug 27:2 POS7	Lippincott Williams & Wilkins PA USA
13	Suitability of three day estimated food records for comparing different cultural groups.	<i>European Journal of Clinical Nutrition,</i>	May 1998 52 suppl 2 S84	Nature Publishing Group Hampshire, UK
14	Exposure To Western Culture And Acculturation In Food Habits of South Asian Children	<i>European Journal of Clinical Nutrition,</i>	May 1998 52 suppl 2 S84	Nature Publishing Group Hampshire, UK

D. PRESENTATIONS PUBLISHED IN ABSTRACT BOOKS

S. No	Title	Publication	Number & Date	Address
18	Nutritional status of pre-school children and their mothers belonging to low income households in Karachi	Proceedings of FAO fourth Food data Conference	1999 pg 35	FAO Rome, Italy
19	Socio-economic differences in the in the composition of home cooked foods in Karachi Pakistan	Proceedings of FAO fourth Food data Conference	1999 pg 34	FAO Rome, Italy
20	Regional differences in dietary habits, nutritional status, and composition of prepared foods in Pakistan	Abstracts, FAO fourth Food data	1999 pg 34	FAO Rome, Italy
21	Urbanisation, diabetic tendency and associated risks in children in South Asia	Abstracts DIA 2001 Pg 160	2001 Pg 160	Chennai India.
22	Socio cultural factors, maternal malnutrition and diabetes in South Asia. (Poster presentation at diabetes in Asia 2001 Chennai India.) (<i>Silver medal as second prize for posters was awarded for this presentation</i>)	Abstracts DIA 2001	2001 Pg 159	Chennai India.
23	Prevalence of diabetes, according to ADA criteria, and associated risk factors in a rural area of Baluchistan province.	Abstracts EASD 2001.	2001.	
24	Food consumption and nutritional status of preschool children residing in low income localities of Karachi	Abstract book 16 th international biennial paediatric conference	2002. Pg 27	Karachi Pakistan
25	Using Home Economics Education to reduce Poverty, Food insecurity and Gender Disparity in South Asia Rubina Hakeem.	Abstract book XX Congress of the International Federation of Home Economics	2004	Kyoto Japan
26	Association between intake of indigestible carbohydrates and the development of metabolic syndrome	Abstract Books: Regional Symposium on the Role of Carbohydrates In Human Health & Disease, July 26-27, 2005,	2005	Kuala Lumpur, Malaysia
27	Awareness of University teachers about HIV Presented oral paper	Abstract book HIV Prevention: Microbicides 2008 conference held at from 24-27 Feb.. 2008.	2008	Dehli India

E. CONFERENCES / WORKSHOPS ORGANIZED

S. No.	Title of the Conference / Workshop	Date	Venue
1.	Workshop for nurses on "Demystifying, Promoting, Utilising and Conducting Research"	24-25 October 1998	Hotel Ambassador, Islamabad

2.	Series of four research workshops on diet and Chronic Diseases	February 2004 to March 2004	Aga Khan University Karachi
3.	Series of eight research workshops on Paper Writing	Dec 2004 to July 2005	Aga Khan University Karachi
4.	Workshop for Updating Home Economics Education	March 2005	RLAK College of Home Economics Karachi
5.	Research Paper writing Workshop for Pak. Home Ecs. Assoc.	June-July 2007	RLAK College of Home Economics Karachi

F. CONFERENCES / WORKSHOPS PARTICIPATED

1. Conference/Workshop	Organiser	Dates	Venue	Contribution
2. Workshops for Curriculum-Development for Women Studies courses-	Centre of excellence for women studies Karachi university	April 1993.	Karachi University Pakistan	Faculty
3. Workshop for nurses on "Demystifying, Promoting, Utilising and Conducting Research"	Mc.Master University Canada DWHP CIDA	24-25 October 1998	Ambassador Hotel, Islamabad Pakistan.	Faculty
4. Two-day Workshop on Hazard Analysis Critical Control Points (HACCP),	Marine Fisheries dept of Govt of Pakistan	April 1999.	Marine Fisheries dept of Govt of Pakistan	Co-ordinator
5. Workshop on Research Methodology, Bio-Statistics and Dissertation Writing	Baqai Institute of Diabetes Nazimabad Karachi Pakistan	1-2 August 2002	Baqai Institute of Diabetes Nazimabad Karachi Pakistan	Faculty
6. Workshop on Statistical Methods in Research, with Special Reference to Applied Biology"	Department of Biochemistry University of Karachi and Pakistan Scientific and Technological Information Centre (PASTIC) on	27-29 January 2003	University of Karachi', Karachi, Pakistan	Attendee
7. Series of four research workshops on diet and Chronic Diseases	Pakistan Nutrition and Dietetic Society	February 2004 to March 2004	Aga Khan University Karachi	Organiser & Faculty
8. Series of eight research workshops on Paper Wrting	Pakistan Nutrition and Dietetic Society	Dec 2004 to July 2005	Aga Khan University Karachi	Organiser & Faculty
9. Conferences				
10. International Conference on Diarrhoea and Malnutrition	Commonwealth Association of Paediatric Gastroenterology and Nutrition (CAPGAN) On	21-24 Nov. 1997	Aga Khan University, Karachi College of Physicians and Surgeons, Karachi Pakistan	presented three research papers
11. Annual Winter Meeting & Research Symposium of The Nutrition Society	Nutrition Society UK	27th Jan.1999.	Royal College of physicians London UK	Presented four papers 3
12. Annual Summer Meeting & Research Symposium of The Nutrition Society	Nutrition Society UK	29th Jun.1999- 2nd July 99,	University of Glasgow, UK	presented four (2 oral 2 posters)
13. FAO Third Food Data Conference	FAO	4-7th July 1999	FAO Secretariat Rome Italy	presented three posters
14. Diabetes in Asia 1999 conference	IDF and Diabetic Association of Pakistan Karachi from.	11-13th March 1999	Hotel Karachi	Attendee
15. Conference and workshop on Maternal and Foetal Malnutrition and Human Development in South Asia	Aga Khan University Karachi	28-29 October 1999.	Aga Khan University Karachi	Attendee
16. A symposium & workshop on "What Can We Do To Improve Maternal And Child Nutrition In Pakistan	The Aga Khan University	January 26, 2001	The Aga Khan University	Participant
17. Diabetes in Asia-2001" conference	IDF and Diabetic Association of Inida	17-18th Feb.2001.	Chennai India	presented one lecture as faulty member and two poster
18. Conference and workshop on "Early Human Development (including impact of nutrition)	Aga Khan University Karachi	October 2002	Aga Khan University Karachi	Participant

1. Conference/Workshop	Organiser	Dates	Venue	Contribution
19. Seminar on "Food and Micro-Nutritional Aspects of Red-Palm Oil"	Malaysian Palm Oil Promotion Council	8th March 2003	Pearl Continental Hotel, Karachi, Pakistan.	Attendee
20. Seminar on "Hormonal Problems"	Pakistan Society for Endocrinology	12th April 2003	The Aga Khan University, Karachi, Pakistan.	Attendee
21. Seminar on "Pharmacological Management of Obesity"	Pakistan Society for Endocrinology	August 02	Sheraton Hotel, Karachi, Pakistan.	Attendee
22. Intentional conference on "Poverty, food and health in welfare"	Instituto de Medicina Preventiva Faculdade de Medicina de Lisboa	1-4th July 2003.	Fundaco Gilbenkian', Lisbon, Portugal	Presented an oral paper
23. Participated National Nutrition Strategy Development Workshop	Nutrition Division of Federal Ministry of Health Government of Pakistan	19th to 22nd December 2003.	The Aga Khan University Karachi,	Participated as Nutrition Expert
24. 20th Congress of the International Federation of Home Economics	International Federation of Home Economics	1-7 Aug. 200	Kyoto, Japan	Presented an oral paper
25. International conference of Home Economics	College of Home Economics Lahore	March 2004	College of Home Economics Lahore Pakistan	Presented an oral paper Chaired a session
26. Participated Consultative Meeting on draft National Nutrition Strategy Plan	UNICEF	17th December 2004.	The Pearl Continental Hotel , Karachi,	Participated as Nutrition Expert
27. Regional Symposium on Role of Carbohydrates In Human Health & Diseases – Evaluating Scientific Evidence for Dietary Guidance	International Life Sciences Institute	July 26-27, 2005	Kuala Lumpur, Malaysia	Presented a poster paper
28. Striving for HIV Prevention Microbicides 2008	Indian Council of Medical Research	24-27 th Feb. 2008	Hotel Ashok, New Delhi India	Presented an oral paper
29. 21st Congress of the International Federation of Home Economics	International Federation of Home Economics	26-31 July 2008	KKL, Culture and Convention Centre, Lucerne Switzerland	Presented an oral paper
30. The first annual World Health Summit	Charité – Universitätsmedizin Berlin	October 15 to 18, 2009	Charité – Universitätsmedizin Berlin Germany	Represented IFHE
31. 5th Regional conference on Medical Journalism	Pakistan Association of Medical Editors (PAME) and WHO Regional Office for the Eastern Mediterranean	3-5 December, 2010	JCPSP Karachi Pakistan	Attended