



Pakistan Nutrition & Dietetic Society (PNDS) conducted a session on 28<sup>th</sup> April 2012 for the members of Pakistan Montessori Association (PMA) and parents of children from Pakistan Montessori Villa, a school affiliated with PMA and AMI Holland. This event was organized as part of PNDS public awareness initiative for March Nutrition Month celebration.

The program began with a brief introduction and objectives of PNDS by Nilofer F Safdar, president PNDS. The first presentation by Rabia Khan was a pictorial report and overview of the hands-on-session that was conducted for the children of Montessori Villa by PNDS team during the first week of March. This was followed by a scientific presentation on 'GROWING CHILDREN: GOOD NUTRITION FOR PHYSICAL AND MENTAL PERFORMANCE', by Nilofer F Safdar. The presentation covered various important issues about childhood nutrition and the ways parents and teachers can contribute towards improving the nutritional wellbeing of the child. Some of the important topics covered during the talk were: nutritional requirements of a Pre-school child (2-6 yr), relationship between good nutrition and physical health, nutrition and mental development, various factors effecting eating behavior among children and the relationship between nutrition & physical activity.

The session was followed by question answer session and a general discussion between parents, teachers and the presenter. PNDS received an overwhelming response from the PMA and it was their request that the society should conduct similar sessions in other schools as well to equip teachers and parents on ways to improve nutritional health of the children. The event was sponsored by Mead Johnson-IBL Health care division. IBL also distributed souvenirs to all the guests.

