



MARCH NUTRITION MONTH

Update of Activities for March Nutrition Month 2012

On Wednesday 28th March, PNDS gave a public awareness session to the Rotary Club (Karsaz Chapter) at the Marriott. The title of the presentation was “Healthy Eating A Balancing Act”. The session was conducted by Ayesha Zahid Khan, General Sec. of Pakistan Nutrition and Dietetic Society. The session focused on healthy eating guidelines for adults.

The gesture of PNDS was appreciated by the Rotary Club. They requested for similar sessions in future focusing on other aspects of healthy diet. In the end Ayesha was presented a memento by Rotarian Ms. Shireen Kamal.

