



5th ACD UPDATE November 2010

Fayza Khan, V.P PNDS

PNDS is a member of AFDA (Asian Federation of Dietetics Associations) since 2003 but **this year PNDS elected as executive council member of AFDA.** AFDA was formed in 1990 as a means to support and advance the profession of dietetics in Asia, aiming at studies of the work and education of Dietitians and Nutritionists and raising the standards of education and the profile of Dietitians and Nutritionists in the region. The Asian Federation of Dietetic Association's hosts a congress every four years, providing more opportunities, between the International Congress of Dietetics, for Dietitians and Nutritionists to exchange knowledge and perspectives about dietetics education and practice and providing a venue for ICDA representatives to meet with leaders of the dietetics profession in Asia.

Asian Congress of Dietetics was held in Bangkok, Thailand on 10-12th November 2010. Theme of the congress was ***"The art of well-being through Asian Dietetic Practice"***. *The theme focuses on the significant role that dietitians play in improving the nutritional wellbeing of individuals and populations, as well as the importance of proper Nutrition Therapy in the management of illnesses*

Ms. Fayza Khan, & Deneize Asim Puri represented Pakistan from PNDS (Pakistan Nutrition & Dietetic Society). Deneize Asim puri presented her paper on ***"Optimizing Nutrition for the Cancer patients"*** & she also chaired the session ***"How the Technologies of Food & Nutrition Science can transform the strategy of Dietetic Practice"***

670 professionals, researchers & Practitioners of Nutrition related fields from Asia & pacific regions, shared new perspectives, discussed challenges & strategies concerning dietetic practices in the region towards ensuring the health & productivity of individuals & target populations. *During the congress there were plenary lectures & symposia to highlight & dialogue on issues relevant to diet related problems of the region, as well as the current state of knowledge in integrating traditional & scientific knowledge on food components in Asian diets. Practical sessions through workshops were included to strengthening the capacity of dietetic practices in specific areas.*

PNDS had a stall, where PNDS activities of the past years were displayed along informative material, brochures, Newsletters which were distributed among the congress participants.

Aside with the scientific sessions during the three days, there were various social activities organized by the Thailand Dietetic society.

“The art of well- being through Asian Dietetic Practice”



Opening ceremony 10th November 2010





AFDA general assembly meeting 2006- 2010



