



3rd Pakistan International Biennial Conference on Ramadan and Health

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During recent years, there has been an emerging, upward trend in research and publication of studies on the effects of Ramadan fasting on the healthy population as well as on the populace diagnosed with various diseases and conditions. To publicize the outcomes of these research works, many awareness programs, symposia and conferences are being organized globally. International coordination groups, such as 'Diabetes and Ramadan: International Alliance' have been established to coordinate the efforts and investigations of researchers involved in this work. Periodicals like 'Journal of Nutrition, Fasting and Health of Iran' are playing a pivotal role in disseminating research outcomes related to the effects of Ramadan fasting. Guidelines for fasting are being developed for patients of various diseases, such as 'Diabetes and Ramadan: Practical Guidelines' devised by the International Diabetes Federation. 'New guidelines on diabetes management during Ramadan' has been published recently by Baqai Institute of Diabetes and Endocrinology (BIDE), Pakistan. Departments and study groups are being established in institutions to facilitate researchers in conducting studies on the effect of Ramadan fasting on different diseases.

Jinnah Sindh Medical University (JSMU), Karachi under the visionary leadership of the Honorable Vice Chancellor, Prof. Syed Muhammad Tariq Rafi, annually organizes, just before the month of Ramadan, an awareness program regarding diet and drug adjustment for conditions such as pregnancy, diabetes, renal diseases, and coronary artery disease. Furthermore, every alternate year, JSMU organizes an 'International Biennial Conference' on Ramadan and Health. These conferences are organized to disseminate studies conducted on the effects of Ramadan fasting and these studies are presented by Pakistani speakers as well as by invited foreign speakers. The third issue of the conference, titled '3rd Pakistan International Conference on Ramadan and Health' will be held from 23rd to 25th August' 2019.

Four foreign speakers: Dr. Mohsen Nematy, Mashhad University of Medical Sciences, Mashhad, Iran; Dr. Abdolreza Norouzy, Mashhad University of Medical Sciences, Mashhad, Iran; Prof. Mafauzy Mohamed, University of Sains, Malaysia and Dr. Kamran Mahmood Ahmed A.Aziz, Ministry of Health, Abha, Saudi Arabia, have consented to present their studies in this conference. Fourteen invited speakers from Pakistan will also present their work related to

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various aspects of the effects of Ramadan fasting.

The theme of the conference is 'Ramadan: Bridge between Health and Spiritual Path'. The inauguration session will be held in Marriott Hotel, Karachi on the evening of 23rd August' 2019. The honourable Governor of the province of Sindh, Mr Imran Ismail and Chairman of Hilton Pharma, Dr. Sardar Muhammad Yasin Malik, have consented to be the Chief Guest and Guest of Honor, respectively, for this ceremony. Prof. Anis Ahmed, a well-known scholar and Vice Chancellor of Riphah University, Islamabad will deliver a talk on the theme of the conference. Scientific sessions would be held on the 24th and 25th of August in Sindh Medical

College campus of JSMU. There will be five plenary sessions on Ramadan and Diabetes, Ramadan and Drug Management, Ramadan and Medical Education and Ramadan and Medicine; and four sessions for contributed papers. On the evening of 24th August' 2019, dinner at a beachfront restaurant along the coastline of the Arabian Sea will be hosted for the delegates and the organizing committee. The conference will culminate with closing remarks and suggestions from the delegates in the afternoon of 25th August. We cordially invite all interested delegates to come to Karachi and be part of this educational and enlightening experience. Meanwhile, we are eagerly waiting for our guests and friends to join us.