

## Pakistan International Biennial Conference on 'Ramadan and Health' (9th – 11th October 2015; 26th – 28th Dhul Hijjah 1436 H)

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Based on current demographic, Muslims represent close to 1.7 million which constitutes about 24% of the world population. About sixty seven percent of them are above 15 years of age and is probably fasting during the month of Ramadan. Therefore more than 1.1 billion Muslims are fasting in this year of Ramadan, because it is obligatory for adult Muslims to abstinence from food, fluids and sexual activity during the day time in this month. Due to changes in eating habit and sleeping timings, physiological changes could occur in fasting person. Recently many clinical and observational studies have been conducted all over world to observe those changes.

Studies are being published and outcomes are being presented international conferences. Few international conferences have been organized to gather the scientists involved in such studies. We are pleased to organize this important conference, under the guidance of Prof. Syed Muhammad Tariq Rafi, Patron-in-Chief of the Conference and Vice Chancellor of Jinnah Sindh Medical University, to share and learn from the experiences of international delegates who will be participating in this event.

This conference will be held on Friday - Sunday, 9th - 11th October 2015, corresponding 26th - 28th Dhul Hijjah 1436 H, at Jinnah Sindh Medical University, Karachi, Pakistan.

The theme of the conference is '**Ramadan leading to better life**'. This event will be jointly organized by three institutions of Karachi, namely; Jinnah

Sindh Medical University, Baqai Institute of Diabetology and Endocrinology and Sir Syed Institute of Diabetes and Endocrinology. This conference will also focus on the scientific evidence towards the impact of Ramadan fasting on human health.

Speakers from Malaysia (Prof. Mafauzy Mohamed), Turkey (Abdul Bari Bener), Iran (Prof. Fereidoun Azizi and Dr. Mohsen Nematy), United Arab Emirates (Mohamed Hassanein), Egypt (Prof. Adel A El-Sayed) and Saudi Arabia (Prof. Khalid Al-Tayeb) have already consented to participate.

The inauguration session will be held in the evening of Friday, 9th October 2015. Prof. Mukhtar Ahmed, Chairman Higher Education Commission, Islamabad; and Mufti Muhammad Taqi Usmani, Ex-Chief Justice, Sharia Court of Pakistan have consented to be Chief Guest and Guest of Honor, respectively for this Conference.

The scientific sessions will be held on Saturday-Sunday, 10th - 11th October, 2015. They will be comprised of five sessions: three will be assigned for the 'Diabetes and Endocrinology' and two will be allotted for 'other than diabetes'. The diseases 'other than diabetes' will cover Cardiovascular, Nephrology, Obstetrics & Gynecology, Stroke, Gastroenterology, Pulmonology, Hepatology, Dentistry, Heat Stroke and Sports Medicine.

Weather of Karachi will be very pleasant in the month of October. We cordially invite all the interested delegates to come to Karachi and attend this important International Conference.

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