

# Newsletter

## Al-Shifa School Of Public Health

ISSUE #01  
SEP 19-FEB 2020

### Admissions Open for MSPH Batch 12



**AL-SHIFA SCHOOL OF PUBLIC HEALTH**  
7<sup>th</sup> Years of Excellence in Public Health | MSPH 12<sup>th</sup> Batch | Spring 2020

**MASTER OF SCIENCE IN PUBLIC HEALTH (MSPH)**

**ADMISSION OPEN**  
Last Date of Admission: 15 Feb 2020  
Classes Starts From: 02 March 2020

Morning & Evening | Limited Hostel facility available for male & female. Fee may be paid on monthly basis.

051-5487821-5 Ext: 370/374 | soph@alshifaeye.org  
0300-7971015 | sofph.alshifaeye.org



### Events

One day seminar was arranged by Al-Shifa school of Public Health with Dr. Faran Emmanuel, Assistant Professor University of Manitoba on 12th September 2019. It was an informative session about Public Health research and practices from global to local level.

Students of Al-Shifa School of Public Health visited Rawal Lake Water Filtration Plant and learned about water sources, treatment procedure and distribution system.



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Faculty and Students of Al-Shifa School of Public Health participated in 10<sup>th</sup> International Public Health Conference held at Health Services Academy.

Students from ASOPH presented their work at the conference.

Guest speaker Dr. Shazad Ali Khan delivered a lecture on: Public Health Pakistan; Issues and challenges



Prof. Dr. Pablo Goldschmidt delivered an interactive lecture to MSPH students on study designs protocols.



### STUDENTS CORNER



Contributor: Dr Arooba Syed

#### Vitamin A Deficiency: A Public Health Issue

Vitamin A deficiency is notable public health issue in developing countries. This results in preventable blindness in children and increased risk of infections in immune compromised children and pregnant women.

#### Why Vitamin A is significant?

Vitamin A is fat soluble natural vitamin present in different foods. It is necessary for normal development of vision, immune system and facilitates the physiological functioning of lungs, heart, kidneys and other organs.

The natural sources of vitamin A are meat, poultry, and fish as preformed vitamin A and pro vitamin A found in fruits, vegetables and dietary supplements.

#### Signs and Symptoms of vitamin A deficiency

- ✓ Dry skin
- ✓ Dry eyes
- ✓ Night blindness
- ✓ Infertility
- ✓ Delayed growth
- ✓ Throat and chest infection
- ✓ Poor wound healing
- ✓ Acne breakout

Vitamin A deficiency is diagnosed by serum retinol and clinical eye parameters.

#### Why vitamin A deficiency is public health issue:

Vitamin A deficiency is public health concern because it leads to global increase in prevalence of VIT A deficiency consequences such as preventable blindness, other visual impairment and night blindness in pregnant ladies.

#### Boosting your Vitamin A

Vitamin A deficiency can be managed by intake of vitamin A dietary supplements and foods rich in vitamin A. The dose depends upon age of child and women.

Vitamin A supplements can reverse the night blindness and dry eyes condition but does not heal the visual impairment.

