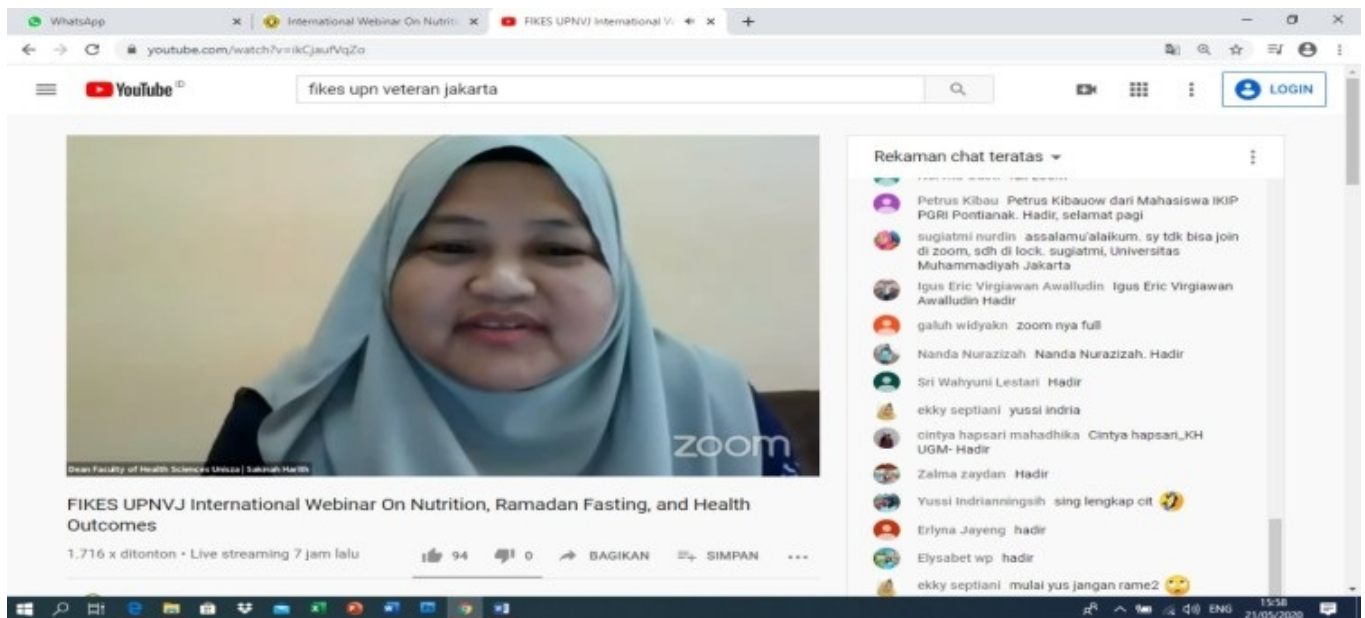


# UPNVJ FIKES Holds International Webinar "On Nutrition, Ramadhan Fasting, And Health Outcomes"

Friday, 22 May 2020 14:00 WIB



**HumasUPNVJ** - During the month of Ramadan we are required to fast for one month from sunrise to sunset. In this meta-analysis, we can find out the effect of Ramadan fasting on our weight and body composition. On this basis the Faculty of Health Sciences (FIKES) in collaboration with the Faculty of Health Sciences, Sultan Zainal Abidin University Unisza, Malaysia held an international webinar with the theme " *Effect of Ramadhan Fasting on Weight and Body Composition* " which was held on Thursday (21/05/20) .

It began with remarks by the Vice Chancellor for Student Affairs and Cooperation Dr. dr. Ria Maria Theresa, in her remarks said "thank you for maximizing learning in the midst of the current pandemic. And it has become our commitment even in the midst of this pandemic we must continue to maximize lecturer activities and other learning activities," explained Dr. dr. Ria.



He also added "the topic that will be raised in this webinar is in accordance with what is happening, we are fasting in the midst of the Covid 19 outbreak and of course we still need nutrition during fasting for health during worship. Certainly during worship we also have to know good nutrition for us by providing good and correct nutrition in our bodies, so that we can undergo fasting. On this occasion, we can find out from sources who are competent in this field. It is hoped that we can discuss with each other to get the best solution for the nutrition we need both during fasting and how to take care of our nutrition also during Eid al-Fitr which we will soon experience, hopefully the knowledge gained will not only reach here, but can also be shared with family at home so that it can be useful for the wider community," he added.

This international webinar presents several competent speakers, including Dr. Mohd Razif Bin Shahril who is a lecturer from the Nutrition Study Program, Faculty of Health Sciences, Unisza, Malaysia. The second resource person was Dian Luthfiana Sufyan, S.Gz, M.Gizi who is a lecturer in the Nutrition study program, Faculty of Health Sciences, UPN Veterans Jakarta. And the third speaker, namely Afina Rachma Sulistyaning, S.Gz, M.Sc. who is a lecturer in the Nutrition study program, Faculty of Health Sciences, Jenderal Soedirman University. This international webinar was also moderated by Nanang Nasrulloh, STP, M.Si who is a lecturer at the Nutrition Study Program, Faculty of Health Sciences UPN Veterans Jakarta.

The International Webinar, which was held from 08.30-11.30 WIB, was attended by not only students from Indonesia but also students from Malaysia with a total of 300 participants.

The first material was delivered by Dr. Mohd Razif Bin Shahril, he explained some information such as how to eat normally during fasting in Ramadan, the effects of fasting on body weight, potential changes in body weight, and also the effects of fasting in Ramadan on body composition, and changes in body fat reduction.

In the second material delivered by Dian Luthfiana Sufyan, who conveyed some information such as several things that need to be considered during fasting in the month of Ramadan, such as inflammation which is important to pay attention to because it is a defense mechanism in the body.

At the end, the speaker, Afina Rachma Sulistyaning, also conveyed some tips on fasting, such as not overeating during fasting, and it is important to control food in order to maintain our health. Afina also gave tips on how to eat in a healthy way, namely by washing hands regularly, then also maintaining eating patterns and not neglecting mealtimes. And the last is to keep hydrated. In addition, it also explains the importance of vitamins that we usually consume every day.

At the end of this International Webinar, participants can discuss directly in a question and answer session guided by a moderator for the sake of common perception between the material provider and the participants.

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