

**Report of participation of PHEA in 21st IFHE World Congress,
in Lucerne, Switzerland
From 26 - 31 July 2008.
Dr Rubina Hakeem**

IFHE is an International Non Governmental Organization (INGO), having consultative status with the United Nations (ECOSOC, FAO, UNESCO, and UNICEF) and with the Council of Europe.

The International Federation for Home Economics (IFHE) serves as a platform for international exchange within the fields of: Family, Home Economics, Food and Nutrition, Health, Consumer Issues and Education. The ultimate goal of the Federation is the improvement in the quality of everyday life for individuals, families and households through the management of their resources.

The eight Plenary Sessions at the XXI. IFHE World Congress 2008 gave international experts the opportunity to present the important challenges for Home Economists - considering a reflection of the IFHE history, consumption in the future and sustainability, globalization of food supply, generational theory and the importance of future planning and the individual and collective empowerment of home economists. Sixty concurrent sessions with about 400 oral presentations of Home Economics related themes and 100 poster presentations were held. Experts in their fields presented a diversity of innovative projects including original research and new education programmes.

My own presentation was about association of composition of home cooked foods with children's nutrition status. It highlighted the need for more detailed food composition data and more meaningful evaluation of food consumption in relation to association of food

intake with nutritional status. It was honored by a hall full of learned and enthusiastic participants including IFHE previous presidents and expert nutritionists.

This congress was very special because it also included the centennial anniversary of the International Federation for Home Economics, (IFHE). IFHE was founded in Fribourg, Switzerland, in 1908. Not far from the birthplace of IFHE, over 1000 Home Economists from 57 countries gathered to celebrate the centenary congress.

Research Abstracts:

Dr R Hakeem
Miss Farzana Asar

Articles for eBook¹s by:

Dr R Hakeem
Miss Farzana Asar

Slides for YPN² Slide show about Home Economics by:

Dr Mrs. Parveen Saeed
Miss MahLaqa Afreen,
Miss Hina Zubair,

Squares for IFHE FUND Quilt by:

Miss Mah Laqa Afreen
Miss Ghazala,
Hina Zubair,

Information for IFHE 100 year history book³ by:

Dr R Hakeem

For detail visit:

¹Ebook: <http://www.ifhe.org/62.html#c80>

²YPN: <http://www.ifhe.org/238.html>

³History book: <http://www.ifhe.org/239.html>

IFHE INTERNATIONAL QUILT

For IFHE centennial celebrations the International Federation for Home Economics Development Fund, arranged the Centennial Quilt project for contributing to funds for Centennial grants. Two quilts were assembled, as 110 squares were received from all over the world. The larger quilt, 8x10 squares/feet, was displayed high on the wall in the Lucerne Convention Center where it drew much attention. Over \$2000 worth of tickets were sold, all funds going to the IFHE-US Development Fund to support future projects. A second quilt, 5x7 squares, was assembled and presented to the International IFHE Office in Bonn to celebrate the 100th anniversary of IFHE in Switzerland.

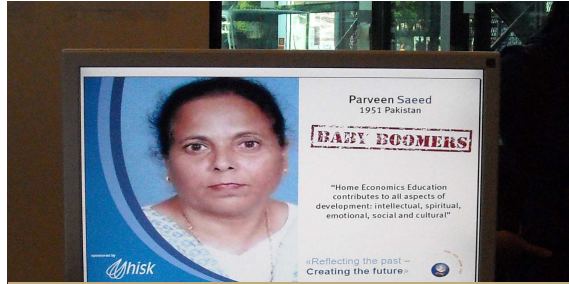


IFHE Quilt made from squares sent from all around the globe. Teachers from RLAk College of home economics Karachi contributed four squares

PICTURES from IFHE Congress 2008 GALLERY



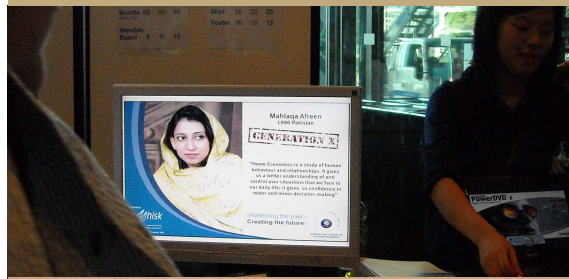
Dr R Hakeem (left) with a member of Organizing Committee (right)



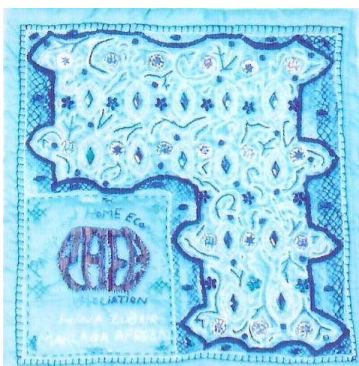
Dr. Parveen Saeed in YPN Slide Show



Miss Hina Zubair in YPN Slide Show



Miss Mahlaqa in YPN Slide Show



Squares for IFHE Development Fund Quilt from Pakistan