

**INTRODUCTORY PROFILE OF PNDS ELECTION NOMINEES 2017**

**Name:** Ms Samina Adam Umer

**Current job title:** RDN & Certified Group Fitness Instructor GFI

**Institution:** Curves Studio (owner)

**NUTRITION RELATED EXPERTISE**

	year completed	duration of study	Details that may be relevant to PNDS
Qualifications:	MSc 1992	2 years	<ul style="list-style-type: none"> <li>worked in the web committee PNDS</li> <li>Worked in the RD committee PNDS</li> <li>Registered Dietitian Exam Committee Chair since 2014</li> </ul>
Professional training (courses)	RDN American council of exercise GFI	2011 2002 2016	
CPD activities	-	-	

**CONTRIBUTIONS TO THE FIELD OF NUTRITION THROUGH ANY OF THE FOLLOWING ACTIVITIES:**

Domains	Summary of contribution	Year and duration of involvement
<b>Research</b>		
<b>Teaching</b>	<ul style="list-style-type: none"> <li>Teach and train individuals to become Group Fitness Instructors , leading structured exercise classes.</li> </ul>	2004- to date
<b>Community nutrition projects</b>		
<b>Dietary counseling</b>	<ul style="list-style-type: none"> <li>Was appointed as Nutritionist at Body Sculpture Health Club</li> </ul>	1997-2006
<b>Nutrition care of critically ill patients</b>		
<b>Community nutrition education (face to face or through electronic or print media)</b>	<ul style="list-style-type: none"> <li>Held health camps and delivered lectures on topics related to Nutrition and Diseases</li> </ul>	
<b>Food service management</b>		
<b>Quality control of dietary or nutritional products and service</b>	-	-
<b>Food/Nutrition related Policy making</b>		
<b>Food/Nutrition related legislation</b>	-	-

**POTENTIAL FOR CONTRIBUTING TO PNDS:**

Areas	Potential for contributing to PNDS
<b>Vision for further development of PNDS</b>	<ul style="list-style-type: none"> <li>To excel and be recognized like other societies nationally and internationally</li> <li>To help promote credibility and professional development of its members</li> </ul>
<b>Plans for making Contributions to PNDS:</b>	
<b>Length of association with PNDS</b>	Since 2003
<b>Previous Participation in PNDS activities</b>	<ul style="list-style-type: none"> <li>Chair Registration Committee since 2014 till date</li> <li>Co-op member of registration committee since 2012</li> <li>Volunteer for RD renewal committee 2013</li> <li>Volunteer for web committee 2010</li> </ul>
<b>Time available to work for PNDS during normal working hours (9-5, Mon-Fri.):</b>	Depending on any Activity/Program will try to manage from my work time if possible
<b>Time available to attend PNDS</b>	May or may not be able to attend due to work commitments

<b>meetings</b>	
<b>Ease in commuting for EC meetings</b>	Regular but may miss a couple of meetings because of other commitments
<b>Time available to work for PNDS during non working hours:</b>	Whenever possible
<b>Ability to communicate through email:</b>	Yes
<b>Ability to communicate through Skype</b>	Yes
<b>Ability to communicate through sms</b>	Yes