

Name: Teba Abdul Lateef

Current job title: Lecturer

Institution: Ra'ana Liaquat Ali Khan government college of Home Economics

Nutrition related Expertise

	year completed	duration of study	Details that may be relevant to PNDS
Qualifications: BS(Nutrition & Dietetics)	2011	4 years	University of Karachi
Professional training (courses) Diet Technician	2013	1 year	Aga Khan University Hospital
CPD activities			

Contributions to the field of nutrition through any of the following activities:

	Summary of contribution	Year and duration of involvement
Research	1) Conducted research through questionnaire method entitled "Association of grains intake with constipation and its relation to general health status: A cross sectional survey in women" (presented as poster) 2) Conducted a pilot study entitled "Antihyperlipidemic activity of flavonoid rich extract of <i>Vitis vinifera</i> on high-fat induced Hyperlipidemic rabbits" 3) Supervising research projects on fast food consumption	2011 2014 2017
Teaching	Teaching food and nutrition, meal management & food preservation to high school students, Given lectures of Dietetics to final	2014-to date

	year student as substitute teacher	
Community nutrition projects	Community nutrition survey in low income areas of Karachi (part of community nutrition internship)	2011
Community nutrition education (face to face or through electronic or print media)	Wrote articles on different topic as guest author on sensory nutrition, Designed android application which includes evidenced based nutrition calculators	2013 2017
Dietary counseling	Experience of dietary counseling in different wards (medicine, surgery, gynea, special care units, neuro, CCU & ICU)	2012-2013
Nutrition care of critically ill patients	Experience of giving enteral and parenteral nutrition therapy to critically ill patients.	2012-2013
Food service management	Worked as quality control analyzer (part of internship)	2011
Quality control of dietary or nutritional products	Controlling quality of different food products, application of HACCP, kitchen hygiene.	2011
Food/Nutrition related Policy making	—	—
Food/Nutrition related legislation	—	—

Potential for contributing to PNDS:

Vision for further development of PNDS	Supporting PNDS to spread the word of nutrition by means of seminars, community nutrition projects, and print media. Collaborating with other country's nutrition society to contribute in the field of nutrition.
Plans for making Contributions to PNDS:	To help PNDS to develop dietary guidelines, food exchange list, food composition tables for Pakistani community.
Length of association with PNDS	Since student life, I am member of PNDS and attending its events.
Previous Participation in PNDS activities	Attending CNEs, symposium.
Time available to work for PNDS during normal working hours (9-5, Mon-Fri.):	Yes
Time available to attend PNDS meetings	Yes
Ease in commuting for EC meetings	Yes
Time available to work for PNDS during non working hours:	–
Ability to communicate through email:	Yes
Ability to communicate through Skype	–
Ability to communicate through SMS	Yes

PNDS EC Elections 2017
Nomination Form for Candidates

I (Full Name) Teba Abdul Lateef am a regular member of PNDS and want to contest for the PNDS Executive Committee Elections to be held on in August 2017.

Membership No: L-0146-14

Signature of the Nominee: _____

To be nominated by two PNDS Regular/Life Regular Members:

We the undersigned hereby certify that we are regular members of PNDS and we nominate (Full Name): Teba Abdul Lateef to stand in the PNDS Executive Council Election 2017.

Nominated by (name) Najeeha Irfan

PNDS membership number R-0203-16

Signature _____

Seconded by (name) Iffat Naz

PNDS membership number R-0214-16

Signature _____

For office use

Nomination Accepted [] /

Nomination Rejected [] because..... _____

Signatures

Gen. Sec _____

Members Nomination committee

1. Name: _____

Signature _____

2. Name _____

Signature _____

