

PRI HANSINI CHASKAR

CONTACT DETAILS

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- Nationality : Malaysian

CAREER OBJECTIVES

- To be part of a recognised organization and continue to assist the achievement and development of the organization's accomplishment.
- To inform the masses of a novel finding.
- Develop excellent work culture within the environment
- Persevere to achieve excellence in all spheres.
- Integrate and improvise knowledge on a broader horizon

EDUCATION

Level : Doctor of Philosophy (Ph.D.)
Research Area : Neuroscience, Music as a non-pharmacological adjunct to pain management
Department : Orthopaedics Surgery / Medicine
Faculty : Medicine and Health Sciences
University : Universiti Putra Malaysia, Selangor, Malaysia
Academic year : Sept 2017 – present

Level : Master of Medical Science by Research (MMedSc)
Research Area : Physical Activity, Epidemiology, Health and Wellness
Department : Rehabilitation Medicine
Faculty : Medicine
University : University of Malaya, Kuala Lumpur, Malaysia
Academic year : Sept 2011 – Jan 2017

Level : Bachelor of Sports Science (BSpSc) (Hons)
Concentration : Exercise Physiology / Exercise Science
Faculty : Sports Science
University : University of Malaya, Kuala Lumpur, Malaysia
Academic Year : Aug 2004 – Aug 2007

Level : Internship, Physical activity in Public Health
Department : Kinesiology and Health Sciences
School : Human Sciences
College : Business, Education, and Human Development
University : Louisiana State University Shreveport (LSUS), USA
Academic Year : Jan 2005 – Oct 2005

Research & Development

Cancer Resource and Educational Centre (CaRE), Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Malaysia

Year of Employment: April 2019 – October 2019

Designation: Research Assistant for the Matching Grant Putra Project

Responsibility:

- 1) Assisted other researchers in the team to conduct an ongoing research on Quality of Life and Predictors among Students in Malaysia: A Comparative Study with Iran.
- 2) Established and fostered relationships with 11 major Malaysia's Private Higher Education Institutions throughout the country to request permission to survey the health-related quality of life and its predictors of its students through a written survey form.
- 3) Attempted to get media coverage through local TV and radio stations to air the Principal Investigator promote awareness on mental health among Malaysian undergraduates which has cascaded from stressors by various stakeholders to favor world class and talented fresh graduates leaving majority unemployed and settling for less favorable jobs.

InnoHub, Putra Science Park, Universiti Putra Malaysia

Year of Employment: Oct 2017 – September 2018

Designation: CEO for NeuroHope under the Market Validation Research Grant Scheme (INNOHUB)

Responsibility:

- 1) Established NeuroHope, which is a phytopharmaceutical startup exclusive in developing purely herbal supplements with a standardized aqueous extract from the *Andrographis Paniculata* ('Hempedu Bumi'), for general well-being.
- 2) Germinated and harvested the seeds of *Andrographis Paniculata* and supplied a local agrotech company (HERBagus) to cultivate and encapsulate the herb, which is rich in anti-inflammatory and anti-oxidative properties for neuroprotection.
- 3) Developed the prototype of NeuroHope and performed market validation to test its viability within the region's market, with the title of the project: Extract of *Andrographis Paniculata* for Cognitive Enhancement.
- 4) Worked closely with designated strategic partners in developing the product which boasts with properties for enhancing neurocognition and memory.
- 5) Attended and numerous classes, talks and discussions for startups in UPM.
- 6) Pitched and managed to secure MYR800,000 from InnoHub for this startup and represented UPM at the National Falling Walls Competition at AIMST University in Kedah.
- 7) Assisted the principal investigator and worked closely with the Marketing officer within the startup to carry and conduct research projects related including data collection via surveys and interviews.

Pharmacotherapeutics Unit, Department of Medicine, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Malaysia

Year of Employment: Apr 2017 – Sept 2017

Designation: Research Assistant

Responsibility:

- 1) Assisted the Principal Investigator/project leader and fellow researchers to carry and conduct research projects related including data collection.

- 2) Involved in managing the laboratory including assist the Head of the Unit and the assistant science officer in documentation, procurement, inventory, tidying and keeping things in order in the lab.
- 3) Proofread and edited manuscripts, posters, and most writing materials for publishing.
- 4) Assisted the Head of the Unit to execute administrative tasks from time to time.
- 5) Managed, strategic planning, and spear headed activities in the lab incorporating all researchers.
- 6) Documentation of letters, grant agreements, and assisted in filing for patent for a standard aqueous extract of *Andrographis Paniculata* to enhance cognition.

Sports Biomechanics Centre, National Sports Institute of Malaysia, Malaysia

Year of Employment: July 2008 – Sept 2011

Designation: Sports Biomechanist, High Performance Team Leader

Responsibility:

- 1) Appointed as the Team leader for Weightlifting, Swimming, Synchronized Swimming, and Diving team. Was on the Sports Science support team for weightlifting, hockey, athletics and track and field athletes for both local and international meets and competitions i.e. 2011 SEA Games, 2010 Commonwealth Games, and the 2008 Summer Olympics.
- 2) Attended regular high performance team meetings with coaches, athletes and sports science heads to discuss and track the athletes' development and competitions.
- 3) Liaised with sports professionals from various departments (physiology, psychology, nutrition, and medical) to provide and integrated approach towards the athletes' preparation towards the state, national, and international competition.
- 4) Liaised directly with the state and national sporting bodies of the sports serviced within the Institute
- 5) Performed evaluation of the athletes' performances based on videos captured during their performances at all satellite centers throughout the country.
- 6) Developed periodized programs for elite athletes for a duration of 4 years until the Olympics and as well as for development and amateur elite and professional, and junior athletes.
- 7) Presented and addressed keynote presentations at various conferences both for local and international conferences.

Department Kinesiology and Health Science, Louisiana State University, USA

Year of Employment: Jan 2005 – Oct 2005

Designation: Graduate Research Assistant

Responsibility:

- 1) Assisted the principal investigator to develop an underwater weighing, which is the gold standard to weigh body mass.
- 2) Carried out several exercise science tests on the soccer athletes (LSUS Pilots). The tests incorporated exercise physiology and nutrition and as well as strength and conditioning.
- 3) Assisted in the development of fitness and wellness programs for children and adults.
- 4) Tutored exercise physiology for first year students.
- 5) Learnt everything that is to know about the sport of weightlifting.
- 6) Collected and analyzed biomechanics data from the Pan American Weightlifting Championships
- 7) Analyzed the biomechanics of the weightlifting lifts and feedback to the athletes with the guidance of the coaches.
- 8) Assisted in writing teaching materials for tutorial classes.
- 9) Assisted in writing materials for publication in local journals and newsletters and seminars.
- 10) Assisted in administrative work at the department and any tasks befitted the course from time to time.

Willis Knighton Health System, Louisiana State University Medical Centre, USA

Year of Employment: Aug 2006 – Oct 2006

Designation: Physical Therapy student

Responsibility:

- 1) Performed 20 hours of observation under a senior licensed wound care specialist.
- 2) Leant the different types of bandages were used to dress various wounds and cuts.

Willis Knighton Orthopedics and Sports Medicine, Louisiana State University Medical Centre, USA

Year of Employment: Aug 2006 – Oct 2006

Designation: Physical Therapy student

Responsibility:

- 1) Performed 100 hours of observation under a senior licensed physical therapist.
- 2) Leant how to prescribe exercises to rehabilitate the general population to recover from their sustained injuries.
- 3) Identified the variety of exercises that was intervened and equipment that was used during the rehabilitation program.

Department of Rehabilitation Medicine, Faculty of Medicine, University of Malaya, Malaysia

Year of Employment: Aug 2015 – Oct 2015

Designation: Research Assistant

Responsibility:

- 1) Assisted the principal investigator to develop and kick off the project (PJM-KTP-CITRA Community Project) from scratch.
- 2) The KeepAble Community Project required a vast approach of skills and experience executed which entailed from applying for work space, procurement for the project, to organizing community engagement projects.

Business Development / Public Relations & Communications / Human Resource Management

Ethnologica Services (002475135-K)

Year of Employment: Jan 2017 – present

Designation: Managing Director

Responsibility:

- 1) Provide copy editing, proofreading, and translating services
- 2) Provide rapporteur services for various Government and Non-Governmental agencies
- 3) Assist the CEO in corporate profiling consultancy
- 4) Assist the CEO in providing workplace learning and development programs to various Government and Non-Governmental agencies
- 5) Provide technical white papers writing and formatting services
- 6) Provide and train emcee/moderator/anchor/host services for various programmes

PSL Ventures Sdn. Bhd.

Year of Employment: Sept 2016 – Jan 2017

Designation: Chief Communications Officer, Business Development Director

Responsibility:

- 1) Improved the company's portfolio and profile by understanding the nature of its business and strategized the execution plans accordingly whether it's a governmental or private initiative business proposal.
- 2) Leveraged the company's business and sought business opportunities both locally and internationally.
- 3) Lobbied for tender with the various governmental organizations especially the South Indian Government as well as MNCs proceeded by building rapport with clients and principals.
- 4) Performed technical presentations of various products to governmental bodies such as the Malaysian Special Branch as well as PLCs.
- 5) Executed operational and strategic planning of consultations and meetings for clients and principals.
- 6) Was responsible for overall management of strategic and operational marketing and client-relationship activities.
- 7) Coordinated and implemented business strategies into new markets.
- 8) Managed overall communications of business projects with clients and as well as internal communications within the organization.
- 9) Drafted legal documents for business projects.

Multi Triangle (M) Sdn. Bhd.

Year of Employment: Sept 2016 – Jan 2017

Designation: Human Resource Manager

Responsibility:

- 1) Designed the company's portfolio from scratch.
- 2) Recruited foreign workers from Nepal and India for the service sector as F&B employees.
- 3) Established rapport with international agents to sought manpower in outsourced countries and as well as the Malaysian Foreign Affairs department.
- 4) Data input using processing management infrastructure developed for the government.

Celebrity Fitness

Year of Employment: Jan 2008 – July 2008

Designation: Certified Level 2 Personal trainer / Fitness Instructor

Responsibility:

- 1) Developed the in-house certification program for all personal instructors.
- 2) Designed programmes for specific clients with specific injuries.
- 3) Received the Best Trainer Award for few months and appeared in the Shape magazine to pose for a specific movement to train core strength.

National Science Centre

Year of Employment: Jan 2004 – June 2004

Designation: Facilitator

Responsibility:

- 1) Assisted the Gallery manager to update the materials on display.
- 2) Lead demonstrations and explanations to visitors on exhibits.
- 3) Guided and facilitated visitors from school excursions.
- 4) Managed the gallery and props being used during the exhibitions.

Retail & Sales / Product Training & Development

Percy & Reed, Sephora

Year of Employment: Feb 2013 – Aug 2016

Designation: Retail Relationship Manager

Responsibility:

- 1) Primarily represented the brand in the country.
- 2) Conducted training to the beauty advisors (BA) and how to pitch sales to customers every week.
- 3) Performed merchandising, replenishing of SKU on the shelves, checked for expired products for every store (16 stores) in the country.
- 4) Built rapport with store managers and clients and worked closely with them by organizing events in the stores to market the brand.
- 5) Fostered good networking with the beauty writers and editors for regular write ups in the magazine to promote the brand.
- 6) Looked for opportunities to build and develop the brand in the country.
- 7) Overlooked monthly and annually sales projection according to SKU and stores.
- 8) Conducted classroom trainings for store managers, master beauty advisors, and beauty advisors in the region – Malaysia (385 BA), Jakarta (35 (BA)).
- 9) Organized meetings and press events with beauty writers and editors and clients to sample the product and market it respectively.
- 10) Reported directly to Asia Pacific Sales Manager and Global Sales Manager on a weekly basis.
- 11) Attended induction training and met with other regional managers in Singapore annually.

Nike

Year of Employment: Jan 2005 – Dec 2005

Designation: Ambassador, Sales executive, Medical Assistant

Responsibility:

- 1) Engaged road shows to promote the Nike Free 5.0 shoes during the launch of the inaugural product in Malaysia all over Klang Valley.
- 2) Attended trainings on the Nike Free 5.0 shoes and tested the durability of the shoes by understanding the in depth technology and biomechanics of the product. Report directly to the Country Sales Manager upon testing the product for 2 weeks
- 3) Promoted Nike Free 5.0 to national athletes and coaches at the National Sports Council of Malaysia in Bukit Jalil
- 4) Medical assistance for indoor futsal and football competitions organized by Nike Malaysia.

Teaching / Student Engagement

Kolej KOSASS, Universiti Putra Malaysia

Year of Employment: March 2019 – present

Designation: Fellow

- 1) Assist the Principle of the college in all administrative work.
- 2) Advise and oversee all student activities under the Academic Exco.
- 3) Guide and advice the Students Representative Council of the Academic Exco to plan, strategize and execute activities for the students throughout the year.

Faculty of Medicine and Health Sciences, Universiti Putra Malaysia

Year of Employment: Jan 2018 – Dec 2018

Designation: President of the Graduate Students' Club

Responsibility:

- 1) Spear headed all postgraduate student dialogues and activities with the faculty members.
- 2) Operational and strategic planning in executing programmes and activities for the students at the Faculty.
- 3) Organized the Postgraduate Day at the Faculty which saw booths by pharmaceutical companies, inspiring talks as well as internal competitions to foster relationships among the postgraduate students and faculty members.
- 4) Advocated arising matters pertaining to the welfare of the students to faculty members and School of Graduate Studies as well as the Student Affairs Department.

Louisiana State University, Shreveport, USA

Year of Employment: June 2006 – Oct 2006

Designation: Graduate Research Assistant

Responsibility:

- 1) Assisted lecturers to prep lecture notes, slides and handouts for classes.
- 2) Presented findings in the research classes to undergraduate students.
- 3) Assisted lecturers by conducting tutorials and providing teaching aid services.
- 4) Gave talks on sharing experiences from an Asian point of view on demographic observations.

Evangelical Christian Academy, Bossier City, USA

Year of Employment: Nov 2006 – Dec 2006

Designation: Substitute Teacher

Responsibility:

- 1) Taught English, Math, Bible Knowledge, and Social Sciences to second through sixth graders.

Tutorial Institute, Malaysia

Year of Employment: Dec 2003 – Mar 2004

Designation: Lecturer

Responsibility:

- 1) Taught Teaching English for Communication Skills to 18 years and above.

Centre for Social and Cultural Advancement of Malaysian Indians, Malaysia

Year of Employment: Jan 2002 – Dec 2002

Designation: Teacher

Responsibility:

- 1) Taught English for major examination year students (15, 17, and 18 year old).

Kampuchea National Primary School, Cambodia

Year of Employment: Sept 2009

Designation: Teacher

Responsibility:

- 1) Shared learning experiences from different countries in the world and inspire children to persevere despite their challenges to excel in life.

PUBLICATIONS

Journal

Chaskar, P.H., Loh, S.Y., Surujlal, J. (2017). Reliability and Validity of International Physical Activity Questionnaire, Bahasa Malaysia version: A Preliminary Study. *S Afr J Res Sport Ph*, 0379-9069, 39(1).

Proceedings

Chaskar, P.H., Loh, S.Y., Chinna, K., Su, T.T. & Roslani, A.C. (2013). The Cultural Validation and Psychometric Properties of the International Physical Activity Questionnaire in Bahasa Malaysia (long version). Proceedings of the *International Research Symposium on Population Health, Centre for Population Health*, University of Malaya, Kuala Lumpur, Malaysia. p53.

Joseph, S., Chaskar P.H., Johar S., Wilson, B. (2009). Back Pain and Analysis of Stationary Cycling Movements of a Cyclist Under Fatigue and Sprint (Fatigue) Status. Proceedings of the *Dynamic Facets of Physical Education and Sports Studies*, Manonmaniam Sundaranar University, Tamilnadu, India. P22.

Other Publications

Joseph, S; Chaskar P.H., Syahrul Johar, Wilson, B. (2009). Back Pain and Analysis of Stationary Cycling Movements of a Cyclist Under Fatigue and Sprint (Fatigue) Status. 2009. *ISN Bulletin*.

REVIEWER

- October 2020: Manuscripts Reviewer for the International Conference on Social Sciences (ICSS) 2020 organized by the North-West University, Faculty of Economic and Management Sciences (Republic of South Africa) and Social Research Society (Turkey), 14-15 October 2020.
- May 2017 – present: Reviewer for the South African Journal for Sports, Physical Education and Recreation (S Afr J Res Sport Ph), ISSN: 0379-9069, Q3, IF: 0.37.

AWARDS / GRANTS / SCHOLARSHIPS

- 2018: Putra Grant, UPM awarded USD 12,228.80 for Doctorate research work
- 2017: InnoHub, Putra Science Park, Universiti Putra Malaysia awarded USD 19,405.70 for market validation
- 2012: University of Malaya Fellowship Scheme awarded USD 2,248.00 for Master's research work
- 2011: National Olympic Academy (NOA) award from the Olympic Council of Malaysia (OCM)
- 2006: 2nd student in Malaysia to represent University Malaya in securing an internship abroad, International Student Award for Chess and Badminton competition at Louisiana State University, USA
- 2006: Maju Institute of Educational Development sponsored USD 1,124.00 for the attachment at Louisiana State University, USA
- 2006: University of Malaya sponsored USD 1,573.00 for the attachment program at Louisiana State University Shreveport, USA

- 2005: Malaysian Book of Records for kayaking the longest straits in the world (902 km)
- 2004: Dean's List for Academic Excellence with a CGP of 3.76 during the second semester 2003/04.
- 2003: University of Malaya awarded "half colours" for rowing and nominated for 2005 SEA Games

WORKSHOPS / SEMINARS / CONFERENCES

- 2020: Sports Medicine & Sports Science Conference (Virtual Edition), 4-5 November 2020
- 2020: 4th National Pain Free Conference & 7th MASP Biennial Scientific Meeting- The Many Facets of Pain: Forging Ahead with Multidisciplinary Approach (Virtual Conference), 23-24 September 2020
- 2017: Malaysia-ANU-UM Research & Joint-PhD Programs
- 2016: Indonesia-Percy and Reed UK – Sephora Beauty Advisors Training in Jakarta
- 2014: Malaysia-1st MASUM International Conference by Malaysian University Sports Council
- 2013: Malaysia-International Research Symposium on Population Health by University of Malaya
- 2011: Malaysia-Questionnaire Validation, Early Phase Cancer Clinical Trials, "Why Great Research Fails or Succeeds" Seminars
- 2010: China-Performed biomechanics analysis on national weightlifters undergoing military-style training to qualify for Olympics at the ASEAN Championships at the training center in Haikou, Hainan.
- 2009: India-Sports management and biomechanics workshop for the MPhil students at the Lakshmi Bai National College of Physical Education (LNCPE) in Kerala (conducted the workshop over 3 days)
- 2009: India-Biomechanics related to sports injuries workshop for the physiotherapy students at the Department of Physiotherapy, Manipal University (conducted the workshop over 2 days)
- 2007: USA-Trajectory analysis of the bar lifts during the Pan American Weightlifting Championships at Louisiana State University, Shreveport (conducted workshops over 6 months)
- 2005: Malaysia-Asia Pacific International Students' Leadership Workshop

COURSES

- 2018: Good Clinical Practice (GCP) certified by Clinical Research Centre, Malaysian Ministry of Health
- 2012: Health and wellness courses for corporate and government agencies (TNB and UNITEN) over a year
- 2011: National Institute of Public Administration: Research Methodology
- 2011: National Institute of Public Administration: Logical Framework Approach (LFA)
- 2009: United States Sports Academy (USSA): Sports Psychology, Sports Biomechanics, Exercise Physiology
- 2006: Women Graduates Association Malaysia: "From Campus to Corporate World"
- 2005: Malaysian Sports Association for Cerebral Palsy: National Boccia Referee Refresher Course

TALKS AND CONFERENCES

Invited / Voluntary

- 2018: Invited to give a talk on *Sharing Experience as a Postgraduate Candidate* during the Introduction and Orientation Programme at the Community Health Department on the 7th of September 2018 at BMU, FMHS
- 2018: Represented UPM at the Falling Walls Lab on the 18th of August 2018 at AIMST University.
- 2018: Emceed and organised the Music and Wellbeing Festival 2018 conference, 11-12 March 2018 at the Islamic Information Centre, Kuching organised by MSMM
- 2018: Emceed and organised the 3-Minute Thesis Competition on the 8th of February 2018 at BMU, FMHS
- 2017: Malaysia: Emceed at the 5th AHLA International Conference Day on the 14th of November 2017 organized by the University of Malaya.
- 2017: Emceed the Postgraduate Day 2017 on the 7th of November 2017 at FMHS organised by the Graduate Students' Club 2016/17.
- 2017: Malaysia-Emceed and organized the Continuing Medical Education (CME) talk by the department at Universiti Putra Malaysia
- 2009: India-Keynote presenter: *Preliminary Study of Biomechanical Information on the National Weightlifting Team*, International Conference on Honing Managerial Skills in Sports organized by the Manonmaniam Sundaranar University, Kanyakumari
- 2009: India-*Applying Biomechanics Analysis to Enhance Performances in Sports*, Sports Management Conference organized by the Lakshmibai National College of Physical Education, Kerala
- 2009: India-*Importance of Biomechanics in Diagnosing and Treating Injuries Related to Sports*, Manipal University, Karnataka
- 2009-2011: Malaysia-Inclusion of Biomechanics in Coaching for Weightlifting, National Sports Institute and Satellite Centers (Kota Kinabalu, Kelantan, Terengganu, Penang, Perak)
- 2008: Malaysia-Challenges, Opportunities and Knowledge Transfer of Studying Abroad organized by the Sports Centre, University of Malaya.
- 2017: Presented talks to undergraduates at the Sports Science Centre of University of Malaya on experiences studying abroad and frontiers of research in exercise physiology and kinesiology in sports science and allied health.
- 2006: USA-Sharing Experiences from Observation of a Malaysian Persuasion organized by the School of Health Sciences, LSUS

Conferences

- 2019: Oral presenter: MSMM-UPM Music Heals 2019: From Tradition to Medical Innovation Conference organized by the Malaysian Society for Music in Medicine (MSMM), 5-6 July 2019 at UPM
- 2013: Poster presenter: Cultural Validation and Psychometric Properties of the IPAQ in Bahasa Malaysia (long version), International Research Symposium On Population Health, Faculty of Medicine, UM
- 2009: Poster presenter: Preliminary Study of Biomechanical Information on the National Weightlifting Team, 8th International Sports Science and 4th Asia Pacific Exercise and Sports Science Conference
- 2004: Poster presenter: Nutritional Status amongst Junior National Rugby Athletes, 19th Science Conference of the Nutrition Society of Malaysia and 3rd ISN Sports Medicine Conference

PROFESSIONAL MEMBERSHIPS

Current and Past Affiliations

- Current: Malaysian Primary Care Research Group (MPCRG) – Lifetime membership
- Current: Malaysian Society of Neurosciences (MSN) – Associate membership
- Current: Malaysian Society for Music in Medicine (MSMM) – Lifetime membership
- Current: Malaysian Association for Cancer Research (MACR) – Lifetime membership
- Current: University of Malaya Alumni (PAUM) – Lifetime membership
- Current: Graduate Students' Club (GSC) of the Faculty of Medicine and Health Sciences
- Current: University of Malaya Rowing Team (UMAVIRON)
- Current: Malaysian Conservation Alliance for Tigers (MYCAT)
- Current: Malaysian Association of Sports Medicine (MASM)
- Past: Malaysian Association for Sports and Exercise Sciences (MASES)
- Past: Alpha Lambda Delta, Louisiana State University
- Past: International Weightlifting Federation (IWF)
- Past: Malaysian Weightlifting Federation (MWF)
- Past: Malaysian Paralympic Council
- Past: MERCY Malaysia
- Past: Malaysian Nature Society (MNS)
- Past: Universal Peace Federation of Malaysia (UPF) and Global Peace Foundation (GPF)
- Past: PROSTAR (The Healthy Programme without AIDS for Youth)

SOCIAL ENTREPRENEURSHIP

- 2018: Food distribution at Central Market, Kuala Lumpur
- 2017: Outreach program for UPSR preparation at the Carey Island (South) Tamil Primary School
- 2016: Outreach program for Diwali at the Vallavar Home and Carey Island (South) Tamil Primary School: Love SOS collaborated with Malaysian Hindu Sangam
- 2015: Founded Listen, Outreach, Value, and Empower Single Mothers, Orphans, and Senior Citizens (Love SOS), a non-profit organization
- 2015: Adopted Carey Island (South) Tamil Primary School
- 2014: Vice president to Saluting Her Endeavour (SHE), a non-profit organization
- 2013 – present: KeepAble Cancer Community Centre committee member
- 2004: Volunteered at the Spastic's Children Association of Selangor and Federal Territory

MISCELLANEOUS

Positions Held

- March 2021: Rapporteured for UNDP: Gender Retreat
- 2021 – Present: Residential College KOSASS Official Website English Editor, Kolej KOSASS, UPM
- 2020 – Deputy Chair for the Essay Writing Committee organized by the Malaysian Association Cancer Research (MACR) in conjunction with World Cancer Day 2021
- 2020: Emcee for the CME session on Sound, Neurofeedback in Alzheimer's, Dementia organized by the Neurology Department, Faculty of Medicine and Health Sciences, UPM
- 2019 – International Scientific Committee for the 10th International Conference on Social Sciences (ICSS), organized by the Social Sciences Research Society (Turkey) & Faculty of Economic and Management Sciences, North-West University (South Africa), 3-5 September 2019.
- 2019 – Present: Fellow (Advising Fellow for the Academic Secretariat) at Kolej Kedua (now KOSASS), Universiti Putra Malaysia
- 2019 – 2020: Former President to the Graduates Student's Club (GSC) for the Faculty of Medicine and Health Sciences, Universiti Putra Malaysia
- Aug 2019: Rapporteured for UNDP: Gender Mainstreaming Towards Gender Equality Workshop for the Malaysian Ministry of Women, Family and Community Development
- 2019: Secretary for the MSMM-UPM Music Heals 2019: From Tradition to Medical Innovation Conference organized by the Malaysian Society for Music in Medicine, 5-6 July 2019 at UPM
- 2018 – Present: International Board Member of World Startup Festival (WSF)
- 2018: Secretary cum Floor Manager for the International Conference on Drug Discovery and Translational Medicine 2018 (ICDDTM '18) organized by the Malaysian Association for Cancer Research (MACR), 3-5 December 2018 at The Everly Putrajaya
- 2018 – Secretary cum Emcee: Music and Wellbeing Festival organized by the Malaysian Society for Music in Medicine (MSMM), 11-12 March 2018 in Kuching, Sarawak
- 2018 – 2019: President of the Graduates Student's Club (GSC) for the Faculty of Medicine and Health Sciences, Universiti Putra Malaysia
- 2017-present: Honorary Secretary for the Malaysian Society for Music in Medicine (MSMM) Reg. No. PPM-006-10-03042013
- 2017-present: Marketing Exco of the Malaysian Association for Cancer Research (MACR) Reg. No. PPM-005-10-18102017
- 2016-present: Founder and President of Listen, Outreach, Value, and Empower Single Mothers, Orphans, and Senior Citizens (Love SOS) Reg. No. PPM-034-10-31052016
- 2015 – 2016: Vice President of Saluting Her Endeavour (SHE) Reg. No. PPM-018-10-01082013
- 2011 – 2012: Assistant Secretary for the VO₂ Organization of Malaysia
- Aug 2011: Rapporteured for the Malaysian Ministry of Youth and Sports: Sport Industry Conference.
- 2009: Kazakhstan-Performed biomechanics analysis on national weightlifters during Asian Championships at Taldykorgan, Almaty.
- 2008 – 2011: Team Leader for High Performance Team (HPT) for Weightlifting and Aquatics at the National Sports Institute of Malaysia
- 2005 – 2006: Deputy Director for the University of Malaya Convocation Expo
- 2004 – 2005: Captain for the Fifth Residential College Hockey team

- 2004 – 2005: Public Relations Bureau for the Students Representative Council of University of Malaya, Head of Sports Bureau for the Fifth Residential College, News Editor & Reader at the English News Bulletin Club

Sports & Recreation

- 2019: Cancerobics Instructor in conjunction with World Cancer Day at the UPM Teaching Hospital
- 2018: 10 km Mind Run & Carnival by the Malaysian Mental Health Association (MMHA)
- 2016: Ten-Ringgit Rowing Championships
- 2010: Le Tour De Langkawi (sports scientist support team), Western Australia Swimming Association (sports scientist support team), Represented the Ministry of Youth and Sports in Chess
- 2006: Louisiana State University Shreveport (LSUS): Chess (Runners Up), Mixed Badminton (Runners Up)
- 2005: Mini Rowing Expedition at Putrajaya lake, Mount Kinabalu-Kiulu River Expedition, white water rafting (Rapid III), Penang Indocafe e-Row Champions, Kayak Expedition of the Longest Channel in the World – The Straits of Malacca~964 km (Malaysian Book of Records Challenge)
- 2003 – 2006: University of Malaya: Athletics (MASUM), Rowing (MASUM), Kayak (SUKMUM), Hockey (SUKMUM), Swimming (SUKMUM), Netball, Floorball, Futsal, Explorace, Malaysia Universities Duathlon Series (MUDS) by MALAKOFF (Podium Finish)
- 2001: KL Run by Klang Rotary Club

Arts & Culture

- 2021: Global Ramayana Encyclopedia Committee – representing the Malaysian research team
- 2019: Fellow advisor for the 9th Inter-College English Drama Fiesta 2019 at the Experimental Theatre, Universiti Putra Malaysia
- 2017: Painting of the KeepAble Cancer Community Centre, Batik canting at the KeepAble Cancer Community Centre with curators from the *Muzium Seni Asia* of University of Malaya
- 2015: Sitar camp by Maestro Samuel J. Dass, SWARA Community Arts Centre
- 2012-'14: Sitar recital at the Thyagaraja Tansen Music Festival, Temple of Fine Arts
- 2001: Mural painting at the General Hospital of Klang