



DR FARRAH SHAFEERA @ ANN BINTI IBRAHIM

Department of Basic Sciences (Physiology)

Faculty of Health Sciences

University technology MARA, Puncak Alam Campus

42300 Puncak Alam, Selangor Darul Ehsan

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A. EDUCATION

- | | |
|------|--|
| 2019 | Doctoral of Philosophy (Physiology)
Monash University Australia |
| 2011 | Master in Medical Science Physiology
Universiti Kebangsaan Malaysia |
| 200 | Bachelor of Science (Hons) Biohealth
University of Malaya |
| 2002 | Matriculation
Pusat Asasi Sains
University of Malaya |
| 2000 | Sekolah Tun Fatimah |

B. PROFESSIONAL QUALIFICATION

Certified Hypnotist (CH)
The Indonesian Board of Hypnotherapy
28 Jun 2018

Certified Dining Skills Consultant
Academy of Communication Etiquette and Protocol
May 2018

Certified Professional Image Consultant
Training Cube International
Akademi Perunding Imej
January 2014

Best Presenter
Train the Trainer Final Assessment
Certified Professional Image Consultant Course
Training Cube International
Akademi Perunding Imej Profesional, Kuala Lumpur

C. RESEARCH GRANTS

	Research Project	Total Funds	Begin Year	End Year
1	ANTIDIABETIC ACTIVITY OF MARIPOSA CHRISTIA VESPERTILIONIS (MCV) IN STREPTOZOTOPIN-INDUCED EXPERIMENTAL DIABETES	RM 51, 200 FRGS – RACER Principal Investigator	2019	2021 (Ongoing)
2	PSYCHOMETRIC EVALUATION AND CROSS-CULTURAL DIFFERENCES OF FOOD INSECURITY SCALE IN UNDERPRIVILEGED RURAL COMMUNITIES	RM 70,000 FRGS Co-Investigator	2019	2022 (Ongoing)
3	OXIDATIVE STRESS AND LIPIDOMIC BIOMARKER OF HEXADECANOICACID, METHYL ESTER OF <i>GYNURA SEGETUM</i> (G.S)	RM 80,000 (RAGS) Principal Investigator	2013	2015 (Completed)
4	ANALYSIS AND ANTIOXIDANT CAPACITY OF <i>PIPER SARMENTOSUM</i> AND <i>AVERRHOA BILIMBI</i>	RM 7,000 (Excellence Funds) Principal Investigator	2011	2012 (Completed)

D. PUBLICATIONS IN JOURNAL

Farrah Shafeera Ibrahim, Iekhsan Othman, Rakesh Naidu, Anuar Zaini (2019). Proteomic Analysis of Two-Dimensional Gel Electrophoresis in human plasma prediabetes. *Diabetes & Metabolism Journal*. Vol 43 Suppl 1 OP2-9

F. S. Ibrahim, I. Othman, R. Naidu & A. Z. M. Zain (2018) Comparative proteomics analysis of diabetic nephropathy and diabetic type 2 patients. *Journal of Diabetes Investigation* Vol. 9 Suppl. 1 , PP-195

Ismail, M. A. H., Bahari, E. A., **Ibrahim, F. S.**, Dasiman, R., & Amom, Z. (2016). Effects of gynura procumbens extract on liver function test of hypercholesterolemia induced rabbits. *Jurnal Teknologi*, 78(6-7), 49-54. <https://doi.org/10.11113/jt.v78.9083>

Ismail, M.A.H., Bahari, E. A., **Ibrahim, F.S.** & Dasiman, Razif & Amom, Zulkhairi. (2016). Effects of Gynura procumbens LEaves Aqueous Extract on Serum Lipid Profiles and Histological Analysis of New Zealand White Rabbits Induced with High Cholesterol Diets. *International Journal of Pharmacy and Pharmaceutical Sciences* 8(2)90

Nursakinah I¹, Zulkhairi HA², Norhafizah M³, Hasnah B¹, Zamree MS⁴, **Farrah SI**², Razif D², Hamzah FH². 2013. Nutritional content and *in vitro* antioxidant potential of *Garcinia atroviridis* leaves and fruits. *Mal. J. Nutr. In press*.

Mohd Iktifar MR, Ebby Anuar B, Afiqah S, Kamalruazaman D, Razif D, **Farrah Shafeera I** and Zulkahiri A. (2013). Antioxidant, Total Phenolic Content and Total Flavonoid Content in Various Parts of *Croton Caudatus*. *Asia-Pacific Journal of Molecular Biology and Biotechnology*, 21 (3).

Ebby Anuar B Mohd Iktifar MR, Afiqah S, Kamalruazaman D, Razif D, **Farrah Shafeera I** and Zulkahiri A. (2013). "Sperm Analysis of Rats treated with Aqueous Extracts of *Croton caudatus*" *Asia-Pacific Journal of Molecular Biology and Biotechnology*, 21 (3).

Kamalruazaman D Mohd Iktifar MR, Ebby Anuar B, Afiqah S, , Razif D, **Farrah Shafeera I** and Zulkahiri A. (2013). Hepatotoxic, Nephrotoxic and Anti-infertility Activities of Aqueous Extracts of *Croton caudatus* leave in male rat model. *Asia-Pacific Journal of Molecular Biology and Biotechnology*, 21 (3).

Z. Amom, M.K.N. Hasan, M.T.H. Baharudin, K.K. Abdul Kadir, Z. M Shah, I. S. Kamarazaman, N. Haron, **F.S. Ibrahim**, H.F. Hassan, R. Mohd Ali. 2012. Assessment of antioxidative properties of aqueous leaf extract of *Anacardium occidentale* L. on human umbilical vein endothelial cells. *Res. J. Med. Plant*. DOI: 10.3923/rjmp.2012.

E. PUBLICATIONS IN PROCEEDING OF CONFERENCES/SEMINARS

Farrah Shafeera Ibrahim, Anis Nabilah Abdul Rashid, Fatin Nadzirah Zakaria, Khairul Anuar Md Isa, Naleena Devi Muniandy. Assessing fasting plasma glucose and body mass index on prediabetes adults: A systematic review on aerobic exercise. 17th Asia-Oceania Congress of Endocrine and the 8th Seoul International Congress of Endocrinology and Metabolism (AOCE-SICEM 2020). Seoul, Korea (2020) 29-30 October

Farrah Shafeera Ibrahim, Iekhsan Othman, Rakesh Naidu, Anuar Zaini. Proteomic Analysis of Two-Dimensional Gel Electrophoresis in human plasma prediabetes. International Congress Diabetes and Metabolism 2019. (ICDM 2019). Seoul, Korea (2019) 10-12 October

Farrah Shafeera Ibrahim, Iekhsan Othman, Rakesh Naidu, Anuar Zaini. Comparative proteomics analysis amongst type 2 diabetic patients with and without nephropathy. 12th IDF-WPR Congress & 10th AASD Scientific Meeting. Kuala Lumpur Convention Centre, Kuala Lumpur (2018) 22-25 November

Mohd Dzulhilmy A., Nik Norazhar Z., Siti Nuraisyah M.A., **Farrah Shafeera Ibrahim**., Razif Dasiman., Zulkhairi Amom., Ebby Anuar., Mohd Azrul hisham. Assessment of Antioxidant Activities and Proximate Analysis of *Croton caudatus* Geiseler Leaves. Pharmacology & physiology International Scientific Congress.PWTC Kuala Lumpur, Malaysia (2014) 22-24 August

Ainul H.Z., Mardhiyah H.B.K., Wan R.W.R., Abang I.A.B., **Farrah S.I.** MH370: The adequacy of the Malaysian Civil Aviation Act 1969. International Conference on Law, Policy and Socil Justice (ICLAPS 2014), Kedah, Malaysia (2014)10-11 September

Farrah Shafeera Ibrahim, Azizah Othman, Siti Nor Saodah MOHD Arshad, Zulkhairi Amom. "Chemical Analysis of Antioxidant Capacity of *Piper sarmentosum* and *Averrhoa bilimbi* Botanical Beverages" International Conference on Medical & Health Sciences (ICMHS) Renaissance Hotel Kota Bharu, Kelantan, Malaysia

Farrah Shafeera Ibrahim and Zaiton Zakaria. 'Piper Sarmentosum changes the lipid profile status and lipid peroxidation level in experimental hypercholesterolemic rabbits'. 3rd International Conference on Science and Technology: Application in Industry and Technology (2010)16-17 Dec, Penang , Malaysia ISBN 978-983-42204-4-0

Farrah Shafeera Ibrahim and Zaiton Zakaria 'Effect of *Piper sarmentosum* on antioxidant enzymes and malondialdehyde in hypercholesterolemic rabbit' 5th Malaysia Indonesia Brunei Medical Sciences Conference 2009. Faculty of Medicine, Universitas Sumatera, Jakarta Indonesia. (2009) 23-25 July.

Farrah Shafeera Ibrahim and Zaiton Zakaria 'Lipid peroxidation of hypercholesterolemic rabbits supplemented with *Piper sarmentosum*' 7th COSTAM/SFRR (Asia/Malaysia) International Workshop 2009, Meritus Pelangi Beach Resort & Spa Langkawi, Malaysia. (2009) 9-12 July

Farrah Shafeera Ibrahim and Zaiton Zakaria. 'Antioxidant status in hypercholesterolemic rabbits supplemented with *Piper sarmentosum*'. Malaysian Pharmacology and Physiology Society (MSPP) 23rd Scientific Meeting. Hotel Grand Season, Kuala Lumpur, Malaysia (2009) 12-13 May

F. PUBLICATIONS IN BOOKS

Ahmad Hafizi Ahmar, Norazmir Md Nor and **Farrah Shafeera Ibrahim** (2019). Development of Herbal Tea Using Daun Rerama (*Christia Vespertillonis*), Kaduk (*Piper Sarmentosum*) and Stevia (*Stevia Rebaudiana*) ISSN Health Scope. Faculty of Health Sciences, UiTM

G. INNOVATION AND INVENTION

GOLD MEDAL

NATIONAL E-CONTENT DEVELOPMENT COMPETITION 2020 (E-CONDEV 2020)

"Persona Lab: Professional Image & Etiquette

Farrah Shafeera Ibrahim

11-20 October 2020

BRONZE MEDAL

NATIONAL E-CONTENT DEVELOPMENT COMPETITION 2020 (E-CONDEV 2020)

"Cardiovascular System : Learning Kit"

Farrah Shafeera Ibrahim et al

11-20 October 2020

SILVER MEDAL

INVENTION, INNOVATION & DESIGN EXPOSITION (**IIDEX**) 2020

"Brainy Bites A Nutritious Pocket Sized Cookie that Promotes Preschoolers Brain Development.

Naleena Devi Muniandy, **Farrah Shafeera Ibrahim**, Emmy Hainida Khairul Ikhrum, Siti Sabariah, Haidar Hanani Haris

2020

GOLD MEDAL

INVENTION, INNOVATION & DESIGN EXPOSITION (**IIDEX**) 2019

"3D Osteosarcoma Culture Kit"

Aisha Mohd Din **Farrah Shafeera Ibrahim**, Norita, Gabrielle Ruth Anisah Froemming, Salina

10-15 September 2019

**PENCALONAN PERINGKAT AKHIR
ANUGERAH INOVASI NEGERI SELANGOR TAHUN 2019**

“Vlinder Tea”

Farrah Shafeera Ibrahim, Zulkhairi Amom, Ainul Hafiza Zainudin, Norazmir Md Nor,
Muhammad Daniel Azlan Mahadzir

10-13 Oktober 2019

GOLD MEDAL

INVENTION, INNOVATION & DESIGN EXPOSITION (IIDEX) 2018

“Vlinder Tea”

Farrah Shafeera Ibrahim, Zulkhairi Amom, Ainul Hafiza Zainudin, Norazmir Md Nor,
Muhammad Daniel Azlan Mahadzir

24 - 28 September 2018

GOLD MEDAL

INTERNATIONAL, INNOVATION & DESIGN COMPETITION & CONFERENCE(ICON2014)

“Scrumptious Lactogenic Cookies: A Milk Booster”

Farrah Shafeera Ibrahim, Nina Katerina Hashim, Fatin Nadzirah, Ainul Hafiza & Kartini Illias

16 September 2014

GOLD MEDAL

INTERNATIONAL, INNOVATION & DESIGN COMPETITION & CONFERENCE(ICON2014)

‘Royal Herbal Tea ‘

Farrah Shafeera Ibrahim, Zulkhairi Amom, Ainul Hafiza Zainudin & Azrul Hisham

16 September 2014

BEST INVENTION AWARD

INTERNATIONAL, INNOVATION & DESIGN COMPETITION & CONFERENCE(ICON2014)

“Scrumptious Lactogenic Cookies: A Milk Booster”

Farrah Shafeera Ibrahim, Nina Katerina Hashim, Fatin Nadzirah, Ainul Hafiza & Kartini Illias

16 September 2014

SILVER MEDAL

INTERNATIONAL INNOVATION DESIGN AND ARTICULATION (I-IDEA 2013)

“Sparkling Bee Star”

Farrah Shafeera Ibrahim, Zulkhairi Amom, Razif Dasiman, Ainul Hafiza & Azizah Othman

28-30 May 2013

BRONZE MEDAL

INVENTION , INNOVATION & DESIGN COMPETITION (IID JOHOR 2013)

“e-mMCHART”

Kartini Ilias, **Farrah Shafeera Ibrahim**, Siti sabariah bukhari, Mohamed Nadzri Mohd Yusoff &
Karen Jennifer Golden

19 September 2013

BRONZE MEDAL

INVENTION, INNOVATION & DESIGN UITM JOHOR 2012 (IID JOHOR 2012)

Invention of Bee Star: *Piper sarmentosum* and *Averrhoa bilimbi* beverage

Farrah Shafeera Ibrahim, Azizah Othman, Zulkhairi Amom, Nadiatul Syima & Naleena Devi
A/P Muniandy

13 September 2012

H. PATENT / COPYRIGHT

Brainy Bites
National Level
Reference number : CR001591

Vlinder Tea
National Level
Reference number : LY 2018004375

I. ACADEMIC AWARDS AND OTHER RECOGNITIONS

TRAVEL GRANT AWARD (USD 1000)
ON OUTSTANDING ABSTRACT SUBMISSION FROM KOREAN DIABETES ASSOCIATION
INTERNATIONAL CONGRESS OF DIABETES AND METABOLISM 2019

GERAN MEMBENTANG KERTAS KERJA (RM 3356.04)
INSTITUT KEPIMPINAN DAN PEMBANGUNAN
Internasional Congress Diabetes and Metabolism 2019
Grand Hilton Seoul, Seoul, Korea
10-12 October 2019

1st RUNNER UP
3 MINUTE THESIS COMPETITION 2017
Jeffrey Cheah School of Medicine
Monash University

BEST INVENTION AWARD (PROJECT LEADER)
INTERNATIONAL, INNOVATION & DESIGN COMPETITION & CONFERENCE(ICON2014)
"Scrumptious Lactogenic Cookies: A Milk Booster"
16 September 2014

BEST PRESENTER
Train The Trainer Final Assessment
Certified Professional Image Consultant Course
Training Cube International
Akademi Perunding Imej Profesional, Kuala Lumpur
25 January 2014

ANUGERAH PEKERJA CEMERLANG UiTM 2013
Universiti Teknologi MARA

J. STUDENT SUPERVISIONS

POSTGRADUATE SUPERVISION

Serum levels inflammatory markers in pre-diabetic and diabetic rats treated with Mariposa
Christia Vespertilionis leaves extracts and separation of anti-inflammatory components
Fatma Saghir 2020214724 (Main Supervisor- PhD Ongoing)

Antidiabetic Activity of Mariposa Christia Vespertilionis, in Streptozotocin-Induced Experimental Diabetes
Nazihah binti Anuar (2020334927) (Main Supervisor- Master Ongoing)

Oxidative stress and the enzymatic antioxidant effect of Gynura procumbens leaves on hypercholesterolemic induced rabbit
Azrul Hisham (Co Supervisor- Master Completed)

BACHELOR SUPERVISION

Bachelor 2020 (Ongoing)

Knowledge, attitude, practice and their associated factors towards diabetes mellitus in UiTM Puncak Alam
Nurul Amirah binti Hamzan 2018437716 (Main Supervisor)

Knowledge, attitude and belief toward traditional herb medicine used among diabetic in Malaysia
Siti Solehah binti Nor Rizan 2018485122 (Main Supervisor)

Knowledge and awareness of UiTM Puncak Alam students regarding metabolic syndrome
Zafira binti Rosli 2017603638 (Main Supervisor)

Effectiveness of aerobic exercise in preventing pregnant women at risk of gestational diabetes mellitus
Norfaz Nadzirah Binti Ahmad Fazli 2018288792 (Main Supervisor)

A Systematic Review. Effect of Combining Aerobic and Resistance Training Towards Obese Adults Populations
Nur Fatin Huda Binti Mohd Bakif 2017662144 (Main Supervisor)

A systematic review, effect of aerobic training towards adults with Type 2 diabetes mellitus
Nur Ashila bt Mohd Alawi 2017807418 (Main Supervisor)

A Systematic Review: Phytochemistry Profile, Nutrient Value, and Pharmacological properties
Mirrah Nisa Binti Azhar 2017610312 (Co Supervisor)

Bachelor 2019 (Ongoing)

Depression, Anxiety, Stress and Satisfaction in Daily Occupation among Caregiver of Elderly Patient with Diabetic
Stanley anak Lintau 2016410038 (Main Supervisor)

Diabetes Knowledge and Quality of Life (QOL) among Caregiver of Elderly Diabetic Patients
Nur Syafiqah binti Mohd Salleh 2017603768 (Main Supervisor)

Bachelor 2019 (Completed)

The effectiveness of aerobic exercise on body mass index and fasting plasma glucose among adults with prediabetes : A systematic Review
Anis Nabilah Abdul Rashid 2016251112 (Main Supervisor)

Acceptance and Quality Determination of Herbal Tea (Christia vespertilionis, Piper sarmentosum & Stevia rebaudiana) Using Sensory Evaluation
Ahmad Hafizi Bin Ahmar 2015854238 (Co Supervisor)

Effectiveness of awareness program on lifestyle changes among prediabetes in Asia
Nur Fatin Amani Binti Aili 2016251108 (Co Supervisor)

Bachelor 2013 – 2014 (Completed)

The enzymatic antioxidant effect of *Croton caudatus* leaves on hypercholesterolemic animal model

Nik Norazhar Zulkepli (Main Supervisor)

Malondialdehyde and liver function marker of *Croton caudatus* leaves on hypercholesterolemic animal model

Mohd Dzulhilmy Aziz (Main Supervisor)

Lipid profile and atherosclerotic index of *Croton caudatus* leaves on hypercholesterolemic animal model

Annur Asyiah (Main Supervisor)

Bachelor 2012 - 2013 (Completed)

Liver function marker and lipid peroxidation of hypercholesterolemic rats supplemented with *Piper sarmentosum* and *Averrhoa bilimbi*

Saidatul Akmal Amir (Main Supervisor)

Effects of *Piper sarmentosum* and *Averrhoa bilimbi* beverage on enzymatic antioxidant in hypercholesterolemic rats

Nurul Syahida Abdul Rahman (Main Supervisor)

Lipid lowering effect of *Piper sarmentosum* and *Averrhoa bilimbi* botanical beverage in hypercholesterolemic rats

Nurul Jannah Samsudin (Main Supervisor)

K. CONSULTATION

Persona Enhancement Programme : Professional Image & Etiquette
2020

DNA Color Clinic
9 January 2020

DNA Color Clinic
14 February 2020

Advanced Speak To Influence (STI) – Professional Image and Etiquette
TEKUN NASIONAL, Menara TEKUN Kuala Lumpur
13 April 2019

Personal Image Consultation
TEKUN NASIONAL, Menara TEKUN Kuala Lumpur
14 April 2019

Professional Image and Etiquette
Kursus Pengacaraan Rancangan Bual Bicara Radio IKIM untuk Institut Kefahaman Islam Malaysia (IKIM),
Institut Kefahaman Islam Malaysia (IKIM)
2 October 2019 /Rabu

Creating Successful Entrepreneurs – The Arts of Charisma in Business
Vitaltel Kuala Lumpur
27 Ogos 2018

Power Up Your Professional Image
TEKUN Nasional
Menara TEKUN
Kuala Lumpur
13 Oktober 2018

Dress How You Want to Be Address: Professional Image
Institut Penyiaran dan Penerangan Tun Abdul Razak (IPPTAR)
Kuala Lumpur
30 Oktober – 1 November 2018

L. EXPERTISE / TALK / SEMINAR

Mentor
Global Mentoring Walk
6 March 2021

Imej Profesional Untuk Tampil Kredibel
Siri Pemantapan OKU Selangor
12 Jan 2021

Power Up Your Professional Image
Speak To Influence
4-6 September 2020

Article Reviewer
Malaysia Applied Biology Journal (MABJ)
2020

Fine Dining Premium Coaching
Oakwood Hotel
Kuala Lumpur
27 December 2019

Dining Etiquette and Professionalism
Tekun Nasional
8 December 2019

DNA Color Clinic
7 December 2019

Jury
International Innovation Invention Creation Exhibition (IICE 2019)
Universiti Teknologi MARA Selangor
11 July 2019

Accessor Panel
Poster Presentation
Centre of Occupational Therapy
Faculty of Health Sciences
Universiti Teknologi MARA Selangor
27 June 2019

Accessor Panel
Poster Presentation
Centre of Physiotherapy
Faculty of Health Sciences
Universiti Teknologi MARA Selangor
7 May 2019

Panel Penilai
Program Student Assessment Centre bagi Program Penajaan Pelajar Perubatan ke Universiti
Perdana
Jabatan Perkhidmatan Awam (JPA)
23 July 2019

Speaker
Power Up Your Professional Image
Annem Leadership Solution Sdn. Bhd.
27 September 2019

Speaker
Kemahiran Insaniah – Finishing School
Diploma dan Sarjana Muda Mac 2019 – July 2019
6 July 2019

Fasilitator
Modul Pembangunan Kerjaya 1&2
Kemahiran Insaniah – Finishing School
Diploma dan Sarjana Muda Mac 2019 – July 2019
6 July 2019

Speaker
Advanced Speak to Influence – ‘Power-up your professional image’
Hotel Everly, Putrajaya
31 Mac 2018

Speaker
Program Advanced Speak to Influence (Zon Borneo) – ‘Professional Image and Etiquette’
Hotel Tabung Haji, Kota Kinabalu, Sabah
6-8 April 2018

Speaker
Program Communicate and Connect - ‘Professional Image and Etiquette’
Puspanita TEKUN Nasional
Ibupejabat TEKUN Nasional
Kuala Lumpur
27 April 2018

Speaker
The Arts of Charisma in Business
National Edutainment Communication & Sales Seminar (NECS)
Malaysia Agro Exposition Park Serdang (MAEPS)
Serdang, Selangor
9 Disember 2018

Speaker
Temubual Segmen Usrah Nurani
Institut Kefahaman Islam Malaysia IKIMfm
Studio 1 IKIMfm, Kuala Lumpur
10 Ogos 2018

Speaker
Power up your professional image
Advanced Now Everyone Can Speak
Sea View Hotel, Langkawi
6-8 May 2016

Speaker
Dress for success

Student Leaders
Fakulti Sains Kesihatan
Kem Rimba Tamu, Selangor
11 April 2016

Speaker
Power up your professional Image
Mesyuarat pakar-pakar kesihatan awam Malaysia
Kementerian Kesihatan Malaysia
Hotel Royale, Kuala Lumpur
25 Mac 2016

Speaker
Power up your professional image
Advanced Now Everyone Can Speak
Sea View Hotel, Langkawi
21 Jan 2016

Speaker
Seminar Public Speaking Now Everyone Can Speak
'Stand & Deliver With Impact'
Power Image & Personality as A Speaker'
Dewan Matrade, Kuala Lumpur
13 December 2014

Speaker
Jom Bijak Bicara 'Perkasa Penampilan, Bicara Berkesan'
Institut Latihan Kecermelangan Mara Penang
Emerald Puteri Hotel, Kedah
2-4 September 2015

Speaker
Professional Image Presence
Institut Veterinar Malaysia
Kluang, Johor
17 August 2015

Speaker
Professional Image Packaging
Bengkel Pra Latihan Industri Pusat Pengajian Sains dan Teknologi Makanan
Universiti Malaysia Terengganu
Terengganu
1 June 2015

Speaker
Professional Image Packaging
Bengkel Pra Latihan Industri Pusat Pengajian Sains Asas
Universiti Malaysia Terengganu
9 May 2015

Speaker
Advance Power Image & Personality As A Speaker
Dewan Siti Khadijah
Bangi, Selangor
28-1 Mac 2015

Speaker
Seminar Public Speaking Now Everyone Can Speak

'Stand & Deliver With Impact'
Power Image & Personality as A Speaker'
Dewan Matrade, Kuala Lumpur
13 December 2014

Speaker
Seminar Public Speaking & Pengacaraan Majlis
Brain Physiology & Belief System
Institut Sains Sosial, Kuala Lumpur
22 Disember 2013

Individual Personal Image Consulting - throughout the year

Professional Presence Consulting – throughout the year

DNA Color Clinic – throughout the year

M. ADMINISTRATIVE DUTIES AND OTHER RELEVANT APPOINTMENTS

2021	Organizing Committee Member 34 th Scientific Meeting 2021 of Malaysian Society of Pharmacology & Physiology
2021	Chairperson Majlis Anugerah Kualiti Fakulti Sains Kesihatan 2020
Oct 2018- Sept 2020	Corporate Coordinator Faculty of Health Sciences
2019 – to date	Head of Anatomy & Physiology Unit Department of Basic Sciences Faculty of Health Sciences
2019	Penulis Teks Ucapan Penganugerahan Istiadat Konvokesyen UiTM Ke-91
2019	Committee members International Innovation, Invention and Creation Exhibition (IICE 2019) Universiti Teknologi MARA Selangor 7 November 2019
2018	Committee members Hari Kualiti 2018/2019 Faculty of Health Sciences
2018	Committee members Jawatankuasa Integriti Faculty of Health Sciences
13 Sept 2018	Deputy Program Pemantapan Integriti Dalam Perkhidmatan dan Menghindari Rasuah di Kalangan Penjawat Awam
28 Aug 2018	Committee members Empowering Inclusive Society for The Autism Universiti Teknologi MARA Selangor

2017	Committee members Hari Kualiti 2017/2018 Faculty of Health Sciences
Feb 2013-Feb 2015	Coordinator Centre for Graduate Studies Faculty of Health Sciences
Jan 2012-Dec 2014	Secretary Research Interest Group (RIG) Natural Product & Phytomedicine Biotechnology Faculty of Health Sciences
2014	Vanguard Researcher
2014	Committee members University Graduate Employability Taskforce (UGET) Faculty of Health Sciences
2014	Committee members Website Faculty of Health Sciences
2014	Committee members International Congress of Obesity 2014 Pre Congress Satellite Meeting Physical Activity and Exercise Across The Lifespan Prince Hotel and Residence, Kuala Lumpur
26-28 Jun 2013	Committee members Strategic Planning Workshop Faculty of Health Sciences
2013	Committee members MyRA Faculty of Health Sciences
2013	Committee members Website Faculty of Health Sciences
2012	Secretary Journal Club, Faculty of Health Sciences
2011	Coordinator Basic Sciences Faculty of Health Sciences
May 2011- May 2012	Committee members Timetable, Faculty of Health Sciences
2011- 2013	Resource Person Anatomy and Physiology ANP403
2011- 2013	Resource Person Anatomy And Physiology ANP110
2010 – to date	Facilitator Kursus Kemahiran Insaniah

N. EXTENSION AND OTHER PUBLIC SERVICES

2021	Mentor for Global Mentoring Walk 2021
2020	Digital Health Malaysia (DHM) Diabetes Educators Society Malaysia CSR Project
2020	Strategic Partner for Superbmommy Project (Group Facebook) by MommyHana Creative Sdn Bhd
30 September 2019	Emcee of Ceremony Majlis Konvokesyen Pertanian Kali ke 9 Kementerian Pertanian dan Industri Asas Tani
3 September 2018	Malam bersama Alumni Minggu Haluansiswa Kolej Raja Dr Nazrin Shah Sesi 2018/2019 Universiti Malaya
22 December 2013	Speaker (Brain Physiology & Belief System) Seminar Public Speaking & Pengacaraan Majlis Institut Sains Sosial, Kuala Lumpur
3 Julai 2012	Emcee of Ceremony Opening ceremony Enhancing Optometry Primary Eye Care Service Through Innovative Teaching & Outreach Programme Faculty of Health Sciences, UiTM VIP : Dato Seri Khalid Nordin
29 Mac 2012	Speaker Skuad Mentor Sihat Sekolah Sekolah Kebangsaan Sg. Sireh, Tg Karang, Selangor
2 April 2013	Emcee of Ceremony Opening Ceremony Program SAAG (Success As A Graduate) Faculty of Health Sciences, UiTM
3 April 2013	Emcee of Ceremony Closing Ceremony Program SAAG (Success As A Graduate) Faculty of Health Sciences, UiTM Faculty of Health Sciences, UiTM
11 December 2011	Speaker Seminar Bijak Sifir Apartment Orchid, Taman Puchong Prima Puchong, Selangor
24 February 2011	Emcee of Ceremony, Closing Ceremony 1st Regional Health Sciences Conference Shah Alam Convention Centre, Selangor
29 Mac 2011	Emcee of Ceremony, Majlis Penganugerahan Darjat Silat Kalam Malaysia peringkat PIKUM

The Summit USJ, Selangor
 VIP : YBhg Datuk Abdul Rahim Hassan
 Presiden Persatuan Ikatan Kalam Utama Malaysia PIKUM

- 3 April 2011 Emcee of Ceremony,
 Majlis Penganugerahan Darjat Silat Kalam Malaysia peringkat
 Malaysia
 Dewan Merdeka, Pusat Dagangan Dunia Putra PWTC
 VIP: YB Datuk Seri Noh Omar ,
 Menteri Pertanian dan Industri Asas Tani Malaysia
- 22 April 2011 Emcee of Ceremony
 Majlis Perasmian Program Perhimpunan Petani Penternak dan
 Nelayan Kebangsaan
 Tapak Ekspo Pertanian Malaysia Serdang (MAEPS)
 VIP: YAB Datuk Sri Najib Tun Haji Abdul Razak,
 Perdana Menteri Malaysia

O. CURRENT PROFESSIONAL MEMBERSHIP

Pendidik Diabetes Malaysia (Life Member)
 Persatuan Pendidik Diabetes Malaysia

Malaysian National Product Society (Member)

P. TEACHING

No	Responsibilities	Year	Subject/Course/Administrative
1.	Teaching Anatomy and Physiology for the Diploma and Degree programs in FSK: - Nursing - Medical Imaging - Physiotherapy - Occupational Therapy - Medical Lab Technology - Environmental Health - Optometry - Nutrition and Dietetics	2009-now Every semester	Diploma - ANP110 Anatomy and Physiology I - ANP120 Anatomy and Physiology II - BHS107 Anatomy and Physiology Degree - BHS 403 Anatomy and Physiology - BHS405 Anatomy and Physiology I - BHS410 Anatomy and Physiology II - BHS407 Anatomy and Physiology - BHS570