



### **Biodata – Assoc Prof Dr Mahenderan Appukutty, FNSM**

Assoc Prof Dr Mahenderan Appukutty was the Head, Centre of Postgraduate Studies from 2014 to 2019, at the Faculty of Sports Science & Recreation, Universiti Teknologi MARA, Shah Alam and started his academy journey in 2001. He has completed his sabbatical leave research on sports and proteomic at Jeffrey Cheah School of Medicine and Health Sciences, Monash University Malaysia. He holds a PhD in Nutritional Sciences focusing on nutrition, immunity and exercise performance from Universiti Kebangsaan Malaysia, his Master of Sports Science from Universiti Sains Malaysia and Bachelor of Science (Hons) in Nutrition and Community Health from Universiti Putra Malaysia. He is the Vice President of Nutrition Society of Malaysia (NSM) and conferred as Fellow of NSM (FNSM). He also serves as Council Member of Malaysian Association for the Study of Obesity (MASO), Vice President of Malaysian Association of Sports Medicine (MASM), Vice President of Malaysian Society of Body Composition (MSBC). He also serves as Specialist Representative for Exercise Physiology/Sports Medicine for World Obesity (WO) Federation. His research interests and focus are on functional food, health and exercise science.

He chairs the Malaysian Vegetarian Dietary Guidelines and also contributed as writer for the Malaysian Dietary Guidelines. He has published scientific articles in local and international referred journals, newspaper and magazine. He also presented papers at international and local conferences and seminars in nutrition, health and exercise science. Dr Mahenderan currently serves as the Malaysian Journal of Nutrition as Associate Editor, Editorial Board Members for International Journal of Therapies and Rehabilitation Research and International Journal of Physical Education, Sports and Health. He collaborates with government and private agencies for many community nutrition promotion and research projects. He has contributed towards capacity building of Nutritionists in the region (Southeast Asia Nutrition Leadership Program, SEAMEO-RECFON, Indonesia and also serve as Chairperson of Malaysian Nutrition Leadership Program (MyNLP) and South East Asia Public Health Nutrition Leadership Programme (SEAPHN LP).