



Biodata – Dr Mahenderan Appukutty

Dr Mahenderan Appukutty is currently the Head, Centre of Postgraduate Studies and Senior Lecturer at the Faculty of Sports Science & Recreation, Universiti Teknologi MARA, Shah Alam and working since 2001. 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 also Asst Hon Secretary of the Nutrition Society of Malaysia (NSM). He also serves as Council Member of Malaysian Association for the Study of Obesity (MASO, Hon Treasurer for Malaysian Association of Sports Medicine (MASM), Hon Secretary for Confederation of Scientific & Technological Associations in Malaysia (COSTAM). He also serves as Specialist Representative for Exercise Physiology/Sports Medicine for World Obesity (WO) formerly known as International Association for the Study of Obesity (IASO). His research interests and focus are on functional food, health and exercise science.

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 Editorial Board Members for Malaysian Journal of Sports Science & Recreation, 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.