

## CURRICULUM VITAE

### Dr. Naresh Bhaskar Raj

#### Senior Lecturer

Fakulti Sains Kesihatan, Kampus Gong Badak, Universiti Sultan Zainal Abidin, Terengganu Darul Iman.

### Personal Information

**Email :** bnaresh@unisza.edu.my  
**Gender :** Male  
**D.O.B :** 12 February 1977  
**Age :** 44  
**Race :** Indian  
**Religion :** Hindu  
**Current Scheme:** DS51  
**Started in UniSZA:** 16 March 2014  
**Qualification :** Ph.D of Exercise and Sports Science, *Universiti Sains Malaysia*, 2017.  
Master of Physiotherapy in Orthopedics, *Medical College, India*, 2006.  
Degree of Physiotherapy, *Medical College, India*, 1998.  
**H-Index :** [Scopus: 2][Google Scholar: 2]

### Area of Research

• Musculoskeletal Physiotherapy • Sports injury • Sports rehabilitation • Sports science •  
Veterinary Physiotherapy • Biomechanics • Ergonomics Physical Therapy

### Work Experience

March 2014 to till date - Universiti Sultan Zainal Abidin, Malaysia

Job title: Head of School/Lecturer

August 2008- February 2014 (5 years and seven months) Masterskill Global College, Malaysia

Job title: Lecturer cum Clinical Instructor

December 2003- August 2008 (4 years and eight months) Madras Race club, India

Job title: Physiotherapist

March 2000- May 2004 (4 years and two months) SKM Hospital, India

Job title: Senior Physiotherapist

July 2001- May 2004 (3 years and 10 months) Ananda Physiotherapy Centre, India

Job title: Physiotherapist

July 2001- August 2008 (8 years and 1 month) Easwari Nursing Home, India

Job title: Physiotherapist

October 1998- February 2000 (1 years and 4 months) Lakshmi Institute of Paramedical Sciences, India

Job title: Lecturer

### **Administrative Responsibility**

1. Ketua Pusat Pengajian (sains Rehabilitasi ), Fakulti Sains Kesihatan, 16 Feb 2015 - 15 Feb 2017.
2. Ketua Pusat Pengajian (sains Rehabilitasi ), Fakulti Sains Kesihatan, 16 Feb 2017 - 15 Feb 2018.
3. Ketua Pusat Pengajian (sains Rehabilitasi), Fakulti Sains Kesihatan, 16 Feb 2018 - 15 Feb 2019.
4. Ketua Pusat Pengajian (sains Rehabilitasi), Fakulti Sains Kesihatan, 16 Feb 2019 - 15 Feb 2020.
5. Ketua Pusat Pengajian (ketua Pusat Pengajian Sains Rehabilitasi), Fakulti Sains Kesihatan, 16 Feb 2020 - 15 Feb 2022.

### **Teaching**

1. RSP30607 - Clinical Practice I, SEM I 2020/2021,
2. RSP30707 - Clinical Practice II, SEM I 2020/2021,
3. RSP30807 - Clinical Practice III, SEM I 2020/2021,
4. RSP30907 - Clinical Practice IV, SEM I 2020/2021,
5. RSP10702 - Physiology II, SEM II 2018/2019,
6. RSP21502 - Evidence Based Practice, SEM II 2018/2019,
7. NDN20202 - Fitness and Health, SEM I 2018/2019,
8. RSP10202 - Physiology I, SEM I 2018/2019,
9. RSP11102 - Basic Pathology, SEM I 2017/2018,
10. RSP10103 - Anatomy I, SEM I 2016/2017,
11. HJS1103 - Musculoskeletal Physiotherapy II, SEM II 2015/2016,
12. HAS1013 - Anatomy I, SEM I 2015/2016,
13. HAS1042 - Physiology II, SEM II 2014/2015,
14. HAS1022 - Physiology I, SEM I 2014/2015,

## Training

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1. Bengkel Cybergogy, 03 May 2018 - 03 May 2018, UniSZA

## Publication

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### *Journal Article*

1. Glycaemic Index, Palatability and Acceptability of Energy Drinks Prepared with  $\beta$ -Glucan and Whey Protein (2020), Food Research, pp. 421-430, ISSN: 2550-2166 [*Indexed by: Scopus - Co-author*]
2. Exercise Programmes for Reducing The Risk of Falls in Elderly: a Review (2020), Research Journal of Pharmacy and Technology, pp. 2961-2968, ISSN: 0974-3618 [*Indexed by: Scopus - Main Author*]
3. Risk Factors Associated with Piriformis Syndrome: a Systematic Review (2020), Science, Engineering and Health Studies, pp. 215-233, ISSN: 2630-0087 [*Indexed by: Scopus - Main Author*]
4. Weight Reducing Interventions for Overweight and Obese Employees (2020), European Journal of Molecular & Clinical Medicine, pp. 835-844, ISSN: 2515-8260 [*Indexed by: Scopus - Main Author*]
5. Assessment of Teaching Ability Among University Level Health Science Teachers: Pilot Study (2020), Indian Journal of Public Health Research and Development, pp. 757-759, ISSN: 0976-0245 [*Indexed by: Other Index - Main Author*]
6. Unravelling The Effects of Soluble Dietary Fibre Supplementation on Energy Intake and Perceived Satiety in Healthy Adults: Evidence from Systematic Review and Meta-Analysis of Randomised-Controlled Trials (2019), Foods, pp. 1-22, ISSN: 2304-8158 [*Indexed by: ISI/Q2 - Co-author*]
7. Does Proprioception of Knee Improve After Various Forms of Training in Osteoarthritis of Knee? (2019), Research Journal of Pharmacy and Technology, pp. 4379-4386, ISSN: 0974-3618 [*Indexed by: Scopus - Main Author*]
8. Relationship Between Sports Participation and Academic Performance Among Medical Students of Universiti Sultan Zainal Abidin (2018), Research Journal of Pharmacy and Technology, pp. 3737-3742, ISSN: 0974-3618 [*Indexed by: Scopus - Co-author*]
9. Impact of Isokinetic Training on Pain in Patients' with Knee Osteoarthritis-A Meta-Analysis (2018), Research Journal of Pharmacy and Technology, pp. 3402-3410, ISSN: 0974-3618 [*Indexed by: Scopus - Main Author*]
10. Exercise Interventions to Reduce The Level of Hba1c for Efficient and Effective Management of Type 2 Diabetes Mellitus:a Systematic Review and Meta Analysis (2018), International Journal of Life Science and Pharma Research, pp. 29-45, ISSN: 2250-0480 [*Indexed by: Other Index - Main Author*]
11. Effects of Conventional Physiotherapy Inreduction of Pain in Female Osteoarthritis Patients:a Systematic Review and Meta-Analysis (2018), International Journal of Life Science and Pharma Research, pp. 14-28, ISSN: 2250-0480 [*Indexed by: Other Index - Main Author*]
12. Meta-Analytic Critical Review on Effects of Conventional Physiotherapy in Muscle Strength

- (2018), International Journal of Life Science and Pharma Research, pp. 46-56, ISSN: 2250-0480 [*Indexed by: Other Index - Main Author*]
13. Differential Impacts of Isokinetic Training on Proprioceptive Active Repositioning Errors Committed by Osteoarthritis Patients (2018), International Journal of Life Science and Pharma Research, pp. 72-84, ISSN: 2250-0480 [*Indexed by: Other Index - Main Author*]
  14. Differential Efficacy of Isokinetic Training and Conventional Physiotherapeutic Exercise Intervention on Perceived Discomfort and Pain in Osteoarthritis Patients (2018), International Journal of Life Science and Pharma Research, pp. 96-109, ISSN: 2250-0480 [*Indexed by: Other Index - Main Author*]
  15. Beneficial Impacts of Psychobiological Conditioning Observed on Movement Coordination in Athletes (2018), International Journal of Life Science and Pharma Research, pp. 141-151, ISSN: 2250-0480 [*Indexed by: Other Index - Main Author*]
  16. A Multivariate Analysis of Cardiopulmonary Parameters in Archery Performance (2018), Human Movement, pp. 35-41, ISSN: 0167-9457 [*Indexed by: Other Index - Co-author*]
  17. Effect of Isokinetic Training on Quadriceps Muscle Strength in Osteoarthritis of Knee (2018), Research Journal of Pharmacy and Technology, pp. 20-21, ISSN: 0974-3618 [*Indexed by: Other Index - Main Author*]
  18. Quadriceps Muscle Activity During Exercise (2017), Research Journal of Pharmacy and Technology, pp. 1827-1831, ISSN: 0974-3618 [*Indexed by: Scopus - Main Author*]
  19. Strengthening Exercises of The Thigh Muscles- a Review (2017), Research Journal of Pharmacy and Technology, pp. 0974-3618, ISSN: 1827-1830 [*Indexed by: Scopus - Main Author*]
  20. Effect of Combined Brain and Back Muscle Stimulations on Level of Physical Disability Among Chronic Low Back Pain Patients (2017), Research Journal of Pharmacy and Technology, pp. 1827-1831, ISSN: 0974-3618 [*Indexed by: Scopus - Main Author*]
  21. Effect of Aerobic Exercise in Improving The Quality of Life in Polycystic Ovarian Disease (2017), Research Journal of Pharmacy and Technology, pp. 1788-1790, ISSN: 09743618 [*Indexed by: Scopus - Co-author*]
  22. Exploring Predictors of Physical Dysfunction Associated with Proprioception in Malaysian Elderly Individuals Suffering from Osteoarthritis of Knee (2017), International Medical Journal, pp. 260-263, ISSN: 13412051 [*Indexed by: Scopus - Main Author*]
  23. Treadmill-Based Locomotor Training with Leg Weights in People with Chronic Stroke (2017), Research J. Pharm. and Tech., pp. 1485-90, ISSN: 0974-3618 [*Indexed by: Scopus - Co-author*]
  24. Surface Electromyographic Analysis of The Common Strengthening Exercises for The Vastus Medialis and Vastus Lateralis Muscles. (2017), Research Journal of Pharmacy and Technology, pp. 10-11, ISSN: 0974-3618 [*Indexed by: Other Index - Co-author*]
  25. Effectiveness of Electromyography Biofeedback in Common Knee Disorders-A Review (2015), International Journal of Pharma and Bio Sciences, pp. 645-660, ISSN: 09756299 [*Indexed by: Scopus - Main Author*]
  26. Differential Rehabilitative Approaches to Osteo Arthritis of Knee - a Case Report (2015), International Journal of Pharma and Bio Sciences, pp. 609-612, ISSN: 09756299 [*Indexed by: Scopus - Main Author*]
  27. Altered Reaction Ability as a Function of Enhancement in Cortical Activation (2014), Research Journal of Recent Sciences, pp. 130-136, ISSN: 2277-2502 [*Indexed by: Other Index - Co-author*]
  28. Effectiveness of The Abbreviated Progressive Muscle Relaxation Intervention on Problems of Motor Coordination in Soccer Players (2014), Research Journal of Recent Science, pp. 122-129, ISSN: 2277-2502 [*Indexed by: Other Index - Co-author*]



29. Proprioception and Exercises in Individuals Suffering from Osteoarthritis of Knee Joint: a Meta Analytic Review (2014), Journal of Physical Activity, Sports & Exercise, pp. 1-6, ISSN: 2289-5817 [*Indexed by: Other Index - Main Author*]

## **Book**

1. Physiotherapy for Osteoarthritis of Knee-A Clinical Research (2018), ARUNAI PUBLICATIONS PRIVATE LIMITED, ISBN: 9788193281192 - **Main Author**
2. Isokinetic Training for Osteoarthritis of Knee-A Clinical Research (2018), ARUNAI PUBLICATIONS PRIVATE LIMITED, ISBN: 9788193281185 - **Main Author**

## **Conference Proceedings**

1. A Novel Diabetes Prevention Intervention Using a Mobile App Among Overweight Adults:preliminary Findings (2019), Maso Conference on Obesity 2019, Istana Hotel, Kuala Lumpur - **Co-author**
2. Does Proprioception of Knee Improve After Various Forms of Training in Osteoarthritis of Knee? (2019), 2nd International Conference on Fostering Interdisciplinary Research in Health Sciences (icfirhs) 2019, Aimst,kedah - **Main Author**
3. Effect of Isokinetic Training on Quadriceps Muscle Strength in Osteoarthritis of Knee (2017), International Community Health Conference 2017, Unisza - **Main Author**
4. Predictors of Pain, Physical Dysfunction and Its Relationship to Proprioception in Osteoarthritis of Knee” (2014), International Science Congress Association 1st International Virtual Congress (ivc-2014), Www.isca.net.co- India - **Main Author**

## **Research Grant**

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### **Principal Investigator**

1. Effect of Pelvic Floor Muscle Training with Biofeedback on Stress Urinary Incontinence in Malaysia Females, Geran Dalaman Universiti, University (2018), **Grant Value: RM18,000**
2. A 12-Week Multimodal Balance Enhancing Programme Improves Balance and Stability for Older Adults., Geran Dalaman Universiti, University (2017), **Grant Value: RM20,000**
3. Comparison of Electromyographic Activities in The Quadriceps and Hamstring Muscles During Common Strengthening Exercises, Geran Dalaman Universiti, University (2015), **Grant Value: RM20,000**

### **Co-Researcher**

1. Design and Testing of a Functional Bedside Cycle Ergometer as a Rehabilitation Instrument for Immobile Hospitalized Patient, Geran Dalaman Universiti, University (2020), Grant Value: **RM20,000**
2. Effects of Energy Bar Prepared with Whey Protein and Beta Glucan on Muscle Protein Synthesis Via Activation of Mammalian Target of Rapamycin Complex 1 (mtorc1) Genes,

- Geran Dalam Universiti, University (2017), Grant Value: **RM60,000**
3. Effect of Diaphragm-Pelvic Parallel Breathing Exercise on Pulmonary Function in Competitive Male Athletes, Geran Dalam Universiti, University (2016), Grant Value: **RM20,000**
  4. Effects of Close Kinetic Chain Exercise (ckce) and Open Kinetic Chain Exercise (ocke) on Muscles Strength and Proprioception in Healthy Adults, Geran Dalam Universiti, University (2014), Grant Value: **RM20,000**

## Postgraduate Student

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### Main Supervision

1. [PhD ] Hazliza Binti Razali, Malaysia, - **Ongoing**
2. [MASTER] Alzeer Abdallah Mohammad Abdel Hameed, Jordan, - **Ongoing**
3. [MASTER] Ashqar Majdeddin M I, Palestin , - **Ongoing**
4. [MASTER] Yousef Bara Mohammad Al Haj Abedrabo, Jordan, - **Ongoing**
5. [MASTER] Nur Yanti Hariana Binti Othman, Malaysia, - **Ongoing**
6. [PhD ] Vijayamurugan Eswaramoorthi, India, - **Completed**

### Co Supervision

1. [MASTER] Lee Wei Jian, Malaysia, - **Ongoing**
2. [MASTER] Muhammad Abdulkareem Umar, Nigeria, - **Completed**
3. [MASTER] Nadeem Muhammad Ilyas, Pakistan, - **Completed**

## Awards

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1. Silver Medal Mpi 2021 (2021), Mydipp, Mpi 2021 - **Member**
2. Gold Medal Mpi 2021 (2021), Custom Disability Living Aids, Mpi 2021 - **Member**
3. Silver Medal Mpi 2020 (2020), A Novel Diabetes Prevention Intervention Using a Mobile App Among Overweight Adults, Minggu Penyelidikan Inovasi 2020 - **Member**
4. Significant Contribution to Physiotherapy Profession (2020), Physiotherapy Profession, Saveetha College of Physiotherapy, Chennai, India - **Leader**
5. Silver Medal Mpi 2020 (2020), Bedside Cycle Ergometer, Minggu Penyelidikan dan Inovasi 2020 - **Member**
6. Best Oral Presentation (2020), 2nd International Conference on Fostering Interdisciplinary Research in Health Sciences (icfirhs) 2019 a, 2nd International Conference on Fostering Interdisciplinary Research in Health Sciences (icfirhs) 2019, Aimst - **Leader**
7. Third Place (2020), Smart Porter, Kik Kumpulan Inovatif dan Kreatif - **Leader**
8. Sijil Perkhidmatan Cemerlang 2018 (2019), Sijil Perkhidmatan Cemerlang, Majlis Anugerah Kecemerlangan Staf Unisza - **Leader**
9. Innovation in Teaching and Learning Award (2019), Usage of Smartphone Applications as an Adjunct in Physiotherapy Education, Imu Learning Resources Festival 2019 - **Leader**

10. Research Book Award Ria 2019 (2019), Research Book Award Ria 2019, Unisza - **Leader**

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## Professional Membership

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1. Member, Member - Malaysian Physiotherapy Association, 2020-2021
2. Recognition/fellowship/stewardship, Adjunct Professor - Saveetha College of Physiotherapy, 2020-2020
3. Member, Member of Iscp, 2018-2019
4. Speaker/trainer, Speaker for Mps Basic Wound Management and Physiotherapy for Pain Relief 2017, 2017-2017
5. Member, The Indian Association of Physiotherapy (member of World Confederation of Physical Therapy), 2000-2016

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## Academic Ecosystem

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1. Expert/pakar Rujuk, Pakar Rujuk dan Pereka Motobed, Misz Home Physiotherapy, 2020-2021
2. Reviewer, Reviewer - Journal of Pharmaceutical Research International, 2021-2021
3. Participant, Participant - Program Bantuan Bingkisan Ukhwah by Lajina Motors Sdn. Bhd. (1101215x), 2021-2021
4. Advisor, External Moderator for School of Physiotherapy at Faculty of Allied Health Professions / Aimst University, 2018-2021
5. Reviewer, Reviewer - Journal of Applied Life Sciences International, 2020-2020
6. Reviewer, Reviewer - Malaysian Journal of Medicine & Health Sciences, 2020-2020
7. Reviewer, Reviewer - American Journal of Orthopedic Research, 2020-2020
8. Reviewer, Reviewer - Malaysian Journal of Public Health Medicine, 2020-2020
9. Reviewer, Reviewer - Asian Journal of Orthopaedic Research 2020, 2020-2020
10. Speaker/trainer, Facilitator Program Ikatan Ukhwah Bersama Warga Emas, 2020-2020
11. Speaker/trainer, Penceramah Program Boisterous Challenge, Sm Sains Sultan Mahmud, 2020-2020
12. Judge/jury/evaluator, Panel Penemuduga Pengambilan Pegawai Belia & Sukan, Msnt, 2020-2020
13. Participant, Peserta Program Kempen Bersih Pantai Peringkat Daerah Kuala Nerus, 2020-2020
14. Expert/pakar Rujuk, Khidmat Kepakaran - Projek Komuniti "health Awareness & Intervention Project", Laguna Redang Island Resort, 2019-2019
15. Advisor, Penasihat Ajk Physio Day 2019, Smk Kompleks Gong Badak, 2019-2019
16. Committee, Ajk Program Health Promotion 2019, 2019-2019
17. Speaker/trainer, Speaker - Writing Effective Exam Question, 2019-2019
18. Examiner, Examiner for Ph.D Thesis (kannan) / Saveetha Institute of Medical and Technical Science, 2019-2019
19. Editor, Editorial Board of International Journal of Pharma and Bio Sciences, 2018-2018
20. Advisor, Penasihat Program Fsk Run 2018, 2018-2018

21. Others, Trainee at Ayuspathy Research Centre and Healthcare Training Institute, India, 2018-2018
22. Advisor, Penasihat Aik Physio Day 2018, 2018-2018
23. Speaker/trainer, Fasilitator Program Rehabilitasi Bersama Warga Emas, 2018-2018
24. Judge/jury/evaluator, Panel Penemuduga Fisioterapi Untuk Majlis Sukan Negeri Terengganu, 2018-2018
25. Committee, Ahli Jawatankuasa Pemeriksa Fakulti Sains Kesihatan 2016/2017, 2016-2017
26. Examiner, External Examiner for Ph.D Thesis in Saveetha University, 2017-2017
27. Leader/chairman, Pengurus Pasukan Sukan Peringkat Kebangsaan (nabsse) 2016 Fakulti Sains Kesihatan, 2016-2016
28. Guest Speaker, Penceramah Jemputan, 2016-2016

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