

## CURRICULUM VITAE



### **Prof. Dr. Vidya Bhagat** **Professor**

Fakulti Perubatan, Kampus Perubatan, Universiti Sultan Zainal Abidin,  
Terengganu Darul Iman.

#### **Personal Information**

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<b>Email :</b>	vidyabhagat@unisza.edu.my
<b>Gender :</b>	Female
<b>D.O.B :</b>	18 May 1961
<b>Age :</b>	59
<b>Race :</b>	Indian
<b>Religion :</b>	Hindu
<b>Current Scheme:</b>	VK07
<b>Started in UniSZA:</b>	25 May 2014
<b>Qualification :</b>	Ph.D in Medical Psychiatry, <i>Bangalore University, India, 2006.</i>  Master in Psychology (applied Clinical Psyh), <i>Bombay University, Bombay, India, 1992.</i>  Bachelor in Psychology, <i>Bangalore University, India, 1990.</i>
<b>H-Index :</b>	[Scopus: 0][Google Scholar: 0]

#### **Area of Research**

CHILD AND ADOLESCENT BEHAVIOURAL ISSUES EMOTIONAL ISSUES IN CHILDREN AND ADOLESCENT

#### **Work Experience**

25-5-2014 till date – Professor at University Sultan Zainal Abidin Kuala Terengganu Malaysia

(Faculty of psychological medicine)

1-09-2010 to 10-05-2014 Deputy Director Student Affairs USM KLE International Medical Programme, Nehru Nagar, Stadium road Belgaum 590010 India

Associate Professor – Department of Behavioural Science and Behavioural Medicine Coordinator of Professional Personality Development Programme (PPDP) Lecture classes for department psychological medicine, Bio ethics/Community Medicine, conducting PBLs.

July 2000 to August 2010 - Clinical psychologist and Assistant professor in department of psychiatry at the K.S.Hegde medical academy and charitable hospital, department of psychiatry, Deralakatte, Mangalore, India.

5-10-2006 to 4-10-2007 - Lecturer at Al Arab University of Medical Sciences, Department of Psychiatry, Benghazi, Libya

June 1992 to June 2000 - Assistant Professor at the Dr. M. V. Shetty Group of Colleges and Hospital, Mangalore, India

## Teaching

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1. DBB10803 - Psychology & Behavioral Science, SEM II 2019/2020,
2. NDN10302 - Developmental Psychology, SEM I 2018/2019,

## Training

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## Conferences Attended

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1. International Conference on Science, Social Science and Economics (IC3SE) Kota Kinabalu , Malaysia 3rd - 4th July, 2018, Hotel Flamingo By The Lake, MALAYSIA (03 Jul 2018 - 04 Jul 2018)

## Publication

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### ***Journal Article***

1. Review Study-Gene Influence on Hazardous Criminal Behaviors (2020), Research Journal of Pharmacy and Technology, pp. 1499-1502, ISSN: 09743618 [*Indexed by: Scopus - Main Author*]
2. A Brief Review on Slow Breathing Practices and Their Association with Psychophysiological

- Effects and Behavioral Outcome (2020), Research J. Pharm. and Tech., pp. 5012-5017, ISSN: 0974-360X [*Indexed by: Other Index - Co-author*]
3. The Benefits and Drawbacks of Problem-Based Learning: The View of Pre-Housemen and Clinical Year Students (2020), Research Journal of Pharmacy and Technology, pp. 323-329, ISSN: 09743618, 0974360X [*Indexed by: Other Index - Co-author*]
  4. The Relationship Between Serum Brain - Derived Neurotrophic Factor (bdnf) Level and Cognitive Function in Middle Aged Male Chronic Smokers (2020), Research Journal of Pharmacy and Techonology, pp. 4295-4930, ISSN: 0974-3618 [*Indexed by: Other Index - Co-author*]
  5. A Brief Literature Review Retraining Amygdala to Substitute Its Irrational Conditioned Fear and Anxiety Responses with New Learning Experiences. (2020), Research Journal of Pharmacy and Technology,, pp. 3987-3991, ISSN: 0974-360X [*Indexed by: Other Index - Co-author*]
  6. The Efficacy of Using Hypnosis to Reduce Anxiety and Pain in Obstetrics and Gynecology Patients (2020), Research Journal of Pharmacy and Technology (rjpt), pp. 347-352, ISSN: 0974-360X [*Indexed by: Other Index - Main Author*]
  7. The Physiological Changes Pre and Post Examination Among Nursing Students (2019), International Medical Journal, pp. 419-422, ISSN: 13412051 [*Indexed by: Scopus - Co-author*]
  8. A Review Study on Self-Hypnosis in The Management of High-Level Anxiety Affecting Educational Performance of University Students (2019), Research Journal of Pharmacy and Technology, pp. 1986-1990, ISSN: 09743618 [*Indexed by: Scopus - Main Author*]
  9. Educating Parents on Hazards of Adolescence That Can Enable Them to Grow Their Teens as a Healthy Adult (2019), Research Journal of Pharmacy and Technology, pp. 2027-2036, ISSN: 09743618 [*Indexed by: Scopus - Main Author*]
  10. The Relationship Between Big Five Personality Traits and Academic Performance in Medical Students (2019), Research Journal of Pharmacy and Technology, pp. 4189-4196, ISSN: 0974-3618 [*Indexed by: Scopus - Main Author*]
  11. The Role of Selective Serotonin Reuptake Inhibitors and Cognitive Behavioral Therapy in Preventing Relapse of Major Depressive Disorder (2019), Research Journal of Pharmacy and Technology, pp. 3818-3824, ISSN: 0974-360X [*Indexed by: Scopus - Main Author*]
  12. Medication Error in Hospitals and Effective Intervention Strategies: a Systematic Review (2019), Research J. Pharm. and Tech., pp. 2430-2438, ISSN: 0974-3618 [*Indexed by: Scopus - Co-author*]
  13. Medical Students Perception, Satisfaction and Feedback About Bedside Teaching (bst) (2019), Research Journal of Pharmacy and Technology, pp. 2724-2729, ISSN: 0974-3618 [*Indexed by: Scopus - Main Author*]
  14. The Study on The Influential Factors on Cost Containment in Health Care (2019), Research J. Pharm. and Tech., pp. 5157-5162, ISSN: 0974-3618 [*Indexed by: Scopus - Main Author*]
  15. Healthy Emotions in Your Child (2019), Journal of Pharmacy Practice and Community Medicine, pp. 60-62, ISSN: 2455-3255 [*Indexed by: Other Index - Co-author*]
  16. Study on Drug Addiction and Domestic Violence in Kuala Nerus (2019), World Journal of Pharmaceutical and Life Sciences, pp. 208-214, ISSN: ISSN 2454-2229 [*Indexed by: Other Index - Co-author*]
  17. Study on The Effect of Self-Hypnosis in Reducing Exam Anxiety (2019), World Journal of Pharmaceutical and Life Sciences, pp. 96-100, ISSN: 2454-2229 [*Indexed by: Other Index - Main Author*]
  18. Brief Review on Medication Error Prevention and Intervention (2019), European Journal of Pharmaceutical and Medical Research, pp. 490-495, ISSN: 2394-3211 [*Indexed by: Other*]

*Index - Main Author]*

19. Overview of Diabetes, Management, and Pharmacotherapy Updates a Review (2019), Research Journal of Pharmacy and Technology, pp. 2597-2602, ISSN: 0974-360X [*Indexed by: Other Index - Co-author]*
20. Prevalence Study on Tobacco Smoking and Related Factors of Among Residents of a Suburb Kuala Terengganu, Malaysia (2019), Research Journal of Pharmacy and Technology, pp. 2430-2438, ISSN: 0974-360X [*Indexed by: Other Index - Co-author]*
21. Review Study on Empathy is Virtuous in The Practice of Medicine (2019), European Journal of Pharmaceutical and Medical Research, pp. 519-522, ISSN: ISSN 2394-3211 [*Indexed by: Other Index - Main Author]*
22. Anxiolytic Effects of Thymoquinone in The Rats Exposed to Mdma (2019), International Medical Journal, pp. 13, ISSN: 13412051 [*Indexed by: Other Index - Co-author]*
23. Review Study on Early Recognition of Symptoms and Parental Care for Autism Spectrum Disorders Children (2019), World Journal of Pharmaceutical and Life Sciences, pp. 215-218, ISSN: 2454-2229 [*Indexed by: Other Index - Main Author]*
24. Holistic Psycho-Spiritual Approach to Enhance The Effectiveness of Methadone Maintenance Therapy (mmt) (2018), Research Journal of Pharmacy and Technology, pp. 1316-1318, ISSN: 1316-1318 [*Indexed by: Scopus - Co-author]*
25. Assessing Test Anxiety Among The First Year Nursing Students' of University Sultan Zainal Abidin (2018), Research Journal of Pharmacy and Technology, pp. 1448-1451, ISSN: 1448-1451 [*Indexed by: Scopus - Co-author]*
26. Burnout Flattens The Professional Work Productivity (2018), Journal of Datta Meghe Institute of Medical Sciences University, pp. 217-219, ISSN: 09743901 [*Indexed by: Scopus - Main Author]*
27. Excessive Work Pressure in University Often Hampers Motivation of Academic Staffs to Work at Their Optimal Level (2018), Journal of Datta Meghe Institute of Medical Sciences University, pp. 220-222, ISSN: 09743901 [*Indexed by: Scopus - Main Author]*
28. Enrich Schematization in Children: Play as The Tool for Cognitive Development (2018), Journal of Applied Pharmaceutical Science, pp. 128-131, ISSN: 22313354 [*Indexed by: Scopus - Main Author]*
29. Comparing Coping Strategies Practiced and Its Association with Stress Among Medical Students from a Private and Public Medical University (2018), Research Journal of Pharmacy and Technology, pp. 33-34, ISSN: 0974-3618 [*Indexed by: Other Index - Co-author]*
30. A Literature Review of Findings in Physical and Emotional Abuse in Elderly (2018), Research Journal of Pharmacy and Technology, pp. 4731-4738, ISSN: 0974-3618 [*Indexed by: Other Index - Main Author]*
31. Promoting Awareness of Emotional Development to Endorse Emotional Competence (2018), Research J. Pharm. and Tech, pp. 3216-3218, ISSN: 0974-3618 [*Indexed by: Other Index - Main Author]*
32. Assessing The Fruitfulness of Defense Analysis in Brief Focal Psychotherapy in The Intervention of Marital Therapy (2018), Research J. Pharm. and Tech., pp. 3585-3588, ISSN: 0974-3618 [*Indexed by: Other Index - Main Author]*
33. Test Anxiety and Its Impact on First Year University Students and The Over View of Mind and Body Intervention to Enhance Coping Skills in Facing Exams (2018), Research Journal of Pharmacy and Technology, pp. 2220-2228, ISSN: 0974-3618 [*Indexed by: Other Index - Co-author]*
34. Locus of Control and Association with Emotional Stability Among The Medical Students (2018), International Journal of Advances in Science Engineering and Technology,, pp. 5-8, ISSN: 2321 –8991 [*Indexed by: Other Index - Main Author]*

35. Prevalence of Stress and Associated Stressors Among Medical Students: a Comparative Study Between a Private and Public Medical School in Malaysia (2018), Research Journal of Pharmacy and Technology, pp. 3-3, ISSN: 0974-3618 [*Indexed by: Other Index - Co-author*]
36. Need for Focus on Personality Dimension Impacting Academics of Medical Students (2018), Research Journal of Pharmacy and Technology, pp. 22-23, ISSN: 0974-3618 [*Indexed by: Other Index - Co-author*]
37. Stress Among Medical Students and Advantages of Metallisation Therapy in General: a Review of Literatures (2018), Advances in Human Biology, pp. 59-63, ISSN: 2321-8568 [*Indexed by: ISI - Main Author*]
38. Breathing Exercise - a Commanding Tool for Self-Help Management During Panic Attacks (2017), Research Journal of Pharmacy and Technology, pp. 4471-4473, ISSN: 09743618 [*Indexed by: Scopus - Main Author*]
39. Enhance Natural Empathic Abilities to Be a Virtuous Medical Professional (2017), Research Journal of Pharmacy and Technology, pp. 4407-4409, ISSN: 09743618 [*Indexed by: Scopus - Main Author*]
40. Emotional Regulation in Autism Spectrum Disorders: a New Proposed Model for Regulating Emotions Through Parent Education (2017), Journal of Global Pharma Technology, pp. 32-43, ISSN: 09758542 [*Indexed by: Scopus - Main Author*]
41. Promoting Awareness of Mental Retardation to Prevent Epidemiological Binge (2017), Journal of Global Pharma Technology, pp. 12-14, ISSN: 09758542 [*Indexed by: Scopus - Main Author*]
42. Live Healthy Be Free from Anxiety and Stress (2017), Journal of Global Pharma Technology, pp. 9-11, ISSN: 09758542 [*Indexed by: Scopus - Main Author*]
43. Efficacy of Short-Term Dynamic Psychotherapy in The Intervention of Marital Disturbances (2017), Journal of Global Pharma Technology, pp. 18-21, ISSN: 09758542 [*Indexed by: Scopus - Main Author*]
44. Need for Non-Drug Treatment for Alzheimer's Disease (2017), Journal of Global Pharma Technology, pp. 19-22, ISSN: 09758542 [*Indexed by: Scopus - Main Author*]
45. Emotional Maturity Among Medical Students and Its Impact on Their Academic Performance (2017), Transactions on Science and Technology, pp. 48 - 54, ISSN: 2289-8786. [*Indexed by: Other Index - Main Author*]
46. Therapeutic Hands in The Intervention for Adult with Fragile X Syndrome (2017), International Journal of Humanities and Social Science Invention, pp. 24-25, ISSN: 2319 – 7714 [*Indexed by: Other Index - Main Author*]
47. Assessing The Fruitfulness of Defense Analysis in Brief Focal Psychodynamic Therapy in The Intervention of Marital Therapy (2017), Research Journal of Pharmacy and Technology, pp. 22-22, ISSN: 0974-3618 [*Indexed by: Other Index - Main Author*]
48. Social Intelligence of Parents with Autism Spectrum Disorders Impacts Their Emotional Behaviour: a New Proposed Model for Stabilising Emotionality of These Parents Impacting Their Social Intelligence (2017), Advances in Human Biology, pp. 43-53, ISSN: 2348-4691 [*Indexed by: ISI - Main Author*]
49. "parent's Negative Emotionality Impacting Parenting and Involvement in The Intervention of Their Child with Autism Spectrum Disorder: a Review Proposed The New Model for Intervention" (2016), International Journal of Pharmaceutical Sciences Review and Research, pp. 54-62, ISSN: 0976-044X [*Indexed by: Scopus - Main Author*]
50. Parent's Negative Emotionality Impacting Parenting and Involvement in The Intervention of Their Child with Autism Spectrum Disorder: a Review Proposed The New Model for Intervention (2016), International Journal of Pharmaceutical Sciences Review and Research, pp. 54-62, ISSN: 0976044X [*Indexed by: Scopus - Main Author*]

51. Studying Locus of Control and Role of Psycho-Education, Breathing Exercise and Mindfulness in Changing The Direction of Locus of Control Among Medical Students (2016), International Journal of Humanities and Social Science Invention, pp. 57-59, ISSN: 2319 – 7722 [*Indexed by: Other Index - Main Author*]
52. Effectiveness of Rehabilitation in The Treatment Of alcohol Abuse patients as Demonstrated by Dropping Relapse Rate and Cumulative Record of Follow-Ups (2016), International Journal of Humanities and Social Science Invention, pp. 32-34, ISSN: 2319 – 7714 [*Indexed by: Other Index - Main Author*]
53. Study on Personality Dimension Negative Emotionality Affecting Academic Achievement Among Malaysian Medical Students Studying in Malaysia and Overseas (2016), Advances in Medical Education and Practice, pp. 341-346, ISSN: 1179-7258 [*Indexed by: ISI - Main Author*]
54. Psychotherapy Can Be Effective in Prolonging Periods Free of Depression in Early Senescent (2016), Bangladesh Journal of Medical Science, pp. 118-122, ISSN: 22234721 [*Indexed by: ISI - Main Author*]
55. Professionalism Perspectives Among Medical Students of a Novel Medical Graduate School in Malaysia (2016), Advances in Medical Education and Practice, pp. 407-422, ISSN: 1179-7258 [*Indexed by: ISI - Co-author*]
56. Emotional Maturity of Medical Students Impacting Their Adult Learning Skills in a Newly Established Public Medical School at The East Coast of Malaysian Peninsula (2016), Advances in Medical Education and Practice, pp. 575–584, ISSN: 1179-7258 [*Indexed by: ISI - Main Author*]
57. Impact of Emotional Stability of Working Men in Their Social Adjustment of Mangalore, Karnataka, India (2015), National Journal of Physiology, Pharmacy and Pharmacology, pp. 1-4, ISSN: 2231-3206 [*Indexed by: Scopus - Main Author*]
58. The Peripheral Focus on The Psychological Parameters of Parents of Autistic Children in The Intervention Methods: a Review and Recommending The Strategy, Focusing Psychological Parameters of Parents of Autistic Children in Intervention Methods (2015), Journal of Young Pharmacists, pp. 403-414, ISSN: 09751483 [*Indexed by: Scopus - Main Author*]
59. Parent's Self-Efficacy, Emotionality, and Intellectual Ability Impacting The Intervention of Autism Spectrum Disorders: a Review Proposed Model for Appraisal of Intervention (2015), International Journal of Pharmacy and Pharmaceutical Sciences, pp. 7-12, ISSN: 09751491 [*Indexed by: Scopus - Main Author*]
60. The Peripheral Focus on The Psychological Parameters of Parents of Autistic Children in The Intervention Methods: a Review and Recommending The Strategy, Focusing Psychological Parameters of Parents of Autistic Children in Intervention Methods (2015), Journal of Young Pharmacists, pp. 403-414, ISSN: 0975-1575 [*Indexed by: Other Index - Main Author*]
61. Amazing Advances in Forensic Dna Analysis – Past, Present and The Future (2014), International Journal of Scientific & Engineering Research, pp. , ISSN: 2229-5518 [*Indexed by: Other Index - Co-author*]

## Book

1. Textbook of Psychology and Behavioural Science (2017), GLOBAL VISION PUBLISHING HOUSE, NEW DELHI, ISBN: 978-81-8220-942-8 - **Main Author**
2. Introduction to Psychology and Behaviour Science (2017), LuLu, USA, ISBN: 9781365946073 - **Main Author**
3. Psycho Therapies in Psychiatry (2015), Penerbit UniSZA, ISBN: 978-967-0899-10-7 - **Main Author**

## Chapter in Book

1. Role of Stress in Exacerbating E. Coli Induced Ulcerative Colitis, Escherichia Coli; a Microbial and Clinical Insight (2015), Lulu Press, pp. 79-87, ISBN: 978-1491011317 - **Main Author**

## Conference Proceedings

1. The Relationship Between Big Five Personality Traits and Academic Performance in Medical Students (2019), Academics World International Conference, Ramada Hotel Bali - **Co-author**
2. The Relationship Between Big Five Personality Traits and Academic Performance in Medical Students (2019), International Conference on Recent Advances in Medical and Health Sciences, Bali, Indonesia - **Co-author**
3. Locus of Control and Association with Emotional Stability Among The Medical Students (2018), 2018, Academics World International Conference, Kuala Lumpur Malaysia - **Main Author**
4. The Effect of Serum Cortisol, Systolic and Diastolic Blood Pressure, Heart Rate and Respiration Rate on Exam Anxiety Among Nursing Students (2018), The 4th International Conference on Public Health, Thailand - **Co-author**
5. First Year Nursing Students University of Sultan Zainal Abidin Responses to Test Anxiety Inventory (2018), The 3rd Asian Congress in Nursing Education, Hotel Ambarukmo - **Co-author**
6. Improving Coping Skills and Managing Geriatric Depression Through Psycho-Education and Supportive Therapy Paves The Way to Healthy Living in Depressed Early Senescent (2016), 8th Malaysian Conference on Healthy Ageing, The Royal Bintang Kuala Lumpur - **Main Author**
7. Improving Coping Skills and Managing Geriatric Depression Through Psycho-Education and Supportive Therapy Paves The Way to Healthy Living in Depressed Early Senescent (2016), 8th Malaysian Conference on Healthy Ageing, The Royal Bintang Kuala Lumpur - **Main Author**
8. Emotional Maturity Among Medical Student and Its Impact on Their Academic Performance (2016), International Conference on Advances in Science, Engineering, Technology & Waste Management (asetwm-16), Kota Kinabalu, Sabah - **Main Author**

## Research Grant

### Co-Researcher

1. Assessing Personality and Emotional Maturity of Medical Students and Its Impact on Their Academic Achievement: Development of a New Ppd Module for Unisza, Geran Dalaman Universiti, University (2017), Grant Value: **RM5,000**
2. Comparison of Stress and Depression Among Medical Students Between Private and Government Universities in Malaysia, Geran Agensi Luar, External - Government (2016), Grant Value: **RM12,500**
3. Stress, Depression Neurotism and Coping Strategies Among Unisza Nursing Students, Geran

- Agensi Luar, External - Government (2016), Grant Value: **RM7,000**
4. Impact of Intelligence Quotient (iq) and Emotional Quotient (eq) on Adult Learning Skills in Medical Student, Geran Dalaman Universiti, University (2015), Grant Value: **RM5,000**

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## Postgraduate Student

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### *Main Supervision*

1. [MASTER] Sheila A/p Narayanan, Malaysia, - **Ongoing**

### *Co Supervision*

1. [PhD ] Khirfan Randa Yousef Mohammad, Jordan, - **Ongoing**
2. [MASTER] Al Hasan Shrouq Mohammad Irbayea, Jordan, - **Ongoing**

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## Professional Membership

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1. Member, Life Member - Indian Association of Clinical Psychologists, 2019-2030
2. Member, Member of Neuro Center of Neuroscience Research, India, 2018-2022
3. Member, Member of Australian and New Zealand Mental Health Association, 2017-2019
4. Member, Member of Rehabilitation Council of India, 2000-2004

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## Academic Ecosystem

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1. Expert/pakar Rujuk, Pembangun Modul Gaya Hidup Sejahtera Flexs, Unisza, 2020-2020
2. Visiting Professor, Visiting Professor - Mangalore Academy of Professional Studies, 2019-2019
3. Expert/pakar Rujuk, Resource Person - Learning Theories, Naseema Institute of Speech and Hearing, 2019-2019
4. Expert/pakar Rujuk, Resource Person - Communication Disorders, Naseema Institute of Speech and Hearing, 2019-2019
5. Speaker/trainer, Facilitator - Advancement in Interventional Methods in Neurodevelopmental Disorders, Naseema Institute of Speech and Hearing, 2019-2019
6. Guest Speaker, Invited Chair Person and Speaker at World Academic Conference, 2019-2019
7. Speaker/trainer, Speaker - Understanding Adolescence Workshop, London College of Clinical Hypnosis Asia, 2019-2019
8. Visiting Professor, Visiting Professor at Naseema Institute of Speech and Hearing, 2018-2018



9. Keynote Speaker, Keynote Speaker in International Workshop in Mangalore University, India, 2018-2018
10. Expert/pakar Rujuk, Resource Person in 'behavioural Management in Children with Communication Disorders' Seminar / Naish, India, 2018-2018
11. Speaker/trainer, Guest Lecture - Learning Theories and Its Applications in Various Specialties, Mangalore Academy of Professional Studies, 2018-2018
12. Speaker/trainer, Guest Lecture for Students of Speech & Hearing Department / Mangalore Academy of Professional Studies, India, 2018-2018
13. Committee, Crew for Friends with Special Needs and Community Event, 2018-2018
14. Participant, Participant in 1st International Conference of Community Health 2017, 2017-2017
15. Visiting Professor, Guest Professor in Naseema Institute of Speech and Hearing, Bangalore University, India, 2016-2016
16. Speaker/trainer, Resource Person in "workshop: Learning Theories Principles and Applications in The Assessment and Management of Communication Disorders", Mangaluru, India, 2016-2016
17. Speaker/trainer, Guest Speaker on "awareness on Emotional Intelligence", A. J. Hospital & Research Centre, India, 2016-2016
18. Speaker/trainer, Guest Speaker on "the Role of Emotional Intelligence & Resilience in Mending Professional Personality", 2016-2016
19. Speaker/trainer, Guest Speaker in Mangalore University, India, 2016-2016
20. Speaker/trainer, Guest Speaker in Naseema Institute Pf Speech & Hearing, Bangalore University, New Delhi, India, 2016-2016
21. Participant, Peserta Dalam 20th National Conference on Medical and Health Sciences, Usm, 2015-2015

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The image shows a large, faint watermark of the UniSZA logo. The logo consists of a central emblem featuring a stylized book and a sun-like symbol, surrounded by a laurel wreath. Below the emblem, the text 'UNISZA' is written in a large, bold, sans-serif font.