



*** Physical Activity Research Centre**

Leader:

Mr. Thirumalaya Balaraman

Email:

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Description of projects:

PARC involved in various research activities to promote physical activity in the community. Objective research and consultation is being provided through Partnership and Research Excellence.

Research Members:

1. Ms. Yughdtheswari Muniandy
3. Mr. Rajkumar Krishnan Vasanthi
4. Ms. Ambusam
5. Mr. Jim Brown Clement
6. Ms. Siti Hazirah

Research Grant:

[1] Effect of Individualized training program with respiratory muscle training on collegiate swimmers
Seeding Grant: INTI-FHLS-01-05- 2018, Sivaguru, Hernan and Ambusam.

[2] Development and pilot testing of a fall risk assessment smartphone application. Seeding grant: INTI IU Research Seeding Grant 2017: INTI-FHLS-05-01-2017, Thirumalaya Balaraman

[3] Cardiorespiratory fitness, physical activity level, body mass index and blood pressure among university students in Negeri Sembilan. Seeding Grant: INTI Research Grant 2014(2): INT-FHS-01-02-2014 - Thirumalaya Balaraman, Vinodhkumar Ramalingam, Punithakumar Ramasamy Kantharuban, Jayesh Chandran and Praveen Jayaprabha Surendran

Selected Publications:

- [1] Yughdtheswari Muniandy, Devinder Kaur Ajit Singh and Mani Suresh. "Intra and inter-rater reliability of web plot digitizer software in quantifying head posture angles": *Indian Journal of Public Health Research & Development* 2019 July, Vol 10 : 727-723
- [2] Devinder Kaur Ajit Singh, **Yughdtheswari Muniandy**, Pavapriya. "Socio-demographic and physical factors of Disability in Adults with Non-specific Chronic neck pain". *Journal of Medicine and Health* (2018).
- [3] Pooja Ramaniklal Patel and Thirumalaya Balaraman. Barriers to Physical Activity Participation Among Housewives: A Pilot Study. *American J of Bio-pharm Biochem and Life Sci* 2018 December, Vol. 6: OP06
- [4] Thirumalaya Balaraman, Mohamodhossen Maysoon Hanaa. Development of a Fall Risk Assessment Smartphone Application. *INTI JOURNAL* Vol.1, 2018 (6)
- [5] Thirumalaya Balaraman, Vinodhkumar Ramalingam, Punithakumar Ramasamy Kantharuban, Jayesh Chandran and Praveen Jayaprabha Surendran. Cardiorespiratory fitness, physical activity level, body mass index and blood pressure among university students in Negeri Sembilan. *Malaysian Journal of Public Health Medicine* 2017, Vol. 17 (2): 128-139 -INT-FHS-01-02-2014 –completed
- [6] Sok Teng Low, Thirumalaya Balaraman. Physical activity level and fall risk among community-dwelling older adults. *J. Phys. Ther. Sci.* 29: 1121–1124, 2017.

[7] Narasimman Swaminathan, Carol Clark, Thirumalaya Balaraman. School based interventions for physical activity behavioural change. PROSPERO 2017: CRD42017065526.

Completed Projects:

Environmental Influence on Physical Activity and Healthy Eating in a private university in Malaysia.

Environmental Influence on Physical Activity among Primary School Children in Kulim.

Personal physical activity behaviors and self-perceived barriers among physiotherapist working in Malaysia.

Development and pilot testing of a fall risk assessment smartphone application.

Cardiorespiratory fitness, physical activity level, body mass index and blood pressure among university students in Negeri Sembilan.

Recent Conference Presentations:

[1] Perception of body weight status among overweight and obese adults in Malaysia- Rebecca, Wen Jing Chan, Yughdtheswari Muniandy – 25th edition of International Disabled People's Day conference, Zgorzelec, Poland.

[2] CVD Risk Factors: Is Aerobic Exercise Beneficial? Ming Huei Hoo, Siti Hazirah - 25th edition of International Disabled People's Day conference, Zgorzelec, Poland.

[3] Lack of Sleep and Physical Exercise Performance among students of INTI International University, Malaysia. Junior Henri, Yughdtheswari Muniandy - 25th edition of International Disabled People's Day conference, Zgorzelec, Poland.

Public event Organised:

Hiking at Melati Hill -21 March 2018 & 3rd Oct 2018
Physio Charity Run 2018 -7 April 2018

Health screening at Polymer Composite Asia, Nilai 3
May 2018, 9 am – 5 pm

Community Charity Event - Kempen kesihatan
sekeluarga 2018 jointly organized by persatuan
kesedaran wanita negeri Selangor and PARC INTI 21
July 2018

Physio for the Folks – with physio club - 15 September
2018

World Physiotherapy Day Celebration – 4th to 6th
September 2018