



DR VAIDEHI A/P ULAGANATHAN
Faculty of Applied Sciences
vaidehi@ucsiuniversity.edu.my
Handphone : +6010 221 5379

Areas of Industrial Collaboration

- Clinical Nutrition emphasizing health eating and wellness mainly among cancer patients and other non-communicable chronic disease patients
- Secondary school students to promote healthy eating and lifestyle and healthy food choice at home and school canteen
- Healthy and SMART school canteen project with Bank Rakyat
- Healthy for Life program with Health Coach International

Community Service Projects

- "Kafe Sihat" Ministry of Health
- Nutrition and physical wellness among children, underprivileged children (children from urban poor population and aborigine children), adolescents and young adults
- Nutrition and Spiritual counselling with adolescence
- Nutrition and emotional counselling with pregnant women
- Physical fitness counselling for young adults

Awards and Recognitions

- Junaidah Award in Medical & Health Science Symposium 2020
- Best Free Paper Award at NHAM-CRM Research Track 2019
- Gold medal for PERINTIS 2018
- Gold Medal for research presentation in conjunction of National World Cancer Day 2012
- Young Investigator Award at 11th Asian Congress of Nutrition 2011

Latest publications

- **Vaidehi Ulaganathan**, Shashikala Sivapathy, Mirmalini Kandiah (2020). Association between food habit and nutritional status of secondary school students in Kuala Lumpur Baseline Findings from Nuteen Project. *J Nutr Sci Vitaminol*. 66. S1-S6.
- Kuralneethi, S., Sariman, S., & **Ulaganathan, V.** (2020). Gender and age differences in the relationship between calorie, macronutrients intake and growth status of school-aged Aboriginal children at Labu, Negeri Sembilan. *British Food Journal*.
- Samsidi, S., Hardinsyah, H., Kusharto, C. M., Sulaeman, A., Alisjahbana, B., & **Ulaganathan, V.** (2020). Synbiotic and nutrients supplement improved of Secretary Immunoglobulin A (sIgA) in treated pulmonary tuberculosis patients. *Public Health*, 23(S8), 1283-1291.
- **Ulaganathan, V.**, & Zakaria, F. N. (2019). Association of Diet Diversity and Lifestyle Practices with Hypertension among Adults in Klang Valley. *International Journal of Cardiology*, 297, 25.