## Log Book for 2017

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IC No. 790404035373

Job Title Research Officer

Unit Bioassai, Institute for Medical Research Kuala Lumpur

Supervisor Dr Murizal bin Zainol

PTK Level Required Annual CPD Points (ISO): 40

| CPD<br>Cate | gory | Description  | Maximum<br>Points | Cumulative<br>Points | Actual<br>Points |
|-------------|------|--|-------------------|----------------------|------------------|
| A3          |      | rkshop/Courses/Fellowships/Attachment etc. (include hands<br>and skill courses)                  | s- 30             | 85                   | 30               |
|             | 1    | Bengkel Perancangan Strategik Dan Hala Tuju Penyelidikan   |                   | 10                   |                  |
|             | 2    | Kursus Basic PCR Workshop Sesi 1   |                   | 15                   |                  |
|             | 3    | KURSUS Basic PCR Workshop Sesi 2   |                   | 15                   |                  |
|             | 4    | Cell Culture Technique Workshop Sesi 2   |                   | 10                   |                  |
|             | 5    | My GLP Refresher Course 2017   |                   | 10                   |                  |
|             | 6    | Cell Culture Technique Workshop Sesi 1   |                   | 10                   |                  |
|             | 7    | Essential Bioinformatics Tool and Its Application in Biomedical Research                         |                   | 15                   |                  |
| A4          |      | E Sessions/Other Professional Activities (e.g. Topic, minar, Forum, Lectures, Journal Club, etc) | 20                | 39                   | 20               |
|             | 1    | Sesi Perbincangan Projek Baru HMRC 2018  |                   | 2                    |                  |
|             | 2    | Systematic Review on Palm Oil  |                   | 2                    |                  |
|             | 3    | Sesi Perbincangan Projek Baru HMRC 2018  |                   | 2                    |                  |
|             | 4    | Sesi Perbincangan Projek Baru HMRC 2018  |                   | 2                    |                  |
|             | 5    | Metabolimics of Herbal Medicine in Drug Discovery  |                   | 1                    |                  |
|             | 6    | In Vivo Model for Anti-Dengue  |                   | 1                    |                  |
|             | 7    | NKEA Top 18 Plants Benefit   |                   | 1                    |                  |
|             | 8    | Sesi Perbincangan Kertas Cadangan Penyelidikan Baru HMRC Bil 3/2017                              |                   | 2                    |                  |
|             | 9    | Sesi Perbincangan Kertas Cadangan Penyelidikan Baru HMRC Bil 2/2017                              |                   | 2                    |                  |
|             | 10   | Sesi Perbincangan Kertas Cadangan Penyelidikan Baru HMRC Bil 1/2017                              |                   | 2                    |                  |
|             | 11   | Scientific Talk : HMRC Bil.3/2017  |                   | 1                    |                  |
|             | 12   | SCiD Bil 3/2017  |                   | 1                    |                  |
|             | 13   | SOP Familiarisation Sesi 1 - IMR/SOP/TS/03-01  |                   | 1                    |                  |
|             | 14   | Scientific Talk : HMRC Bil.10/2017   |                   | 1                    |                  |

## Log Book for 2017

|                     |   | IC No. 790404035373 continued  |   |  |  |
|---------------------|---|--|---|--|--|
| 15                  | Production and Use of Food Composition Data in Nutrition & Malaria Experimental Genetic |  | 2   |  |  |
| 16                  | SOP Familiarisation Sesi 8 - IMR/SOP/GEN/01-06  |  | 1   |  |  |
| 17                  | SOP Familiarisation Sesi 8 - IMR/SOP/GEN/01-05  |  | 1   |  |  |
| 18                  | SOP Familiarisation Sesi 7 - IMR/SOP/FAC/02-03  |  | 1   |  |  |
| 19                  | SOP Familiarisation Sesi 6 - IMR/SOP/TS/03-01   |  | 1   |  |  |
| 20                  | Taklimat dan Perhimpunan Pagi IMR Bil 1/2017  |  | 2   |  |  |
| 21                  | SOP Familiarisation Sesi 1 - IMR/SOP/GEN/02-01  |  | 1   |  |  |
| 22                  | Presentation of Research Proposal DAP & E   |  | 2   |  |  |
| 23                  | Assignment Presentation : Literature Review   |  | 2   |  |  |
| 24                  | Bioassay Safety Talk  |  | 1   |  |  |
| 25                  | DAP & E Thesis Presentation   |  | 2   |  |  |
| 26                  | Seeing, Doing and Knowing at MARDI, Kuala Lingi, Melaka                                 |  | 1   |  |  |
| 27                  | SOP Familiarisation Sesi 6 - IMR/SOP/GEN/02-01  |  | 1   |  |  |
| Specific Activities |   |  | 2   | 0  |  |
| 1                   | Majlis Perhimpunan dan Amanat Pengarah IMR 2017   |  | 2   |  |  |
|                     | 16<br>17<br>18<br>19<br>20<br>21<br>22<br>23<br>24<br>25<br>26<br>27                    | Malaria Experimental Genetic  16 SOP Familiarisation Sesi 8 - IMR/SOP/GEN/01-06  17 SOP Familiarisation Sesi 8 - IMR/SOP/GEN/01-05  18 SOP Familiarisation Sesi 7 - IMR/SOP/FAC/02-03  19 SOP Familiarisation Sesi 6 - IMR/SOP/TS/03-01  20 Taklimat dan Perhimpunan Pagi IMR Bil 1/2017  21 SOP Familiarisation Sesi 1 - IMR/SOP/GEN/02-01  22 Presentation of Research Proposal DAP & E  23 Assignment Presentation : Literature Review  24 Bioassay Safety Talk  25 DAP & E Thesis Presentation  26 Seeing, Doing and Knowing at MARDI, Kuala Lingi, Melaka  27 SOP Familiarisation Sesi 6 - IMR/SOP/GEN/02-01  Specific Activities | Production and Use of Food Composition Data in Nutrition & Malaria Experimental Genetic  SOP Familiarisation Sesi 8 - IMR/SOP/GEN/01-06  SOP Familiarisation Sesi 8 - IMR/SOP/GEN/01-05  SOP Familiarisation Sesi 7 - IMR/SOP/FAC/02-03  SOP Familiarisation Sesi 6 - IMR/SOP/TS/03-01  Taklimat dan Perhimpunan Pagi IMR Bil 1/2017  SOP Familiarisation Sesi 1 - IMR/SOP/GEN/02-01  Presentation of Research Proposal DAP & E  Assignment Presentation : Literature Review  Bioassay Safety Talk  DAP & E Thesis Presentation  Seeing, Doing and Knowing at MARDI, Kuala Lingi, Melaka  SOP Familiarisation Sesi 6 - IMR/SOP/GEN/02-01  Specific Activities | 15 Production and Use of Food Composition Data in Nutrition & Malaria Experimental Genetic  16 SOP Familiarisation Sesi 8 - IMR/SOP/GEN/01-06  17 SOP Familiarisation Sesi 8 - IMR/SOP/GEN/01-05  18 SOP Familiarisation Sesi 7 - IMR/SOP/FAC/02-03  19 SOP Familiarisation Sesi 6 - IMR/SOP/TS/03-01  20 Taklimat dan Perhimpunan Pagi IMR Bil 1/2017  21 SOP Familiarisation Sesi 1 - IMR/SOP/GEN/02-01  22 Presentation of Research Proposal DAP & E  23 Assignment Presentation: Literature Review  24 Bioassay Safety Talk  25 DAP & E Thesis Presentation  26 Seeing, Doing and Knowing at MARDI, Kuala Lingi, Melaka  17 SOP Familiarisation Sesi 6 - IMR/SOP/GEN/02-01  1 Specific Activities  0 2 |  |

Total CPD Credit Points

Cumulative Actual
126 50

Points from selected categories for PTK Aras 4 (A3,A4 or A5) 50

Aras PTK: Aras III

ISO CPD Points Target : Achieved