

Being honoured with a Young Researcher Award

IMU Psychology alumna, Amutha Aruvi A/P Kaniamathan (*pic*) received the Heartfulness Young Researcher Award 2022 on 18 December, 2022 at the Integrative Health and Wellbeing Conference 2022 held at Kanha Shanti Vanam, Hyderabad India. This event was hosted by the Heartfulness Institute, a global non-profit organization with thousands of volunteer trainers who serve more than a million meditators in over 130 countries.

Aruvi received an engraved award and a certificate of honour from the Heartfulness Institute's Global Guide, Dr Kamlesh D Patel, the Cabinet Minister of Ports, Shipping and Waterways, and Cabinet Minister of AYUSH, and the Honourable Minister AYUSH of India, Dr D S Gangwar.

She received the award for her work on her undergraduate thesis titled: An In-Depth Understanding of Heartfulness Meditation, that was published in the International e-Journal of Science, Medicine & Education (IeJSM) [Citation: IeJSM 2021 15 (2): 19-28]. Her research supervisor and co-author was Senior Lecturer Mr Alexius Cheang. Her study found that for heartfulness practitioners, the process of heartfulness meditation directly influenced physical, psychological, social, cognitive, as well as spiritual benefits. These positive changes become gradually visible with regular practice.

Aruvi was given the opportunity to present her research during the award ceremony as the selection committee was highly impressed with her outstanding commitment to addressing advanced scientific questions using research. She was conferred the Young Global Researcher Award 2022 along with 7 other young researchers as a recognition of their contribution and achievement in innovative research.

The conference theme was: Integrative approach to health and wellbeing: Inspire, Innovate, Integrate, and the conference hosted over 3000 participants worldwide, including physicians, nurses, allied healthcare professionals, established and bud-



ding researchers, students, and wellness enthusiasts interested in pharmaceutical and non-pharmaceutical approaches to health and wellbeing.

Through her participation at the IHW Conference 2022, Aruvi gained insights on integrative health approaches to healthcare that recognises the interconnectedness of the physical, mental, emotional, and spiritual aspects of a person's life which allows them to take on an active role in their own healthcare. She shared that her experience throughout the conference was unique and meaningful, and that she wanted to extend her heartfelt gratitude to International Medical University and her supervisor, Mr Alexius Cheang from the IMU Psychology Department for trusting and supporting her and many students and alumnus in their endeavours, encouraging each to boldly take on unconventional paths in research, which has led each to contribute to the world's knowledge.

Aruvi is currently studying a Master's in Organizational Psychology and Human Factors at the University of Adelaide, Australia.

The 3-year Bachelor of Science (Hons) Psychology at IMU has a curriculum that has been developed to meet high international standards.

Students have the option to complete the entire psychology degree in IMU or study part of the programme in IMU and transfer to University of Newcastle, Australia or the University of Strathclyde, UK for completion of their degree.

The programme has also been accepted internationally for further specialisation at the graduate level. In order to become a qualified psychologist, you will have to first complete your undergraduate degree in psychology, followed by a Master's degree in one of the specialised areas of psychological practice.

Intakes for the Psychology programme are in February and September. If you enjoy thinking about the causes of human behavior and have a desire to help people manage their problems, apply now for a great start to an interesting and exciting career in psychology.

If you have just completed your SPM and do not have pre-university qualification, consider enrolling in the one-year IMU Foundation in Science, the preferred foundation and direct route for entry into any of the University's local degree programmes. For more information, please refer to www.imu.edu.my or email: start@imu.edu.my or call IMU at 03 - 2731 7272.