

## CV - Dr. Rajbans



Dr. Rajbans qualified from the University of Mysore in 1984.

He then served as a medical officer in various hospitals including general hospitals in Kuching, Klang and Seremban.

In 1992 he got his Membership from the Royal College of Physicians U.K. and served as a specialist at Seremban Hospital.

In 1994 he was granted a government scholarship to pursue his subspecialisation in Geriatrics at Cardiff Royal group of hospitals. He served in Cardiff as a honorary registrar and in 1994 got his Diploma in Geriatric Medicine from the Royal College of Physicians in London.

He came back to Malaysia in 1995 and started the first Geriatric ward in Malaysia at Hospital Seremban and he also was the first Geriatrician in the Ministry of Health.

He later served as a Senior Lecturer in Medicine and Head of the Geriatric Unit at University Putra Malaysia and as a Consultant Physician and Geriatrician at General Hospital Kuala Lumpur.

Presently DR. RAJBANS serves as a Consultant at Pantai Hospital Bangsar and has started the Healthy Aging Centre at Pantai, again another first in the country.

Dr. Rajbans is a member of the Elderly Committee of Malaysian Medical Association, Member of the Malaysian Gerontological Association, Member of the American Academy of Anti-Aging Medicine and Member of the British Geriatrics Society. He is the founder member and Past President of the Malaysian Healthy Aging Society and presently is the President of the Malaysian Wellness Society. He is also a Certified Nutrigenomics Practitioner and International Medical Advisor to Fitgenes Australia.

Dr. Rajbans has also developed a course on wellness and healthy aging in collaboration with Open University Malaysia and the focus is on educating the public on preventive health, wellness and longevity.

Dr. Rajbans has been invited to give numerous talks on healthy aging and wellness and has presented at conferences in Malaysia, Hong Kong, Vietnam, Singapore, Australia and New Zealand.

He also has written numerous articles on health and wellness related issues in local publications, health magazines and medical publications. He has spoken to many corporations on the concept of healthy aging and to many clubs and associations. He has a regular radio show every thursday on Lite Fm where various health issues are discussed. He just published a book called 'Wellness. Health and Sickness'.

Dr. Rajbans has a keen interest in the ageing process especially in the early detection and prevention of disease processes and believes in the motto 'Live Long Live Well'