

EIM Malaysia



Dr. Sudhananthan
Kanthaswamy

National Center Director
Sudhananthan Kanthaswamy, MD

National Center Manager
Pavandeep Singh Dhillon, MD

Affiliation

The Society of Exercise is
Medicine Malaysia

Affiliation

The Society of Sport and
Exercise Medicine Malaysia

Host Institution – The Society of Exercise is Medicine Malaysia

The Society of Exercise is Medicine Malaysia is a non-profit organization dedicated to developing exercise and sports medicine in Malaysia. To achieve this goal, the Society is taking responsibility to train and educate health care providers, exercise professionals and the public about the importance of exercise as a preventive medicine.



National Center Advisory Board

Affiliation

Dr. Sudhananthan Kanthaswamy	<ul style="list-style-type: none"> Family Medicine and Exercise Physician
Dr. Pavandeep Singh Dhillon	<ul style="list-style-type: none"> Sport Medicine Practitioner and MBA in Hospital Management
Dr. Sivashanmuganthan A/L Saga Thavan	<ul style="list-style-type: none"> Academy of Family Physicians of Malaysia EXCO member, Family Medicine and Exercise Physician,
Dr. Ayman Nabel Al-Bedri	<ul style="list-style-type: none"> The National Malaysian University Medical Center Former Malaysian national team doctor
Miss Yeo Seok Ling	<ul style="list-style-type: none"> Asia Fitness Today co-Founder & President ACE Certified Personal Trainer
Dr. Mohamad Shariff Bin A Hamid	<ul style="list-style-type: none"> Associate Professor, Department of Sport Medicine, University of Malaya
Dr. Sazlina Shariff Ghazali	<ul style="list-style-type: none"> Associate Professor, Department of Family Medicine, University Putra Malaysia
Steven Raj J M Sathiaselan	<ul style="list-style-type: none"> Owner, Fizikal Fitness ACE Certified Personal Trainer

2018 Goals

- Organize and/or sponsor scientific and educational meetings, courses, and congresses on an international basis in the field of Exercise is Medicine (EIM).
- Study the normal and pathological implications of physical activity, training and exercise participation, including optimization of population health through EIM.

- Promote research and publish scientific information on EIM and related fields.
 - Integrate physical activity as a vital sign and implement principles of EIM into hospitals and health care systems throughout Malaysia.
 - Increase the number of physicians and health care providers who receive EIM training and are actively engaged in the assessment, prescription and counseling of physical activity in health care systems.
 - Increase the number of health and fitness professionals who receive EIM training, are certified by EIM Malaysia, and are actively engaged in providing guidance to individuals based on the core EIM principles.
 - Increase the exposure of EIM to university and other educational campuses through the expansion of the EIM On Campus initiative.
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Accomplishments to Date

- Initiated two EIM-OC programs at the University Teknologi MARA – Perlis Branch and the other at the Hospital Canselor Tuanku Muhriz – The National Malaysian University Medical Center. Two more EIM-OC planned by the middle of 2019.
- Conducting EIMM credential certificate courses in August, October and December
- Conducted a public awareness program in HCTM-UKMMC called “Exercise – The Magic Pill” that was attended by more than 250 staff (April 2018)
- Held a public forum with the Institute of Physical Educators in Bandar Tun Razak, Kuala Lumpur Malaysia to discuss the importance of exercise for Malaysian students (June 2018)
- Founded an international support group to share knowledge across the globe including partners in Denmark, Portugal, Canada and Egypt.
- Founded a “Football for Health” committee under the Society of Exercise is Medicine Malaysia headed by Dr. Ayman Al-Bedri and Dr. Pavandeep Singh Dhillon (both PG Dip in Football Medicine achievers from FIFA). The committee is inspired by Professor Peter Krusturp (Denmark) and Dr. Marcos Agostino (Portugal) with the idea of promoting football as a way of increasing physical activity and reducing sedentary lifestyles.
- Founded “Have fun, Be a Kid” committee under the Society of Exercise is Medicine Malaysia to tackle and address the issue of children inactivity and obesity among Malaysian children and adolescents.
- Website: www.eimm.org.my

**Exercise
is Medicine[®]
Malaysia**