

EIM Malaysia



Dr. Sivashanmuganathan
A/L Saga Thavan

National Center Director

Sivashanmuganathan A/L Saga
Thavan, MD

Affiliation

Academy of Family Physicians
of Malaysia

National Center Manager

Ayman Nabel Al-Bedri, MD

Affiliation

The National Malaysian
University Medical Center

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 healthcare providers, exercise professionals and the public about the importance of exercise as a preventive medicine.



National Center Advisory Board

Affiliation

Dr. Sivashanmuganathan A/L Saga Thavan

- Family Medicine and Exercise Physician
- Academy of Family Physicians of Malaysia

Dr. Ayman Nabel Al-Bedri

- The National Malaysian University Medical Center
- Former Malaysian national team doctor

Dr. Pavandeep Singh Dhillon

- Sport Medicine Practitioner
- Society of Sports and Exercise Medicine Malaysia

Dr. Sudhananthan Kanthaswamy

- Family Medicine and Exercise Physician
- Academy of Family Physicians of Malaysia

Miss Yeo Seok Ling

- co-Founder & President, Asia Fitness Today
- ACE Certified Personal Trainer

Dr. Mohamad Shariff Bin A Hamid

- Associate Professor, Department of Sport Medicine, University Malaya

Dr. Sazlina Shariff Ghazali

- Associate Professor, Department of Family Medicine, University Putra Malaysia

Steven Raj J M Sathiaselan

- Owner, Fizikal Fitness
- ACE Certified Personal Trainer

Lester Francis

- Country Manager, Technogym Malaysia

2021 Goals

- Integrate physical activity as a vital sign and implement principles of EIM into hospitals and healthcare systems throughout Malaysia
 - Increase the number of physicians and healthcare providers that receive EIM training and are actively engaged in the assessment, prescription and counseling of physical activity
 - Increase the number of health and fitness professionals that received EIM training, are certified by EIM Malaysia, and are actively engaged in providing guidance to individuals in Malaysia
 - Conduct public forums on the benefits of physical activity for health to the public
 - Officially partner with at the national ministries of Health, Education, or Youth and Sports
 - Engage with the Ministry of Education to expand the EIM On Campus program across Malaysia, increasing its exposure to a greater number of universities and educational campuses
 - In partnership with the Ministry of Health Malaysia, contribute to the development of the Physical Activity Guidelines for Malaysia
 - Develop a website locator so that the public can more easily find certified healthcare providers and exercise professionals throughout Malaysia
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Accomplishments to Date

- Officially re-established the EIM Malaysia National Center in July 2018 and granted full registration (represented at a national level) by the Registrar of Societies Malaysia (ROS Malaysia)
- Established an EIM Malaysia website (2020)
- Signed an MOU with Technogym Malaysia (2020)
- Established three EIM On Campus programs (University Teknologi MARA-Perlis Branch, Hospital Canselor Tuanku Muhriz) – all of which earned gold recognition in 2020
- Developing a video series to teach people how to exercise properly at home and in public places
- Invited to serve on the advisory board developing the Malaysian Physical Activity Guidelines (2020)
- Conducted four workshops for healthcare providers (2 in 2018 for 73 HCPs; 2 in 2019 for 43 HCPs)
- Led a public awareness program in HCTM-UKMMC called “Exercise – The Magic Pill” that was attended by over 250 staff (April 2018)
- Held a public forum with the Institute of Physical Educators in Bandar Tun Razak, Kuala Lumpur Malaysia to discussion the importance of exercise for Malaysian students (June 2018)
- Conducted a cycling travel and mounting climbing challenge to increase awareness of EIM in the eastern part of Malaysia
- Increased the number of healthcare providers enrolling in the Walk-with-a-Doc program
- Meeting with officials from the Malaysian Ministry of Health to develop collaboration
- 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.
- Website: www.eimm.org.my

**Exercise
is Medicine[®]
Malaysia**