



Dr. Upul Madahapola

National Center Director

Upul Chaminda Bandara
Madahapola, M.D.

National Center Manager

Ajith Susantha Paris, M.D.

Affiliation

Teaching Hospital Kandy & Sri Lanka
Sports Medicine Association

Affiliation

Sri Lanka Sports Medicine Association

Host Institution – Sri Lanka Sports Medicine Association

The Sri Lankan Sports Medicine Association (SLSMA) is a public, non-profitable, scientific organization of sports medicine in Sri Lanka following the statute of the International Federation of Sports Medicine and the principles of the International Olympic Committee. The SLSMA was established in 1992 with the purpose of creating and providing sports medicine facilities to persons involved in sports without discrimination of race, religion, cast, creed or sex.

The role of the SLSMA is to create and provide sports medicine facilities to persons involved in sports, organize and help national and international sports organizations, agencies, associations and federations in organizing sports medicine facilities, facilitate and provide a scientific forum for the coordination and communication all the sports medicine disciplines, and educate people and mobilize public opinion regarding the prevention of injuries by arranging courses and imparting training for the prevention of injuries which come within the scope of sports medicine.



National Center Advisory Board

Affiliation

Dr. Upul Chaminda Bandara Madahapola,
MBBS, D.Sp.Med (Col)

- Registrar in Sports & Exercise Medicine, General Practitioner, Teaching Hospital, Kandy
- Former Secretary, Sri Lanka Sports Medicine Association
- Ex-Co member, Asian Federation of Sports Medicine

Dr. Harindu Wijesinghe, MBBS, M.D. (Col),
MRCP

- Consultant Rheumatologist and Sports Physician, Nawaloka Hospitals
- Former President, Sri Lanka Sports Medicine Association

Dr. Dilip Chathuranga Ranasingha, MBBS,
D.Sp.Med (Col), Ph.D. (Reading)

- Lecturer, Department of Allied Health Science, Faculty of Medicine, University of Colombo

Dr. Susantha Paris, MBBS, D.Sp.Med (Col)

- Sports Physician & General Practitioner, Sports Medicine Unit, Provincial General Hospital, Matara

Surgeon Rear Admiral Dr. E. W. Jayasinghe,
MBBS, D.Sp.Med (Col)

- International Technical Official [ITO], Former Director Navy medical services, Navy headquarters

Dr. L. D. C. K. Perera, MBBS, D.Sp.Med (Col)

- Sports Physician, Sports & Exercise Medicine, Sports Medicine Unit, Teaching Hospital

Dr. Thushantha Bandara Wijesingha , MBBS, D.Sp.Med Sports (Col)	<ul style="list-style-type: none"> Physician, Sports Medicine Unit, National Hospital
Mrs. H. P. M. Dabarera , BSc in Physiotherapy (Hons.), Ph.D. (Reader)	<ul style="list-style-type: none"> Lecturer, Department of Physiotherapy, Faculty of Allied Health Sciences, General Sir John Kotelawala Defense University
Dr. Dilina Herath , BBA (Col), MBA (Au), Ph.D. (UK), ITTF Level II Table Tennis Coach	<ul style="list-style-type: none"> Dean, ESOF Metro Campus Senior Visiting Lecturer, Faculty of Graduate Studies, University of Colombo
Prof. Lal Mervin Dharmasiri	<ul style="list-style-type: none"> Chairman, Central Environment Authority
Dr. Godwin Roger Constantine , MBBS, M.D. (Colombo)	<ul style="list-style-type: none"> Senior Lecturer & Consultant Physician (Specialist in Cardiology), Department of Medicine, Faculty of Medicine, University of Colombo
Dr. Sumudu Vipulaguna Rajasingha , MBBS, D. Sp Med (Col), MSc in Community Medicine (Col), MSc in Applied Psychology	<ul style="list-style-type: none"> Sports Medicine Physician & Sports Psychologist, Registrar in Community Medicine, Postgraduate Institute of Medicine, University of Colombo
Dr. H. M. S. L. Jayasekara , MBBS, MSc (Human Nutrition)	<ul style="list-style-type: none"> Medical officer in Human Nutrition, Provincial General Hospital, Kurunegala
Mr. Bilal Yusuf , M.B.A., ASCA, Level II Trainer in strength and conditioning	<ul style="list-style-type: none"> Founder Athlete Unleashed (Sports Performance) IRB level 3 Rugby Coach

2020 Goals

- Increase the number of health care professionals who are assessing, prescribing and counseling patients in physical activity.
- Increase the number of clients attending health care institutions that meet the World Health Organization (WHO) Physical Activity guidelines.
- Increase the number of qualified exercise professionals available for the prevention and treatment of chronic diseases.
- Increase public awareness about the available capacity of health care systems and organizations to promote and provide leadership in physical activity promotion.
- Increase the proportion of peer-reviewed scientific publications on physical activity and health by 10%
- Develop an exercise prescription program for all primary care physicians in Sri Lanka

Accomplishments to Date

- First meeting of EIM Sri Lanka Task Force to develop a National Centre for Sri Lanka (August 2017)
- Attended EIM Asia Regional Meeting in Hong Kong (December 2017)
- Proposal for EIM Sri Lanka National Centre approved by EIM Global (February 2018)
- Over 2018-19, conducted 3 training workshops that engaged >125 health care providers, as well as one training for exercise professionals (n=23)
- Attended EIM Professional Designation workshop at the EIM Singapore National Centre (Changi Hospital, Singapore, May 2018)
- Worked with Ministry of Health to develop exercise prescription guidelines for individuals with eight different non-communicable diseases
- Established exercise prescription as a part of the syllabus for sports medicine physician training programs

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Sri Lanka**