



Dr. Upul Madahapola

### National Center Director

Upul Chaminda Bandara  
Madahapola, M.D.

### Affiliation

Teaching Hospital Kandy & Sri Lanka  
Sports Medicine Association

### National Center Manager

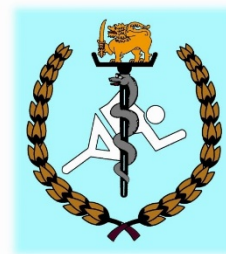
Ajith Susantha Paris, M.D.

### 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 of 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

Dr. Upul Chaminda Bandara Madahapola,  
M.B.B.S., D.Sp.Med (Col)

Dr. Harindu Wijesinghe, M.B.B.S., M.D. (Col),  
M.R.C.P.

Dr. Dilip Chathuranga Ranasingha, M.B.B.S.,  
D.Sp.Med. (Col), Ph.D. (Aus)

Dr. Susantha Paris, M.B.B.S., D.Sp.Med (Col)

Surgeon Rear Admiral Dr. E. W. Jayasinghe,  
M.B.B.S., D.Sp.Med (Col)

Dr. L. D. C. K. Perera, M.B.B.S., D.Sp.Med (Col),  
M.D. SEM (Col)

Dr. Thushantha Bandara Wijesingha, M.B.B.S.,  
D.Sp.Med Sports (Col)

### Affiliation

- General Practitioner, Sports & Exercise Medicine, Provincial General Hospital, Kurunegala
- Secretary, Sri Lanka Sports Medicine Association
- Education commission, FIMS

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

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

- Sports Physician & General Practitioner, Sports Medicine Unit, Provincial General Hospital, Matara
- International Technical Official [ITO], Director Navy Medical Services, Navy headquarters

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

- Sports Physician, Sports Medicine Unit, National Hospital

Mrs. H. P. M. Dabare, B.Sc. in Physiotherapy (Hons.), Ph.D. (Reader)	<ul style="list-style-type: none"> <li>Lecturer, Department of Physiotherapy, Faculty of Allied Health Sciences, General Sir John Kotelawala Defense University</li> </ul>
Miss Nadeesha Wickramasinghe, B.Sc. in Physiotherapy	<ul style="list-style-type: none"> <li>TH Anuradhapura</li> </ul>
Dr. Daminda Attanayake, M.D. (Rus), M.Sc. Sports & Exercise Medicine	<ul style="list-style-type: none"> <li>Sports and Exercise physician, National Institute of Sports Medicine</li> </ul>
Dr. Dilina Herath, M.B.A. (Au), Ph.D. (UK)	<ul style="list-style-type: none"> <li>Dean, ESOF Metro Campus</li> <li>Senior Visiting Lecturer, Faculty of Graduate Studies, University of Colombo</li> </ul>
Prof. Lal Mervin Dharmasiri	<ul style="list-style-type: none"> <li>Chairman, Central Environment Authority</li> <li>Professor of Geography, University of Kelaniya</li> </ul>
Dr. Sameera Ranasinghe, M.B.B.S., M.D.	<ul style="list-style-type: none"> <li>Senior Registrar in Community Medicine, Provincial Health Office, Northwestern Office</li> </ul>
Dr. Sumudu Vipulaguna Rajasingha, M.B.B.S., D.Sp.Med (Col), M.Sc. in Community Medicine (Col), M.Sc. in Applied Psychology (UK)	<ul style="list-style-type: none"> <li>Sports Medicine Physician &amp; Sports Psychologist, Registrar in Community Medicine, Postgraduate Institute of Medicine, University of Colombo</li> </ul>
Dr. H. M. S. L. Jayasekara, M.B.B.S., M.Sc. (Human Nutrition)	<ul style="list-style-type: none"> <li>Senior Registrar in Human Nutrition, Provincial General Hospital, Kurunegala</li> </ul>
Mr. Bilal Yusuf, M.B.A., ASCA, Level II Trainer in strength and conditioning	<ul style="list-style-type: none"> <li>Founder Athlete Unleashed (Sports Performance)</li> <li>IRB level 3 Rugby Coach</li> </ul>

## 2022 Goals

- To expand the number of healthcare professionals who are assessing, prescribing, and counseling patients in physical activity
- To conduct training courses in partnership with the NCD program of the Sri Lanka Ministry of Health
- To train health care workers who can promote physical activity in all provinces throughout the country
- To increase the number of clients attending health care institutions to get exercise prescriptions
- To increase the number of qualified exercise professionals available for the prevention and treatment of chronic diseases (training of the trainers)
- To develop public awareness about the available capacity of healthcare systems and organizations to promote and provide leadership in physical activity promotion
- To increase peer-reviewed scientific publications on physical activity and health by 10%
- To conduct a South Asia EIM meeting in the future

## Accomplishments to Date

- Officially established the EIM Sri Lanka National Center in March 2018
- Attended EIM Professional Designation workshop at the EIM Singapore National Centre (Changi Hospital, Singapore, May 2018)
- Developed guidelines for the physical activity promotion during the coronavirus pandemic (2021)
- Since 2018, conducted 11 training workshops that engaged >550 healthcare providers, as well as 2 training courses for ≈50 exercise professionals
- Worked with Ministry of Health to develop exercise prescription guidelines for individuals with eight different non-communicable diseases (2019)
- Assisted in the development of national physical activity guidelines for individuals with non-communicable diseases alongside the national Ministry of Health (2020)
- Developed guidelines for return to sports play during the COVID-19 pandemic (2020)

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- Working with NCD department (Ministry of Health) to serve as a bridge between exercise trainers public health medical officers in training health care workers to promote physical activity (2020)
  - Established exercise prescription as a part of sports medicine physician training programs
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