



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 Chaturanga Ranasingha, M.B.B.S.,  
D.Sp.Med. (Col), Ph.D. (Aus)

Dr. Susantha Paris, 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)

Mrs. H. P. M. Dabare, B.Sc. in Physiotherapy  
(Hons.), Ph.D. (Reader)

## Affiliation

- Consultant Sports & Exercise Medicine Physician, Provincial General Hospital, Kurunegala
- Secretary, Sri Lanka Sports Medicine Association
- Consultant Rheumatologist and Sports Physician, Ceylon College of Physicians
- Former President, Sri Lanka Sports Medicine Association
- Professor, Department of Allied Health Science, Faculty of Medicine, University of Colombo
- Sports Physician & General Practitioner, Sports Medicine Unit, Provincial General Hospital, Matara
- Sports Physician, Sports & Exercise Medicine, Sports Medicine Unit, Teaching Hospital, Colombo South
- Sri Lanka Anti-Doping Agency
- Sports Physician, Sports Medicine Unit, National Hospital
- Senior Lecturer, Department of Physiotherapy, General Sir John Kotelawala Defense University

Commander Dr Chandana Bandara, MBBS, Dip Sp Med, MD SEM(Col)	<ul style="list-style-type: none"> <li>• Consultant Sports and Exercise Medicine, Sri Lanka Navy</li> </ul>
Dr. Daminda Athanayake, M.D. (Rus), M.Sc. Sports & Exercise Medicine	<ul style="list-style-type: none"> <li>• Sports and Exercise physician, National Institute of Sports Medicine, Ministry of Sports</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>
Dr. A.J. Muhammed Irzhadh, MBBS, D.Sp.Med, MD SEM (Col)	<ul style="list-style-type: none"> <li>• Sports and Exercise Physician and General Practitioner, Sri Lanka Sports Medicine Association</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>• Consultant Community Physician, Ministry of Health</li> <li>• Senior Registrar in Community Medicine, Provincial Health Office, Northwestern Office</li> </ul>
Dr. K.K. Mathisha Hasan de Silva, MBBS, D.Sp.Med	<ul style="list-style-type: none"> <li>• Sports and Exercise Physician, Sri Lanka Sports Medicine Association,</li> <li>• Entrepreneur</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>• Strength and conditioning coach, Founder Athlete Unleashed (Sports Performance)</li> <li>• IRB level 3 Rugby Coach</li> </ul>

## 2024 Goals

- To expand the number of healthcare professionals who are assessing, prescribing, and counseling patients in physical activity
- To conduct training courses with the NCD department of the Sri Lanka Ministry of Health for health care workers across Sri Lanka
- To train health care workers who can promote physical activity in all provinces throughout the country, specifically to new sports medicine postgraduate students in Sri Lanka
- To increase the number of clients attending healthcare 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 expand EIM activities among undergraduate students and introduce EIM On Campus to two additional universities (Wayamba and Reuhunu)
- To conduct EIM trainings to other health professional colleges, such as neurologists, general practitioners and diabetes association

## 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)
- Received funding from a private hospital system to conduct a non-communicable disease screening program (2023)
- Since 2018, conducted 19 training workshops that engaged >670 healthcare providers, as well as 4 training courses for ≈75 exercise professionals

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- In 2023, conducted 8 trainings for >300 health care workers in community health settings across Sri Lanka
  - Ensured that exercise prescription was add to the Diploma and MD Sport & Exercise Medicine program in Sri Lanka (2022)
  - Developed guidelines for the physical activity promotion during the coronavirus pandemic (2021)
  - 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)
  - 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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