



Dr. Sivashanmuganthan Sagathavan

National Center Director

Sivashanmuganthan A/L Saga Thavan, M.D.

Affiliation

Academy of Family Physician & Malaysian Medical Association

National Center Manager

Joshua Edghar

Affiliation

Sports Coliseum

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.

NC Advisory Board

Affiliation

Dr. Sivashanmuganthan A/L Saga Thavan	• Family Medicine and Exercise Physician, Academy of Family Physicians of Malaysia
Dr. Ayman Nabel Al-Bedri	• Family and Sports Medicine Practitioner
Mr. Daniel Chen	• Country Manager, Technogym
Dr. Pavandeep Singh Dhillon	• Sport Medicine Practitioner, Society of Sports and Exercise Medicine Malaysia
	• Medical Director, Malaysian Medical Association
Joshua Edgar	• Sports Coliseum
	• Brand and Partnership Director
Dr. Sazlina Shariff Ghazali	• Professor, Department of Family Medicine, University Putra Malaysia
Dr. Mohamad Shariff Bin A Hamid	• Associate Professor, Unit of Sport Medicine, University Malaya
Prof Siti Jameelah Md Japilus	• Lecturer, Universiti Teknologi MARA (UiTM)
Miss Yeo Seok Ling	• Impact co-Founder, GoInternationalGroup
	• ACE Certified Personal Trainer
Steven Raj J M Sathiaselalan	• Owner, Fizikal Fitness, ACE Certified Personal Trainer
Dr. Nurainul Hana Shamsuddin	• Physician, Universiti Putra Malaysia
Mr. Lee Ke Wunn	• Exercise Professional, Ke Wynn Medical Fitness Center

2025 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 receive EIM training, are certified by EIM Malaysia, and are actively engaged in providing guidance to individuals in Malaysia
 - Secure official partnerships with the Ministry of Health, NIOSH, and Protect Health
 - Develop a new program (PUTRAWeFit) in partnership with the University of Putra Malaysia
 - Explore EIM workshops tailored for physiotherapist and dietitians
 - Create more content for EIMM social media to attract followers, sponsors, and collaborators
 - Partner with at least 1 new university (e.g. EIM On Campus)
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Accomplishments to Date

- Officially re-established EIM Malaysia and granted full registration by the Registrar of Societies Malaysia (2018)
 - Conducted new workshops with the University Perguruan Sultan Idris (UPSI) (2024)
 - Collaborated with ProtectHealth on a pilot health program for low-income individuals (2022)
 - Completed an MOU to partner with the Academy of Family Physicians of Malaysia and Cypertlynx International University (2021)
 - Working to develop a collaboration with officials from the Malaysian Ministry of Health (2021)
 - Increased the number of EIM On Campus programs to seven (2022). Several, University Teknologi MARA-Perlis Branch, Hospital Canselor Tuanku Muhriz, Management and Science University, have earned gold recognition at one point
 - Signed an MOU with Technogym Malaysia (2020)
 - Developing a series of videos to teach proper home exercise (2020)
 - Served on the advisory board developing the Malaysian Physical Activity Guidelines (2020)
 - Conducted multiple workshops for healthcare providers (>150 physicians trained) and exercise professionals since 2018
 - 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 (2018)
 - Increased the number of healthcare providers enrolling in the Walk-with-a-Doc program (2018)
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