



Dr. Upul Madahapola

National Center Director

Upul Chaminda Bandara
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Affiliation

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National Center Manager

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Affiliation

Sri Lanka Sports Medicine
Association

Host Institution – Sri Lanka Sports Medicine Association

The Sri Lankan Sports Medicine Association (SLSMA) is a public, non-profit, scientific sports medicine organization following the statute of the International Federation of Sports Medicine and the principles of the International Olympic Committee. The SLSMA, established in 1992, has 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 help national and international sports organizations, agencies, associations and federations organize sports medicine facilities, provide a scientific forum for the coordination and communication of all the sports medicine disciplines, educate people, and mobilize public opinion on the prevention of injuries through courses and training under the scope of sports medicine.



NC Advisory Board

Affiliation

Upul Chaminda Bandara Madahapola, MBBS, D.Sp.Med (Col)	- Consultant Sports & Exercise Medicine Physician, Teaching Hospital, Kurunegala - Sri Lanka Sports Medicine Association
Daminda Athanayake, M.D. (Rus), MSc Sports & Exercise Medicine	Sports and Exercise Medicine Physician, National Institute of Sports Medicine, Ministry of Sports
Renuka Dasanayake, BSc (Physiotherapy), PhD (Reader)	Lecturer, Dept of Physiotherapy, Faculty of Allied Health Sciences, University of Peradeniya
Lal Mervin Dharmasiri	Chairman, Central Environment Authority, Environment Ministry
Dilina Herath, MBA (Au), Ph.D. (UK)	- Dean, ESOF Metro Campus - Senior Visiting Lecturer, Faculty of Graduate Studies, University of Colombo
Rangana Hettige, MBBS, Dip Sp Med, MD SEM (Col)	- Sports and Exercise Medicine Physician, Teaching Hospital, Peradeniya - Secretary, Sri Lanka Sports Medicine Association
H. M. S. L. Jayasekara, MBBS, MSc, MD (Human Nutrition)	Consultant in Human Nutrition, Provincial General Hospital, Kurunegala

NC Advisory Board	Affiliation
Asiri Munasinghe, MBBS	Clinical Councillor, Family Health Bureau
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L.D.C.K. Perera, MBBS, D.Sp.Med, MD SEM (Col)	Sports and Exercise Medicine Physician, Sports Medicine Unit, Teaching Hospital, Karapitiya, Galle
Sumudu Vipulaguna Rajasingha, MBBS, D.Sp.Med (Col), MSc, MD in Community Med	Sports Medicine Physician & Sports Psychologist, Community Medicine Physician, Postgraduate Institute of Medicine, University of Colombia
Dilip Chathuranga Ranasingha, MBBS, D.Sp.Med. (Col), Ph.D. (Aus)	Senior Lecturer, Dept of Allied Health Science, Faculty of Medicine, University of Colombo
Sameera Ranasinghe, MBBS, M.D.	Senior Registrar in Community Medicine, Provincial Health Office, Northwestern Office
Asanga Weligamage, MBBS, D.Sp.Med (Col)	Sports and Exercise Medicine Physician, Teaching Hospital, Kurunegala
Harindu Wijesinghe, MBBS, M.D. (Col), MRCP	Consultant Rheumatologist and Sports Physician, Nawaloka Hospitals
Thushantha Bandara Wijesingha, MBBS, D.Sp.Med Sports (Col)	Sports Physician, Sports Medicine Unit, Teaching Hospital, Kurunegala
Bilal Yusuf, M.B.A., ASCA, Level II Trainer in strength and conditioning	- Founder Athlete Unleashed (Sports Performance) - IRB level 3 Rugby Coach

2026 Goals

- To integrate EIM into 10 additional hospitals
- To expand the number of healthcare professionals who are assessing, prescribing, and counseling patients in physical activity
- To conduct training courses for 300+ healthcare professionals across Sri Lanka in partnership with the NCD department of the Sri Lanka Ministry of Health
- 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 collaborate with policymakers to establish national guidelines for physical activity assessment prescription, and referral within healthcare systems

Accomplishments to Date

- Officially established the EIM Sri Lanka National Center (March 2018)
 - Since 2018, conducted >29 training workshops that engaged >1220 healthcare providers, as well as 5 training courses for ≈100 exercise professionals (including four trainings in 2025)
 - Initiated first EIM On Campus program at Wayamba University
 - Collaborated with 12 hospitals and training 180+ healthcare professionals to implement PA assessment and prescription in clinic workflows to increase patient referrals to exercise programs (2024)
 - Received funding from a private hospital system to conduct non-communicable disease screening program (2023)
 - Conducted 8 trainings for >300 health care workers in community health settings across Sri Lanka (2023)
 - 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)
 - Attended EIM Professional Designation workshop at the EIM Singapore National Centre (Changi Hospital, May 2018)
 - Established exercise prescription as a part of sports medicine physician training programs
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