


World Conference on Exercise Medicine 2023, Hyderabad, India

Time	2nd Sept (Day 1) - Global Peace Auditorium, Brahmakumaris Gachibowli, Hyderabad	
0700-0830	Breakfast	
0830-0930	Travel to Global Peace Auditorium, Brahmakumaris Gachibowli	
	Chairman of the Session – Dr. Ciaran Fairman, Australia	
0930-0945	Welcoming Note - Prof. Rajesh Kumar, India	
0945-1000	Opening Speech - Dr. Muhammad Lee Chee Pheng, Malaysia CEO International Scientific Committee on Exercise Medicine	
1000-1015	Speech by Organising Chairman – Dato' Sri Dr. Jessy Lai, Malaysia	
1015-1045	Prevention and Control of NCD in the ASEAN Region Dr. Noraryana binti Hassan, Deputy Director (NCD), Disease Control Unit, Ministry of Health Malaysia	
1045-1115	Telemedicine as a Tool for Lifestyle Changes including Physical Activity in Adolescents with Obesity: Family and Group Intervention Assoc. Prof. Dr. Irena Aldhoon-Hainerová, Czech Republic	
1115-1145	Every Move Counts, but how much is too much? What is the Optimal Exercise Dosage for Health? Translate Currently Scientific Evidence into Practical Actions Assoc. Prof. Dr. Hanson Huang, Taiwan	
1145-1215	Why Sudden Death Among Exercising Youth. Prof. Major Dr. S. Bakhtiar Choudhary (Retd.), India	
1215-1300	-- Abstracts Presentation --	
1300-1400	Lunch	
	Chairman of the Session – Dr. Ajay Singh Thakur, India	
1400-1430	Effect of Physical Exercise on Mental Health and Self Esteem Dr. Veerender Chennaju, India	
1430-1500	Psychological Benefits of Exercise for Type 2 Diabetes Mellitus Patients Dr. Garry Kuan, Malaysia	
1500-1530	Power of the Mind to Increase Adherence to Exercise Regimes Mr. BK E.V. Gireesh, India	
1530-1600	Social Impact of Exercise and Benefits to Learning Assoc. Prof. Dr. Hanna Vehmas, Finland	
1600-1700	-- Abstracts Presentation --	
1700-1800	Exercise Sessions	Aerobic Magic of Meditation Ms. B K Vasantha Lakshmi, India
1930-2200	Opening Dinner - Pullela Gopichand Academy, Hyderabad	

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Time	3 rd Sept (Day 2) - Gaudium School, Hyderabad	
0700-0800	Breakfast	
0800-0900	Travel to Gaudium School	
	Chairman of the Session – <i>Prof. Major Dr. S. Bakhtiar Choudhary (Retd.), India</i>	
0900-0930	The Whys and The Hows of Exercise for Heart Failure <i>Prof. Dr. Dusan Hamar, Slovakia</i>	
0930-1000	Effect of Aerobics Training on Ischemia Reduction in Individuals with Coronary Artery Disease <i>Assoc. Prof. Dr. Hashbullah Ismail, Malaysia</i>	
1000-1030	Importance of AED During Physical Activity <i>Zoll Medical, Malaysia</i>	
1030-1100	Danger of Anabolic Steroids use by Recreational Exercisers <i>Dr. Kiran Kumar Kulkarni, India</i>	
1100-1130	Lifelong Exercise for Healthy Joints <i>Prof. Dr. Zsombor Lacza, Hungary</i>	
1130-1300	Online Session Chairman - <i>Dr. Veerender Chennouj, India</i>	Symposia of Exercise and Injuries Chairman – <i>Prof. Syed Ibrahim, India (Room 2)</i>
	“Recipes” for Exercise Prescription in Cardiovascular Risk Factors <i>Prof. Dr. Domenico Cianflone, Italy</i>	"Comparison Between Frequency, Intensity and Duration of Intervention on Pain Severity and Trunk Extensor Performance in Chronic Non-Specific Low Back Pain Amongst Malaysian Workers." <i>Assoc. Prof. Dr. Lim Boon Hooi</i>
	Exercise Dosage in Pediatric Disability <i>Dr. Syed Rehan Ifikhar Bukhari, Pakistan</i>	Impact of Exercise Type and Dosage on Pain and Disability in People with Knee Osteoarthritis Secondary to Obesity <i>Dr. SriKanth Babu Venga, India</i>
1230-1400	Lunch	
1400-1800 Excursion		

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Time	4 th Sept (Day 3) - VJIT College, Hyderabad	
0700-0830	Breakfast	
0830-0930	Travel to VJIT College	
	Chairman of the Session - Dr. Ajay Singh Thakur, India	
0930-1000	Scientific, Personalized, and Quantitative Exercise Prescription in the Prevention of NCDs Ms Yew Su Fen, Malaysia	
1000-1030	Health Promotion & Education to Combat NCD Dr. Vanitha Subramaniam, Health Education Division, Ministry of Health Malaysia	
1030-1100	Type of and Dose of Exercise for Health in Cancer Dr. Ciaran Fairman, Australia	
1100-1130	Improving Fitness Parameters through Physical Education Programmes Dr. Kaukab Azeem, India	
1130-1300	Symposia of Exercise and Metabolic Disease Chairman Dr. Veerender Chennouju, India	Symposia of Exercise and Fitness Chairman Dr. Kaukab Azeem, India (Room 2)
	Lifestyle Intervention for Remission of Diabetes Dr. Sivaneswaran Poobalasingam, Malaysia	Dose Response Profile to Improve Cardiovascular Fitness Prof. Ashok Kumar, India
	Lifestyle Management to Combat Non-Communicable Diseases Dr. Venkata Rajasekhar Kali, India	Importance of Physical Exercise for Promotion of Health and Anti-Ageing Prof. Syed Ibrahim, India
1300-1400	Lunch	
	Chairman of the Session - Dr. Kiran Kumar Kulkarni, India	
1400-1430	Gender Differences in Sports Injuries Dr. Ajay Singh Thakur, India	
1430-1500	Strategic Programs to Improve Physical Activities Prof. G.L.Khanna, India	
1500-1530	Physical Activity Strategies Undertaken by Brunei, Malaysia, and Singapore to Combat NCD Dr. Norhayati Md Kassim, Brunei	
1530-1600	Diversity of Ways to Implement Exercise Medicine in Management of Prediabetic and Prehypertension: Malaysian Experiences Dr. Omar bin Mihat, Malaysia	
1600-1700	Exercise Sessions	Aerobic
		Yoga