


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 Hyderabad	
	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 CEO International Scientific Committee on Exercise Medicine, Malaysia	
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	Health Promotion & Education to Combat NCD Dr. Vanitha Subramaniam, Health Education Division, Ministry of Health Malaysia	
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 – Ms. Yew Su Fen, Malaysia	
1400-1430	Effect of Physical Exercise on Mental Health and Self Esteem Dr. Veerender Chenoju, India	
1430-1500	Psychological Benefit of Exercise for Type 2 Diabetes Mellites 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 at Pullela Gopichand Academy, Hyderabad	

World Conference on Exercise Medicine 2023, Hyderabad, India

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

World Conference on Exercise Medicine 2023, Hyderabad, India

Time	4 th Sept (Day 3) - VJIT college Hyderabad	
0700-0830	Breakfast	
0830-0930	Travel to VJIT college Hyderabad	
	Chairman of the Session - <i>Dr. Ajay Singh Thakur, India</i>	
0930-1000	Scientific, Personalized, and Quantitative Exercise Prescription in the Prevention of NCDs <i>Ms Yew Su Fen, Malaysia</i>	
1000-1030	Telemedicine as a Tool for Lifestyle Changes including Physical Activity in Adolescents with Obesity: Family and Group Intervention <i>Assoc. Prof. Dr. Irena Aldhoon-Hainerová, Czech Republic</i>	
1030-1100	Type of and Dose of Exercise for Health in Cancer <i>Dr. Ciaran Fairman, Australia</i>	
1100-1130	Improving Fitness Parameters through Physical Education Programmes <i>Dr. Kaukab Azeem, India</i>	
1130-1300	Symposia of Exercise and Metabolic Disease Chairman <i>Assoc. Prof. Dr. Hanson Huang, Taiwan</i>	Symposia of Exercise and Fitness Chairman <i>Assoc. Prof. Dr. Lim Boon Hooi, Malaysia (Room 2)</i>
	Lifestyle Intervention for Remission of Diabetes <i>Dr. Sivaneswaran Poobalasingam, Malaysia</i>	Dose Response Profile to Improve Cardiovascular Fitness <i>Prof. Ashok Kumar, India</i>
	Lifestyle Management to Combat Non-Communicable Diseases <i>Dr. Venkata Rajasekhar Kali, India</i>	Importance of Physical Exercise for Promotion of Health and Anti-Ageing <i>Prof. Syed Ibrahim, India</i>
1300-1400	Lunch	
	Chairman of the Session - <i>Dr. Kiran Kumar Kulkarni, India</i>	
1400-1430	Gender Differences in Sports Injuries <i>Dr. Ajay Singh Thakur, India</i>	
1430-1500	Strategic Programs to Improve Physical Activities <i>Prof. G.L.Khanna, India</i>	
1500-1600	Exercise Sessions	Aerobic
		Yoga