

6TH MALAYSIAN LIFESTYLE MEDICINE CONFERENCE

Lifestyle Medicine: The Foundation Of Longevity Medicine

HYBRID EVENT

Berjaya Times Square Hotel

24TH - 26TH OCT 2026

CONFERENCE SCHEDULE

24TH OCTOBER 2026

TIME	TOPIC	SPEAKER
8.00 - 8.30 am	Registration	
	Opening Ceremony	
9.00 – 9.10 am	National Anthem: Negara Ku	
9.10 – 9.20 am	Welcome Address	Adj. Prof. Dr. Siva Poobalasingam Chair, Advisory Board, Lifestyle Medicine Global Alliance Founder and President, Malaysian Society Of Lifestyle Medicine
9.20 - 9.25 am	Special Address	Datuk Dr Thirunavukarasu Immediate Past President, Malaysian Medical Association
9.25 - 9.30 am	Special Address	Dr. Ravinder Mamtani Vice Dean For Population Health And Lifestyle Medicine,Weill Cornell Medicine-Qatar Vice Chair,Advisory Board,Lifestyle Medicine Global Alliance
9.30 - 9.35 am	Special Address	Dr. Liana Lianov Founding President, Global Positive Health Institute Assistant Professor, Center for Positive Health Sciences, Royal College of Surgeons Ireland – RCSI University of Medical and Health Sciences.
9.35 -9.45 am	Inauguration Ceremony	Dr. Rabindra Abeyasinghe WHO Representative to Malaysia, Brunei Darussalam and Singapore
9.45 - 10.25 am	Keynote Address: Advancing Healthy Ageing Through Prevention, Equity, and Evidence-Based Lifestyle Medicine	
10.25 - 10.55 am	Tea Break / Networking	
10.55 - 11.25 am	The Longevity Blueprint: Lifestyle Medicine in the 21st Century	Dr. Ravinder Mamtani Vice Dean For Population Health And Lifestyle Medicine,Weill Cornell Medicine-Qatar Vice Chair,Advisory Board,Lifestyle Medicine Global Alliance *Moderator: Dr Faridah Md Zin*
11.25 - 11.55 am	The Future Of Longevity: Transforming Lifespan Into Healthspan	Prof. Andrea B Maier Co-Founder and Director, NUS Academy for Healthy Longevity, National University of Singapore Founding President, Healthy Longevity Medicine Society *Moderator: Dr Faridah Md Zin*
11.55 am - 12.25 pm	Happiness and Longevity: The Science of Well-Being and Lifespan	Dr. Liana Lianov Founding President, Global Positive Health Institute Assistant Professor, Center for Positive Health Sciences, Royal College of Surgeons Ireland – RCSI University of Medical and Health Sciences. *Moderator:* *Assoc. Prof. Fadzilah Hanum*

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12.45 - 1.00 pm	"From Conversation to Clinical Notes" — Experience Ambient Voice AI Live	Dr Sandeep Charan Suri Software System Advisory Nextan Pte Ltd
1.00 – 2.00 pm	Lunch and Networking Break	
2.00 – 2.30pm	The Global Lifestyle Medicine Competency and Certification Framework	Mr. Stephan Herzog Executive Director, International And American Boards Of Lifestyle Medicine
Symposium: World Health Organisation		
2.30 – 2.35 pm	Opening Remarks	Dr. Rabindra Abeyasinghe WHO Representative to Malaysia, Brunei Darussalam and Singapore
2.35 - 2.50 pm	WHO's Perspectives, Priorities And Plans For Longevity Utilizing Lifestyle Medicine In Malaysia	Dr. Deepa Gamage Team Leader, WHO Office for Malaysia, Brunei Darussalam and Singapore
2.50 - 3.50 pm	Fireside Conversation "Building Health Where Life Happens"	Adj. Prof. Dr. Siva Poobalasingam Dr. Ravinder Mamtani Dr. Liana Lianov Dr. Noor Mikraz Bt Mohamad Isa *Moderator: Dr. Isabel C Espinosa*
3.50 - 4.20 pm	Facilitated Interactive Polling Using Mentimetre	*Moderator: Dr. Ruben Ramakrishnan*
4.20 - 4.30 pm	Closing Remarks	Dr. Deepa Gamage Team Leader, WHO Office for Malaysia, Brunei Darussalam and Singapore
4.30 – 4.45 pm	Tea Break / Networking	
4.45 - 5.15 pm	Menopause A Window to Longevity: A Lifestyle Medicine Approach To Mitigate Biological Ageing	Dr. Tashiya Miranda Menopause Lead & Lifestyle Medicine Co-Lead, Osler Health Group, Singapore *Moderator: Dr Aruni Malwatta*
5.15 - 5.30 pm	Beyond Standard Panels: Essential Biomarkers for Longevity in Lifestyle Medicine	Dr. Edward Chan Lab Director And Principal Consultant,Well Lab Malaysia
5.30 - 5.45 pm	The Story Of Our Wild Amla	Mr. Caitanya D Thialan Chief Operations Officer, Thiallan Bioherbs BSc. Nutrition, Dietetics
5.45 - 6.00 pm	Age Strong With Cellular Intelligence	Ms. Julie Watts Integrative & Functional Medicine Educator, ASEA Brand Partner & Trainer
6.00 - 6.15 pm	Stem Cells As Risk Modifiers in Lifestyle Medicine	Mr. Jason Lam Chung Liang, Regenerative Medicine Specialist, My Cytohealth Sdn Bhd

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8.30 – 9.00 am	Exercise as Medicine: Boosting Lifespan and Healthspan	Dr. Edward M Philips Director, Institute Of Lifestyle Medicine, Spaulding Rehabilitation Hospital, Harvard Medical School
9.00 – 9.30 am	Social Connections, Happiness and Longevity: Lessons from The Harvard Grant Study	Dr. Elizabeth Frates Director Of Lifestyle Medicine And Wellness, Massachusetts General Hospital, Harvard Medical School, Past President American College Of Lifestyle Medicine
9.30 – 10.00 am	Dietary Strategies for Longevity: Insights from Global Traditional Diets	Dr. Uma Naidoo Director Of Nutritional & Lifestyle Psychiatry, Massachusetts General Hospital. Harvard Medical School
10.00 – 10.15 am	Tea Break / Networking	
10.15 – 10.45 am	The Science Of Brain Longevity	Dr. Nadir Bilici MD, DipIBLM Assistant Clinical Professor of Neurology, Mount Sinai Health System Director, Preventive Neurology and Lifestyle Medicine Clinic
10.45 - 11.15 am	Chronobiology and Longevity: Optimizing Your Internal Clock	Assoc. Prof. Fadzillah Hanum Primary Care Consultant, University Malaya *Moderator: Dr Miina Ohman*
11.15 - 11.45 am	Hidden Years Lost: The True Cost of Smoking and Alcohol	Prof. Dr. Faridah Mohd Zin Deputy Dean, Graduate School Of Medicine, KPJ Healthcare University *Moderator: Dr Miina Ohman*
11.45 am - 1.00 pm	The Stress–Longevity Connection: How Resilience Shapes Lifespan	Adj. Prof. Dr. Siva Poobalasingam Chair, Advisory Board, Lifestyle Medicine Global Alliance Founder and President, Malaysian Society Of Lifestyle Medicine Nisha Lakshmanan Director, Mind Body Medicine, Amrita Integrative And Lifestyle Medicine Centre Ivana Saldanha Mindfulness Instructor, Amrita Integrative And Lifestyle Medicine Centre

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1.00 – 2.00 pm	Lunch and Networking Break	
2.00 – 2.30 pm	Rejuvenating mitochondria function a potential tool against ageing	Dr. Vincenzo Sorrentino Assistant Professor, Department of Biochemistry & Healthy Longevity *Moderator:* *Dr. Saraswathy Kaliannan*
2.30 - 3.00 pm	Healthy Longevity for Everyone: A Way of Life — A Medical Professional's Perspective	Dr. Tim Shi President, Asia Pacific Longevity Medicine Society *Moderator:* *Dr. Heera Senthil Kumar*
MOU Signing Ceremony Between MSLM & APLMS		
3.00 - 3.05 pm	Welcome Address	MC
3.05 - 3.10 pm	Speech	Adj. Prof. Dr. Siva Poobalasingam Chair, Advisory Board, Lifestyle Medicine Global Alliance Founder and President, MSLM
3.10 - 3.15 pm	Speech	Dr. Tim Shi President, APLMS
3.15 - 3.25 pm	MOU Signing Ceremony	
3.25 - 3.30 pm	Photo Session	
3.30 – 4.00 pm	Dance Exercise & Zumba	Posh Fazlin
4.00 – 4.15 pm	Tea Break / Networking	
4.15 – 4.45 pm	Key Connection Between Microbiome And Healthspan	Dr. Siobhan McCormack Lifestyle Medicine Physician *Moderator:* *Dr. Heera Senthil Kumar*
4.45 – 5.45 pm	Convocation Ceremony Diplomates In Lifestyle Medicine	
	Closing Ceremony	
5.45 - 6.00pm	Closing Remarks	Adj. Prof. Dr. Siva Poobalasingam Chair, Advisory Board, Lifestyle Medicine Global Alliance Founder and President, Malaysian Society Of Lifestyle Medicine

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Organized by:

Malaysian Society of Lifestyle Medicine

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POST-CONFERENCE *workshops* & JOINT SYMPOSIUM

26TH OCTOBER 2026

8.00 - 8.30am	Registration	
Workshop 1		
8.30 - 10.30am	Workshop 1 : Positive Psychology Strategies For Healthy Ageing	Dr. Liana Lianov Founding President, Global Positive Health Institute Assistant Professor, Center for Positive Health Sciences, Royal College of Surgeons Ireland – RCSI University of Medical and Health Sciences.
10.30-11.00am	Tea Break / Networking	
Workshop 2		
11.00am - 1.00pm	Workshop 2: From Cancer Survival to Longevity: The Role of Lifestyle Medicine in Survivorship Care	Dr. Zainab Wassim Oncology Specialty Doctor and Lifestyle Medicine Physician, Princess Alexandra Hospital, UK
1.00 - 2.00 pm	Lunch	
Joint Symposium Weill Cornell Medicine-Qatar & Malaysian Society Of Lifestyle Medicine		
Leading the Future of Healthcare: Integrating Lifestyle Medicine into Health Systems and Medical Education		
2.00 - 2.05pm	Introduction	MC
2.05 - 2.10pm	Opening Remarks - Malaysian Society Of Lifestyle Medicine	Adj. Prof. Dr Siva Poobalasingam Chair, Advisory Board, Lifestyle Medicine Global Alliance Founder and President, Malaysian Society Of Lifestyle Medicine
2.10 - 2.15pm	Opening Remarks - Weill Cornell Medicine-Qatar	Dr. Ravinder Mamtani Vice Dean For Population Health And Lifestyle Medicine,Weill Cornell Medicine-Qatar Vice Chair,Advisory Board,Lifestyle Medicine Global Alliance
2.15 - 2.45pm	**Dean's Distinguished Lecture:** Global Perspectives In Lifestyle Medicine: Pioneering Role Of Weill Cornell Medicine - Qatar	Dr. Javed I. Sheikh Dean and Professor of Psychiatry and Population Health Sciences at Weill Cornell Medicine-Qatar
2.45 - 3.45pm	**Expert Panel Discussion:** Lifestyle Medicine: The New Frontier In Healthcare	Dr. Javed I.Sheikh Dr Rabindra Abeyasinghe Datuk Dr.Thirunavukarasu Dr. Tim Shi *Moderator:* *Adj. Prof. Dr Siva Poobalasingam*
3.45 - 3.55pm	Interactive Questions And Answers	
3.55 - 4.00pm	Closing Remarks	Adj. Prof. Dr Siva Poobalasingam Chair, Advisory Board, Lifestyle Medicine Global Alliance Founder and President, Malaysian Society Of Lifestyle Medicine
4.00 - 4.30	Tea Break / Networking	

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