



INTERNATIONAL SYMPOSIUM ON ACTIVE AGEING (ISAA)

ISAA Secretariat Office -Podium (North) One Damansara, Tower A, Jalan 10/3C,

Damansara Damai, 47830, Selangor

www.isaa.com.my

+603-33589326

activeageing2023@gmail.com

TIME	DAY 1: 11 th AUGUST 2023 (FRIDAY)	
0700-0900	Registration of Speakers and Delegates	
0900-0930	Opening of Session <i>Dr. Muhammad Lee, Malaysia</i>	
0930-1000	Opening Speech Dato' Sri Azalina Othman Said Honourable Minister at The Prime Minister's Department (Law and Institutional Reform) Member of Parliament of Pengerang, Johor.	
1000-1020	Opening Ceremony Performance PAWE Lembah Pantai	
1020-1105	Physiology of Ageing <i>Dr. Dusan Hamar, Slovakia</i>	
1105-1125	Tea break	
1125-1210	Psychological Aspect of Ageing <i>Dr. Lim Boon Hooi, Malaysia</i>	
1210-1255	Needs and Priorities of Older Malaysians <i>Dr. Shahrul Bahyah Binti Kamaruzzaman, Malaysia</i>	
1300-1400	Lunch	
1400-1500	Workshop	
	Exercise for The Elderly (Part 1) <i>Ms. Syuhada, Malaysia</i> (Room 1)	Yoga for Balance and Stability <i>Dr. Sivaneswaran Poobalasingam, Malaysia</i> (Room 2)
1500-1545	Safety and Exercise for The Elderly <i>Dr. Zsolt Radak, Hungary</i>	
1545-1630	Active Lifestyle for The Elderly <i>Dr. Sivaneswaran Poobalasingam, Malaysia</i>	
1630-1715	Community Exercise Programs for The Ageing Population <i>Dr. Hanson Huang, Taiwan</i>	
1715-1730	Tea Break	
1730-1815	Workshop	
	Safety Use of Walking Aids, Wheelchairs <i>Dr. Srikanth Babu Venga, India</i> (Room 1)	Functional Abilit <i>Ms. Yew Su Fen, Malaysia</i> (Room 2)
1815-1900	Abstracts Presentation Category: Exercise for The Elderly <i>Chairman: Dr. Hanson Huang, Taiwan</i>	



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TIME	DAY 2: 12 th AUGUST 2023 (SATURDAY)	
0930-1015	Importance of Core Strength for Seniors Dr. Lim Boon Hooi, Malaysia	
1015-1100	The Effects and Mechanisms of Exercise on Cancer Prevention and Treatment in The Elderly Dr. Hanson Huang, Taiwan	
1100-1130	Pusat Aktiviti Warga Emas (PAWE) Lembah Pantai Ms. Hjh. Rosita Binti Haji Rahim, Chairman PAWE Lembah Pantai	
1130-1215	The Silver Tsunami Ms. Tammy Pan, Malaysia	
1215-1230	Tea Break	
1230-1330	Workshop	
	Core Strength Exercises Dr. Lim Boon Hooi, Malaysia (Room 1)	Monitoring Senior's Health Ms. Yew Su Fen, Malaysia (Room 2)
1330-1430	Lunch	
1430-1515	Active Ageing and Bone Remodeling Dr. Adrian Khu, Indonesia	
1515-1600	Exercise Technology for The Elderly Mr. Kentaro Esaki, Japan	
1600-1645	Exercise with Isokinetic Machines Dr. Jin Jong Chen, Taiwan	
1645-1700	Tea Break	
1700-1800	Workshop	
	Exercise for the Elderly (Part 2) Ms. Syuhada, Malaysia (Room 1)	Functional Abilities Ms. Yew Su Fen, Malaysia (Room 2)
1800-1845	Abstracts Presentation Category: Exercise for The Elderly Chairman: Dr. Dusan Hamar, Slovakia	



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TIME	DAY 3: 13 th AUGUST 2023 (SUNDAY)	
0930-1015	The Elderly's Heart Dato' Dr. Oteh Maskon, Malaysia	
1015-1100	Cardiac Rehabilitation Dr. Hashbullah Ismail, Malaysia	
1100-1145	Creating a Heart-Safe Community Dato' Dr. Luah Lean Wah, Malaysia	
1145-1200	Tea Break	
1200-1300	Workshop	
	High-Quality CPR and Automated External Defibrillator (AED) Dr. Jimmy Jot, Malaysia & Bed Mobility and Transfer Technique Dr. Srikanth Babu Venga, India (Room 1)	Healthy Ageing Vibration Therapy Dr. Hjh. Adlina Suleiman, Malaysia & JSP Bone Alignment Dr. Lee Seek Yang, Malaysia (Room 2)
1300-1400	Lunch	
1400-1445	General Musculoskeletal Disorder Among Older Adults Dr. Eliza Hafiz, Malaysia	
1445-1530	Neurodegenerative Disease - Dementia Dr. Cecilia Chan, Malaysia	
1530-1545	Tea Break	
1545-1645	Workshop	
	Chair Exercise for Elderly Population Dr. Eliza Hafiz, Malaysia (Room 1)	New Approach to Dementia Care Dr. Cecilia Chan, Malaysia (Room 2)
1645-1715	Closing Ceremony PAWE Lembah Pantai	