



KERALA UNIVERSITY OF HEALTH SCIENCES **SCHOOL OF PUBLIC HEALTH, THIRUVANANTHAPURAM**

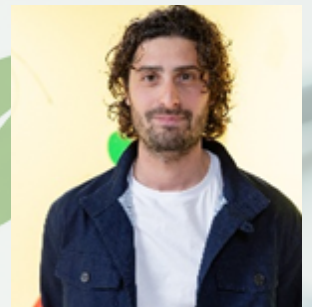
EXERCISE IS THE MEDICINE

**Integrating Physical Activity into Healthcare – A Half-Day Workshop and
Initiation of the Certificate Program**



Prof.(Dr) Mohanan Kunnummal
Hon. Vice Chancellor
KUHS

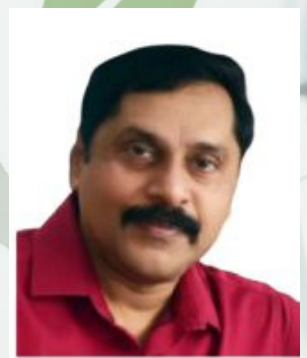
Prof.(Dr) Simon Rosenbaum
Professor, Medicine & Health
School of Clinical Medicine
UNSW Sydney



Dr C P Vijayan
Pro Vice Chancellor
KUHS



Dr Gopakumar S
Registrar
KUHS



Dr Thomas Mathew
Professor
SPH-KUHS

DATE:
18.08.2026

TIME:
8:30 AM -
1:00 PM

VENUE:
School of Public Health
Thiruvananthapuram

ABOUT THE WORKSHOP

Kerala has long been recognised as a leader in health and education within India. However, like many regions globally, it now faces a rapidly growing burden of non-communicable diseases, particularly diabetes and cardiovascular disease, alongside increasing mental health challenges associated with population ageing, urbanisation and changing lifestyles. Physical activity is a cost-effective interventions but remains underused due to limited professional training.

This half-day workshop brings together the School of Public Health, and Professor Simon Rosenbaum whose pioneering work integrates physical activity into psychiatric care, trauma-informed settings and public health. The workshop marks the beginning of collaborative discussions toward a proposed Certificate Programme in Exercise Physiology, and provides a platform for affiliated institutions and key stakeholders across Kerala's health system to explore how physical activity can become a routine component of prevention, treatment and recovery.

OBJECTIVES

- To orient participants to the evidence and international experience underpinning Exercise as Medicine as a component of routine healthcare.
- To share perspectives on integrating physical activity across the lifespan, including in mental healthcare, chronic disease management and rehabilitation.
- To bring together KUHS and its affiliated institutions, along with DHS and NHM representatives, for multidisciplinary dialogue on physical activity promotion.
- To convene a core group of key stakeholders to deliberate on a concrete way forward for embedding Exercise as Medicine within Kerala's public health and clinical systems, including groundwork for a proposed Certificate Programme in Exercise Physiology

ABOUT THE SPEAKER

Prof. Simon Rosenbaum is a Professor of Psychiatry and Mental Health at **UNSW Sydney** and co-leads the **NExuS** research group. His work focuses on the intersection of **physical activity in improving mental health**, particularly among people affected by trauma, conflict, and social disadvantage. He is a **2024 NSW Young Tall Poppy** for his research in the integration non-pharmacological treatments for people experiencing poor mental health, and his commitment to strengthening research capability in low-income and conflict-affected countries and a **Clarivate Highly Cited Researcher (2019–24)**. He has published **280+ peer-reviewed publications** and delivered workshops in **more than 25 countries**. He has held several leadership roles, including **President** of the **Australasian Society for Traumatic Stress Studies (2021–23)** and **Co-chair** of the **Olympic Refuge Foundation Think Tank on sports and humanitarian settings (2021-23)**. He was an elected **National director of Exercise and Sports Science Australia (2015–21)**. He also worked with the **International Organization for Migration (IOM)** supporting the **Rohingya refugee response in Cox's Bazar, Bangladesh (2020–21)**.

He currently holds an **NHMRC Emerging Leadership 2 Fellowship** and founded **Addi Moves**, a free, trauma-informed exercise program in Sydney for people experiencing trauma and social exclusion.

Target Audience

- KUHS officials, faculty and postgraduate students of the School of Public Health
- Faculty and PG students under DME and other affiliated institutions.
- National Institute of Speech and Hearing
- District Mental Health Programme teams
- Lakshmibai National College of Physical Education, Kariavattom, Thiruvananthapuram
- Doctors from the Directorate of Health Services
- Programme Officers of the National Health Mission
- Any other stakeholder group interested in public health impact of exercise

Expected Outcomes

- Enhanced awareness among KUHS and allied institutions of the evidence and practice of Exercise as Medicine.
- Strengthened multidisciplinary dialogue among public health, mental health, and rehabilitation and sports medicine stakeholders in Kerala.
- A documented way-forward agreed upon by the core stakeholder group for embedding physical activity promotion within Kerala's health system.
- Groundwork laid for a proposed Certificate Programme in Exercise Physiology at KUHS, in collaboration with Prof. Simon Rosenbaum and UNSW.

Programme Schedule

Time	Session / Topic	Speakers
8.30 – 9.00 AM	Registration	SPH Team
9.00 – 9.10 AM	KUHS Anthem Welcome Address	Prof. Dr. Thomas Mathew Professor, School of Public Health, KUHS
9.10 – 9.20 AM	Address by the Chair	Prof. Dr. C.P. Vijayan Pro Vice Chancellor, KUHS
9.20 – 9.40AM	Inaugural Remarks	Prof. Dr. Mohanan Kunnummal Hon. Vice Chancellor, KUHS
9.40 – 09.50 AM	Keynote Address	Prof. Dr. Gopakumar S Registrar, KUHS

Time	Session / Topic	Speakers
09:50-09:55 AM	Felicitation	Prof. Dr. Renju Raveendran Principal, GMC, Thiruvananthapuram
10.00 – 11.00 AM	Exercise as Medicine – Integrating Physical Activity into Healthcare Across the Lifespan	Prof. Dr Simon Rosenbaum University of New South Wales, Sydney, Australia <u>Chairpersons</u> Prof. Dr Rajamohanan K Emeritus Professor, KUHS Prof. Dr Suma TK Emeritus Professor, ICMR
11.00 – 11.30 AM	High Tea	
11.30 AM – 1.00 PM	Open Session: Building Multidisciplinary Pathways – Perspectives from Allied Institutions (KUHS, NISH, DMHP, Lakshmi Bai National College of Physical Education, DHS, NHM)	Prof. Simon Rosenbaum; Prof. Dr. Shaji K S, Research Dean. KUHS Prof. Dr. Indu PS, Principal, GMC, Kollam
1.00 PM	NATIONAL ANTHEM	
Post Lunch Discussion by the core team (participation by invitation): 2:00 PM to 3:30 PM Charting the Way Forward for Exercise as Medicine in Kerala Health Care System Hon. VC and Prof Simon Rosenbaum will lead the discussion Participants : Key stakeholders – KUHS, DME, DHS, NHM, Dept. of Psychiatry, Physical Medicine & Rehabilitation, Sports Medicine Summary of Recommendations : Faculty, SPH		

Registration Details:

FEES: Participation is free, but registration is mandatory

Process: Formal invitations will be sent via official email, containing a link to the registration Google Form(provided below)

Logistics: Please note that no TA/DA will be provided to the participants.

GOOGLE FORM FOR REGISTRATION :

<https://forms.gle/tQb5gCHDwEggJp817>

The Participation is limited to 100 only

FOR QUERIES, PLEASE CONTACT

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