

Programme Schedule

Professional Certification in Medical Wellness Programme | 8-hour scientific programme

Time	Programme
08:15 – 09:00	Registration, breakfast, booth visits and networking
09:00 – 09:15	Introduction to Medical Wellness as an emerging evidence-based healthcare discipline The evolution from reactive disease treatment to proactive health creation Why Medical Wellness represents the next frontier in medicine Global healthcare transformation toward prevention and longevity medicine Speaker: Mr Nils Bokström
09:15 – 10:00	Longevity Medicine & Advanced Preventive Medicine Biological aging science, Healthspan extension strategies, and advanced prevention-focused healthcare interventions on inflammaging and senescence Speaker: Dr Janethy Balakrishnan
10:00 – 10:45	Mitochondrial Medicine, Molecular and Cellular Medicine Mitochondrial bioenergetics, Mitophagy, Signaling pathways, Stem cells, Acellular (exosomes, secretomes), NAD+ Speaker: Dr. Pezhman Hafez
10:45 – 11:15	Coffee break and networking session
11:15 – 12:00	Functional and Personalised Medicine, Advanced Root cause Medicine Orthomolecular Medicine, Predictive Diagnostics, Genomics, and Biomarker Personalised Interventions, Speaker: Dr Widya Murni
12:00 – 12:45	Announcement of Arrival of VVIP Premier of Sarawak, YAB Tan Sri Datuk Patinggi Abang Haji Abdul Rahman Zohari bin Tun Datuk Abang Haji Openg VVIP Speech Photography session
12:45 – 01:45	Lunch and booth visits
01:45 – 02:15	Taiji as a Salutogenic Intervention: Mind-Body Integration for Prevention, Regeneration, Healthspan, and Cognitive Health Neurophysiological and clinical evidence for an ancient practice in modern medical wellness Speaker: Professor Dr Sim Sze Kiat
02:15 – 03:00	Brainspan, Neurocognitive Health, & Mental Performance Medicine Brain longevity, Neuroprotection, Cognitive resilience, Stress physiology, and Mental performance optimization. Speaker: Dr Janethy Balakrishnan
03:00 – 03:45	Muscle as a Longevity Organ: Mechanobiology of Movement, Rhythm, and Resilience Physical Training, Sleep Architecture, Circadian Biology, Cellular Energy Systems, and Functional Immune Resilience Speaker: Mr Nils Bokström
03:45 – 04:15	Tea break and networking session
04:15 – 05:00	Metabolic Medicine, Obesity Medicine & Energy Homeostasis Metabolic adaptation, flexibility and resilience, Adiposity science, energy balance physiology, and advanced weight management strategies. Speaker: Dr Janethy Balakrishnan
05:00 – 05:45	Peptide Science, Advanced Biological Therapies, and the Future of Medical Wellness Molecular Signalling Pathways, Cellular Repair Mechanisms, and the Emerging Landscape of Health Creation Speaker: Dr Janethy Balakrishnan, Dr Widya Murni, Dr. Pezhman Hafez, Mr Nils Bokström
05:45 – 06:00	Presentation of Professional Certificate in Medical Wellness