

Curriculum Vitae

Anoma Chandrasekara PhD

Professor (Food Science & Human Nutrition)

Department of Applied Nutrition

Wayamba University of Sri Lanka



Contact Information (Office)

Department of Applied Nutrition

Faculty of Livestock Fisheries and Nutrition

Wayamba University of Sri Lanka

Makandura (Gonawila), 60170

Tel: (0094) 0312298120 ; Fax: (0094) 0312298120

E-mail: anomapriyan@yahoo.ca

anomac@wyb.ac.lk

anomachandrasekara@gmail.com

Contact Information (Home)

207/2, D.P Wickramasinghe Mawatha,

Maraluwawa, Kurunegala, 60000, Sri Lanka

Tel: (0094) 0372231012

Mobile: (0094) 0710177236

Full name : Gamage Anoma Priyanganie Chandrasekara

Nationality: Sri Lankan

Academic & Professional Qualifications

Ph D (Memorial, Canada) 2011

Department of Biochemistry, Memorial University of Newfoundland, Canada

Thesis: Extraction, distribution, characterization and bioactivities of phenolics in millet grains

<http://research.library.mun.ca/id/eprint/10284>

M Phil Food & Nutrition (Peradeniya, Sri Lanka) 2005

Postgraduate Institute of Agriculture, Board of study; Food Science & Technology,
University of Peradeniya, Peradeniya, Sri Lanka.

Thesis: Impact of mothers' employment on the nutritional status of preschool children

Certificate of Teaching in Higher Education (CTHE) 2001

Staff Development Centre, University of Colombo, Sri Lanka

BSc Agriculture (Hons) (Peradeniya, Sri Lanka) 1994; *Specialized in Food Science & Technology*

Faculty of Agriculture, University of Peradeniya, Sri Lanka

Teaching & Research Interests

Biochemistry and nutritional aspects of foods, natural antioxidants/phytochemicals & bioactivities, Functional foods, herbal beverages/ Phenolics in foods; composition, health effects, stability, processing effect, bioaccessibility and bioavailability/ diet and diseases/ nutritional risk factors in non communicable diseases; Planning & Management of Food & Nutrition programs/Community Nutrition; Nutrition assessment of vulnerable groups/ preschool children /elderly

Employment History

2016-Todate	Professor in Food Science & Human Nutrition, Department of Applied Nutrition, Wayamba University of Sri Lanka, Sri Lanka.
2011- 2016	Senior Lecturer (Grade I), Department of Applied Nutrition, Wayamba University of Sri Lanka, Sri Lanka.
2005-2011	Senior Lecturer (Grade II), Department of Applied Nutrition, Wayamba University of Sri Lanka, Sri Lanka.
2007-2011	Teaching Assistant, Department of Biochemistry, Memorial University of Newfoundland, Canada.
2008-2010	Teaching Assistant, Department of Biology, Memorial University of Newfoundland, Canada.
1997-2005	Lecturer, Department of Applied Nutrition, Wayamba University of Sri Lanka, Sri Lanka.
1996-1997	Research & Product Development Officer, Morgan Land Pvt. Ltd, Colombo, Sri Lanka.
1995-1996	Food Technologist, Cecil Fruit Canneries, Rathnapura Road, Avissawella, Sri Lanka.
1995	Demonstrator, Department of Food Science and Technology, University of Peradeniya, Sri Lanka.

Scholarships, awards and accreditations

1. 2014 Developing Country Sponsorship Award , International Union of Food Science and Technology (IUFoST)

2. 2013 National Science Foundation International Travel Grant, National Science Foundation, Sri Lanka
3. 2011 Recipient of American Oil's Chemists Society (AOCS) Honored Student Award (Health & Nutrition Division)
4. 2011 Recipient of J. Beryl Truscott Graduate Scholarship, Memorial University of Newfoundland, Newfoundland, Canada.
5. 2011 Fellow of the School of Graduate Studies, Memorial University of Newfoundland, Newfoundland, Canada.
6. 2011 Semi-finalist and recipient for Withycombe-Charalambous Award for excellence in graduate research, American Chemical Society (Agricultural & Food Chemistry Division)
7. 2010 International Union of Food Science & Technology (IUFoST) Student Graduate Travel Award
8. 2010 Barrowman Biochemistry Graduate Travel Award, Memorial University of Newfoundland, Newfoundland, Canada.
9. 2007-2011 Fellowship, School of Graduate Studies, Memorial University, Newfoundland, Canada.
10. 2001 Fellowship, Regional Training Programme on Food and Nutrition Programme Planning and Management, Institute of Human Nutrition and Food, College of Human Ecology, University of the Philippines, Los Baños, Phillipines (April 2001 -July 2001)
11. 2001- present Accreditation as a teacher in higher education of the Staff and Educational Development Association (SEDA), UK

Publications

Full articles in Refereed Journals

1. **Chandrasekara A** , Herath A, Wijeratne J (2019) Effect of domestic cooking on phenolics and antioxidant activities of underutilized tuber crops in Sri Lanka. *Food Science & Nutrition* (under review)
2. Waidyarathna N, Ekanayake S., **Chandrasekara A** (2019) Sweet Potato (*Ipomoea batatas*) a high glycemic index food? *International Journal of Food Science & Nutrition* (under review)

3. Kumari D, **Chandrasekara A**, Shahidi F (2019) Bioaccessibility and antioxidant activities of finger millet food phenolics. *Journal of Food Bioactives* 6: 100-109
DOI: <https://doi.org/10.31665/JFB.2019.6187>
4. Kumari KDD, Madhujith WMT, **Chandrasekara GAP** (2019) Millet phenolics as natural antioxidants in food model systems and human LDL/VLDL cholesterol in vitro *Tropical Agricultural Research* 30 (3): 13-26
DOI: <http://doi.org/10.4038/tar.v30i3.8316>
5. Herath HMAJ, , **Chandrasekara GAP**, Ushanthi P, Chandrasekara N, Wijesinghe DGNG (2018) Mineral contents of Sri Lankan rice varieties as affected by fertilization *Tropical Agricultural Research* 30 (1): 95-102 DOI: <http://doi.org/10.4038/tar.v30i1.8281>
6. **Chandrasekara A**, Shahidi F. (2018) Herbal beverages; a review on bioactive compounds and their role in disease prevention. *Journal of Traditional and Complementary Medicine* DOI: [10.1016/j.jtcme.2017.08.006](https://doi.org/10.1016/j.jtcme.2017.08.006)
7. **Chandrasekara A**, Daugelaite J., Shahidi F (2018) Antioxidant and DNA scission inhibitory activities of Bael (*Aegle marmelos*) flower extracts. *Journal of Traditional and Complementary Medicine* 8: 428-135. DOI <https://doi.org/10.1016/j.jtcme.2017.08.010>
8. Kumari D, Madhujith T, **Chandrasekara A** (2017) Comparison of phenolic content and antioxidant activities of millet varieties grown in different locations in Sri Lanka. *Food Science & Nutrition* 5 (3) : 474-485 (DOI: [10.1002/fsn3.415](https://doi.org/10.1002/fsn3.415))
9. **Chandrasekara A**, Joshep Kumar T. (2016) Roots and tuber crops as functional foods: A review on phytochemical constituents and their potential health benefits. *International Journal of Food Science*. <http://dx.doi.org/10.1155/2016/3631647>
10. **Chandrasekara A**, Rasek OA, John J, Chandrasekara, N, Shahidi F. (2016) Solvent and extraction conditions control the assayable phenolic content and antioxidant activities of seeds. *Journal of American Oil Chemist's Society* 93: 275-283 (DOI: [10.1007/s11746-015-2760-y](https://doi.org/10.1007/s11746-015-2760-y))
11. Shahidi F., **Chandrasekara A**. (2013) Millet grain phenolics and their role in disease risk reduction and health promotion: A review. *Journal of Functional Foods*, 5: 570-581.
12. **Chandrasekara A**, Shahidi F. (2012) Bioaccessibility and antioxidant potential of millet grain phenolics as affected by simulated *in vitro* digestion and microbial fermentation. *Journal of Functional Foods* 4: 226-237.
13. **Chandrasekara A**, Naczek M, Shahidi F. (2012) Effect of processing on the antioxidant activity of millet grains. *Food Chemistry* 133:1-9

14. **Chandrasekara A**, Shahidi F. (2012) Antioxidant activities of millet phenolics against lipid peroxidation in human LDL cholesterol and food model systems. *Journal of American Oil Chemist's Society* 89: 275-285
15. **Chandrasekara A**, Shahidi F. (2011) Bioactivities and antiradical properties of millet grains and hulls. *Journal of Agricultural and Food Chemistry* 59: 9563-9571.
16. **Chandrasekara A**, Shahidi F (2011) Antiproliferative potential and DNA scission inhibitory activity of phenolics from whole millet grains. *Journal of Functional Foods* 3: 159-170.
17. **Chandrasekara A**, Shahidi F (2011) Determination of antioxidant activity in free and hydrolyzed fractions of millet grains and characterization of their phenolic profiles by HPLC-DAD-ESI-MSⁿ. *Journal of Functional Foods* 3: 144-158.
18. **Chandrasekara A**, Shahidi F (2011) Inhibitory activities of soluble and bound millet seed phenolics on free radicals and reactive oxygen species. *Journal of Agricultural and Food Chemistry* 59:428-436.
19. **Chandrasekara A**, Shahidi F (2010) The content of insoluble bound phenolics in millets and their contribution to antioxidant capacity. *Journal of Agricultural and Food Chemistry* 58: 6706-6714.
20. Shahidi F, **Chandrasekara A** (2010) Hydroxycinnamates and their *in vitro* and *in vivo* antioxidant activities. *Phytochemistry Reviews*. 9: 147-170.
21. Shahidi F, McDonald J, **Chandrasekara A**, Zhong Y (2008) Phytochemicals of foods, beverages and fruit vinegars: chemistry and health effects. *Asia Pacific Journal of Clinical Nutrition* 17: (S1) 380-382.
22. Malkanthi RLDK, Silva KDRR, **Chandrasekara GAP**, Jayasinghe JMUK (2007) High prevalence of malnutrition and household food insecurity in the rural subsistence paddy farming sector. *Tropical Agricultural Research* 19:136-149.
23. **Chandrasekara GAP**, Silva KDDR and Wijesinghe DGNG (2005) Determinants of the nutritional status of preschool children in an urban setting: A case of Kurunegala municipal area. *Tropical Agricultural Research* 17: 9-19.

Book Chapters

1. **Chandrasekara A (2019)** Phenolic Acids. In *Encyclopedia of Food Chemistry* (ed by Varelis P, Melton L & Shahidi F) Reference Work, Elsevier (pp 535-545) (ISBN: 9780128140260) <https://www.elsevier.com/books/encyclopedia-of-food-chemistry/varelis/978-0-12-814026-0>
2. **Chandrasekara A (2019)** Roots and Tubers as Functional Foods. In *Reference series in Phytochemistry. Bioactive molecules in foods.* (ed by J-M Merillon & K Ramawat) Springer International Publishing, (ISBN 978-3-319-78029-0) <https://www.springer.com/gp/book/9783319780290>

3. Shahidi F, **Chandrasekara A**, Zhong Y (2018) Bioactive phytochemicals in vegetables. In *Handbook of vegetables and vegetable processing*. Second edition (ed by Siddiq M & Uebersax MA), John Wiley & Sons Ltd, UK (pp 181-222) (ISBN: 978-1-11909-892-8) <https://doi.org/10.1002/9781119098935.ch8>

4. Shahidi F, Ambigapalan P, **Chandrasekara A** (2017) Recent advances in phytochemicals in fruits and vegetables. In *Fruit and Vegetable Phytochemicals: Chemistry and Human Health, Second Edition*. (ed by Elhadi M. Yahia) John Wiley & Sons, Ltd, UK (pp 1323-1356) (ISBN: 978-1-119-15794-6) <https://doi.org/10.1002/9781119158042.ch71>

5. Shahidi F, **Chandrasekara A** (2017) Interaction of phenolics and their association with dietary fiber. In *Dietary Fibre Functionality in Food & Nutraceuticals: From Plant to Gut*. First edition (ed by F Hosseinian, B. Dave Oomah & Rocio Campos-Vega) John Wiley & Sons Ltd, UK (pp 21-44) (ISBN: 978-1-11913-805-1) <https://doi.org/10.1002/9781119138105.ch2>

6. **Chandrasekara A**, Shahidi F, (2015) Use of antioxidants in ready to eat and cook-chill foods. In *Handbook of antioxidants for food preservation* (ed by F Shahidi), Woodhead Publishing. UK (pp 433-446) (ISBN 978-1-78242-089-7) <https://www.elsevier.com/books/handbook-of-antioxidants-for-food-preservation/shahidi/978-1-78242-089-7>

7. Shahidi F, **Chandrasekara A** (2015) Antioxidants in cereals and low moisture foods. In *Handbook of antioxidants for food preservation* (ed by F Shahidi), Woodhead Publishing, an imprint of Elsevier. UK (pp 413-432) (ISBN 978-1-78242-089-7) <https://www.elsevier.com/books/handbook-of-antioxidants-for-food-preservation/shahidi/978-1-78242-089-7>

8. Shahidi F, **Chandrasekara A** (2014) Processing of millet grains and effects on non-nutrient antioxidant compounds. In *Processing and impact on active components in foods*. (ed by Victor R Preedy), Elsevier Inc. UK pp 345-392. (ISBN 9780124046993) <https://www.elsevier.com/books/processing-and-impact-on-active-components-in-food/preedy/978-0-12-404699-3>

9. Shahidi F, Zhong Y, **Chandrasekara A** (2012) Antioxidants and human health. In *Cereals and Pulses: Nutraceutical Properties & Health Benefits* (ed by, L LYu, R Taso & F Shahidi), John Wiley & Sons Inc, UK pp 273-308. (ISBN 9780813818399) <https://doi.org/10.1002/9781118229415.ch19>

10. Shahidi F, **Chandrasekara A**, Zhong Y (2011) Bioactive phytochemicals in vegetables. In *Handbook of vegetables and vegetable processing*. First edition (ed by N.K.Singha), Blackwell Publishing Ltd. UK. pp 125-158. <https://doi.org/10.1002/9780470958346.ch6>

Full/short papers in Conference/symposium proceedings

1. Waidyarathna GRNN*, Ekanayake S., **Chandrasekara GAP** (2018) Some functional properties of Sweet Potato (*Ipomoea batatas*) cultivars for potential use in food industry. Chemistry in Sri Lanka, Institute of Chemistry, 35 (2): 19-20.
2. Gunarathna KMSU, **Chandrasekara A**, Abeynayake R (2016) Diet quality and food expenditure pattern of adults: a case in Gampaha District. Proceedings of 15th Agricultural Research Symposium, Wayamba University of Sri Lanka, 51 -55.
3. Dias KLDK, Kottearachchi NS, **Chandrasekara A**, de Silva AN (2015) Antioxidant analysis and in vitro culture establishment of 'Kothala Himbutu" (*Salacia reticulata*). Proceedings of 14th Agricultural Research Symposium, Wayamba University of Sri Lanka, 1 -5.
4. Shahidi F, **Chandrasekara A**, John JA, Zhong Y, Pegg RB (2008) Control of oxidation of cooked nitrite-free meats with novel ingredients.
www.icomst.helsinki.fi/ICoMST2008/CD%20Papers/General%20speakers+posters-3p%20papers/Session3/3B/3B.21.Shahidi.pdf
5. Dassanayake, DMUAJK, Mahawithanage S, **Chandrasekara GAP** (2007). Use of GIS for spatially targeted interventions to control child malnutrition at district level. Proceedings of the Fourth National Symposium on Geo-Informatics on Geospatial Innovations Serving Humanity, Geo-Informatics Society of Sri Lanka, 87-94.
6. Dharmarathna KPDU, Jayasinghe- Mudalige UK, Silva KDRR, **Chandrasekara GAP** (2006). Assessing the status of food security of the rural paddy farming sector in the Gampaha and Kegalle districts in Sri Lanka. Proceedings of 6th Agricultural Research Symposium, Wayamba University of Sri Lanka, 37-40.
7. Atukorala ACH, Jayasinghe-Mudalige UK, Silva KDRR, **Chandrasekara GAP** (2006). Assessing the status of food security of subsistence paddy farming households in the Kegalle and Gampaha districts in Sri Lanka. Proceedings of 6th Agricultural Research Symposium, Wayamba University of Sri Lanka, 17 -23.
8. Gunasekara MVDSI, **Chandrasekara GAP**, Silva KDRR (2006) High prevalence of undernutrition among pre-school children from low-income groups in Colombo, Sri Lanka: Impact of low quality and quantity of nutrient intakes. Proceedings of the 9th International Conference on Sri Lankan Studies, University of Ruhuna, Sri Lanka, 53-62.
9. Kumari RMDP, Gajanayake KGMCPB, **Chandrasekara GAP** (2005) Intra household food allocation behaviour of upcountry tea plantation workers in Sri Lanka. Proceedings of 5th Agricultural Research Symposium, Wayamba University of Sri Lanka, 82-85.

Abstracts of original communications

International meetings/conferences/symposia- peer- reviewed

1. **Chandrasekara A**, Schtharani S, Wijesekara I, Liyanage A, Palangasinghe I, Goonaratne J (2019) Antioxidant activity, glycemic response and acceptance of novel tea based isotonic sport beverages. Presented at *7th International Conference on Food Factors (IcoFF 2019)/ 12th Conference on Functional Foods, Nutraceuticals, Natural Health Products and Dietary Supplements (ISNFF 2019)*, Kobe, Japan, December 01-05
2. Delabandara R, Thilekeratne V, **Chandrasekara A**, (2019) Implementing food based dietary guidelines; field experience in Maldives. Presented at *7th International Conference on Food Factors (IcoFF 2019)/ 12th Conference on Functional Foods, Nutraceuticals, Natural Health Products and Dietary Supplements (ISNFF 2019)*, Kobe, Japan, December 01-05
3. **Chandrasekara A**, Dissanayake M, Herath A (2019) Alpha amylase inhibitory activities, bioavailability and glycemic index of horse gram and cereal mixed porridges. Presented at *13th Asian Congress of Nutrition (ACN 2019)* , Bali, Indonesia August 4-7.
4. **Chandrasekara A** , Ranathunga T (2019) Fluid intake pattern and hydration status of national level athletes Presented at *13th Asian Congress of Nutrition (ACN 2019)* , Bali, Indonesia August 4-7.
5. **Chandrasekara A** , Ranathunga T (2019) Nutrition knowledge and attitudes and practices on food habits of national level athletes. Presented at *13th Asian Congress of Nutrition (ACN 2019)* , Bali, Indonesia August 4-7.
6. **Chandrasekara A**, Shahidi F (2018) Cereal and legume blends in functional foods to promote health. Presented at *17th World Congress for Food Science and Technology (IUOFoST 2018)* Session Functional foods, flavours and ingredients, Mumbai, India, October 23-27.
7. **Chandrasekara A**, Tharmanayagam T, Walallawita U, Kumari D, Ranathunga T, Muthuthanthiri S (2018) Energy balance and body composition of national level athletes in Sri Lanka. Presented at *17th World Congress for Food Science and Technology (IUOFoST 2018)* , Mumbai, India, October 23-27.
8. **Chandrasekara A**, Anjathi A, Chandrasekara N (2018) Nutrition knowledge, attitudes and behaviour (KAB) of young adults in tertiary educational institutes. Presented at *17th World Congress for Food Science and Technology (IUOFoST 2018)* , Mumbai, India, October 23-27.
9. Chandrasekara A, Chathurika Madhumali KA (2018) Dietary habits and nutritional status of adolescents aged 15-18 years; a pilot study in Kurunegala district. Presented at Wayamba International Conference (WinC) 2018, Wayamba University of Sri Lanka, Kuliyapitiya, Sri Lanka, August 23-24.
10. Waidyarathna GRNN, Ekanayake S., **Chandrasekara GAP** (2018) Assessment of glycemic indices of *Ipome batata* (sweet potatoes) cultivars, Presented at Wayamba

International Conference (WinC) 2018, Wayamba University of Sri Lanka, Kuliapitiya, Sri Lanka, August 23-24.

11. Waidyarathana GRNN, Ekanayake S, **Chandrasekara GAP (2017)** Newly introduced Makandura Purple sweet potato (*Ipomea batata*) cultivar: Nutritional facts. Presented at *Peradeniya University International Research Sessions*, Peradeniya, Sri Lanka November 24
12. Herath HMAJ, Kanthasamy T, Sharbeen ARF, Wijesinghe NG, **Chandrasekara GAP (2017)** Glycemic Index and antioxidant activities of cereal & legume mixed dishes as affected by preparation methods. Presented at *Peradeniya University International Research Sessions*, Peradeniya, Sri Lanka November 24
13. **Chandrasekara A**, Ali L, Chandrasekara N (2017) Knowledge, attitudes and practices of functional foods by young adults. Presented at *10th Conference on Functional Foods, Nutraceuticals, Natural Health Products and Dietary Supplements*, Gunsan, Republic of Korea, October 22-25
14. **Chandrasekara A**, Thavanathan J, Herath A, Dahanayake B, Shahidi F (2017) Acute plasma antioxidant capacity and glycemic response of herbal teas in healthy individuals. Presented at *10th Conference on Functional Foods, Nutraceuticals, Natural Health Products and Dietary Supplements*, Gunsan, Republic of Korea, October 22-25
15. **Chandrasekara A**, Pulenthiraraj U, Herath A, Chandrasekara N (2017) Mineral contents and antioxidant activities of selected newly improved Sri Lankan rice varieties as affected by fertilization. Presented at *10th Conference on Functional Foods, Nutraceuticals, Natural Health Products and Dietary Supplements*, Gunsan, Republic of Korea, October 22-25
16. Herath A, Raseen R, Dileka S, **Chandrasekara A (2017)** Soluble and bound phenolic contents of legumes and their antioxidant activities as affected by different processing conditions. Presented at *10th Conference on Functional Foods, Nutraceuticals, Natural Health Products and Dietary Supplements*, Gunsan, Republic of Korea, October 22-25
17. Herath HMAJ, Dissanayake KDD, **Chandrasekara GAP (2017)** Antioxidant activities of soluble phenolic compounds of Sri Lankan rice varieties. Presented at the *10th International Research Conference of General Sir John Kothelawala Defence University*, Colombo, Sri Lanka, August 3-4
18. HMAJ Herath, ALF Shifna, DHS Dileka, **GAP Chandrasekara (2017)** High antioxidant efficacy of legume phenolics extracted at low temperature. Presented at the *10th International Research Conference of General Sir John Kothelawala Defence University*, Colombo, Sri Lanka, August 3-4
19. Herath HMAJ, Wijerathna HDJE, **Chandrasekara A (2017)** Impact of different cooking methods on the Antioxidant content of selected underutilized tubers in Sri Lanka. Presented at the *Ruhuna International Science & Technology Conference (RISTCON) 2017*, Ruhuna University, Matara, Sri Lanka, January 22-23

20. **Chandrasekara A (2016)** Functional foods; Consumer knowledge, attitudes and practices in Sri Lanka. Presented at Korean Nutrition Society International Conference, Jeonji-si, Jeollabuk-do, Republic of Korea, October 20-21
21. **Chandrasekara A, Shahidi F (2016)** Sri Lankan herbal medicines, Presented at *9th Conference on Functional Foods, Nutraceuticals, Natural Health Products and Dietary Supplements*, Rosen Shingle Creek Hotel, Orlando, FL, USA, October 9-13.
22. Perera ULDS, **Chandrasekara A** , Sellahewa K (2016) Role of physical activity in glycemic control among patients with Type 2 diabetes mellitus, Presented at the Appolo International Clinical Nutrition Updates, Colombo, Sri Lanka, August 13-14
23. Mudalige N, **Chandrasekara GAP**, Siriwardane RC (2016) Dietary risk factors associated with non alcoholic fatty liver disease: case control study. Presented at the Appolo International Clinical Nutrition Updates, Colombo, Sri Lanka, August 13-14
24. Niroshika GHS, **Chandrasekara GAP**, Hettiarachchi JIK, Abenayake R (2016) The Economics of Type 2 Diabetes Mellitus; Association of Dietary Energy Density with Diet Cost. Presented at the Wayamba International Conference (WinC) 2016, Wayamba University of Sri Lanka, Kuliyapitiya, Sri Lanka, August 19-20
25. Hettiarachchi JIK, Prasad KLAS, **Chandrasekara GAP** (2016) Development of novel, to be cooked complementary foods with locally available raw materials. Presented at the Wayamba International Conference (WinC) 2016, Wayamba University of Sri Lanka, Kuliyapitiya, Sri Lanka, August 19-20
26. Kumari D, **Chandrasekara GAP**, Madhujith T (2016) Millet phenolics as natural antioxidants in food systems. Presented at the Wayamba International Conference (WinC) 2016, Wayamba University of Sri Lanka, Kuliyapitiya, Sri Lanka, August 19-20
27. Perera ULDS, **Chandrasekara GAP**, Sellahewa K (2016) Glycemic control and its determinants among patients with type 2 diabetes mellitus. Presented at the Wayamba International Conference (WinC) 2016, Wayamba University of Sri Lanka, Kuliyapitiya, Sri Lanka, August 19-20
28. Kumari D , **Chandrasekara A**, Shahidi F (2015) Acute and chronic effects of finger millet porridge (FMP) consumption on total antioxidant power of healthy human volunteers. Presented at *8thConference on Functional Foods, Nutraceuticals, Natural Health Products and Dietary Supplements*, Wuxi, China , September 20-23.
29. Kumari KDD, **Chandrasekara A (2015)** Bioaccessibility and bioavailability of phenolics in finger millet (*Eleusine coracana*) food preparations. Presented at the *8th International Research Conference of General Sir John Kothelawala Defence University*, Colombo, Sri Lanka, August 27-28
30. Hettiarachchi, JIK, **Chandrasekara A**, Hilmi AJ (2015) Nutritional and Lifestyle factors modifying the risk of Epithelial Ovarian Cancer among Sri Lankan Women: A Preliminary Case Control Study. Presented at the *8th International Research Conference of General Sir John Kothelawala Defence University*, Colombo, Sri Lanka, August 27-28

31. **Chandrasekara A**, Kumari KDD, Herath A, Dileka (2015) Antioxidant activities of common legumes consumed in Sri Lanka; varietal effect. Presented at the 8th *International Research Conference of General Sir John Kothelawala Defence University*, Colombo, Sri Lanka, August 27-28.
32. **A Chandrasekara**, W Rathnaweera (2015) High malnutrition rate among young women working in wearing apparel industry; impact of food consumption and life style. Presented at the *International Conference on promoting socio economic equity in South Asia: Challenges and prospects*, Colombo, Sri Lanka, July 15-16.
33. Kandasamy S, Srichandrabalan B, **Chandrasekara A** (2015) Overweight and Obesity; emerging problem of institutionalized elders in Sri Lanka. Presented at the 32nd *National Conference, Dietitians Association of Australia*, Perth, WA, Australia, May 13-16.
34. Kumari D, **Chandrasekara A**, Senanayake I (2015) Phenolic content of finger millet (*Elucine coracana*) porridges subjected to different processing methods and their antioxidant activities. Presented at the 12th *Asian Congress of Nutrition*, Okalohoma, Japan, May 14-16.
35. **Chandrasekara, A**, Kumari KDD (2014) Biodiversity and nutraceutical properties of millets in Sri Lanka. Presented at the *International Conference on Biodiversity Food and Nutrition*, Colombo, Sri Lanka, December 8.
36. **Chandrasekara, A**, Herath A (2014) Antioxidant properties of yam (*Dioscorea*) tuber species as affected by processing. Presented at the *International Conference on Biodiversity Food and Nutrition*, Colombo, Sri Lanka, December 8.
37. **Chandrasekara, A** (2014) Underutilized cereal phenolics as functional food ingredients and their processing effect on antioxidant activities Presented at the 7th *Conference on Functional Foods, Nutraceutical, Natural Health Products and Dietary Supplements*, Isthambul, Turkey, October 14-17.
38. **Chandrasekara, A**, Dharsani N (2014) Role of functional foods in non communicable disease management. Presented at the 7th *Conference on Functional Foods, Nutraceuticals, Natural Health Products and Dietary Supplements*, Isthambul, Turkey, October 14-17.
39. **Chandrasekara, A**, Daugelaite, J., Shahidi, F (2014) Free radical scavenging and DNA scission inhibition activity of *bael* (*Aegle marmelos*) flower extracts. Presented at the Wayamba International Conference (WinC) 2014, Wayamba University of Sri Lanka, Kuliypitiya, Sri Lanka, August 28-29
40. **Chandrasekara, A.**, Walallawita, U., Kumari, KDD (2014) Phenolic content and antioxidant activities of *olu* (*Nymphaea lotus*) rice. Presented at the Wayamba International Conference (WinC) 2014, Wayamba University of Sri Lanka, Kuliypitiya, Sri Lanka, August 28-29
41. Kumari KDD, **Chandrasekara GAP**, Madhujith T (2014) Phenolic content and antioxidant activities of millet grains as affected by extraction methods and solvents.

Presented at the 1stRuhuna International Science & Technology Conference (RISTCON) 2014, Ruhuna University, Matara, Sri Lanka, January 22-23

42. **Chandrasekara GAP**, Jayalath JMLRB (2014) Whole grain cereals and Health: Knowledge, attitudes and practices of Sri Lankan adults. Presented at the 1stRuhuna International Science & Technology Conference (RISTCON) 2014, Ruhuna University, Matara, Sri Lanka, January 22-23
43. **Chandrasekara, A**, Wanigasooriya WACG, Kumari KDD, Madhujith T (2013) Effect of parboiling on the antioxidant activities of sorghum and finger millet grains. Presented at the 6thConference on Functional Foods, Nutraceuticals, Natural Health Products and Dietary Supplements, Taipei, Taiwan, November 5-9.
44. **Chandrasekara A**, Thamilini J, Ranasinghe S (2013) Phenolic content and antioxidant activities of raw and processed underutilized tuber crops in Sri Lanka. Presented at the 6thConference on Functional Foods, Nutraceuticals, Natural Health Products and Dietary Supplements, Taipei, Taiwan, November 5-9.
45. **Chandrasekara A**, Anuradha T (2013) Anthropometry, body composition and functionality of nutritionally at risk institutionalized elderly. *Annals of Nutrition and Metabolism* ; 63 (suppl 1):601
46. **Chandrasekara A**, Joshepkumar T, Sakthiwel M, Marian-Victor V (2013) Phenolic content and antioxidant activities of raw and processed roots and tuber crops. *Annals of Nutrition and Metabolism* ; 63(suppl 1):1594
47. **Chandrasekara A**, Shahidi F (2012) Millets as functional food components in preventing noncommunicable diseases, Presented at the 44th Asia Pacific Academic Consortium for Public Health, Colombo, Sri Lanka, October 14-17.
48. **Chandrasekara A**, Shahidi F (2011) Millet polyphenolics as natural antioxidants in food and biological systems, Presented at the 102nd AOCS Annual meeting & Expo, Cincinnati, Ohio, May 1-4.
49. **Chandrasekara A**, Shahidi F (2011) Antiproliferative and DNA scission inhibitory activities of decorticated millets, Presented at the ACS 241st National meeting & Expo, Anaheim, California March 27-31.
50. **Chandrasekara A**, Shahidi F (2011) Antioxidant and antiradical activity of millet grains under simulated *in vitro* digestion and microbial fermentation, Presented at the Aldrich National Interdisciplinary Conference, Memorial University of Newfoundland, NL, St. John's, Canada, February, 21-23.
51. **Chandrasekara A**, Shahidi F (2010) Antioxidant and antiproliferative activities of millet phenolics. Presented at the 2010 International Chemical Congress of Pacific Basin Societies (Facifichem 2010), Area 12, Health and Technology, Honolulu , Hawaii, USA December 15-20.

52. Shahidi F, **Chandrasekara A** (2010) Antioxidant phenolics in cereals. Presented at the *2010 International Chemical Congress of Pacific Basin Societies (Facifichem 2010)*, Area 12, Health and Technology, Honolulu , Hawaii, USA December 15-20.
53. **Chandrasekara A**, Shahidi F (2010) Millet phenolics as scavengers of reactive oxygen species. Presented at the *15th World Congress for Food Science and Technology (IUOFoST 2010)* Session 10. Functional foods, flavours and ingredients, Cape Town, South Africa, August 22-26.
54. Shahidi F, **Chandrasekara A**, John JA, Zhong Y, Pegg RB (2008) Control of oxidation of cooked nitrite-free meats with novel ingredients. Presented at the *54th International Congress of Meat Science and Technology (ICoMST 2008)* Session3/3B, Cape Town, South Africa, August 10-15.
55. **Chandrasekara GAP**, Silva KDDR and Wijesinghe DGNG (2005) Effect of maternal employment on anthropometry of preschool children: case of urban and peri-urban mothers in Sri Lanka. Presented at the *18th International Congress of Nutrition*, Durban, South Africa, September 19 -23.
56. Sarma MSG, **Chandrasekara GAP** (2005) Knowledge, attitudes and practices of mothers on feeding and growth of young children in Tea plantation sector in Sri Lanka. Presented at the *10thInternational Conference on Sri Lankan studies*, University of Kelaniya, Kelaniya, Sri Lanka, December 16-18.
57. Kumari RMDP, Gajanayake KGMCPB, **Chandrasekara GAP** (2005) Intra household food allocation behaviour of upcountry Tea plantation workers in Sri Lanka. Presented at the *10thInternational Conference on Sri Lankan studies*, University of Kelaniya, Kelaniya, Sri Lanka, December 16-18.
58. **Chandrasekara GAP**, Silva KDRR, Wijesinghe DGNG (2004).The influence of maternal employment on the nutrition of preschool children: the case of Sri Lanka. Presented at the *Leonard Woolf Memorial International Conference*, University of Ruhuna, Matara, Sri Lanka, December 18-19.
59. Gunasekara MVDSI, **Chandrasekara GAP**, Silva KDRR (2003). High prevalence of undernutrition among pre-school children from low-income groups in Colombo, Sri Lanka: Impact of low quality and quantity of nutrient intakes. Presented at the *9th International Conference on Sri Lankan studies*, University of Ruhuna, Matara, Sri Lanka, November 28-30.

National meetings/conferences/symposia-peer reviewed

1. KAC Madumali, A Jathuwarn, P Ushanthi and GAP Chandrasekara (2019) Phytochemical properties and the satiety index score of newly developed breakfast cereal. Presented at *Annual scientific sessions of the Nutrition Society of Sri Lanka*, Raffels, Mirihana, Nugegoda , Sri Lanka, January 12-13
2. HMAJ Herath, T Kanthasamy and GAP Chandrasekara (2019) Phenolic content and antioxidant activities of cereals and legume mixed dishes. Presented at *Annual scientific*

sessions of the Nutrition Society of Sri Lanka, Raffels, Mirihana, Nugegoda , Sri Lanka, January 12-13

3. GAP Chandrasekara and GGKHS Gunasena (2019) Comparison of food consumption patterns between households with and without patients of Chronic Kidney Disease (CKD). Presented at *Annual scientific sessions of the Nutrition Society of Sri Lanka, Raffels, Mirihana, Nugegoda , Sri Lanka, January 12-13*
4. MM Dissanayaka, HMAJ Herath, and GAP Chandrasekara (2019) Antioxidant properties of horse gram and cereal mixed porridges. Presented at *Annual scientific sessions of the Nutrition Society of Sri Lanka, Raffels, Mirihana, Nugegoda , Sri Lanka, January 12-13*
5. Kumari KDD, Madhujith T, Chandrasekara GAP (2018) Millet phenolics as natural antioxidants in food model systems and human LDL/VLDL cholesterol in vitro. Presented at *30th PGIA Annual Congress, Amaya Hills Resort, Kandy, Sri Lanka, November 15-16.*
6. Herath HMAJ, Chandrasekara GAP, Ushanthi P, Chandrasekara N, Wijesinghe DGNG (2018) Mineral contents of Sri Lankan rice varieties as affected by fertilization. Presented at *30th PGIA Annual Congress, Amaya Hills Resort, Kandy, Sri Lanka, November 15-16.*
7. Elilmathy A, Perera D, **Chandrasekara GAP** (2018) Validation of Subjective Global Assessment (SGA) tool among hospitalized adult surgical patients. Presented at *Annual scientific sessions of the Nutrition Society of Sri Lanka, Hotel Galadari, Colombo, Sri Lanka, January 27-28*
8. Waidyarathna GRNN*, Ekanayake S., **Chandrasekara GAP** (2017) Selected Fatty Acids in Sweet Potato (*Ipomoea batatas*) Tuber Flour. Presented at the 73rd Annual Session of the Sri Lanka Association for the Advancement of Science (SLAAS), Colombo, Sri Lanka, December 2-7.
9. HMAJ Herath, and UNJ Dahanayake and **Chandrasekara A** (2017) Bioactivities of commonly consumed sweet potato varieties in Sri Lanka. Presented at *Annual scientific sessions of the Nutrition Society of Sri Lanka, Oak Ray Regency, Kandy, Sri Lanka, January 28-29*
10. Hettiarchchi JIK, Shobana R, Madushani WTN, **Chandrasekara A** and Hilmi AJ (2017) Dietary and lifestyle risk factors of breast cancer in Sri Lanka: A cross sectional case control study. Presented at *Annual scientific sessions of the Nutrition Society of Sri Lanka, Oak Ray Regency, Kandy, Sri Lanka, January 28-29*
11. Kumari KDD, **Chandrasekara A**, Radella NS (2016) Glycemic response of finger millet (*Elucine coracana*) porridges (FMP) subjected to different food processing methods. Presented at *Annual scientific sessions of the Nutrition Society of Sri Lanka, Galle Face, Colombo, Sri Lanka, January 22-23.*
12. Kumari KDD, Sifna ALF, **Chandrasekara GAP** (2015). Phenolic content and antioxidant activities of legumes as affected by different processing conditions. Presented at Young Scientists Forum (YSF) Symposium, National Science & Technology Commission, Colombo, Sri Lanka, January 26

13. Kumari KDD, **Chandrasekara GAP** (2014) Effect of processing and food preparation methods on polyphenolic content of finger millets (*Elucine coracana*). Presented at Young Scientists Forum (YSF) Symposium, National Science & Technology Commission, Sri Lanka.
14. **Chandrasekara GAP**, Saritha K, Bavani M (2014) Nutritional status and functionality of institutionalized elderly. Presented at *Annual scientific sessions of the Nutrition Society of Sri Lanka*, Taj Samudra, Colombo, Sri Lanka, January 25-26.
15. Hettiarachchi, JIK, **Chandrasekara GAP**, Hilmi AJ (2014) Prolonged lactation reduces the risk of ovarian cancer in Sri Lankan women: a preliminary case control study. Presented at *Annual scientific sessions of the Nutrition Society of Sri Lanka*, Taj Samudra, Colombo, Sri Lanka, January 25-26.
16. **Chandrasekara GAP**, Peiris DLP (2013) Use of Specific foods and Natural health products among Type 2 diabetic patients. Presented at the *Annual scientific sessions of the Nutrition Society of Sri Lanka*, Taj Samudra, Colombo, Sri Lanka, February 2-3.
17. Kumari KDD, **Chandrasekara GAP**, Premarathne MAI, Madhujith T (2013) Effect of food preparation methods on the antioxidant properties of finger millet grain phenolics. Presented at the *Annual scientific sessions of the Nutrition Society of Sri Lanka*, Taj Samudra, Colombo, Sri Lanka, February 2-3
18. Thamilini J, **Chandrasekara GAP** (2013) Phenolic contents and antioxidant activities of tuber crops. Presented at the *Annual scientific sessions of the Nutrition Society of Sri Lanka*, Taj Samudra, Colombo, Sri Lanka, February 2-3.
19. **Chandrasekara GAP** (2012) Cereals and cereal phenolics as components in functional foods. Presented at the symposium on "Functional foods in chronic disease prevention" at the *Annual scientific sessions of the Nutrition Society of Sri Lanka*, Taj Samudra, Colombo, Sri Lanka, January 28-29.
20. Dassanayake, DMUAJK, Mahawithanage , **Chandrasekara GAP** (2007). Use of GIS for spatially targeted interventions to control child malnutrition at district level. Presented at the Fourth National Symposium on Geo-Informatics on Geospatial Innovations Serving Humanity, Geo-Informatics Society of Sri Lanka, July 27.
21. Atukorala, CH, Jayasinghe-Mudalige UK, Silva KDRR and **Chandrasekara GAP** (2007). Applicability of Rasch Model to Assess the Status of Food Security of Subsistence Paddy Farming Households in the Kegalle and Gampaha Districts in Sri Lanka. Presented at the *1st Annual Research Symposium*, Faculty of Agricultural Sciences, Sabaragamuwa University of Sri Lanka, Belihuloya, December 20-21.
22. **Chandrasekara GAP**, Silva KDDR and Wijesinghe DGNG (2006) Effect of maternal employment on anthropometry of preschool children: A case of urban and peri-urban mothers. Presented at the *18th Biennial Sessions of the Nutrition Society of Sri Lanka*, The Aldo Castealani Auditorium, Medical Research Institute, Colombo 08, Sri Lanka, January 21.

23. **Chandrasekara GAP**, Silva KDDR and Wijesinghe DGNG (2005) Determinants of the nutritional status of preschool children in an urban and peri-urban setting: A case of Kurunegala municipal area, Sri Lanka. Presented at the 17th Annual Congress of Postgraduate Institute of Agriculture, Plant genetic Resource Centre, Peradeniya, Sri Lanka, November 24-25.
24. Nirosha TG, Basnayake BRTM, **Chandrasekara GAP** (2004) Protein calorie undernutrition in hospitalized elderly patients. Presented at the 60th Annual Session of the Sri Lanka Association for the Advancement of Science (SLAAS), Colombo, Sri Lanka, December 17-22.
25. Bandara MAS, **Chandrasekara GAP** (2004) Body composition and nutritional status of institutionalized healthy elderly. Presented at the 60th Annual Session of the Sri Lanka Association for the Advancement of Science (SLAAS), Colombo, Sri Lanka, December 17-22.
26. Ithiyaranjani M, **Chandrasekara GAP** (2004) Nutritional status of free-living elderly in an urban community. Presented at the 60th Annual Session of the Sri Lanka Association for the Advancement of Science (SLAAS), Colombo, Sri Lanka, December 17-22.
27. Gunasekara MVDSI, **Chandrasekara GAP**, Silva KDRR (2002) Nutrient intake and nutritional status of preschool children from different socioeconomic groups. Presented at the 58th Annual Session of the Sri Lanka Association for the Advancement of Science (SLAAS), Colombo, Sri Lanka, December 2-7.

Local meetings/conferences/symposia

1. GAP Chandrasekara, KKN Maduwanthi, MZF Zafarina, A Chandrasekara (2019) Phenolic content and antioxidant activities of herbal tea infusions as affected by levels of ingredients, ratio and infusion time. Presented at the Wayamba University Research Congress (WURC 2019) Wayamba University of Sri Lanka, Sri Lanka, July 11
2. A Chandrasekara, HMS Thanseem, LHKS Ariyaratne, MSH Banu, MSP Jayaratne, MSF Nasriya, KDRR Siva, KM Ratnayake, GAP Chandrasekara (2019) Study on the dietary behavior of adults with type 2 diabetes mellitus. Presented at the Wayamba University Research Congress (WURC 2019) Wayamba University of Sri Lanka, Sri Lanka, July 11
3. A Chandrasekara, HMS Thanseem, LHKS Ariyaratne, MSH Banu, MSP Jayaratne, MSF Nasriya, KDRR Siva, KM Ratnayake, GAP Chandrasekara (2019) Study on the dietary behavior of overweight and obese adults. Presented at the Wayamba University Research Congress (WURC 2019) Wayamba University of Sri Lanka, Sri Lanka, July 11
4. GAP Chandrasekara, HMAJ Herath, (2018) Glycemic response, antioxidant activity and *in vitro* bioaccessibility and bioavailability of phenolics of selected cereal and

legume mixed foods. Presented at the Wayamba University Research Congress (WURC 2018) Wayamba University of Sri Lanka, Sri Lanka,

5. P Usshanthi, HMAJ Herath, **GAP Chandrasekara** (2017) Mineral contents and antioxidant activities of selected newly improved Sri Lankan rice varieties as affected by fertilization. Presented at the Undergraduate Research Symposium (URs 2017), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, September 28
6. ARF Sharbeen, HMAJ Herath, **GAP Chandrasekara** (2017) In vitro bioaccessibility and bioavailability of phenolics in selected cereal and legume mixed diets. Presented at the Undergraduate Research Symposium (URs 2017), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28
7. MM Dissanayaka, HMAJ Herath, **GAP Chandrasekara** (2017) Functional and nutritional properties of horse gram and cereal mixed porridges. Presented at the Undergraduate Research Symposium (URs 2017), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28
8. RF Rinsa, HMAJ Herath, **GAP Chandrasekara** (2017) Effect of processing on bound phenolic contents of legumes. Presented at the Undergraduate Research Symposium (URs 2017), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28
9. AL Ali, **GAP Chandrasekara** (2017) Knowledge, Attitudes and Practices (KAPs) of functional foods by young adults. Presented at the Undergraduate Research Symposium (URs 2017), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28
10. N Kesavan, HMAJ Herath , **GAP Chandrasekara** (2017) Antioxidant and α -amylase inhibitory activities of millet and sorghum phenolics. Presented at the Undergraduate Research Symposium (URs 2017), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28
11. K Thevareetra, HMAJ Herath , **GAP Chandrasekara** (2017) Glycemic response of rice, mung bean, and cowpea based mixed diets in normoglycemic subjects. Presented at the Undergraduate Research Symposium (URs 2017), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28
12. E Anusuya, **GAP Chandrasekara** (2017) Knowledge, Attitudes, and Practices (KAPs) of functional food usage by housewives. Presented at the Undergraduate Research Symposium (URs 2017), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28
13. A Anjathy, **GAP Chandrasekara** (2017) Nutrition related knowledge, attitudes and behaviour of young adults. Presented at the Undergraduate Research Symposium

(UReS 2017), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28

14. A Elilmathy, D Perera, GAP Chandrasekara (2017) Validation of Subjective Global Assessment (SGA) tool among hospitalized adult surgical patients. Presented at the Undergraduate Research Symposium (UReS 2017), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28
15. GGKHS Gunasena, GAP Chandrasekara (2017) Dietary intake pattern of households with patients having Chronic Kidney Disease. Presented at the Undergraduate Research Symposium (UReS 2017), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28
16. T Januka, AB Dahanayaka, HMAJ Herath, GAP Chandrasekara (2017) Acute plasma antioxidant capacity and glycemic response of herbal teas in normoglycemic individuals. Presented at the Undergraduate Research Symposium (UReS 2017), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28
17. HMAJ Herath, GAP Chandrasekara (2017) Phenolic compounds and antioxidant activities of commonly consuming legume varieties in Sri Lanka .Presented at the Wayamba University Research Cogress (WURC 2017) Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, March 30
18. **Chandrasekara GAP**, Ranathunga RMTK, Walalawita U, Kumari KDD, Thusajini T, Sathiyajeewitha J, Samaraweera DGDD, Muthuthanthri SN (2017) Nutrition knowledge, energy balance and hydration status of national level athletes in Sri Lanka. Presented at the Wayamba University Research Cogress (WURC 2017) Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, March 30
19. Edirisinghe EMD, **Chandrasekara GAP**, Premawardane KAJC, Kannangara KM (2016) Determination of antioxidants of Cassava and sweet potatoes varieties. Presented at the Undergraduate Research Symposium (UReS 2016), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28
20. Madhumali KAC, **Chandrasekara GAP** (2016) Food habits and health well being of teenagers facing national examinations in Sri Lanka; A case in a national school in Kurunegala district. Presented at the Undergraduate Research Symposium (UReS 2016), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28
21. Mathushalini S, **Chandrasekaa GAP** (2016) Level of physical activity, blood pressure, and nutritional status of university students. Presented at the Undergraduate Research Symposium (UReS 2016), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28

22. Niruththika S, **Chandrasekara GAP**, Peiris DR (2016) Situational analysis of nutrition, health and psychological well being of adolescents in a rural community. Presented at the Undergraduate Research Symposium (URs 2016), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28

23. Rathnayake RAGW, **Chandrasekara GAP** (2016) Knowledge , attitudes and practices related to functional food usage by house wives. Presented at the Undergraduate Research Symposium (URs 2016), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28

24. Samaraweera DGDD, **Chandrasekara GAP**, Ranatunga, RMTK, Kumari KDD, Muthuthanthri SN (2016) Nutrition knowledge , attitudes and practices on food habits of national level athletes in Sri Lanka. Presented at the Undergraduate Research Symposium (URs 2016), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28

25. Sanjeewani EAN, **Chandrasekara GAP** (2016) Caregivers, knowledge , attitudes and practices related to early childhood nutrition; a case in Panadura MOH area. Presented at the Undergraduate Research Symposium (URs 2016), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28

26. Shobana R, Hettiarachchi JIK, **Chandrasekara GAP** (2016) Prevalence of established risk factors of breast cancer among apparently healthy women in two ethnic groups. Presented at the Undergraduate Research Symposium (URs 2016), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28

27. Thusajini T, **Chandrasekara GAP**, Ranathunga RMTK, Walalawita U, Muthuthanthri SN (2016) Determination of energy balance and assessing the nutritional status of national level athletes in Sri Lanka. Presented at the Undergraduate Research Symposium (URs 2016), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28

28. Sathiyajeewitha J, **Chandrasekara GAP**, Ranathunga RMTK, Walalawita U, Muthuthanthri SN (2016) Hydration status and fluid intake pattern of national level athletes in Sri Lanka. Presented at the Undergraduate Research Symposium (URs 2016), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka,, September 28

29. **Chandrasekara A**, Herath HMAJ, Wijeratne HDJE, Ranasinghe S, Joshep Kumar, T (2016) Antioxidant activities of phenolic compounds of underutilized tuber crops in Sri Lanka. Presented at the Wayamba University Research Congress (WURC 2016) Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, March 30

30. Dileka DAS, **Chandrasekara GAP** and Herath HMAJ (2015) Phenolic content and antioxidant activities of commonly consumed legumes in Sri Lanka. Presented at the Undergraduate Research Symposium (URs 2015), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, October 14 (**Selected as the best poster presentation**).
31. Kowsigan S, **Chandrasekara GAP** Kumari KDD (2015) Evaluation of using millet phenolics as natural antioxidants in food models Presented at the Undergraduate Research Symposium (URs 2015), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, October 14.
32. Chageethana M, Sirasa MSF **Chandrasekara GAP** (2015) Assessing the effectiveness of a set of educational materials on nutritional knowledge attitude and practice of young children and their care takers. Presented at the Undergraduate Research Symposium (URs 2015), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, October 14.
33. Radella NS, **Chandrasekara GAP** Kumari KDD (2015) Development of low glycemic porridge using finger millet (Elucine coracana) Presented at the Undergraduate Research Symposium (URs 2015), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, October 14.
34. Priyadharshani MNHP, **Chandrasekara GAP** Hettiarachchi, JIK, (2015) Knowledge and attitudes of young adults on functional foods. Presented at the Undergraduate Research Symposium (URs 2015), Faculty of Livestock Fisheries & Nutrition, Wayamba
35. Prasad KLAS, **Chandrasekara GAP** Hettiarachchi, JIK, (2015) Development of commercial cereal based complementary foods using locally available ingredients. Presented at the Undergraduate Research Symposium (URs 2015), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, October 14.
36. Madushani WTN, **Chandrasekara GAP** Hettiarachchi, JIK, Hilmi AJ(2015) Association of higher parity and prolonged breast feeding with age at diagnosis among breast cancer patients. Presented at the Undergraduate Research Symposium (URs 2015), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, October 14.
37. Niroshika GHS, **Chandrasekara GAP** , Hettiarachchi, JIK and Abenayake NR (2015). The economics of type 2 diabetes mellitus, dietary energy density and diet cost of employed individuals. Presented at the Undergraduate Research Symposium (URs 2015), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, October 14.

38. Dahanayake UNJ, **Chandrasekara GAP** and Herath HMAJ (2015) Antioxidant content and antioxidant activities of sweet potatoes (*Ipomea batatas*) commonly grown in Sri Lanka. Presented at the Undergraduate Research Symposium (UReS 2015), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, October 14.

39. Wijeratne HDJE, **Chandrasekara GAP** and Herath HMAJ (2015) Determination of non nutrient antioxidants and their activities of underutilized tubers as affected by different cooking methods. Presented at the Undergraduate Research Symposium (UReS 2015), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, October 14.

40. Rathnaweera W, **Chandrasekara GAP** (2014) Nutritional status and food consumption patterns of young women working in wearing apparel industry. Presented at the Undergraduate Research Symposium (UReS 2014), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, November 5.

41. Sifna ALF, **Chandrasekara GAP** and Kumari KDD (2014) Antioxidant activities of commonly consumed legumes as affected by processing. Presented at the Undergraduate Research Symposium (UReS 2014), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, November 5.

42. Shifaniya MAF, **Chandrasekara GAP** , Walallawita U and Gunathilaka C (2014) Effect of parboiling and polishing on the antioxidant activities of phenolic compounds of rice, Presented at the Undergraduate Research Symposium (UReS 2014), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, November 5.

43. Wickramasinghe WJSD, **Chandrasekara GAP** (2014) Food environment, behavioral factors and nutritional status of adults in an isolated community. Presented at the Undergraduate Research Symposium (UReS 2014), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, November 5.

44. Senanayake SMKDI, **Chandrasekara GAP** and Kumari KDD (2014) Antioxidant compounds and their bioactivities of finger millet foods. Presented at the Undergraduate Research Symposium (UReS 2014), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, November 5.

45. Ilham ABF, **Chandrasekara GAP** (2014) Knowledge and behaviour of using food characteristics to control glycaemic response and lipid profile by type 2 diabetic patients. Presented at the Undergraduate Research Symposium (UReS 2014), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, November 5.

46. Herath HMAJ, **Chandrasekara GAP** (2014) Effect of cooking methods on phenolic content and antioxidant activities of underutilized tuber crops. Presented at the Undergraduate Research Symposium (UReS 2014), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, November 5.
47. Madusanka APU, **Chandrasekara GAP** (2013) Nutritional contribution of street foods in diets of adults in urban and rural areas. Presented at the Undergraduate Research Symposium (UReS 2013), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, December 12.
48. Wanigasooriya WACG, **Chandrasekara GAP**, Kumari KDD (2013) Antioxidant activities of parboiled finger millet and sorghum. Presented at the Undergraduate Research Symposium (UReS 2013), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, December 12.
49. Hettiarachchi, JIK, **Chandrasekara GAP**, Hilmi AJ (2013) Risk factors in Sri Lankan women with epithelial ovarian cancer: A case control study. Presented at the Undergraduate Research Symposium (UReS 2013), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, December 12. (**Selected as the best oral presentation**)
50. Jayalath, JMLRB, **Chandrasekara GAP** Whole vs refined cereal consumption; knowledge, attitudes and practices of adults in urban and rural sectors. Presented at the Undergraduate Research Symposium (UReS 2013), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, December 12.
51. Darshani NDS, **Chandrasekara GAP** (2013) Usage of health enhancing foods (HEFs) for disease management. Presented at the Undergraduate Research Symposium (UReS 2013), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, December 12.
52. Ranasinghe RSCD, **Chandrasekara GAP** (2013) Underutilized tuber crops in Sri Lanka: antioxidant activities of non nutrient compounds. Presented at the Undergraduate Research Symposium (UReS 2013), Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, December 12.
53. Dassanayake DMUAJK, Mahawithanage STC, **Chandrasekara GAP** (2008) Geographic information systems (GIS) aided model to identify pockets of child undernutrition: a case study. Presented at the 5th Food and Nutrition symposium, Session 1, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, March 13.
54. Rodrigo SAWK, Mahawithanage STC, **Chandrasekara GAP** (2008) Feeding practices during an acute upper respiratory tract infection among preschool children attending a clinic of outpatient department. Presented at the 5th Food and Nutrition symposium, Session 1, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, March 13.

55. Ilankoon IMSPB, **Chandrasekara GAP**, Heenetimulla, SKP (2008) Development of a complementary food using rice, soy bean, peanut and gotukola. Presented at the 5th Food and Nutrition symposium, Session 1, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, March 13.
56. Rathnayake RMGELK, Thilakarathne SMEK, Malkanthi RLDK, Silva KDRR, **Chandrasekara GAP**, Jayasinghe JMUK (2008) Household food and nutrition security in the rural subsistence paddy farming sector in Sri Lanka. Presented at the 5th Food and Nutrition symposium, Session 1, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, March 13.
57. Pradeep, NDR, Silva KDRR, **Chandrasekara GAP**, Jayasinghe-Mudalige UK (2006) Household Food Security and Nutritional Status of Rural Subsistence Paddy Farming Families. Presented at the 4th Food and Nutrition Symposium, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, September 27.
58. Kumari GAPKI, Rathnayake RMUK, **Chandrasekara GAP** (2006) Protein status and functionality of free living elderly. Presented at the 4th Food and Nutrition symposium, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, September 27.
59. Anuradha UWAT, **Chandrasekara GAP (2006)** Comparison of body composition of undernourished and normal healthy institutionalized elderly. Presented at the 4th Food and Nutrition symposium, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, September 27.
60. Samarasinghe, KK, **Chandrasekara GAP**, Silva KDRR, Jayasinghe-Mudalige UK (2006) Validation of a Food Frequency Questioner to Asses Individual Food Intake of Subsistence Paddy Farming Families. Presented at the 4th Food and Nutrition Symposium, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, September 27.
61. Vitharana HBA, **Chandrasekara GAP** (2005) Coexistence of poor nutrition of mother-child pairs in a rural community. Presented at the 3rd Food and Nutrition symposium, Session 1, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, September 13.
62. Jananthan R, **Chandrasekara GAP** (2005) Calcium intakes among adolescents living in tea estates. Presented at the 3rd Food and Nutrition symposium, Session 1, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, September 13.
63. Sarma MSG, **Chandrasekara GAP** (2005) Knowledge, attitudes and practices of mothers on feeding and growth of young children in Tea plantation sector. Presented at the 3rd Food and Nutrition symposium, Session 1, Wayamba University of Sri Lanka, Makandura, Gonawila, Sri Lanka, September 13.
64. Dissanayake MBY, **Chandrasekara GAP** (2004) Selected nutrition problems of adolescent girls in different ethnic groups. Presented at the 2nd Food and Nutrition Symposium, Wayamba University of Sri Lanka, Kuliyaipitiya, Sri Lanka, February, 20.

65. Nirosha TG, **Chandrasekara GAP** (2004) Protein calorie undernutrition in hospitalized elderly female patients. Presented at the 2nd Food and Nutrition Symposium, Wayamba University of Sri Lanka, Kuliapitiya, Sri Lanka, February, 20.
66. Basnayake BRTM, **Chandrasekara GAP** (2004) Nutrient intake and nutritional status of hospitalized elderly male patients. Presented at the 2nd Food and Nutrition Symposium, Wayamba University of Sri Lanka, Kuliapitiya, Sri Lanka, February, 20.
67. Ithiyaranjani M, **Chandrasekara GAP** (2004) Nutritional status of free-living elderly in an urban community. Presented at the 2nd Food and Nutrition Symposium, Wayamba University of Sri Lanka, Kuliapitiya, Sri Lanka, February, 20.
68. Arukagan T, **Chandrasekara GAP** (2004) Nutritional status of free-living elderly of a rural community. Presented at the 2nd Food and Nutrition Symposium, Wayamba University of Sri Lanka, Kuliapitiya, Sri Lanka, February, 20.
69. Bandara MAS, **Chandrasekara GAP** (2004) Nutritional status and body composition and of institutionalized healthy elderly. Presented at the 2nd Food and Nutrition Symposium, Wayamba University of Sri Lanka, Kuliapitiya, Sri Lanka, February, 20.
70. Dissanayake DK, **Chandrasekara GAP** (2002) Prevalence of malnutrition of hospitalized elderly patients. Presented at the 1st Food and Nutrition symposium, Wayamba University of Sri Lanka, Kuliapitiya, Sri Lanka, March 6.
71. Wickramasinghe WMNH, **Chandrasekara GAP** (2002) Comparison of exclusive breastfeeding practices in tea estate sector and non tea estate sector. Presented at the 1st Food and Nutrition symposium, Wayamba University of Sri Lanka, Kuliapitiya, Sri Lanka, March 6.
72. Rathnamali DMN, **Chandrasekara GAP** (2002) The dietary beliefs and attitudes of women who have had low birth weight babies. Presented at the 1st Food and Nutrition symposium, Wayamba University of Sri Lanka, Kuliapitiya, Sri Lanka, March 6.
73. Thilakaratne HPCC, **Chandrasekara GAP** (2002) Assessment of the nutrient intake and nutritional status of working girls in the garment industry. Presented at the 1st Food and Nutrition symposium, Wayamba University of Sri Lanka, Kuliapitiya, Sri Lanka, March 6.
74. Makinthan T, **Chandrasekara GAP** (2002) Database management system for nutritional care process: essential modern day facility. Presented at the 1st Food and Nutrition symposium, Wayamba University of Sri Lanka, Kuliapitiya, Sri Lanka, March 6.
75. Gunasekara MVDSI, **Chandrasekara GAP** (2002) Nutrient intake and nutritional status of preschool children from different socioeconomic groups. Presented at the 1st Food and Nutrition symposium, Wayamba University of Sri Lanka, Kuliapitiya, Sri Lanka, March 6.

Other publications

1. **Chandrasekara A** (2018) Our yams; for a healthy life ('*nirogi diviyakata para kiyana apearate ala'*) Waidyawardaya Health and Medicinal Journal, Health watch Publications, Diyathalawa, Sri Lanka
2. **Chandrasekara A** (2018) Role of nutritionists Nutrition Focus, The Official News Letter for Nutrition Society of Sri Lanka, Issue 01-2018.
3. **Chandrasekara A.** (2017) Millets the world's healthiest foods. Waidyawardaya Health and Medicinal Journal, Health watch Publications, Diyathalawa, Sri Lanka, 23 ;1 1 97-100
4. **Chandrasekara A.** (2015) '*Mawkiri ha bonoven roga walakweema'* Waidyawardaya Health and Medicinal Journal, Health watch Publications, Diyathalawa, Sri Lanka
5. **Chandrasekara A.** (2015) '*Dangakara pasalviyata nisi poshanaya'* Waidyawardaya Health and Medicinal Journal, Health watch Publications, Diyathalawa, Sri Lanka
6. **Chandrasekara A.** (2015) '*Mahaluviyata nisi poshanaya'* Waidyawardaya Health and Medicinal Journal, Health watch Publications, Diyathalawa, Sri Lanka
7. **Chandrasekara A.** (2014) "*Bo novena rogawalin arakshaweemata millet ahara'* Daily Lankadeepa News Paper" 6th October , Page 22.
8. **Chandrasekara A.**(2014) '*Apata amathaka apema sampradaika ralu dhanaya'* Waidyawardaya Health and Medicinal Journal, Health watch Publications, Diyathalawa, Sri Lanka,
9. **Chandrasekara A.** (2014) '*Nirogi geshta puravesiyek wanne keseda ?'* Waidyawardaya Health and Medicinal Journal, Health watch Publications, Diyathalawa, Sri Lanka,
10. **Chandrasekara A.** (2014) "*Millet ahara yanu monawada* "Daily Lankadeepa News Paper" 10th February, Page 5.
11. **Chandrasekara A.** (2014) 'Whole grain antioxidants in human health' Nutrition Focus, The Official News Letter for Nutrition Society of Sri Lanka, Issue 01-2014.
12. **Chandrasekara A.** (2013) '*Suwabara divipevethakata shakamaya aharawala karyabaraya'*. Waidyawardaya Health and Medicinal Journal, Health watch Publications, Diyathalawa, Sri Lanka, 19;11, 37-40.
13. **Chandrasekara A.** (2012) '*Ralu Dhanya Ahara Anubawaya Nirogi Diviyakata Maga Salasai'*. Waidyawardaya Health and Medicinal Journal, Health watch Publications, Diyathalawa, Sri Lanka, 18; 7, 25-27.

Interviews/programmes on news papers /TV / Radio

1. Myth Buster on Carbonated beverages, Daily Mirror;
http://www.dailymirror.lk/article/Myth-Buster-145971.html?fromNewsdog=1&utm_source=NewsDog&utm_medium=referral
2. Providing you with tips and expert advice on helping your child get ready for Big School" Daily Mirror;; <http://life.dailymirror.lk/parenting/15992/Getting-that-balance-right>

3. Drinka pinta milka day? Those were the days; Sunday Times;
<http://www.sundaytimes.lk/140209/news/drinka-pinta-milka-day-those-were-the-days-85149.html>
4. MILLETS; Healthy, gluten-free, responsible eating;
<https://millets.wordpress.com/2016/04/22/millets-and-goitre-2/>
5. NSSL in fight to secure jobs for registered dieticians in state hospitals;
<http://www.sundaytimes.lk/180506/news/nssl-in-fight-to-secure-jobs-for-registered-dieticians-in-state-hospitals-293164.html>
6. 4 ways to boost your school going child's immunity;
<http://life.dailymirror.lk/article/84/parenting/15882/4-ways-to-boost-your-school-going-childs-immunity>
7. Importance of iron nutrition; TV interview;
https://www.youtube.com/watch?v=Q3Rzr6nuP_c
8. How safe is it to purchase fruits, vegetables from street vendors?;
<http://www.dailymirror.lk/article/How-safe-is-it-to-purchase-fruits-vegetables-from-street-vendors--117885.html>
9. Functional foods; Radio program for school children; Swadesi Seva
10. Iron for your body; Swadesi Seva
11. Traditional coarse grains in Sri Lanka ;millets- Swadesi Seva

Unpublished Reports

1. **Chandrasekara, A** (2014) Nutritional Status Assessment of under five year children in Kalpitiya North ; Report on the Baseline survey for Kalpitiya North Area Development Programme ; World Vision Lanka (unpublished).
2. **Chandrasekara, GAP, Ranjith, NSMP.** (2001). *Sri Lanka Country Paper*. Paper presented at the 7th Short-Term Course on Food and Nutrition Programme Planning

and Management. College, Laguna: RTP-FNP, UP Los Baños, Philippines (unpublished).

3. **Chandrasekara, GAP, Sagaral, CC (2001).** A report on nutrition situation and Nutrition Programme Planning and Management of barangay San Juan, Sto. Tomas, Tomas, Batangas, Phillipines. Paper presented at the 7th Short-Term Course on Food and Nutrition Programme Planning and Management. College, Laguna: RTP-FNP, UP Los Baños, Philippines (unpublished).

Trainings/workshops/Annual meetings/conferences/short courses participated

1. **Training Course on improving nutrition through social protection in the SAARC Member States.** (2015), Islamabad, Pakistan, March 16-21
2. **Sixth Conference on Functional Foods, Nutraceuticals, Natural Health Products and Dietary Supplements,**(2013) Taipei, Taiwan, November 5-9.
3. **Third workshop on introducing Learning Management System Programme** (2013), ICT Centre, WUSL, Makandura. October 22
4. **Second workshop on introducing Learning Management System Programme** (2013), ICT Centre, WUSL, Makandura. October 15
5. **Workshop on Clinical nutrition and Informatics** (2013), Nutrition Society of Sri Lanka, Hotel Renuka, Colombo, Sri Lanka. October 05
6. **Workshop on Revisiting Traditional Knowledge** (2013), Auditorium, National Science Foundation, Sri Lanka. August 27
7. **First workshop on introducing Learning Management System Programme** (2013), ICT Centre, WUSL, Makandura. August 15
8. **Workshop on Sri Lanka Qualification Framework and other initiatives in Quality Assurance in Universities** (2013), Administrative complex, WUSL. July 30
9. **Workshop on mentoring skill development (2013) QIG workshop, organized by FLFN, WUSL ,** at Tamarind Tree Hotel, Katunayake July 26-27
10. **Developing administrative/professional skills on Financial management** (2013) Staff Development Center, Wayamba University of Sri Lanka, July 18
11. **Certificate course on Introduction to gene expression studies** (2013), Agricultural Biotechnology Centre, Faculty of Agriculture, University of Peradeniya, Sri Lanka, July 11-12
12. **Curriculum Revision Workshop** (2013), Department of Food Science & Technology, Faculty of Agriculture, University of Peradeniya, Sri Lanka. March 21-22
13. **Annual meeting of the Nutrition Society of Sri Lanka** (2013), Taj Samudra, Colombo, Sri Lanka, February 2-3
14. **Workshop (second)on Introduction of e-learning system and material development** (2013), ICT Centre, WUSL, Makandura, January 31
15. **Workshop (first)on Introduction of e-learning system and material development** (2013), ICT Centre, WUSL, Makandura, January 3
16. **Workshop on 'Ethics Review of Clinical trials,** (2012) Ethics Review Committee, Faculty of Medicine, University of Colombo & Co-ordinating site, South asian Cochrane Centre, Faculty of Medicine, University of Kelaniya. November 29-30
17. **Workshop on proposal writing** (Window 4) Quality and Innovation Grant (QIG) HETC Project, Hotel Renuka, Colombo (2012) November 28
18. **44th Asia Pacific Academic Consortium for Public Health,** Colombo, Sri Lanka, (2012) October 14-17

19. **Workshop on sports nutrition maximizing performance through sports nutrition** (2012) Sports Ministry Colombo August 15
20. **Symposium on Food regulation & standards**, Institute of Food science & Technology; Sri Lanka Food Processors Association, Mahilaka Madura, BMICH, Colombo. July 7
21. **Annual meeting of the Nutrition Society of Sri Lanka** (2012), Taj Samudra, Colombo, Sri Lanka, January 28-29.
22. **AOCS 102nd Annual meeting & Expo**, Cincinnati, Ohio, (2011) May 1-4.
23. **ACS 241st National meeting & Expo**, Anaheim, California (2011) March 27-31.
24. **Aldrich National Interdisciplinary Conference**, Memorial University of Newfoundland, NL, St. John's, Canada, (2011) February, 21-23.
25. **International Chemical Congress of Pacific Basin Societies** (Facifichem 2010), Honolulu, Hawaii, USA (2010) December 15-20.
26. **15th World Congress for Food Science and Technology** (IUOFoST 2010) Cape Town, South Africa, (2010) August 22-26.
27. **Laboratory Safety Training Course** (2010) Department of Health and Safety, Memorial University of Newfoundland, Canada
28. **Training course on Workplace Hazardous Materials Information System (WHMIS)** (2010) Department of Health and Safety, Memorial University of Newfoundland, Canada
29. **Atlantic Fisheries Technology Conference** (2010) St John's, Newfoundland, Canada. September 7-10.
30. **Aldrich Interdisciplinary Conference**, Memorial University of Newfoundland, NL, St. John's, Canada, (2010) February, 22-24.
31. **Aldrich Interdisciplinary Conference**, Memorial University of Newfoundland, NL, St. John's, Canada, (2009) February, 21-23.
32. **Newfoundland nutrigenomics symposium** (second) held at Health Science centre, Memorial University of Newfoundland, St John's, NL, Canada on 22nd June, 2009
33. **Newfoundland nutritional genomics symposium** (first) held at Health Science centre, Memorial University of Newfoundland, St John's, NL, Canada on 31st January, 2008
34. **Aldrich Interdisciplinary Conference**, Memorial University of Newfoundland, NL, St. John's, Canada, (2008) February, 23-25.
35. **Training programme on Teaching opportunities for graduate assistants level 2** held in the Fall semester, 2008 at Memorial University of Newfoundland, Canada
36. **International conference on new directions in teaching learning and education of chemical sciences at the tertiary level** held on 11th and 12th March, 2006 at Taj Samudra Hotel, Colombo, Sri Lanka.
37. **Symposium on Urban Nutrition** held on 18th and 19th 2002 at Post Graduate Institute of Agriculture, University of Peradeniya, Sri Lanka.
38. **Training seminar on Advances in food research; Challenges in food industry** on 30th April 2002
39. **Regional Training Programme** on Food and Nutrition Programme Planning and Management, Institute of Human Nutrition and Food, College of Human Ecology, University of the Philippines, Los Baños, Phillipines (April 2001 -July 2001)

Memberships in Academic and Professional Societies

2013-present Member of American Society for Nutrition (ASN)
 2001-present Member of Nutrition Society of Sri Lanka (NSSL)

2000-present Member of Sri Lanka Association for the Advancement of Science (SLAAS) (6956/B)
 2010-present Member of American Chemical Society (ACS)
 2008-2013 Member of American Oil Chemist's Society (AOCS)
 2008-2012 Student member of Canada Meat Science Association (CMSA)
 2010-2012 Student member of Canadian Institute of Food Science and Technology (CIFST)
 2010-2012 Student member of Canadian Nutrition Society (CNS)

Research Grants

1. Principle investigator of **Palsma antioxidant capacity and glycemic response of herbal teas in healthy and hyperglycemic individuals** funded by *Wayamba University of Sri Lanka Research Grant scheme* [SRHDC/RP/04/18-03] (2018-2020)
2. Co-investigator of **Improving the nutritional status of the elderly in Sri Lanka using a tailored, and scientifically optimized dietary approach: preliminary data and networking in** collaboration with Rowette Institute, University of Aberdeen UK funded by global challenges research funds (2019)
3. Co-investigator of **Carbohydrates restricted diet on insulin resistance, IGF-1 production, and metabolic syndrome risk factors of obese adults** funded by *Wayamba University of Sri Lanka Research Grant scheme* [SRHDC/RP/04/18-04] (2018-2019)
4. Principle investigator of **Potential bioactivities of phenolic compounds of cereal-legume based diets prepared after submitting to different processing conditions and their role in disease management in humans** funded by *Wayamba University of Sri Lanka Research Grant scheme* [SRHDC/RP/04/15-20] (2015-2017)
5. Principle investigator of **Dietary supplement intake and energy balance of national level athletes in Sri Lanka** funded by *Wayamba University of Sri Lanka Research Grant scheme* [SRHDC/RP/04/15-21] (2015-2017)
6. Principle investigator of **Background food and nutrition studies on millets in Sri Lanka** funded by *National Research Council of Sri Lanka* [NRC-12-096] (2012-2015)
7. Principle investigator of **Antioxidant and bioactivities of phenolic compounds from underutilized tuber crops in Sri Lanka** funded by *Wayamba University of Sri Lanka Research Grant scheme* [SRHDC/RP/04/13-09] (2013-2014)
8. Co-investigator of **Assessing the Status of Household Food Security of Rural Subsistence Farmers in Sri Lanka** funded by *Council for Agricultural Research Policy (CARP)* [CARP/12/633/475] (2005- 2007)

Selected contributions made as a resource person/coordinator for outreach activities

- ✓ 2015; Coordinated and resource for article series on lifecycle nutrition, Waidyawaraya Health and Medicinal Journal
- ✓ 2015; Nutrition awareness programme for employees of Med Johnson Pvt Ltd on 29-30 December, Topics: Nutrition during lactation; Nutritional requirements during childhood. Wayamba University of Sri Lanka
- ✓ 2015; Research Methodology Workshop on 18 December, Topic; Research Ethics, Nutrition Society of Sri Lanka
- ✓ 2015; Talk on The nutritional significance of underutilized green leafy vegetables on 29th July at Agriculture Research Center, Makandura
- ✓ 2015; Resource for how to write a research proposal on 12 May, at Agriculture training Center, Wariyapola for Agriculture instructors
- ✓ 2015; Talk on Whole vs Processed , Health and nutritional benefits of foods at Institute of Chemistry
- ✓ 2014; Nutrition awareness programme for employees and staff of Slimtex, on 22nd September Mass Intimates, Unichela (Pvt) Ltd Kuliapitiya, Sri Lanka.
- ✓ 2013; Training programme on updating current knowledge of Sport coaches conducted 9-11 December , Topics Basics of nutrition assessment of athletes, Divisional secretariat Office , Kurunegala, Sri Lanka
- ✓ 2013; Nutrition awareness programme for employees and staff of Slimtex, on 8th November Mass Intimates, Unichela (Pvt) Ltd Kuliapitiya, Sri Lanka.
- ✓ 2013; Workshop for Food and Drug Inspectors. Topic : Nutrition and functional properties of local foods, 5th January, Wayamba University of Sri Lanka, Makandura
- ✓ 2012; Workshop on sports nutrition' maximizing performance through sports nutrition'; Topic: Nutritional assessment of athletes, 15th August, Sports Ministry, Colombo
- ✓ 2011; Short Course in Community Nutrition; Topic : Field practicum, 24th November, Redeegama
- ✓ 2007; Certificate Course on staff development for probationary lecturers; Preparation and using Teaching aids, 05th January; SDC, Wayamba University of Sri Lanka, Makandura
- ✓ 2006; Certificate Course on staff development for probationary lecturers; Preparation and using Teaching aids, 05th January; SDC, Wayamba University of Sri Lanka, Makandura

- ✓ 2002;Seminar-workshop on Food & Nutrition Programme Planning & Management; Food & Nutrition systems,16-26 September, 01st September, PGIA, University of Peradeniya
- ✓ 2001;Seminar-workshop on Food & Nutrition Programme Planning & Management; Food & Nutrition systems,01st September, PGIA, University of Peradeniya

Postgraduate Research Student Supervision

Name of student	Title of project	Degree sought	Status/completed year
Mr Samitha Prasad	Perception on ready to serve green leafy porridges by elderly in Sri Lanka	M Sc Food & Nutrition Postgraduate Institute of Agriculture	ongoing
Ms HMJK Herath	Potential bioactivities of phenolic compounds of cereal-legume based diets	M Phil Food & Nutrition Postgraduate Institute of Agriculture	Thesis writing
Mr C Jayasooriya	Knowledge Attitudes and Practices on Nutritional Issues of Immigration Officers	MSc Food & Nutrition University of Kelaniya	2019
Ms N Nayanathara	Assessment of nutritional value, glycemic indices and physic-chemical properties of carbohydrates of <i>Ipomea batatas</i> cultivars for potential use in food industry as a low cost healthy starchy base	Ph D University of Sri Jayawardanepura	2019
Ms MLOW Karunaratne	Sri Lankan traditional foods	M Sc Food & Nutrition Postgraduate Institute of Agriculture	2018
MS KD Dissanayake	Effects of inorganic fertilizer on phenolic content and antioxidant activities of Sri Lankan rice (<i>Oryza sativa</i>) varieties	M Sc Food & Nutrition Postgraduate Institute of Agriculture	2018
Ms KDD Kumari	Food & nutrition background studies on millets in Sri Lanka	Ph D Food & Nutrition Postgraduate Institute of Agriculture	2018
Ms M Wijesinghe	Plasma glucose level	M Sc Food & Nutrition	2017

	and food consumption pattern of diabetic patients	Postgraduate Institute of Agriculture	
Ms JIK Hettiarchchi	Dietary and lifestyle risk factors of breast cancer in Sri Lanka; A cross sectional case control study	MSc Food & Nutrition Postgraduate Institute of Agriculture	2017
Ms T Roopasingam	Nutritional and behavioral risk factors associated with Gestational Diabetes Mellitus	MSc Food & Nutrition Postgraduate Institute of Agriculture	2017
Ms WAKL Prashanthi	Assessment of nutritional status and functionality of institutionalized elderly	MSc Food & Nutrition University of Kelaniya	2016
Ms D Abegunawardane	KAP of food selection and plasma glucose control of diabetic patients	M Sc Food & Nutrition Postgraduate Institute of Agriculture	2016
Ms N Mudalige	Non alcoholic liver diseases and food consumption pattern	M Sc Food & Nutrition University of Kelaniya	2016
Ms U Wallawita	Olu (<i>Nymphaea lotus</i>) seeds as natural source of antioxidants	M Sc Food & Nutrition Postgraduate Institute of Agriculture	2015
Ms T Joshepkumar	Distribution and boiling effect on phenolic content and antioxidant activities of roots and tuber crops	M Sc Food & Nutrition Postgraduate Institute of Agriculture	2013
Ms K Saritha	Assessment of nutritional status dietary intake and functionality of older adults	M Sc Food & Nutrition Postgraduate Institute of Agriculture	2013
Ms S Bavani	Nutritional status of Sri Lankan elderly	M Sc Food & Nutrition Postgraduate Institute of Agriculture	2013
Ms RLDK Malkanthi (co-supervised)	Assessing the Status of Household Food Security of Rural Subsistence Farmers in Sri Lanka	M Phil Food & Nutrition Postgraduate Institute of Agriculture	2009

Postgraduate teaching/examiner

- ✓ Visiting Lecturer-MSc Food and Nutrition Programme, Postgraduate Institute of Agriculture, University of Peradeniya (2011-todate) Courses: Current Topics in Nutrition; Nutrigenomics
- ✓ Visiting Lecturer-MSc Food and Nutrition Programme, University of Kelaniya (2011 to 2016) Courses; Community Nutrition, Applied Nutrition, Agricultural Nutrition
- ✓ Examiner of MSc / Mphil Food & Nutrition Degree Programmes Postgraduate Institute of Agriculture, University of Peradeniya , & University of Kelaniya (2011-to date)
- ✓ Supervisor of Postgraduate Research students; Postgraduate Institute of Agriculture, University of Peradeniya, Faculty of postgraduate studies University of Kelaniya, Faculty of Medical Sciences, University of Sri Jayawardanepura (2011 to date)

Other activities

Editorial & Reviewer

- ✓ Member in the editorial committee of proceedings of the abstracts of undergraduate research of Faculty of Livestock Fisheries & Nutrition in 2018 (UreS 2018).
- ✓ Member in the editorial committee of proceedings of the abstracts of undergraduate research symposium of Faculty of Livestock Fisheries & Nutrition in 2017 (UreS 2017).
- ✓ Co-editor of proceedings of the abstracts of Wayamba University Research Congress 2016
- ✓ Member in the editorial committee of proceedings of the abstracts of undergraduate research symposium of Faculty of Livestock Fisheries & Nutrition in 2013 (UreS 2013).
- ✓ Member in the editorial committee of proceedings of the abstracts of undergraduate research symposium of Faculty of Livestock Fisheries & Nutrition in 2014 (UreS 2014).
- ✓ Member of the editorial committee of proceedings of the abstracts of Wayamba International Conference (Winc 2014), Wayamba University of Sri Lanka

- ✓ Co-editor of proceedings of the abstracts of Food & Nutrition symposium organized by the Department of Applied Nutrition and later by the Faculty of Livestock Fisheries & Nutrition in the years 2004- 2006.

Regular Reviewer of International Journals

- ✓ Journal of Agriculture & Food Chemistry (Publisher; ACS)
- ✓ Journal of Food Chemistry (Publisher; Elsevier),
- ✓ Journal of American Oil Chemist's Society (Publisher; AOCS)
- ✓ Journal of Functional Foods (Publisher; Elsevier)
- ✓ Journal of the Science of Food & Agriculture (Publisher; Wiley)
- ✓ Journal of King Saud University (Science) (Publisher; Elsevier)
- ✓ Journal of Food Science & Technology (Publisher; Springer),
- ✓ Nutrition Research (Publisher; Elsevier),
- ✓ Nutrition & Food Science (Publisher; Elsevier)

Reviewer of Scientific sessions of annual meetings/congress/symposia

- ✓ Annual meeting submissions of Nutrition Society of Sri Lanka, 2012,-2018
- ✓ Sri Lanka Association for the Advancement of Science (SLASS) Annual Sessions, 2012, 2013; Section B
- ✓ Annual Congress submissions in the Post Graduate Institute of Agriculture, 2012-2017
- ✓ Wayamba International Conference (Winc 2014 & WinC 2016), Wayamba University of Sri Lanka

Member in Committees with National Importance

- ✓ A member of the national advisory committee on elderly and disability health care services task force 2012-todate
- ✓ A member in the committee on Pre School Child Development (North Western Province) taskforce 2003-2006
- ✓ President of Nutrition Society of Sri Lanka, 2018-2019
- ✓ Vice President of Nutrition Society of Sri Lanka, in 2016-2017
- ✓ Joint Secretary of Nutrition Society of Sri Lanka, in 2015
- ✓ A council member in Nutrition Society of Sri Lanka, from 2013-2014

- ✓ A member in Advisory board of Dietetic Association of Sri Lanka from its inception in 2013-todate

Other University activities

- ✓ Head , Department of Applied Nutrition, WUSL 2011 Nov -2018 April
- ✓ Co-coordinator of Wayamba University Research Congress 2016, Wayamba University of Sri Lanka
- ✓ Executive member in the organizing committee Wayamba International Conference (Winc 2016), Wayamba University of Sri Lanka
- ✓ Co -In charge of Registration and Programme committee Wayamba International Conference (Winc 2016), Wayamba University of Sri Lanka
- ✓ Executive member in the organizing committee Wayamba International Conference (Winc 2014), Wayamba University of Sri Lanka
- ✓ Co -In charge of Registration and Programme committee Wayamba International Conference (Winc 2014), Wayamba University of Sri Lanka
- ✓ Executive member of Wayamba University Teacher's Association, Wayamba University of Sri Lanka (2013- 2015)
- ✓ Secretary of Wayamba University Teacher's Association, Wayamba University of Sri Lanka (2013)
- ✓ Chairperson of Ethics Review Committee of Faculty of Livestock, Fisheries & Nutrition, Wayamba University of Sri Lanka (2013- to date)
- ✓ Chairperson of Senate Academic Development & Planning Scholarships & Ethics committee Wayamba University of Sri Lanka (2017- to date)
- ✓ Coordinator Internal Quality Assurance Unit-WUSL (2018)
- ✓ Coordinator Faculty Quality Assurance Cell (2018 -todate)
- ✓ Theses Format Editor of Faculty of Livestock, Fisheries & Nutrition, Wayamba University of Sri Lanka (2017- to date)
- ✓ Member of Curriculum Development Committee of Faculty of Livestock, Fisheries & Nutrition (2011- to date)
- ✓ Member of Research Development and Publication Committee of Faculty of Livestock, Fisheries & Nutrition (2011- to date)

- ✓ Member of Students Advisory and Welfare Committee of Faculty of Livestock, Fisheries & Nutrition (2011- to date)
- ✓ Member of Scholarships, staff Development and Ethics Committee of Faculty of Livestock, Fisheries & Nutrition, (2011- to date)
- ✓ Member of Teaching and Learning Committee of Faculty of Livestock, Fisheries & Nutrition (2011- to date)
- ✓ Member of Senate Research & Higher Degree Committee of Faculty of Livestock, Fisheries & Nutrition (2016- to date)
- ✓ Member of Faculty Research and Higher Degree Committee (2011- to date)
- ✓ Senior Treasurer in the Nutrition Society of Wayamba University of Sri Lanka (2003 & 2016)

Communication of knowledge

- ✓ Serve as a resource person in workshops/ seminars/training programmes in areas related to food and nutrition
- ✓ Regular writer in magazines/newspapers in topics related to food and nutrition in native language and English