

Curriculum Vitae

Professor KD Renuka Silva *Professor of Nutrition*

Personal Information

- **Full Name:** Kalambaarachchige Don **Renuka** Ruchira **Silva**
- **Name with initials:** KDRR Silva
- **Title:** Professor
- **Sex:** Male
- **Date of Birth:** 24.04.1967
- **Citizenship:** Sri Lankan
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- **Address:** (Office) Faculty of Livestock, Fisheries & Nutrition
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Current Positions

Professor of Nutrition | Chair, Department of Applied Nutrition, Faculty of Livestock, Fisheries and Nutrition, Wayamba University of Sri Lanka

Director, Centre for Quality Assurance, Wayamba University of Sri Lanka

Previous Positions

- Senior Lecturer (Grade I) – 1.8.2007 to 31.3.2018 Dept. of Applied Nutrition, Faculty of Livestock, Fisheries and Nutrition, Wayamba University of Sri Lanka (Promotion)
- Senior Lecturer (Grade II) – from 1.8.2001 to 31.7.2007 Dept. of Applied Nutrition, Faculty of Livestock, Fisheries and Nutrition, Wayamba University of Sri Lanka (Promotion)
- Lecturer – from 1.8.1996 to 31.7.2001
- Assistant Lecturer - Dept of Crop Science, Faculty of Agriculture, University of Peradeniya. (from April 1995 - July 1996)

Educational qualifications:

- PhD in Human Nutrition - School of Food Biosciences, University of Reading, UK (2000)
Thesis: Markers of chylomicron metabolism in man
- BSc (Agriculture) First Class Honours - Faculty of Agriculture, University of Peradeniya, Sri Lanka (1994)

Professional qualifications

- Registered Nutritionist (Association of Nutritionists, UK) since 2002
- Certificate of attendance in the workshop on Basic Food Hygiene held by Food Industry Training, Reading (1998)
- Certificate of attendance in number of courses for new University lecturers conducted by Centre for Staff Training & Development, University of Reading (1998-2000)

Scholarships / Fellowships and Awards

- Australia Awards - Endeavour Research Fellowship tenable in Institute of Physical Activity & Nutrition (IPAN), Deakin University, Australia (May-August 2018)
- Commonwealth Academic Scholarship to follow PhD in the UK (1997-2000)
- Best student research presentation - Nutrition Society Meeting, Cork, Ireland in 2000.
- Fellowship from United Nations University to follow 7th International Graduate Course in Production and Use of Food Composition Data in Nutrition held in the Netherlands in 2005.
- Fellowship – International Visitor Leadership Programme in the USA on “Agricultural Production Standards: Farm to Table” (2013) sponsored by US State Department
- Commonwealth Fellowship (2013) – Tenable at University of Reading, UK.
- National Research Council Merit Awards for Scientific Publications (2014)

Current Institutional Responsibilities

- Director – Centre for Quality Assurance, Wayamba University of Sri Lanka (Since 2015).
 - Ex-Officio Member of Academic Development, Planning, Scholarship & Ethics (Senate sub-committee)
 - Ex-Officio Member of Research & Higher Degrees Committee (Senate sub-committee)
- Chairman – Faculty Curriculum & Academic Development Committee
- Member – Sports Advisory Committee (2017- to date)
- Member of Student Welfare Committee of Faculty of Livestock, Fisheries & Nutrition
- Member of Higher Degrees Committee of Faculty of Livestock, Fisheries & Nutrition
- Member of Teaching & Learning Committee of Faculty of Livestock, Fisheries & Nutrition

Positions held in the University / Academia

- Dean, Faculty of Livestock, Fisheries & Nutrition, Wayamba University of Sri Lanka (February 2009 – February 2012)
- Head, Department of Applied Nutrition, Wayamba University (November 2001 – January 2009)
- Member of the Council of the Wayamba University of Sri Lanka (as the Dean since 2009)
- Senate member – Wayamba University of Sri Lanka (2001 – to date)
 - Faculty representative to the Senate (2012 to 2015)
 - Chairman – Research Committee of Wayamba University (2004 - 2009)
 - Chairman – Academic Development, Planning, Scholarships & Ethics Committee (2009 – 2012)

- Chairperson – Internal Quality Assurance Unit, Wayamba University of Sri Lanka (2012-2015); Vice Chancellor has appointed as the Champion of Quality Assurance for the University in 2014.
- Member of the three-member committee appointed to formulate Corporate Plan for the Wayamba University of Sri Lanka (2005-2008)
- Chairman – Teaching Learning Committee of the Faculty (2008-2012)
- Core-Member of the Curriculum Development Committee of the Faculty of Livestock, Fisheries & Nutrition
- President – Sports Advisory Committee, Wayamba University of Sri Lanka (2008 – 2016)
- Member of Board of Study Food Science & Technology, Postgraduate Institute of Agriculture, Peradeniya (2007-2011 & 2013-2015)
- Co-ordinator, 'Improving Students' Learning Environment' in Wayamba University (Improving Relevance & Quality of Undergraduate Education: Institutional Block Grant – World Bank funded project)
- Person in-charge, in Activity: Curriculum Revision - Quality Enhancement Fund (QEF) of Improving Relevance & Quality of Undergraduate Education (IRQUE) of Ministry of Higher Education (project funded by World Bank)
- Person in-charge, E-education – Quality Improvement Grant (QIG) of Higher Education for the 21st Century (HETC) Project obtained by the Faculty of Livestock, Fisheries & Nutrition (2012)
- Member of the Convocation Committee (2004/2005, 2005/2006, 2006/2007): acted as master of ceremonies and co-ordinated and designed the newspaper supplement
- Member of several Technical Evaluation Committees in the University
- Senior Treasurer (2001/2013-14) & founder of the Nutrition Society of Wayamba University.
- Secretary – Staff Sports Club of Wayamba University of Sri Lanka (2014-2015)
- Deputy Chairman – Organizing Committee of the 12th Sri Lanka University Games (SLUG) 2016
- Vice President – Wayamba University Teachers' Association (2003 & 2007)
- Secretary – Wayamba University Teacher's Association (2006)
- Executive Committee Member of the Wayamba University Teacher's Association (2008)

Publications

Refereed Journals:

1. Joshepkumar Thamilini, Chandima Wekumbura, Anoma Janaki Mohotti, Aruna Pradeep Kumara, Sanath Thushara Kudagammana, **K. D. Renuka Ruchira Silva** and Emmanuel Frossard (2019) Organized Homegardens Contribute to Micronutrient Intakes and Dietary Diversity of Rural Households in Sri Lanka. *Front. Sustain. Food Syst.*, 22 October 2019 | <https://doi.org/10.3389/fsufs.2019.00094>
2. Warnakulasuriya L, Fernando M, Adikaram A, Thawfeek A, Anurasiri W, Elisabet R, Bergsten P, **Silva KDRR**, Samaranayake D, Wickramasinghe VP (2019) Assessment of Nutritional Status in Sri Lankan Children: Validity of Current Anthropometry Cut-offs? *Asia Pacific Journal of Public Health* 1–10. DOI: 10.1177/1010539519872061
3. Gunawardena HP, **Silva KDRR**, Sivakanesan R & Katulanda P (2019) Increased lipid peroxidation and erythrocyte glutathione peroxidase activity of patients with type 2 diabetes mellitus: Implications for obesity and central obesity. *Obesity Medicine* Volume 15, September 2019. <https://doi.org/10.1016/j.obmed.2019.100118>
4. Gunawardena HP, **Silva R**, Sivakanesan R, Ranasinghe P & Katulanda P (2019) Poor Glycaemic Control Is Associated with Increased Lipid Peroxidation and Glutathione Peroxidase Activity in Type 2 Diabetes Patients. *Oxidative Medicine and Cellular Longevity* Volume 2019, Article ID 9471697, 10 pages. <https://doi.org/10.1155/2019/9471697>
5. Warnakulasuriya L, Fernando M, Adikaram A, Thawfeek A, Weda-Muhandiramge A, **Silva R**, Sirasa F, Rytter E, Forslund A, Samaranayake D, Wickramasinghe P (2018) Metformin in the

Management of Childhood Obesity: A Randomized Control Trial. *Childhood Obesity* 14:8. <https://doi.org/10.1089/chi.2018.0043>

6. **Silva KDRR** and Sirasa MSF (2018) Antioxidant properties of selected fruit cultivars grown in Sri Lanka. *Food Chemistry* 238; 203-208 <http://dx.doi.org/10.1016/j.foodchem.2016.08.102>
7. Kumari M Rathnayake, **KDRR Silva** & Ranil Jayawardena (2016) Effects of zinc supplementation on obesity: study protocol for a randomized controlled clinical trial. *Trials* 617:534. doi.org/10.1186/s13063-016-1651-3
8. Vajira Nanayakkara, Lilani Ekanayake & **Renuka Silva** (2016) Association between low birth weight, nutrition status and early childhood. *Sri Lanka Dental Journal*; 46(1) 15-24.
9. Nanayakkara V, Ekanayake L & **Silva R.** (2014) Dietary intake of calcium, vitamins A and E and bleeding on probing in Sri Lankan preschoolers. *Community Dent Health*. 31(3):153-7.
10. Gowri Rajkumar, **Renuka Silva**, Jagathpriya Weerasena & Kumudu Fernando (2014) Comparison of general nutritional composition of wild rice *Oryza rhizomatis* D.A. Vaughan and the commercial variety Bg352. *Tropical Plant Research* 1(2): 08–10.
11. Rathnayake KM, Madushani PAE & **Silva KDRR** (2012) Use of dietary diversity score as a proxy indicator of nutrient adequacy of rural elderly people in Sri Lanka. *BMC Res Notes*. 5: 469. Published online 2012 August 29. [doi: 10.1186/1756-0500-5-469](https://doi.org/10.1186/1756-0500-5-469). (open access journal)
12. Malkanthi RLDK, **Silva KDRR** & Jayasinghe JMUK (2010) Risk factors associated with high prevalence of anaemia among children under 5 years in the rural subsistence paddy farming households in Sri Lanka. *Food & Nutrition Bulletin* **31** (4), 475-482. [doi/pdf/10.1177/156482651003100401](https://doi.org/10.1177/156482651003100401)
13. **Silva KDRR** & Munasinghe DLL (2006). Urinary iodine excretion of pregnant women and female adolescents as an indicator of excessive iodine intake in Sri Lanka. *Food & Nutrition Bulletin* **27** (1), 12-18. [doi/pdf/10.1177/156482650602700102](https://doi.org/10.1177/156482650602700102)
14. **Silva KDRR**, Lovegrove JA, Wright JW & Williams CM (2005). Meal ingestion provokes entry of dietary-derived lipoproteins from the previous meal: possible metabolic implications. *European Journal of Nutrition* **44**, 377-383.
15. Marambe PWMLHK, Sivakanesan R & **Silva KDRR** (2005) A study in Kuliypitiya to Ascertain Public Awareness of the Lipid Composition of Edible Coconut Kernel Products and their Effect of Health. *Cocos (Journal of the Coconut Research Institute of Sri Lanka)* Vol 17, 11-20.
16. Smith RD, Kelly CNM, Fielding BA, Hauton D, **Silva KDRR**, Nydahl MC, Miller GJ and Williams CM (2003) Long-term monounsaturated fatty acid diets reduce platelet aggregation in healthy young subjects. *British Journal of Nutrition* **90**, 597-606.
17. **Silva KDRR**, Kelly CNM, Jones AE, Smith RD, Wootton SA, Miller GJ & Williams CM (2003). Chylomicron particle size and number, factor VII activation and dietary monounsaturated fatty acids. *Atherosclerosis* **166**, 73-84.
18. Lovegrove JA, **Silva KDRR**, Wright JW & Williams CM (2002) Adiposity, insulin and lipid metabolism in postmenopausal women. *International Journal of Obesity* **26**, 475-486.
19. **Silva KDRR**, Williams CM & Lovegrove JA (2001) Use of water-miscible retinyl palmitate as markers of chylomicrons gives earlier peak response of plasma retinyl esters compared with oil-soluble retinyl palmitate. *British Journal of Nutrition* **86**, 427-432.

Peer reviewed conference proceedings published as full papers:

1. Harshani Nadeeshani, Gamini Samarasinghe, Swarna Wimalasiri, **Renuka Silva**, Terrence Madhujith (2018) Evaluation of the Nutritional Value of Selected Banana Varieties Grown in Sri Lanka. Proceedings of 2nd International Conference on Food Quality, Safety and Security, Vol. 1, 2018, pp. 17-25 DOI: 10.17501/foodqualss.2018.2103
2. Nadeeshani H, Wimalasiri KMS, Samarasinghe G, **Silva R** & Madhujith T (2018) Evaluation of the Nutritional Value of Selected Leafy Vegetables Grown in Sri Lanka. *Tropical Agricultural Research* Vol. 29 (3): 255 – 267. DOI: 10.4038/tar.v29i3.8265
3. Kulasinghe WMAA, Wimalasiri KMS, Samarasinghe G, **Silva R** & Madhujith T (2018). Macronutrient Composition of Selected Traditional Yams Grown in Sri Lanka. *Tropical Agricultural Research* Vol. 29 (1): 113 – 122. <http://doi.org/10.4038/tar.v29i2.8282>

4. Wekumbura WGC, Mohotti AJ, Frossard E, Kudagammana ST & **Silva KDRR** (2017) Prospects and Issues Related to Tea Cultivation in Mid Country Homegarden Based Tea Smallholdings in a Selected Village in Sri Lanka. *Tropical Agricultural Research* **28** (4), 503-516. 10.4038/tar.v28i4.8250
5. Thamilini J, **Silva KDRR** & Jayasinghe JMUK (2015) Prevalence of stunting among preschool children in food insecure rural households in Sri Lanka. *Tropical Agricultural Research* **26** (2), 390-394. <http://doi.org/10.4038/tar.v26i2.8101>
6. Kamal RJ, Wadood AWMR & **Silva KDRR** (2009) Total antioxidant capacity of selected grades of black tea grown in different geographical elevations in Sri Lanka. *Tropical Agricultural Research* **20**, 155-161.
7. Ranatunga RMTK, **Silva KDRR**, Balasuriya KN, Sivakanesan R & Mahawithanage STC (2008) Calcium intake and bone mineral variables among adolescent schoolgirls in rural and urban areas of Sri Lanka. *Tropical Agricultural Research* **20**, 143-154.
8. Malkanthi RLDK, **Silva KDRR**, Chandrasekera GAP & Jayasinghe JMUK (2007). High prevalence of malnutrition and household food security in the rural subsistence paddy farming sector. *Tropical Agricultural Research* **19**, 136-149.
9. Marambe PWMLHK, Sivakanesan R & **Silva KDRR** (2005) Association of coconut fat intake and cardiovascular risk factors of healthy adults. *Tropical Agricultural Research* **17**, 9-19.
10. Chandrasekera GAP, **Silva KDRR** & Wijesinghe DGNG (2005) Determinants of the nutritional status of preschool children: a case of urban and peri-urban setting in Kurunegala. *Tropical Agricultural Research* **17**, 20-30.
11. **Silva KDRR** & Munasinghe DLL (2005) Urinary iodine excretion in Sri Lankan pregnant women and female adolescents: indication of excessive iodine intake. Proceedings of the 18th International Congress in Nutrition. 19-23 September 2005, Durban, South Africa. – [Short paper]
12. Gunasekera MVDSI, Chandrasekera GAP & **Silva KDRR** (2003) High prevalence of undernutrition among pre-school children from low-income groups in Colombo. In: Sri Lanka at Crossroads: Continuity & Change. Proceedings of the Ninth International Conference on Sri Lankan Studies 28-30 December 2003 University of Ruhuna, Sri Lanka. 53-62p.
13. Gunasena HPM & **Silva KDRR** (1995). Evaluation of *Gliricidia* provenances for utilization priorities in the intermediate zone of Sri Lanka Proc. 6th MPTS Workshop 17-18 August, Kandy, Ed. H.P.M. Gunasena.

Abstracts of original communications and presentations:

1. Fathima Rishdha & **Renuka Silva** (2019) Teachers' and caterers' perceptions, challenges and barriers of implementation of school meal program in Sri Lanka. *Ann Nutr Metab*;75(suppl 3):327 DOI: 10.1159/000501751 (Abstract presented at Asian Congress of Nutrition, Bali, Indonesia. 4-7 August 2019).
2. Thamilini Joshepkumar, Chathurika Madumali, Janaki Mohotti, Emmanuel Frossard, Janandani Nanayakkara, **Silva KDRR** & Jayasinghe JMUK (2019) Food systems approach to improve diet and nutritional outcomes: Integration of three studies conducted in rural communities in Sri Lanka. *Ann Nutr Metab*;75(suppl 3):367 DOI: 10.1159/000501751 (Abstract presented at Asian Congress of Nutrition, Bali, Indonesia. 4-7 August 2019).
3. Nipuni Rathnayaka & **Renuka Silva** (2019) Teachers' perception on the implementation of school health and nutrition programs in Sri Lanka. *Ann Nutr Metab*;75(suppl 3):397 DOI: 10.1159/000501751 (Abstract presented at Asian Congress of Nutrition, Bali, Indonesia. 4-7 August 2019).
4. Malika Fernando, Thasmeeha Marliya, Fathima Raesa, Shehan Williams & **Renuka Silva** (2019) Nutritional status and dietary intakes of the patients with mild-to-moderate Alzheimer's Disease. *Ann Nutr Metab*;75(suppl 3):294 DOI: 10.1159/000501751 (Abstract presented at Asian Congress of Nutrition, Bali, Indonesia. 4-7 August 2019).
5. Chandrasekera A, Thasneem HMS, Ariyaratna LHKS, Chandrasekera GAP, **Silva KDRR** & Ratnayake KM (2019) Study on dietary behavior of overweight and obese adults. *Wayamba*

University Research Congress – 2019. 11 July 2019 at Wayamba University of Sri Lanka, Kuliyaipitiya.

6. Chandrasekara A, Banu MSH, Jayarathna MSP, Nasriya MSF, Chandrasekara GAP, **Silva KDRR** & Ratnayake KM (2019). Study on the dietary behavior of adults with type 2 diabetes mellitus. *Wayamba University Research Congress – 2019. 11 July 2019 at Wayamba University of Sri Lanka, Kuliyaipitiya.*
7. Thamilini J, **Silva KDRR**, Jayasinghe-Mudalige UK, Edirisinghe JC & Herath LK (2019) Dietary intake and nutrient adequacies of the women in urban, rural and estate sectors and food security status. *Wayamba University Research Congress – 2019. 11 July 2019 at Wayamba University of Sri Lanka, Kuliyaipitiya.*
8. **Silva R** (2019) Harnessing agrobiodiversity for sustainable diets, human health and nutrition: are we on the right tack? *Abstract: Symposium on Agrobiodiversity for Climate Change Adaptation, Food & Nutrition. 23-24 May 2019 at Plant Genetic Resource Center, Department of Agriculture, Gannoruwa, Peradeniya, Sri Lanka.*
9. Thamilini J, **Silva KDRR**, Mohotti J, Frossard E & Kudagammana T (2018) Organized homegardens support household nutrition security but not the food security: A case in a rural setting in Kandy district in Sri Lanka. *Proceedings of the Wayamba University International Conference, Sri Lanka 24-25 August 2018. p260.*
10. Madumali KAC. Thamilini J, Rathnaasinghe D, **Silva KDRR** & Samaranyake B JL (2018) UK Ofcom nutrient profiling model as a tool for determining healthiness of Sri Lankan snacks. *Proceedings of the Wayamba University International Conference, Sri Lanka 24-25 August 2018. p281.*
11. **Silva KDRR** (2018) Agriculture, food security and nutrition linkage: are we heading the right direction? *Annual Scientific Sessions of the Nutrition Society of Sri Lanka, January 2018, Colombo.*
12. Thamilini J, Dissanayake DMUI, Arunoda C, Nanayakkara GJM & **Silva KDRR** (2018). Development and evaluation of nutrition education tools for primary school children in rural setting in Sri Lanka. *Annual Scientific Sessions of the Nutrition Society of Sri Lanka, January 2018, Colombo.*
13. Nadeeshani H, Kulasinghe AA, Samarasinghe WLG, **Silva KDRR**, Wimalasiri KMS & Madhujith T (2018) Composition analysis of priority agricultural biodiversity species for food and nutrition in Sri Lanka. *Annual Scientific Sessions of the Nutrition Society of Sri Lanka, January 2018, Colombo.*
14. Nadeeshani H, Samarasinghe G, Wimalasiri S, **Silva R** & Madhujith T (2018) Evaluation of the Nutritional Value of Selected Banana Varieties Grown in Sri Lanka. *Proceedings of 2nd International Conference on Food Quality, Safety and Security, Vol. 1, pp. 17-25.*
15. Gunawardena HP, **Silva KDRR** & Sivakanesan R (2017) Effect of Ceylon cinnamon intake on antioxidant status of male hypertensives. *The International Conference on Nutritional & Genetic Epidemiology, 06-07 November 2017, Colombo.*
16. Gunawardena HP, **Silva KDRR** & R Sivakanesan (2017) Pattern of cardiometabolic risk factors and antioxidant markers in dysglycaemic individuals. *Proceedings of the Postgraduate Institute of Science Research Congress. 08-09 September 2017, Peradeniya.*
17. Nadeeshani H, Wimalasiri KMS, Samarasinghe G, **Silva R** & Madhujith T (2017) Evaluation of nutritional value of selected leafy vegetables grown in Sri Lanka. *Proceedings of the 29th Annual Congress of the Postgraduate Institute of Agriculture. 16-17 November 2017, Kandy.*
18. Kulasinghe WMAA, Wimalasiri KMS, Samarasinghe G, **Silva R** & Madhujith T (2017) Macronutrient composition of selected traditional yams grown in Sri Lanka. *Proceedings of the 29th Annual Congress of the Postgraduate Institute of Agriculture. 16-17 November 2017. Kandy.*
19. **Silva KDRR** (2017) Cinnamon in the management of diabetes mellitus and hypertension. *Annual Scientific Sessions of the Nutrition Society of Sri Lanka, January 2017, Kandy.*
20. Warnakulasuriya LS, Fernando MAM, Adikaram AVN, Thawfeek ARM, Anurasiri WML, **Silva, KDR**, Sirasa MSF, Samaranyake D & Wickramasinghe VP (2016) Metformin in the management of childhood obesity in Sri Lankan setting. *Abstracts of the 13th International*

- Congress on Obesity*, 1-4 May 2016, Vancouver, Canada. *Obesity Reviews*. 17 (Suppl. 2), 74–75.
21. **Silva KDRR**, Thamilini J, Sirasa MSF & Samarasinghe WLG (2015) Food composition data in Sri Lanka: Past, present and future. *11th International Food Data Conference*, 3-5 November 2015, Hyderabad, India.
 22. Sirasa MSF & **Silva KDRR** (2015) Antioxidant properties of selected fruit cultivars grown in Sri Lanka. *11th International Food Data Conference*, 3-5 November 2015, Hyderabad, India.
 23. Thamilini J, **Silva KDRR**, Nanayakkara GJM & Dissanayake DMUI (2015) Mid-day meal and nutrition education programme increased the dietary intake and dietary diversity of rural school children. *11th International Food Data Conference*, 3-5 November 2015, Hyderabad, India.
 24. **Silva KDRR**, Thamilini J & Hettiarachchi D (2015) Planning of mid-day meal as part of nutrition intervention programme for a rural school in Sri Lanka. *12th Asian Congress of Nutrition*, 14-18 May 2015 Yokohama, Japan.
 25. Thamilini J, **Silva KDRR** & Jayasinghe JMUK (2015) High prevalence of malnutrition among adult women and children in food insecure, rural households. *12th Asian Congress of Nutrition*, 14-18 May 2015 Yokohama, Japan.
 26. Gunawardena HP, **Silva KDRR**, Sivaknesan R & Katulanda P (2015) Lipid accumulation product, lipid peroxidation and oxidative stress in type 2 diabetic patients. *12th Asian Congress of Nutrition*, 14-18 May 2015 Yokohama, Japan.
 27. **Silva KDRR**, Nanayakkara GJM, Jayamanna VS, Wijesinghe DGNG, Fernando SN & Wijesekera GAW (2014) Utilization of agrobiodiversity for dietary diversity by rural households in Sri Lanka. *Abstracts – International Symposium on Biodiversity, Food and Nutrition*; 8 December 2014, Colombo, Sri Lanka
 28. Jajanthi N, **Silva KDRR** & Sirasa MSF (2014) Biodiversity in home gardens and its contribution to the food and nutrition security of rural households. *Abstract – International Symposium on Biodiversity, Food and Nutrition*; 8 December 2014, Colombo, Sri Lanka.
 29. **Silva KDRR** (2014) Linking agrobiodiversity to dietary diversity for achieving optimum nutrition and health: Sri Lanka perspective. *Abstract – International Symposium on Biodiversity, Food and Nutrition*; 8 December 2014, Colombo, Sri Lanka.
 30. Sirasa MSF, Rukiya MJF & **Silva KDRR** (2014) Antioxidant properties of selected commonly consumed and underutilized fruits in Sri Lanka. *Proceedings of the Peradeniya University International Research Sessions, Sri Lanka*, Vol 18 4-5 July 2014.
 31. Sirasa MSF, **Silva KDRR**, Nishshanka NAKC & Jajanthi N (2014) Contribution of traditional food systems towards food and nutrition security of rural households in Sri Lanka. *Abstracts – Annual Scientific Sessions of the Nutrition Society of Sri Lanka, Colombo, Sri Lanka*. 25-26 January 2014. 18p.
 32. **Silva KDRR** (2014) Endothelial dysfunction and cardiovascular risk: Can dietary modifications help? *Abstracts – Annual Scientific Sessions of the Nutrition Society of Sri Lanka, Colombo, Sri Lanka*. 25-26 January 2014. 3 p.
 33. Nanayakkara GJM & **Silva KDRR** (2014) Early childhood growth in relation to maternal and birth characteristics: a prospective cohort study. *Proceedings of the Wayamba University International Conference, Sri Lanka*. 29-30 August 2014. 209p.
 34. Thamilini J, **Silva KDRR** & Krishnapriya K (2014) Development of food composition database for nutrient composition of mixed dishes for Sri Lanka by recipe calculation. *Proceedings of the Wayamba University International Conference, Sri Lanka*. 29-30 August 2014. 231p.
 35. Thamilini J, **Silva KDRR** & Jayasinghe JMUK (2014) High prevalence of stunted preschool children in food insecure rural households. *26th Annual Congress of the Postgraduate Institute of Agriculture*, 20-21 November 2014. 71p.
 36. Jeewanthi PW, Herath HMLK, Wijesuriya W, Jayasinghe-Mudalige UK, Edirisinghe JC, Udugama JMM & **Silva KDRR** (2014) Structural Breaks in Prices of Common Rice Types in the Sri Lankan Market. *International Symposium on Agriculture and Environment (ISAE 2014)*, Faculty of Agriculture, University of Ruhuna, 27th November 2014.
 37. Perera KBP, Herath HMLK, Wijesuriya W, Jayasinghe-Mudalige UK, Edirisinghe JC, Udugama JMM, Perera DAM & **Silva KDRR** (2014) Forecasting Fish Prices in Colombo with SARIMA

- Model, *International Symposium on Agriculture and Environment (ISAE 2014)*, Faculty of Agriculture, University of Ruhuna, 27th November 2014.
38. Nanayakkara GJM & **Silva KDRR** (2013) Association of postnatal catch-up growth with body composition indices of children at 2 years of age: a prospective cohort study. *Ann Nutr Metab* 63(suppl 1):508.
 39. **Silva KDRR**, Gunawardana HP & Sivakanesan R (2013) Evaluation of plasma antioxidant status and antioxidant enzyme activity in type 2 diabetes mellitus patients and non-diabetic controls. *Ann Nutr Metab* 63(suppl 1):1374.
 40. **KDRR Silva** (2013) Keynote address- Integrated nutrition science to optimize nutrition. *Annual Scientific Sessions of the Nutrition Society of Sri Lanka, 2-3 February 2013, Colombo, Sri Lanka*. 1p.
 41. HP Gunawardana, **KDRR Silva** & R Sivakanesan (2013) Association between glutathione peroxidase activity and dietary fat intake in type 2 diabetes mellitus patients and matched controls. *Annual Scientific Sessions of the Nutrition Society of Sri Lanka, 2-3 February 2013, Colombo, Sri Lanka*. 16p.
 42. GJM Nanayakkara & **KDRR Silva** (2013) Body composition indices of children at 2 years of age in relation to postnatal catch-up growth: a prospective cohort study. *Annual Scientific Sessions of the Nutrition Society of Sri Lanka, 2-3 February 2013, Colombo, Sri Lanka*. 22p.
 43. Gunawardana H, **Silva R**, Sivakanesan R & Katulanda P (2012). Prevalence of metabolic syndrome characteristics among middle aged population in Pannala area: Implications with diet and physical activity. *Abstract Book of 3rd Biennial Conference of the South Asian Association of Physiologists, 7-10 November 2012, Colombo, Sri Lanka*. 143p
 44. Gunawardana HP, **Silva KDRR**, Sivakanesan R & Katulanda P (2012) Type 2 diabetes mellitus, obesity and central adiposity are independent risk factors for depletion of glutathione peroxidase activity in humans. *40th Annual Meeting of the Research Society for the Study of Diabetes in India, 26-28 October 2012, Chennai, India*. 44p.
 45. Sirasa MSF, Nishshanka NAKC & **Silva KDRR** (2012) Contribution from home gardens and agricultural lands to the food and nutrition security of rural households in Sri Lanka. *44th Asia Pacific Academic Consortium for Public Health, 14-17 October 2012, Colombo, Sri Lanka*.
 46. **Silva KDRR** & Nanayakkara GJM (2012) Association of birth weight and infant feeding practices with weight gain and body composition of young children. *44th Asia Pacific Academic Consortium for Public Health, 14-17 October 2012, Colombo, Sri Lanka*.
 47. Gunawardana HP, **Silva KDRR**, Sivakanesan R & Katulanda P (2012) Plasma antioxidant capacity and insulin resistance of type 2 diabetes patients with good and poor glycaemic control. *44th Asia Pacific Academic Consortium for Public Health, 14-17 October 2012, Colombo, Sri Lanka*.
 48. **Silva KDRR** (2012) Metabolic syndrome in South Asia: Causes, implications and prevention. *Abstracts of the Annual Scientific Sessions of the Nutrition Society of Sri Lanka, 28-29 January 2012, Colombo*
 49. Nanayakkara GJM & **Silva GJM** (2011) Association among maternal nutrition, birth characteristics, feeding practices, nutritional status and body composition of term infants. *Proceedings of the Nutrition Society, 70 (OCE4)*, E151.
 50. Jayasinghe MVTN, **Silva KDRR**, Pinidiyapathirage MJ & Pathmeswaran A (2011) Development and validation of a semi-quantitative FFQ to assess dietary energy and nutrient intakes in a prospective cohort study. *Proceedings of the Nutrition Society, 70 (OCE4)*, E204.
 51. Malkanthi RLDK, **Silva KDRR** & Jayasinghe JMUK (2011) Measuring household food security in subsistence paddy farming sector in Sri Lanka: development of household food insecurity index (HFSI). *Proceedings of the Nutrition Society, 70 (OCE4)*, E207.
 52. Malkanthi RLDK, Shakira MSF, **Silva KDRR**, Jayawardana MAR & Herath KPB (2011) Association of Serum Zinc level and percentage of body fat in healthy adults: a case control study; *The 7th Asia Pacific Conference on Clinical Nutrition (7th APCCN 2011) 5-9 June 2011 in Bangkok, Thailand (p434)*.
 53. Malkanthi RLDK, Madushani PAE & **Silva KDRR** (2011) Use of dietary diversity score as a proxy indicator of nutrient adequacy of elderly people in Sri Lanka. *The 7th Asia Pacific*

Conference on Clinical Nutrition (7th APCCN 2011) 5-9 June 2011 in Bangkok, Thailand (p435).

54. Nanayakkara GJM, **Silva KDRR**, Sirasa MSF & Saputhanthri MA (2011) Association between maternal nutrition, birth characteristics, feeding practices and nutritional status of term infants. *Abstracts - Annual Scientific Sessions of the Nutrition Society of Sri Lanka*, January 22, Colombo.
55. Ranathunga RMTK, **Silva KDRR** & Mahawithange STC (2010). Association of calcium intake and bone mineral density of adolescent school girls. *10th South East Asia Regional Scientific Meeting of the International Epidemiological Association 23rd - 26th May 2010*, Colombo, Sri Lanka
56. Athauda ADDC, Kamal RJ & **Silva KDRR** (2009) Birth weight, birth length and ponderal index are independent predictors of central adiposity in late childhood. *Annals of Nutrition & Metabolism*, 55 Suppl 1, 49p.
57. Ranathunga RMTK, **Silva KDRR**, Balasuriya KN, Sivakanesan R & Mahawithange STC (2009) Calcium intake and bone mineral status in adolescent schoolgirls and postmenopausal women in Sri Lanka. *Annals of Nutrition & Metabolism*, 55 Suppl 1, 97p.
58. **Silva KDRR** & Kamal RJ (2009) In-vivo total antioxidant capacity of black tea grown in Sri Lanka. *Annals of Nutrition & Metabolism*, 55 Suppl 1, 129p.
59. Malkanthi RLDK, **Silva KDRR** & Jayasinghe JMUK (2009) Prevalence of nutrition insecurity in rural paddy farming households in Sri Lanka. *Annals of Nutrition & Metabolism*, 55 Suppl 1, 139p.
60. Munasinghe DLL, Jayaweera MNS & **Silva KDRR** (2009) Emerging problem of overweight and obesity among schoolchildren in the city of Colombo, Sri Lanka. *Annals of Nutrition & Metabolism*, 55 Suppl 1, 374p.
61. Jayaweera MNS & **Silva KDRR** (2009) Adherence to food guide pyramid recommendations of schoolchildren in Colombo, Sri Lanka. *Annals of Nutrition & Metabolism*, 55 Suppl 1, 502p.
62. **Silva KDRR**, Agalawatta SK & Attanayake AMTN (2008) Relative glycaemic potency of commonly consumed rice varieties in Sri Lanka. *Annual Scientific Sessions of the Nutrition Society of Sri Lanka*, January 25-26, Colombo.
63. Nanayakkara GJM, Gunawardena HP & **Silva KDRR** (2008) Association between glycaemic control and antioxidant capacity in type 2 diabetic patients. *Annual Scientific Sessions of the Nutrition Society of Sri Lanka*, January 25-26, Colombo.
64. Ranathunga RMTK, **Silva KDRR**, Mahawithange STC, Balasuriya KN & Meneripitiya MTD (2008) Calcium intake and bone mineral density of adolescent schoolgirls in rural and urban areas. *Abstracts - Annual Scientific Sessions of the Nutrition Society of Sri Lanka*, January 25-26, Colombo
65. Athauda ADDC, Kamal RJ & **Silva KDRR** (2008) Low birth weight, high birth length and high ponderal index are independent predictors of central adiposity in late childhood. *Abstracts - Annual Scientific Sessions of the Nutrition Society of Sri Lanka*, January 25-26, Colombo
66. Munasinghe DLL, Naushad MNM, Kumudini SYN, Jayaweera MNS & **Silva KDRR** (2008) Prevalence of overweight and obesity among children attending schools in the City of Colombo: a comparative study. *Abstracts - Annual Scientific Sessions of the Nutrition Society of Sri Lanka*, January 25-26, Colombo
67. Atukorala CH, Jayasinghe-Mudalige UK, **Silva KDRR** & 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, *1st Annual Research Symposium*, Faculty of Agricultural Sciences, Sabaragamuwa University of Sri Lanka, Belihuloya, 20-21 December 2007.
68. **Silva KDRR**, Liyanage CB & Munasinghe DLL (2006) Association of serum 'antioxidant power' with myocardial infarction: a case-control study. *Proceedings of the Nutrition Society*. 65; 117A.
69. **Silva KDRR**, Thangaraja S & Kamal RJ (2006) Comparison of body composition, body fat distribution and cardiovascular risk factors in healthy pre- and postmenopausal women. *Proceedings of the Nutrition Society*. 65; 118A.
70. **Silva KDRR**, Rathnayake WMUK & Rajawardena DU (2005) Comparison of cardiovascular risk factors in fishing and farming communities in Sri Lanka. *Proceedings of the 18th International*

- Congress in Nutrition*. 19-23 September 2005, Durban, South Africa. *Annals of Nutrition and Metabolism*.
71. Marambe PWMLHK, Sivakanesan R & **Silva KDRR** (2005) Association between coconut fat intake and cardiovascular risk factors of healthy adults. *Proceedings of the 18th International Congress in Nutrition*. 19-23 September 2005, Durban, South Africa. *Annals of Nutrition and Metabolism*. p 204
 72. Chandrasekara GAP, **Silva KDRR** & Wijesinghe DGNG (2005) Effect of maternal employment on anthropometry of pre-school children: case of urban and peri-urban mothers in Sri Lanka. *Proceedings of the 18th International Congress in Nutrition*. 19-23 September 2005, Durban, South Africa. *Annals of Nutrition and Metabolism*. 346.
 73. Sandamali RPM, Kamal RJ & **Silva KDRR** (2005) Food security and nutritional status of pre-school children. 10th International Conference of Sri Lankan Studies. 16th-18th December 2005, University of Kelaniya, Sri Lanka
 74. Chandrasekara GAP, **Silva KDRR** & Wijesinghe DGNG (2004) The influence of maternal employment on the nutrition of preschool children: the case of Sri Lanka in *Abstracts*, *Leonard Wolf Memorial International Conference*, 18th December-19th December, 2004, University of Ruhuna Matara, Sri Lanka. p 46
 75. Alahakoon CP & **Silva KDRR** (2003) High saturated and low unsaturated dietary fat intakes and higher prevalence of risk factors of coronary heart disease among urban middle-aged office workers in Sri Lanka. *Proceedings of the Nutrition Society* **62** OCA/B, 91A.
 76. Gunasekera MVDSI, Chandrasekera GAP & **Silva KDRR** (2003) High prevalence of undernutrition among pre-school children from low-income groups in Colombo. *Ninth International Conference on Sri Lankan Studies 28 November -30 December 2003 University of Ruhuna, Sri Lanka*. 160p.
 77. Malkanthi RLDK, Adikari AMNT & **Silva KDRR** (2002) Who have the better nutritional status: vegetarians or non-vegetarians? *Proceedings of the 58th annual session Sri Lanka Association for the Advancement of Science-07 December 2002* 25p.
 78. Gunasekera MVDSI, Chandrasekera GAP & **Silva KDRR** (2002) Nutrient intake and nutritional status of preschool children from different socio-economic groups. *Proceedings of the 58th Annual Session Sri Lanka Association for the Advancement of Science 02-07 December 2002* 296p.
 79. **Silva KDRR**, Jones AE, Smith RD, Kelly CNM, Lovegrove JA, Wootton SA & Williams CM (2001) Lower postprandial apo B48 and increased chylomicron particle size in subjects on a high monounsaturated fat diet. *Proceedings of the Nutrition Society* **60** OCA, 107A.
 80. **Silva KDRR**, Jones AE, Smith RD, Kelly CNM, Lovegrove JA, Wootton SA & Williams CM (2001) Different postprandial responses of larger and smaller chylomicrons and remnant particles. *Proceedings of the Nutrition Society* **60** OCA, 44A.
 81. Jones AE, Smith RD, Kelly CNM, **Silva KDRR**, Nydahl MC, Williams CM & Wootton SA (2001) Gender differences in postprandial substrate oxidation. *Proceedings of the Nutrition Society* **60** OCA, 11A.
 82. Fielding BA, Smith RD, Kelly CNM, Nydahl MC, **Silva KDRR**, Clark MC and Ilic V & Williams CM (2001) A comparison of changes in plasma cholesteryl esters and phospholipid fatty acid composition after a monounsaturated-enriched diet. *Proceedings of the Nutrition Society* **60** OCA, 14A.
 83. Kelly CNM, Smith RD, **Silva KDRR**, Nydahl MC & Williams CM (2001) Effects of substituting dietary saturated fatty acids with monounsaturated fatty acids on whole blood platelet aggregation in young healthy volunteers. *Proceedings of the Nutrition Society* **60** OCA, 21A.
 84. Smith RD, Kelly CNM, **Silva KDRR**, Nydahl MC & Williams CM (2001) Effects of substituting dietary saturated fatty acids with monounsaturated fatty acids on blood lipids in young healthy volunteers. *Proceedings of the Nutrition Society* **60** OCA, 45A.
 85. **Silva KDRR**, Lovegrove JA, Wright JW & Williams CM (2000) Comparison of retinyl esters and apolipoprotein B-48 as markers of dietary-derived lipoproteins in postmenopausal women: importance of source of retinyl esters used to label the meals. *Proceedings of the Nutrition Society* **59** (OCA) 10A.

86. Lovegrove JA, **Silva KDRR**, Wright JW & Williams CM (1999) Use of retinyl esters to investigate the early entry of dietary derived fat following sequential meals. *Atherosclerosis*, **145** (2), 435.

Research experience

Completed research work

- Assessment of Internal and External Trade Policies and Practices Affecting Food Security in Sri Lanka and Identify Areas for Improvement – Collaborative Senior Scientist
Funding: National Thematic Research Programme on Food Security, National Science Foundation
- Biodiversity and Food & Nutrition Security – Collaborative Scientist representing Wayamba University of Sri Lanka (partner organization) on nutrition component (2013-2017)
Funding: Global Environmental Facility (GEF) handled by Ministry of Environment and Department of Agriculture
- Effect of metformin and lifestyle intervention on childhood obesity – research funded by Lions Club Sweden - Collaborating scientist (2014-15). In collaboration with Faculty of Medicine, University of Colombo & Lion's Club, Negombo.
- Title: Indigenous edible plants as sources of nutrients and health benefitting components (nutraceuticals): determination of antioxidants in indigenous food crops (funded by Sri Lanka Council for Agriculture Research Policy) Principle investigator (2011-2014)
- Title: Association between serum antioxidants and diabetes mellitus (funded by National Research Council) – Principal investigator (2011-14)
- Promoting rural income from sustainable aquaculture through social learning in Sri Lanka (funded by Canadian International Food Security Research Fund (CIFSRF) of the International Development Research Centre (IDRC) and Canadian International Development Agency (CIDA) – Researcher in food security component (2012-15)
- Studies on Alzheimer's disease and nutrition and lifestyle factors (funded by Silver Mills Pvt Ltd) – Principal Investigator (2015-16)
- Impact of soil fertility and productivity of home gardens on family nutrition (funded by Nestle Foundation, Switzerland) – Collaborator in nutrition component (2014-15)
- Effect of cinnamon supplement on glycaemic control of type 2 diabetic patients (funded by Wayamba University) – Principal Investigator
- The effect of tea consumption on antioxidants – funded by Wayamba University Sri Lanka
- Effect of zinc supplementation of obesity (Principal Investigator) – funded by Wayamba University Research Grants
- Association between maternal and birth characteristics, infant feeding and body composition and nutritional status of young children - follow up study (Principal Investigator) – funded by Wayamba University Research Grants.
- Effect of school mid-day meal and nutrition education programme on nutritional status and knowledge, attitudes and practices of school children (2014) funded by Unilever Sri Lanka Ltd
- Serum antioxidant and cardiovascular risk: a case control study.
- Iodine status of pregnant and adolescent women in Sri Lanka.
- Cardiovascular risk factors and coconut fat consumption
- Effect of maternal employment on childcare and nutritional status of pre-school children.
- Vitamin C contents and *in vitro* antioxidant potential of different fruit varieties in Sri Lanka.
- Glycaemic index of rice varieties commonly consumed in Sri Lanka.
- Calcium intake and bone mineral density of adolescent schoolgirls and postmenopausal women (Funded by Wayamba University of Sri Lanka).
- Dietary intakes, physical activity and nutritional status of children in schools in Colombo city.
- Nutritional status of pre-school children.
- Assessing the status of household food security and nutrition in the rural subsistence agricultural sector in Sri Lanka (funded by Sri Lanka Council for Agriculture Research Policy).
- Research in cardiovascular risk factors

Research Skills

- Three years of experience in research on postprandial lipid metabolism in humans. Research work included analytical work using HPLC, Enzyme-linked Immunosorbent Assay (ELISA), dietary interventions and dietary assessments (1997-2000).
- Expert in nutritional assessment techniques – dietary assessment, anthropometry and physical activity.
- Trained on laboratory techniques in measuring vascular stiffness - 2013 (University of Reading, UK)
- Studies on school health and nutrition promotion and secondary school food studies curriculum in Victoria, Australia (Deakin University: May-August 2018)

On-going research:

- Title: Effect of virgin coconut oil on Alzheimer's disease (collaborator) – funded by Coconut Research Institute; Project conducted by Faculty of Medicine, University of Kelaniya, Sri Lanka
- Title: Examination of the state of food literacy education and food environment in Sri Lankan secondary schools (2019-2021); Funded by National Research Council.

Research Grants Received:

1. Examination of the state of food literacy education and food environment in Sri Lankan secondary schools." – National Research Council (2019)
2. Examination of the state of food literacy education landscape in Sri Lankan Secondary schools – Wayamba University Research Grants (2019)
3. Determination of association between glycaemic control and antioxidant capacity of type 2 diabetes mellitus patients. Wayamba University of Sri Lanka Research Grants (2007-8) LKR 175,900
4. Calcium intake and bone mineral density of postmenopausal women in rural and urban areas Wayamba University Research Grants LKR 353,360
5. Antioxidant status of patients with type 2 diabetes and impaired glucose regulation: a comparative study. Wayamba University of Sri Lanka Research Grants (2007-8) LKR 198,000
6. Development of Household Food Security Index Funded by: IRQUE-QEF (2008-9) LKR 150,000 & Council for Agriculture Research & Policy LKR 5 million
7. Association between birth characteristics feeding practices & Nutritional status, body composition & motor development in term infants. IRQUE-QEF / WUSL Research Grant (2009-11) LKR 280,000
8. Association between total antioxidant status with type 2 diabetes mellitus: a cross sectional comparative study National Research Council (Grant No 09-48) (2011) LKR 4,130,000
9. Effect of zinc supplementation on weight management WUSL Research Grants (2010-11) LKR 150,000
10. Biodiversity, food and nutrition: food security and biodiversity (2013-15) - Collaborative scientist Funded by Global Environmental Fund (GEF) / Department of Agriculture – LKR 1,200,000.00
11. Indigenous edible plants as sources of nutrients and health benefitting components (nutraceuticals): determination of antioxidants in indigenous food crops funded by Council for Agriculture Research Policy (CARP) – LKR 1,600,000.00
12. Effect of school mid-day meal and nutrition education programme on nutritional status and knowledge, attitudes and practices of school children (2014) funded by Unilever Sri Lanka Ltd LKR 880,000
13. Studies on Alzheimer's disease and nutrition and lifestyle factors (funded by Silver Mills Pvt Ltd) – Principal Investigator (2015-16) Rs 220,000
14. Effect of cinnamon supplement on glycaemic control of type 2 diabetic patients (funded by Wayamba University) – Principal Investigator – Rs 350,000

Professional Activities

- Member of the Technical Working Group for formulation/revision of Food Based Dietary Guidelines (FBDGs) for Sri Lankans – Ministry of Health, Nutrition & Indigenous Medicine, Sri Lanka - 2019
- Member of the Borderline Products Evaluation Committee of the National Medicines Regulatory Authority.
- Member of the Sectoral Committee on Food Products - Sri Lanka Standards Institution.
- Member of the Technical Advisory Committee in Nutrition for the National Nutrition Council of the Presidential Secretariat
- Member of the Technical Advisory Group in Rice fortification – Ministry of Health, Sri Lanka (2015-to date)
- Member of the expert panel developed the Food Based Dietary Guidelines for Sri Lanka, published by the Nutrition Division of the Ministry of Health
- Visiting Lecturer – MSc Food & Nutrition programme at Postgraduate Institute of Agriculture, University of Peradeniya, Sri Lanka (2001 to date)
 - Courses conducted: Assessment of Nutritional Status, Nutritional Epidemiology, Community Nutrition, Sports Nutrition, Dietetics
- Visiting Lecturer – MSc Food & Nutrition at University of Kelaniya, Sri Lanka (2008/09)
 - Courses conducted: Agriculture & Nutrition, Community Nutrition
- Visiting Lecturer - Dept of Food Science & Technology, Faculty of Agriculture & Plantation Management, Wayamba University of Sri Lanka.
- Examiner of MSc/MPhil Food & Nutrition degree examinations (Postgraduate Institute of Agriculture, Peradeniya & University of Kelaniya, Sri Lanka)
- Visiting Lecturer – Faculty of Information Technology, University of Moratuwa, Sri Lanka [Developed syllabus and conducted lectures in course module *Food, Nutrition & Health* which was offered as a subject non-related course for BSc Information Technology degree programme]
- A document on 'Guidelines in establishment of Ethical Review Committee' was submitted to the Senate of the university.
- Played the leading role in formulating Corporate Plan for the Wayamba University of Sri Lanka (2005-2008)
- Played the key role in writing proposal for Quality Improvement Grant of Higher Education for 21st Century (HETC) project funded by World Bank on behalf of the Faculty of Livestock, Fisheries & Nutrition: The proposal succeeded in 2012 for a total amount of Rs 25 million over 3 year period.
- Played the key role in writing proposal for Quality Enhancement Fund of Improving Relevance & Quality of Undergraduate Education (IRQUE) project funded by World Bank on behalf of the Faculty of Livestock, Fisheries & Nutrition: The proposal succeeded in 2006 for a total amount of Rs 67.8 million over 4 year period.
- Resource person: In the seminar series for public in 'Arogya' National Health Care Exhibition held in Colombo, 2005
- Guest speaker – Regional Meeting of Novartis Nutrition held in Singapore in 2005
- Participant of the consultative forum on 'Strengthening Child feeding practices in Sri Lanka' – Ministry of Health, Nutrition & Uva-Wellassa Development, Sri Lanka
- Member of the consultative group on Coconut and cardiovascular disease – Ministry of Health, Nutrition & Uva-Wellassa Development, Sri Lanka
- Participant of the consultative group on Nutrition Surveillance system – Ministry of Health, Nutrition & Uva-Wellassa Development, Sri Lanka
- Participant of the consultative workshop on Development of Food Pyramid, wall mounted BMI chart and activity pyramid for the use in schools and healthcare centres – February 2006
- Participant – Formulation of Nutrition policy in Sri Lanka (2005): Session organized by Ministry of Healthcare, Nutrition & Uva-Wellassa Development.
- Editor of the Proceedings of the Food & Nutrition Symposium (2001-8)

- Editor of the Abstracts of Annual Scientific Sessions of the Nutrition Society of Sri Lanka (2008, 2009, 2010, 2011, 2012).
- Editor of the Abstracts of Staff Research Sessions of the Wayamba University (2010)
- Editor of proceedings of the International Symposium on Biodiversity, Food and Nutrition “Linking agrobiodiversity and dietary diversity: The Sri Lanka Experience”
- Plenary lecture – Metabolic syndrome: an Asian perspective at Nutrition Society annual sessions 2012 held in Colombo.
- Resource person – 1 day training programme on “Maximizing sports performance through optimum nutrition” organized jointly by the Nutrition Society of Sri Lanka, Wayamba University of Sri Lanka and Institute of Sports Medicine (2012)
- Member of the course development committee – Short course in Community Nutrition offered by Wayamba University of Sri Lanka and Nutrition Society of Sri Lanka (2012)
- Resource person - Short course in Community Nutrition offered by Wayamba University of Sri Lanka and Nutrition Society of Sri Lanka (2012)
- Resource person – Training programme on Small and medium scale entrepreneurship in food and beverage sector conducted for the officers of National Development Bank (2012)
- Supervisor of postgraduate research students in research – Postgraduate Institute of Agriculture, Peradeniya, University of Kelaniya, Faculty of Medicine, University of Colombo.
- Resource person – Teacher training programme on nutrition conducted for teachers at Puttalam / Mahakumbukkadawala School (2014)
- Resource person – Sports Nutrition Training Workshop organized by Sports Medicine Association held in Colombo (December 2014)
- Chairman of the Organizing Committee – International Symposium on Biodiversity, Food and Nutrition, Colombo, Sri Lanka on 8.12.2014.
- Resource person and Course co-ordinator – 2 day training workshop on Nutrition Research Methodology. Organized by Nutrition Society of Sri Lanka – November 2015.
- Keynote addresses:
 - Nutrition Society Annual Sessions - 2013
 - Dietitian’s Association of Sri Lanka – 2015
- **Reviewer of grant applications and publications**
 - Medical Research Council, UK – Reviewer of research grant proposals
 - National Science Foundation – competitive research grant applications
 - National Research Council - competitive research grant applications
 - University of Peradeniya – University research grant scheme applications
 - Postgraduate Institute of Agriculture – Tropical Agriculture
 - University of Sabaragamuwa – International Symposium
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Postgraduate research supervision

Completed

- CP Alahakoon: (MSc Food & Nutrition, University of Kelaniya – Cardiovascular risk factors of middle age office workers in Colombo) – 2001/02
- GAP Chandrasekera (MPhil Food & Nutrition, Postgraduate Institute of Agriculture – Effect of maternal employment on nutritional status of pre-school children) – 2003/04
- H Marambe (MPhil Food Science & Technology, Postgraduate Institute of Agriculture - Coconut consumption and cardiovascular risk factors) – 2003/04
- RJ Kamal (MPhil Food & Nutrition, Postgraduate Institute of Agriculture – Effect of tea on antioxidant status of healthy adults) – 2010
- RLDK Malkanthi (MPhil Food & Nutrition, Postgraduate Institute of Agriculture Postgraduate Institute of Agriculture – Household Food Security and Nutrition of Rural Subsistence Agricultural Sector in Sri Lanka) – 2010

- Wajira Nanayakkara (MD Community Dentistry) – Postgraduate Institute of Medicine, University of Colombo (Nutrition and dental health) - 2011
- RMTK Ranathunga (MPhil Food & Nutrition, Postgraduate Institute of Agriculture Postgraduate Institute of Agriculture – Calcium intake and bone mineral density of adolescent school girls) – 2013
- GJM Nanayakkara (MPhil) – Postgraduate Institute of Agriculture, University of Peradeniya (Association between birth outcomes, feeding practices and nutritional status of infants) – 2013
- Sumali Fernando (MSc) – University of Ruhuna (Contribution of agrobiodiversity in home gardens and agricultural lands on household food and nutrition security) 2015
- Dilani Hettiarachchi (MSc) – University of Kelaniya (Effect of mid-day meal and nutrition education programme of dietary intakes of children in a rural school) 2015
- HP Gunawardhena (PhD) – Postgraduate Institute of Science, University of Peradeniya (Antioxidant status of diabetes mellitus patients) - 2018
- Harshani Nadeeshani (MPhil) – Postgraduate Institute of Agriculture (Evaluation of nutritional value of selected fruits and vegetables grown in Sri Lanka) – 2018
- Amali Kulasinghe (MPhil) Postgraduate Institute of Agriculture (Evaluation of nutritional value of selected pulses, yams and cereals grown in Sri Lanka) - 2019

On-going

- J Thamilini (PhD) - Wayamba University of Sri Lanka (Household food and nutrition security, biodiversity and nutritional status) 2013-19
- MG Fernando (PhD) – Faculty of Medicine, University of Kelaniya (Alzheimer’s Disease and Virgin Coconut Oil)
- Himali Rathnayake (PhD) - Faculty of Medicine, University of Kelaniya (Risk of malnutrition, and the effects of nutrition related behaviour change on nutrition status of Human Immunodeficiency Virus (HIV) infected patients)
- Harshini Meegaswatte (MSc) – University of Kelaniya (Lifestyle characteristics of obese patients attending a weight reduction intervention).
- Lasika Jayamaha (MSc) – University of Kelaniya (Dietary behaviours of shift working nurses)
- Chanika Jayasekera (MSc) - Postgraduate Institute of Agriculture. (Association of the stage of oral cancer and dietary intake and nutritional status)

Outreach activities

- Designing and co-ordinating Training programme on Small and medium scale entrepreneurship in food and beverage sector conducted for the officers of National Development Bank (2012) – Outreach Centre, Faculty of Livestock, Fisheries & Nutrition, Wayamba University of Sri Lanka & Institute of Bankers, Sri Lanka
- Designing and co-ordinating Training programme on Small and medium scale entrepreneurship in fisheries and aquaculture sector conducted for the officers of National Development Bank (2012) – Outreach Centre, Faculty of Livestock, Fisheries & Nutrition, Wayamba University of Sri Lanka & Institute of Bankers, Sri Lanka
- Involved in developing web-based virtual outreach center for the Faculty of Livestock, Fisheries & Nutrition and Department of Applied Nutrition (2015)
- Technical expert and Principal Scientist in planning, monitoring and evaluation of mid-day meal and nutrition education programme for school children in Mahakumbukkadawala Vidyalyaya, Puttalam District (2014-15)
- Nutrition Consultant – Nutrition Intervention programmes conducted by Lion’s Club, Negombo for underweight, obese and overweight school children (2015-2016)
- Resource person – Training workshop on nutrition for school teachers of Physical Education and Health in Ratnapura Education Zone (2016)

- Conducted several nutrition education programmes for school children, teachers, public health workers, food industry and general public.
- Published several newspaper feature articles on food, nutrition and health in national newspapers
- Participated in several television and radio programmes – local and international.
 - Tips to provide a healthy lunch box to your kids (SBS Australia)

<https://www.sbs.com.au/yourlanguage/sinhalese/en/audiotrack/tips-provide-healthy-lunch-box-your-kids>

- Why do migrants from south asia are more prone to Diabetes and heart diseases in Australia? (SBS Australia)

<https://www.sbs.com.au/yourlanguage/sinhalese/en/audiotrack/why-do-migrants-south-asia-are-more-prone-diabetes-and-heart-diseases-australia>

Development of Educational Materials

1. Training Video on Infant & Young Child Feeding (Complementary feeding) – Sinhala, English and Tamil versions (funded by Nestle Foundation, Switzerland) - 2012
2. Documentary drama on prevention of anemia – Sinhala ‘Hiru Pipidila – Awakening of Sun’ (approx 10 minutes) – Funded by World Bank funded Quality Improvement Grant of Ministry of Higher Education - 2014
3. Documentary drama on food habits of school children – Sinhala ‘Herawum Lakshaya (The Turning Point) (approx 15 minutes) – Funded by World Bank funded Quality Improvement Grant of Ministry of Higher Education - 2015
4. Study Guides – Nutrition in Lifecycle, Human Nutrition (BSc Food Science & Nutrition degree, Wayamba University of Sri Lanka)
5. Development of materials for Learning Management System (LMS) – ‘e-Edu’ for the use of undergraduates following BSc Food Science & Nutrition degree at Wayamba University of Sri Lanka
 - NTN 1414 Human Nutrition
 - NTN 2113 Nutrition in Lifecycle
 - NTN 2233 Nutritional Epidemiology & Research Methods
 - NTN 2133 Nutritional Assessment
 - NTN 2223 Sports and Exercise Nutrition
 - NTN 315x Research Project in Applied Nutrition

Consultations

- Consultant - Policy Research in the Area of Food Consumption, Nutrition and Health: Agriculture Sector Modernization Project funded by the World Bank (through Ministry of Agriculture) - 2019
- Consultant – Diet Modelling which will form part of the evidence base for Revising and Upscaling the Sri Lankan Food Based Dietary Guidelines (consultancy offered by Food & Agriculture Organization, Colombo to the Nutrition Society of Sri Lanka) - 2019
- Consultant – World Food Programme (WFP), Sri Lanka – Rice fortification and Thripasha development (2016-2017)
- Consultant – CAB International in New Delhi – Reviewed food content information disseminated among farming community in Sri Lanka via mobile phones.
- Food & Agriculture Organization (FAO) – Data analysis and report writing: Assessment of livelihood, food and nutrition security, nutritional status in tsunami affected districts of Hambantota, Ampara, Trincomalee and Batticaloa. Assistance to Tsunami Affected Vulnerable Fishermen and Women in Sri Lanka (OSRO/SRL/507/EC) and Integrated Programme for the

Rehabilitation of the Fishery Sector in the Tsunami Affected Districts of Hambantota, Ampara, Trincomalee and Batticaloa (OSRO/SRL/505/ITA)

- World Vision Sri Lanka – Consultant to conduct a survey to assess the nutritional status of under 5 year old children in Kalpitiya, Puttalam
- World Food Programme (WFP) – Consultant to evaluate national Thriposha food supplementation programme 2008. Nature of duties: conducting an all island survey to evaluate the impact of Thriposha programme on nutritional status of recipients, process evaluation, and report writing. Report was submitted to WFP and Ministry of Healthcare & Nutrition
- World Vision Sri Lanka – Consultant: Data analysis and report writing on Nutrition and food security status in Padepipelei and Lunugamvehera.
- Mid-term review of EU funded Project on “Building the Future for Conflict-Affected Returnees and Host Communities in Trincomalee and Batticaloa Districts” implemented by Lanka Jathika Sarvodaya Shramadana Sangamaya (2011/12)
- End-term review of EU funded Project on “Building the Future for Conflict-Affected Returnees and Host Communities in Trincomalee and Batticaloa Districts” implemented by Lanka Jathika Sarvodaya Shramadana Sangamaya (2012)
- Analysis of food supplements on glycemic index – Astron Ltd, Rathmalana.

Memberships of professional bodies

- Full member of the Nutrition Society, UK (From 2001 – to date)
- Life member of the Nutrition Society of Sri Lanka.
- Council member of the Nutrition Society of Sri Lanka (2004 – 2007 / 2013 – 2015)
- Joint Secretary of the Nutrition Society of Sri Lanka (2008)
- Vice-President of the Nutrition Society of Sri Lanka (2009, 2010)
- President of the Nutrition Society of Sri Lanka (2011/13)
- Member of the Non-communicable Disease Committee of the Sri Lanka Medical Association
- Member of the Breastfeeding Monitoring Committee of the Ministry of Health
- President – Sri Lanka University Sports Association (2016)

International/ regional meetings, conferences, trainings participated

Conferences (Overseas)

- Nutrition Society Summer Meeting, Guildford, UK (1998)
- Nutrition Society Summer Meeting, Glasgow, UK (1999)
- Nutrition Society Summer Meeting, Cork, Ireland (2000)
- 4th Congress of the International Society for the Study of Fatty acids and Lipids, Tsukuba, Japan (2000)
- Annual Meeting of the British Association for Parenteral and Enteral Nutrition, Harrogate, UK (2000)
- Nutrition Society Summer Meeting, London (2003)
- 18th International Congress of Nutrition, Durban, South Africa (2005)
- Nutrition Society Summer Meeting, Aberdeen, UK (2006)
- 19th International Congress of Nutrition, Bangkok, Thailand (2009)
- Nutrition Society Summer meeting held at Reading, UK (2011)
- 20th International Congress of Nutrition, Granada, Spain (2013)
- Nutrition Society, UK Winter meeting held in London (2013)
- 2nd International Congress on Micronutrients and Child Health held in New Delhi, India (2014)
- Fulbright Water-Energy-Food Nexus, Regional Workshop, 10-12 February 2015, Kathmandu, Nepal
- 12th Asian Congress of Nutrition, Yokohama, Japan (2015)
- 11th International Food Data Conference – Hyderabad, India (2015)

- Research Session at Swiss Federal Institute of Technology (ETH), Zurich, Switzerland (2016)
- High-level Symposium on Emerging Food Systems in South Asia - New Delhi, India – Organized by International Food Policy Research Institute (IFPRI) – (2018)

Conferences held in Sri Lanka

- Conference on Fortification of Processed Foods: The Way to Healthier Diet. International Life Sciences Institute – India (ILSI-India) & ILSI-Human Nutrition Institute, Washington DC held in Colombo, Sri Lanka (2004).
- The third South Asian Association for Regional Cooperation Food Data Systems (SAARCFOODS) meeting held at the Medical Research Institute, Colombo, Sri Lanka, from 18-19 October, 2010
- International Symposium on Biodiversity, Food and Nutrition held in Colombo, Sri Lanka on 8.12.2014
- International Conference on Diet, Physical Activity and Health – Organized by Ministry of Health and ILSI – India.

Training programmes attended

- Seminar-Workshop on Training of Trainers on the Design and Conduct of Food and Nutrition Training Programmes conducted by Postgraduate Institute of Agriculture, Regional Training Programme on Food and Nutrition Planning, University of the Philippines, Los Banos and Ministry of Plan Implementation, Sri Lanka (2001)
- Seminar-Workshop on 'Curricular Review of Nutrition Courses Offering in Asia' held in Kandy organized by Regional Training Programme on Food and Nutrition Planning, University of the Philippines, Los Banos and Ministry of Plan Implementation, Sri Lanka (2002)
- 7th International Graduate Course in Production and Use of Food Composition Data in Nutrition, Wageningen International Congress Centre, The Netherlands (31 October 2005 to 16 November 2005).
- Study visit to Australia – Visited Universities of Wollongong, Sydney, Newcastle, Deakin and Victoria to study the curriculum of BSc degree programmes and research programmes under IRQUE-QEF Project in May/June 2007.
- Curriculum Development Training – California State University, Fresno, USA (November 2009)
- Video production for enhancing the effectiveness of teaching/learning process – held at Faculty of Livestock Fisheries & Nutrition, Wayamba University of Sri Lanka from 9-12 March 2010. Organized by IRQUE Programme.
- Managerial Skills Development Programme for the Academic Staff – held on 3rd and 4th August 2009 at National Institute of Business Management, Sri Lanka.
- Training workshop on Biodiversity Indicators and Food composition Data conducted by FAO in Sri Lanka (December 2014)
- Short course on Multivariate data analysis – Postgraduate Institute of Agriculture, University of Peradeniya (23-25 April 2015)
- Short Course on Sampling Techniques - Postgraduate Institute of Agriculture, University of Peradeniya (23-25 April 2015)

IT skills

Excellent knowledge in;

- Statistical packages - SAS, SPSS, MINITAB, STATA
- Epiinfo / Anthro
- Foodbase / Nutribase (software use for dietary assessment containing food composition tables)
- Microsoft Office Packages
- Desktop publishing (Corel draw, Corel photopaint)
- Non-linear video editing (Adobe)

References

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