



# ANANDA CHANDRASEKARA

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## PROFESSIONAL SUMMARY

Accomplished academic Professor in Human Nutrition and Dietetics, with extensive experience in clinical practice and research. Expertise in curriculum development, research leadership, and delivery of undergraduate and postgraduate programs in clinical nutrition, public health, and food science. Adept at integrating medical insights into nutritional education and research contributes significantly to teaching and research focused on food, nutrition, and dietetics.

## PROFESSIONAL COLLABORATION

- **Food & Nutrition:** Research Leader- Policy research on policy research in food consumption, nutrition and health Funded by the International Development Association (IDA) of the **World Bank Project**- Reference No: LK-MOA-PMU-31832-CS-QCBS Final Report submitted to the Ministry of Agriculture in 2020, Colombo, Sri Lanka. **Food & Agriculture Organization**-Mainstreaming Nutrition in the Agriculture Sector in Sri Lanka – Report on Evidence-Based Information, Gap Analysis and Recommendations-2020
- **Sports Nutrition:** Consultant in High performance Nutrition Unit, Institute of Sports Medicine, Ministry of Sports, Sri Lanka (appointed to provide professional and scientific guidance to athletes).

## SKILLS

• Teaching skills – Online and Hybrid Teaching, Student centered learning, problem-based learning, flipped teaching	• Conducting Food and Nutrition Research	• Medical Statistics
• Clinical Assessment/practice	• Maintaining health and safety standards	• Project planning and management • Record keeping
• Biochemistry Analytical Skills	• Student supervision and training - undergraduate/postgraduate	• Research Grants Management

## EXPERIENCE

### PROFESSOR

Wayamba University of Sri Lanka | Gonawila, NWP, Sri Lanka

June 2018 - Current

- Teaching
  - Diet & Diseases
  - Medical Nutrition Therapy, Human Physiology, Human Nutrition, Sports Nutrition
- Research - Conducting research on Metabolic Syndrome
- Academic Program review
- Student welfare (**Academic Warden** 2021-2022) Student counselor -2020

### **VISITING LECTURER**

Postgraduate Institute of Agriculture -University of Peradeniya | Peradeniya, Central

May 2005 - Current

- Peradeniya – Dietetics, Sports Nutrition

University of Jaffna

2022 - Current

- Food & Nutrition -Department of Agricultural Chemistry, Faculty of Agriculture
- Food & Nutrition - Department of Biosystems Technology, Faculty of Technology,

### **DOCTORAL RESEARCH FELLOW**

March 2009 - December 2012

School of Medicine, Faculty of Health, Deakin University | Waurn Ponds, Victoria, Australia

- Conducting clinical intervention research at "National Centre for Farmer Health"
- Research management and supervision.
- Data collection, management and analysis
- Teaching - Graduate Certificate of Agricultural Health and Medicine (HMF-701)
- Research grant application and management, Staff training & conducting workshops.
- Communication -Scientific publication and public

### **SENIOR LECTURER**

April 2005 - February 2009

University of Peradeniya | Peradeniya, Central Province, Sri Lanka

- Teaching -Undergraduate and postgraduate  
Human Nutrition, Biochemistry, Community Nutrition, Dietetics,  
Sports Nutrition, Research Methodology
- Research - Conducting clinical research in Food & Nutrition

### **Divisional Registered Medical Officer /Registered Medical Officer**

January 1990 - February 2000

Department of Health, Ministry of Health | Kandy, Central, Sri Lanka

- In-ward and Outpatient department patient care (Examination, Investigation, Diagnosis and Management/prescription)
- Conducting Public Health clinics/antenatal clinics
- Maintaining Epidemiological records (Medical Statistics)
- Work related to public health & human nutrition.

## EDUCATION

<p><b>Doctor of Philosophy</b> - Human Nutrition Human Nutrition Unit, School of Molecular and Microbial Biosciences, The University of Sydney, Australia <b>Study topic:</b> “Foetal Programming Abdominal adiposity, obesity and Metabolic Syndrome Research Thesis: The effects of maternal undernutrition and subsequent refeeding on development of Metabolic Syndrome”</p>	<p>January 2004 November 2004</p>
<p><b>Master of Teaching</b> The University of Melbourne, Australia <b>Graduate Diploma</b> - Teaching The University of Melbourne, Australia</p>	<p>January 2015</p>
<p><b>Graduate Certificate of Teaching</b> Staff Development Centre, Wayamba University of Sri Lanka</p>	<p>2019</p>
<p><b>Master of Science (Honors)</b> - Food &amp; Nutrition University of Peradeniya, Sri Lanka Research Thesis: “Clinical study on consumption of histamine contaminated fish” <b>Bachelor of Science (Honors) - Agriculture (Sp. Food &amp; Nutrition)</b> University of Peradeniya, Sri Lanka <b>Certificate of Registered Medical Practitioner (RMO-SLMC)</b> University of Peradeniya, Sri Lanka</p>	<p>January 1998  January 1989  January 1985</p>

## AFFILIATIONS

- Vice President-Nutrition Society of Sri Lanka
- Consultant -Sports Medicine Unit, Sri Lanka
- Registered Medical Practitioner -Sri Lanka Medical Council 1994– Continue
- Registered Nutritionist -Nutrition Society of Australia 2011– 2018
- Accredited Medical Scientist – Australian Institute of Medical Scientist 2004
- Accredited Nutritionist -Dieticians Association of Australia 2013

## RESEARCH GRANTS

- The World Bank's International Development Association (IDA), Policy Research in Food Consumption, Nutrition and Health-Agriculture Sector Modernisation Project 2019
- Wayamba University Research Grant - Effect of carbohydrate restricted diet on insulin resistance, IGF-1 production and metabolic syndrome risk factors in obese adults 2018
- Farming Fit?: Depression and obesity in farm men and women “beyondblue” Victorian Centre of Excellence, VIC, Australia 2012
- Effects of Processing Conditions on Glycemic Index of Locally Grown Rice Varieties of Sri Lanka Project No. 12/679/509 from Sri Lanka Council for Agricultural Research Policy 2009
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## PUBLICATIONS SELECTED

[https://scholar.google.com/citations?view\\_op=list\\_works&hl=en&hl=en&user=mREWPY0AAAAJ&sortBy=pubdate](https://scholar.google.com/citations?view_op=list_works&hl=en&hl=en&user=mREWPY0AAAAJ&sortBy=pubdate)

- Book Chapter: Ananda Chandrasekara, Geeshani Somaratne; Functional food and nutraceuticals for the prevention of gastrointestinal disorders. Industrial Application of Functional Foods, Ingredients and Nutraceuticals Extraction, Processing and Formulation of Bioactive Compounds. Pages 501-534 (2023) Academic Press
- Chiranthika, N.N.G., **Chandrasekara, A.** and Gunathilake, K.D.P.P. (2021) Physicochemical characterization of flours and starches derived from selected underutilized roots and tuber crops grown in Sri Lanka. *Food Hydrocolloids*, 124, 107272
- Chiranthika, N.N.G., Chandrasekara, A. and Gunathilake, K.D.P.P. (2021) In vitro  $\alpha$  amylase and amyloglucosidase inhibitory activities of selected underutilized cereals, yams and root crops. *Journal of Medicinal Plants Studies* 09(03B), 105-110
- Chiranthika, N.N.G., Gunathilake, K.D.P.P. and **Chandrasekara, A.** (2020) Potential Applications of Cereals and Yams as Functional Foods to Reduce the Risk of Chronic Non-Communicable Diseases *Asian Journal of Research in Biochemistry*, 7 (4): 53-69
- Madhushani, G.B.L., Prasanna, P.H.P., **Chandrasekara, A.**, Gunasekara, D.C.S., Senadeera, P., Chandramali, D.V.P., Vidanarachchi, J.K. (2020) Exopolysaccharide producing starter cultures positively influence microbiological, physicochemical, and sensory properties of probiotic goats' milk set-yoghurt *Journal of Food Processing and Preservation*. 44(3)
- Senadeera, S.S., Prasanna, P.H.P., Jayawardana, N.W.I.A., Gunasekara, D.C.S., Senadeera, P., **Chandrasekara, A.** (2018) Antioxidant, physicochemical, microbiological, and sensory properties of probiotic yoghurt incorporated with various *Annona* species pulp. *Heliyon*, 4(11)
- Somaratne, G.M., Prasantha, B.D.R., Dunuwila, G.R., **Chandrasekara, A.**, Wijesinghe, D.G.N.G., and Gunasekara, D.C.S. (2017). Effect of polishing on glycaemic index and antioxidant properties of red and white basmati rice. *Food Chemistry*. 237C, 716-723. (DOI: doi.org/10.1016/j.foodchem.2017.06.002).
- S Brumby, **A Chandrasekara**, S McCoombe, P Kremer, P Lewandowski (2011) Farming fit? Dispelling the Australian agrarian myth. *BMC Research Notes* 4 (1), 1-6
- Susan Brumby, **Ananda Chandrasekara**, Scott McCoombe, Susan Torres, Peter Kremer, Paul Lewandowski (2011) Reducing psychological distress and obesity in Australian farmers by promoting physical activity *BMC public health* 11 (1), 1-7
- S Brumby, A Kennedy, **A Chandrasekara** (2013) Alcohol consumption, obesity, and psychological distress in farming communities—An Australian study. *Journal of Rural Health*. 2013; 29(3): 311– 19.
- S Brumby, **A Chandrasekara**, S McCoombe, P Kremer, P Lewandowski (2012) Cardiovascular risk factors and psychological distress in Australian farming communities. *Australian Journal of Rural Health* 20 (3), 131-137
- Susan Brumby, **Ananda Chandrasekara**, Peter Kremer, Susan Torres, Scott McCoombe, Paul Lewandowski (2013) The effect of physical activity on psychological distress, cortisol and obesity: results of the farming fit intervention program *BMC Public Health* 13 (1), 1-6
- P Pathiraje, WMT Madhujith, **A Chandrasekara**, SP Nissanka (2010) The Effect of Rice Variety and Parboiling on in vivo Glycemic Response. *Tropical Agricultural Research*. Vol:22: p 26–33
- S. Jayathilake, **A Chandrasekara** and WMT Madhujith (2008) Effect of potential Prebiotics on the survival of Probiotic *Lactobacillus acidophilus*. *Tropical Agricultural Research*. Vol:20: p 162–167
- Abeysekera, W. K. S. M., Chandrasekara, A. and Liyanage, P. K. (2007) Amylase and glucosidase enzyme inhibitory activity of ginger (*Zingiber officinale* Roscoe) an in vitro study. *Tropical Agricultural Research*. Vol:19: p 128–135
- Fonseka, H.H., **Chandrasekara A.**, Fonseka, R.M. and Wickramasinghe P. 2007. Determination of anti-amylase and antiglucosidase activity of different genotypes of Bitter gourd(*Momordica charantia* L.) and Thumba Karavila(*Momordica dioica* L). *Acta Horticulturae* . 752:131-136.

- Thathvasuthan, T., **Chandrasekara, A.**, Wijesinghe, D. and Jayawardena, H. (2007) The effect of type of cereal on the glycaemic response of two traditional Sri Lankan food items (2007), Vol. 19, pp. 101-109, Tropical agricultural research, Peradeniya, Sri Lanka, C1-1
- H.H. Fonseka, **A. Chandrasekara**, R.M. Fonseka, P. Wickramasinghe, P.D.R.S.P. Kumara, W.N.C. Wickramarachchi (2006), Determination of anti-amylase and anti-glucosidase activity of different bittergourd (*Momordica charantia* L.) genotype and Thumba karavila (*Momordica diocia*), Proceedings of the 1st International Conference on Indigenous Vegetables and Legumes Prospectus for Fighting Poverty, Hunger and Malnutrition: Hyderabad, India, December 12-15, 2006, Hyderabad, India, E1-1
- Patterson, Jannine, **Chandrasekara, Ananda**, Bao, Shisan, Hegedus, Elizabeth, Caterson, Ian, Denyer, Gareth, Turner, Bernadette, Mullbacher, Arno and Chin, James (2007) Prebiotic supplementation with resistant starch alters health indices associated with metabolic changes and intestinal dysbiosis. International journal of probiotics and prebiotics, vol. 1, no. 3/4, pp. 181-192.