

# Dilki Supeshla Perera

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## CAREER OBJECTIVE

Being a dietitian, nutritionist, academic and a researcher in the field of human nutrition and dietetics, I am really passionate to best use of my expertise for the benefit of young generation and general public and to obtain a doctorate in an institution with sound research culture allowing professional and personal growth.

Please go through following to read more about me and work I did

## ACADEMIC QUALIFICATIONS

Dec, 2019 to April, 2023	<b>M.Phil Degree (SLQF 11)</b> in Human Nutrition at Department of Applied Nutrition, Wayamba University of Sri Lanka, successfully completed <b>Research Project title:</b> The acute effects of different saturated or unsaturated fatty acids on vascular function, blood pressure and other cardio metabolic risk markers in healthy adults
2016	<b>M.Sc (Food and Nutrition)</b> at Post Graduate Institute of Agriculture, University of Peradeniya, Sri Lanka GPA:3.49/4.0
2013	<b>B.Sc (Food Science and Nutrition)</b> Specialized in Applied Nutrition at, Wayamba University of Sri Lanka GPA:3.42/4.0 (Second class upper)
2018	Followed 1 year <b>certificate course in Physical Fitness Instructor</b> at National Institute of Sport Science Sri Lanka

## CAREER EXPERIENCE

**At present**

**12/2023 to date**     **Lecturer**, Department of Applied Nutrition, Wayamba University of Sri Lanka  
-Conducting lectures under the course modules of practical dietetics, diet and disease and Medical nutrition therapy

	<ul style="list-style-type: none"> <li>-Serving as a course coordinator for the Practical Dietetic course module and course contributor for the dietetic internship</li> <li>- Assist and supervision of research works of undergraduate research students</li> </ul>
10/2021 to date	Dietitian/Nutritionist, Nawaloka Hospital, Negombo
<b>Previous</b>	
<b>01/2023 to 11/2023</b>	<p><b>Lecturer (Temporary),</b> Department of Applied Nutrition, Wayamba University of Sri Lanka</p> <ul style="list-style-type: none"> <li>- Delivering lectures under the course modules of practical dietetics, diet and disease and Medical nutrition therapy</li> <li>- Assist and supervision of research works of undergraduate research students</li> <li>- Coordinate activities related to dietetic internship</li> </ul>
09/ 2018 to 10/2021	<p>Dietitian/Nutritionist, Nawaloka Hospital, Negombo</p> <ul style="list-style-type: none"> <li>-Implementation of Nutrition care process for inward patients including nutrition assessment and preparation of disease specific diet plans for patients (Eg: medical, surgical, ICU, pediatric)</li> <li>- In and out Patient nutrition counseling and advising</li> <li>- Implementing OSHAS requirements including monitoring and supervision of food service and preparations</li> <li>- People management including supervising and monitoring work of Diet clerks</li> <li>-Conducting nutrition awareness programmes for general public (Employees of different organizations etc.)</li> <li>- Conducting training sessions for nursing and food and beverage staff of the hospital</li> </ul>
12/2019 to 01/2023	<p><b>Post graduate (M.Phil) researcher</b> Department of Applied Nutrition, Wayamba University of Sri Lanka</p> <ul style="list-style-type: none"> <li>-Writing Literature review using Endnote soft ware</li> <li>-Data collection using different dietary assessment methods</li> <li>-Body composition analysis using Bio electrical impedance analyzer</li> <li>-Vascular function assessment using Mobil-o Graph ambulatory BP monitor</li> <li>-Blood collection and blood sample analysis for lipid parameters using biochemistry analyzer</li> </ul>

-Statistical analysis with SPSS software

09/2016 -01/2017 **Visiting Lecturer**, Department of Applied Nutrition, Wayamba University of Sri Lanka

09/2019-01/2020

12/2020-01/2021 Conducted lectures on Medical Nutrition therapy for critically ill patients, cancer, Nutrition counseling and Dietetics (case study discussions)

02/2022-11/2022

04/2013-09/2018 **Dietitian/Nutritionist**, Dr. Neville Fernando Teaching Hospital, Malabe

06/2012-01/2013 **Dietetic internship student**, Hemas hospital, Wattala

## PROFESSIONAL QUALIFICATIONS

21.01.2014 **Registered Nutritionist** (SLMC 48), Sri Lanka Medical College council

05.12.2014 **Registered Dietitian** (SLMC 30), Sri Lanka Medical College council

11.02.2015 **Registered Pharmacist** (SLMC 8902), Sri Lanka Medical College council

28.11.2017- **Certified Physical Fitness Trainer** (ID916758), International Sport Science Association, Canada

28.11.2019

## AWARDS

- Obtained Mr. & Mrs. TRW Fonseka Memorial Gold Medal for the **best overall performance** in B.Sc Food Science and Nutrition Degree of 2007/2008 Batch.
- Obtained Prof. HPM Gunasena Award for **the best performance** in Applied Nutrition specialization in B.Sc Food Science and Nutrition Degree of 2007/2008 Batch.
- **Second runner up award** for the best oral presentation at the Graduate research showcase organized by Faculty of Livestock Fisheries and Nutrition, Wayamba University of Sri Lanka, Sep, 2023
- **Merit award** at the 3 MT thesis competition organized by Sri Lanka academy of young scientists (SLAYS), Feb, 2023
- Obtained **second runner up award** for the best oral presentation at the annual Scientific sessions of The Nutrition society of Sri Lanka, Jan 27-28, 2018
- Recipient of **Australia Award short course** on "Multisectoral Approach to Nutrition and Food security in Sri Lanka", conducted by Griffith University, Brisbane, Australia, June 2021 to Nov, 2021
- Participant of **JENESYS 2020** programme theme "Health care" for SAARC countries funded by Japan International Cooperation Center, April, 2021

## PUBLICATIONS

### Published abstract in international conference proceedings

- Kumari M Rathnayake, **Dilki S Perera**, A Chandrasekara, Kim G Jackson and Julie A Lovegrove, (2023) The acute effects of meals rich in saturated or unsaturated fatty acids on postprandial lipaemia and vascular function in healthy Sri Lankan men (CocoHeart Sri Lankan study), Current developments in Nutrition, A journal of the American Society for Nutrition (ASN), volume 7 suppl 01, July, 2023, <https://doi.org/10.1016/j.cdnut.2023.100271>
- **Dilki S Perera**, A Chandrasekara, Kumari M Rathnayake, Associations of dietary fat intake and visceral adiposity with cardiovascular disease risk markers in Sri Lankan healthy adults, Sep, 2023, 14<sup>th</sup> Asian Congress of Nutrition, Chengdu, China.
- **D S Perera**, NM Gunathilaka, A Chandrasekara, KM Rathnayake (2023), Factors influence on arterial stiffness in adult men, Clinical nutrition ESPEN; 54, 547.

### Published abstract in local conference proceedings

- **Perera ULDS**, Chandrasekara A, Rathnayake KM, Dietary fat intake significantly alters body fat composition and insulin sensitivity in healthy adults, presented at Wayamba University Research Congress, Wayamba University of Sri Lanka, Oct, 2023
- **Perera ULDS**, High visceral adiposity increases arterial stiffness among healthy adults, 3 MT competition, merit award, organized by Sri Lanka Academy of young Scientists, Feb, 2023.
- **ULDS Perera**, MARMP Jayathilake, GNM Gunathilaka, A. Chandrasekara and Kumari M. Rathnayake, The key determinants of vascular function among Sri Lankan healthy adults, Proceedings of the Annual Scientific sessions of the Nutrition society of Sri Lanka (page 53), Jan, 2023.
- **ULDS Perera**, MMSK Karunanayake, Ananda Chandrasekara and Kumari M. Rathnayake, Associated factors of body fat and visceral adiposity among healthy adults, Proceedings of the Annual Scientific sessions of the Nutrition society of Sri Lanka (page 54), Jan, 2023.
- **Perera ULDS**, MARMP Jayathilake, Chandrasekara A, Rathnayake KM, Impact of dietary fat intake on vascular function, blood pressure and other cardiometabolic risk markers in healthy adults, Proceedings of Wayamba University Research Congress (pg 81-82), Wayamba University of Sri Lanka, Dec, 2022.
- **D S Perera**, NM Gunathilaka, A Chandrasekara, KM Rathnayake, Factors on arterial stiffness in adult men (ESPEN22-ABS-1761), 44<sup>th</sup> Annual congress of

European society of Clinical nutrition and metabolism, Vienna, Austria, 3-6 Sep, 2022.

- **Perera ULDS**, Chandrasekara A, Rathnayake KM Coconut fat consumption and prevalence of cardiovascular disease risk factors among selected group of adult men in Sri Lanka, Proceedings of the Conference on Multidisciplinary Research-2021 (page 42), Virtual International conference organized in conjunction with 40<sup>th</sup> Anniversary of National Institute of Fundamental studies, Kandy, Sri Lanka, Sep, 2021
- MARMP Jayathilake, **Perera ULDS**, MGN Sewwandi, KBM Madushani, Chandrasekara A, Rathnayake KM, Dietary fat and fatty acid intake of Sri Lankan adult men, Proceedings of 30<sup>th</sup> Anniversary academic sessions (page 54), Faculty of medicine, University of Kelaniya, Sri Lanka, Oct, 2021
- **Perera ULDS**, MARMP Jayathilake, MGN Sewwandi, Chandrasekara A, Rathnayake KM, Dietary saturated and unsaturated fatty acids intake among Sri Lankan adult men, Proceedings of Wayamba University Research Congress, Senate Research and Higher Degrees Committee (page 81-82), Wayamba University Research Congress, Wayamba University of Sri Lanka, Kuliyaipitiya Sri Lanka, Oct, 2021
- **ULDS Perera**, MARMP Jayathilake, GNM Gunathilaka, Ananda Chandrasekara and Kumari M. Rathnayake, Diet quality of adult men in Sri Lanka based on the Diet Quality Index-International (DQI-I) and other diet quality indices, Proceedings of the Annual Scientific sessions of the Nutrition society of Sri Lanka (page 53), 50<sup>th</sup> Anniversary Annual sessions of Nutrition society of Sri Lanka.
- **Perera ULDS**, Elilmathy A, Chandrasekara A, Withanage A, Vengedesalam S, (2018), Nutritional status among hospitalized adult surgical patients, Presented at Annual Scientific sessions of Nutrition Society of Sri Lanka, Gall Face hotel, Colombo, Sri Lanka.
- Elilmathy A, Chandrasekara A, **Perera ULDS** (2017), Validation of Subjective Global Assessment tool for Hospitalized adult surgical patients, Undergraduate research symposium (URes ), Faculty of Livestock fisheries and nutrition , Wayamba University of Sri Lanka, page 23.
- **Perera ULDS**, Chandrasekara A, Sellahewa K, (2016) Role of physical activity in glycemic control among a group of patients with Type 2 diabetes mellitus. Presented at Apollo International Clinical nutrition update, Cinnamon Lake Hotel, Colombo, Sri Lanka, August 13-14.
- **Perera ULDS**, Chandrasekara A, Sellahewa K, (2016) Determinants of glycemic control among patients with Type 2 diabetes mellitus. Proceedings of Wayamba International Conference (WinC), Wayamba University of Sri Lanka, page 177.

- PHDM. Wimalarathna, AMNT Adikari, **ULDS Perera** (2016) Dietary patterns and nutritional status among hospitalized elderly patients (2016), Undergraduate research symposium (URes ), Faculty of Livestock fisheries and nutrition , Wayamba University of Sri Lanka, page 23.
- RASSTH.Dharmakeerthi, AMNT Adikari, **ULDS Perera** (2016), Dietary patterns and glycemic control levels among a sample of type 2 diabetes patients. Undergraduate research symposium(URes ), Faculty of Livestock fisheries and nutrition , Wayamba University of Sri Lanka, page 22.

### Case report

- D. Jayasundara, ST. De Silva, **U LDS. Perera**, J. Horadugoda. (2018), Mirror mirror on the wall, am I the skinniest of them all? , SAITM Medical Journal, The official journal of South Asian Institute of Technology and Medicine , Vol 3, page 35 – 36.

### Other publications

- Perera U.L.D.S (2022) “ Healthy eating for CKD patients” Sirikatha news paper, 15<sup>th</sup> August, 2022
- You tube video publication on “Healthy eating for cardio vascular diseases” <https://www.youtube.com/watch?v=CConi9ah7BA> (2021)
- TV programe presentation at Isira TV on healthy eating for diabetes and cardiovascular diseases 31 st December, 2020.
- You tube video publication on “Healthy eating for diabetes”, <https://youtu.be/7MGf12HAB1M> (2019)
- Perera U.L.D.S (2015) “Obage Adika Rudira Peedana Thathwaya Nisilesa Palanaya Sadaha Upakariwana NiwaradiAharaPurudu” , Dietary management for Hypertension, written in native language, Waidayawaraya Health & Medical Journal, Health watch Lanka Pvt Ltd, Diyathalawa, Sri Lanka
- Perera U.L.D.S (2011) “ If you are a vegetarian” Daily news paper, 18<sup>th</sup> July, 2011

## SKILLS AND EXPERTISE

- Research skills in an area of clinical nutrition particularly conducting human clinical trials
- Current research interests: Dietary fat and cardio vascular diseases, Dietary chrono biotics and chronic diseases, Obesity, insulin resistance, Dietetic profession

- Application of Medical nutrition therapy for patients and nutrition counseling skills
- Training and teaching skills in Dietetics and Medical nutrition therapy

## ***MENTORING AND TRAINING EXPERIENCE***

- Served as a **Dietetic internship supervisor** for both undergraduate and graduate students who are following 1 year dietetic internship after their B. Sc degree in Food and Nutrition (Since 2014 -2021)
- Contribution as a **Trainer** for undergraduate students who are following Practical Dietetic course module at Department of Applied Nutrition, Wayamba University of Sri Lanka (since 2015-2021)

## ***CONTRIBUTION MADE AS A RESOURCE PERSON***

### **Professional services:**

- Contribution as a **speaker** for the undergraduate **students (final year and third year) orientation programme** on carrier pathways organized by AHEAD project, Department of Applied Nutrition, Wayamba University of Sri Lanka (Nov and Sep, 2020-2022)
- Contribution as an **evaluator for Viva voice examinations (Dietetics) of Nutrition Specialized Undergraduate students** at Department of Applied Nutrition, Wayamba University of Sri Lanka (Since 2014-2021)
- Served as a **visiting lecturer** for the Medical Nutrition therapy and Dietetics courses at Department of Applied Nutrition, , Wayamba University of Sri Lanka (since 2017-2022)
- Participated for **Radio programs** on child nutrition and women nutrition at Sri Lanka Radio broadcasting services (Vidura radio) and V FM respectively in April and August, 2018
- Participation as a **Guest speaker** at Student Orientation Programme of Faculty of Livestock Fisheries and Nutrition , Wayamba University of Sri Lanka (2014 and 2017)
- Participation as an **invited speaker** to deliver speech on healthy eating habits at several community settings such as private organizations , schools and hospitals
- Participated **as an evaluator** for the **Undergraduate Research Symposium**, 14 th October (2015), Wayamba University of Sri Lanka

- Participated as an interviewer for the **Wayamba University undergraduate Job fair** on 10 th July (2015), Eagle Lagoon view Hotel, Negombo
- Conducted presentations on disease specific nutrition at several knowledge sharing sessions and clinical meetings for medical students, consultants and nursing staff at Dr. Neville Fernando Teaching Hospital, Malabe (2013-2017)
- Contribution as a stake holder at several Stakeholder meetings conducted by Department of Applied Nutrition , Faculty of Livestock Fisheries and Nutrition, Wayamba university of Sri Lanka (2015, 2018 and 2019)

### **Outreach**

- Being the **Editor of Dietitians' Association of Sri Lanka (DiASL)** involved in preparation and publishing of Annual Newsletter - 2017, 2019 and the development and continues maintenance of the DiASL web site.
- Participation as a health educator on nutrition at several health camps and exhibitions conducted by government, universities, schools and different societies (2013 to date)

### **Society affiliations**

- **Secretary of Dietitians Association of Sri Lanka** Aug 2023 - to date
- **Secretary** of the Alumni Association of Department of Applied Nutrition, Wayamba University of Sri Lanka, March 2022 to date
- **Former Editor of the Dietitians Association of Sri Lanka** Jan 2016 - 2021
- **Council member of Dietitians Association of Sri Lanka** Jan 2016 - 2023
- Life member of the Nutrition Society of Sri Lanka 2013 - to date
- Member of Sri Lanka Association for Advancement of Sciences (SLAAS) 2021-to date
- Member of the Dietetic Advisory Board - Wayamba university of Sri Lanka

## **PROFESSIONAL TRAINING AND CERTIFICATIONS**

- Reading for staff development certificate course conducted by staff development center, Wayamba University of Sri Lanka (June - to date)
- Completed a 6 month certificate course on **Multidisciplinary approach to "Food and Nutrition Security"** in Sri Lanka, offered as a Australia Award short course, Griffith University, Brisbane, Australia, June to Nov, 2021
- Completed an e learning certificate course on **ICH Good Clinical Practice E6 (R 2)**, at The Global health Network, June, 2020



- Completed a 2 day certificate course on **Translational Nutrigenetics and Nutrigenomics** conducted by Institute of Nutrigenetics, India ( 7 th and 8 th Nov, 2020)
- **The International conference on Nutritional and Genetic Epidemiology**, (2017), Movenpick Hotel, Colombo, Sri Lanka, 6 th - 7 th November
- **Abstract writing workshop** (2017), organized by Institute of Sport Medicine, Ministry of Sport, Duncun White Auditorium, Ministry of Sport, Colombo, Sri Lanka, 2<sup>nd</sup> November
- Workshop on **Statistics for Nutrition Research** (2016), Conducted by Nutrition Society of Sri Lanka at HARTI, 4 th and 5 th November
- **Science writing workshop** (2016),Organized by Wayamba University of Sri Lanka, Club Palm Bay Hotel, Marawila, Sri Lanka, 16-18 August
- Workshop on **Nutrition Research Methodology** (2015), Conducted by Nutrition Society of Sri Lanka at HARTI , 17 th and 18 th December
- **Certificate course in Clinical Nutrition**, organized by Indian Institute of Nutritional Sciences and Dietitians' Association of Sri Lanka, (2018), Hilton Residence, Colombo, Sri Lanka, 12 th and 13<sup>rd</sup> of May
- Clinical nutrition lecture session organized by DiASL (2016), conducted by Dr. Buwaneshwari Shankar, Hilton residences, Colombo on 17 th February
- Advanced certificate course in **Applied enteral pharmaco nutrition** (2015) in critical care 12 -13 September at The Kingsburry, Colombo, Sri Lanka
- **Post-operative nutritional management of GI surgeries** (2015) by Dr. Warsha at Hilton Residence, Colombo, 25<sup>th</sup> August
- **Pre and post-operative nutritional management**, Joint Annual sessions (2015), College of surgeons, Waters Edge Hotel, Colombo 22 August.
- A lecture on **Update on Nutrition in critically ill** (2014), Sri Lanka Society of Critical Care and Emergency Medicine , NHSL, Colombo on 29 th April
- **Workshop on Clinical nutrition and Informatics** (2013), Nutrition Society of Sri Lanka, Hotel Renuka, Colombo, Sri Lanka. October 05
- Workshop on "**guidance to train undergraduates**" (2015) at Wayamba university 17 th September

#### **International and Local conferences participated**

- 14<sup>th</sup> Asian Congress of Nutrition (2023), Tianfu International convention center, Chengdu, China
- 44<sup>th</sup> Annual congress of European society of Clinical nutrition and metabolism (2022), Vienna, Austria, 3-6 Sep, (Virtual participant)

- Wayamba University Research congress (2020-2022), Wayamba University of Sri Lanka, Kuliyaipitiya
- Apollo International clinical nutrition updates (2015), Narayan Heights, Ahamadabad , India, 8<sup>th</sup>-9<sup>th</sup> August
- Second Wayamba International Conference (2016), Wayamba University of Sri Lanka, Kuliyaipitiya, Sri Lanka, 19-20 August
- Apollo International clinical nutrition updates (2016), Cinnamon Lake side hotel, Colombo, Sri Lanka, 13<sup>th</sup>-14<sup>th</sup> August
- Annual Scientific Sessions (2012-2023), Nutrition Society of Sri Lanka
- Annual Sessions, Dietitians' Association of Sri Lanka (2015-2023),

## **REFEREES**

Dr. Kumari Malkanthi Rathnayake  
 Head/ Senior Lecturer – Department of  
 Applied Nutrition  
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I do hereby certify that the particulars furnished above are true and accurate to the best of my knowledge.

05/01/2023

Date

U. L. D. S. PERERA