

# Faculty Talk: Insightful Seminar Series

## Faculty of Livestock, Fisheries, and Nutrition

### Wayamba University of Sri Lanka

<b>Topic</b>	<b>Lifestyle interventions for better glycaemic control: Presential vs Digital Solutions</b>
<b>Overview</b>	
<p>Type 2 diabetes mellitus and hyperglycaemia in pregnancy are increasing at an alarming rate. Both incur significant economic burden due to higher healthcare expenditure on managing the complications. Lifestyle interventions are feasible and sustainable management options for achieving good glycaemic control of individuals with dysglycaemia. Proper glycaemic control is important to delay or prevent complications and thereby to ensure the quality of living. Both presential and digital formats of lifestyle interventions were developed and implemented to see their effects on improving the glycaemic control and other related comorbidities of individuals with type 2 diabetes mellitus and women affected with hyperglycaemia in pregnancy.</p> <p>It is expected to share a few findings and future research insights that would drive pathways of achieving better health outcomes, particularly the quality of life of the affected.</p>	
<b>Speaker</b>	<b>Dr. Harshi Gunawardene, Senior Lecturer</b> Department of Nutrition and Dietetics, Faculty of Livestock, Fisheries, and Nutrition, Wayamba University of Sri Lanka
<div>  <div> <p>Dr. Harshi Gunawardena earned her BSc Special Degree in Food Science and Nutrition from Wayamba University of Sri Lanka in 2006. She pursued her PhD from University of Peradeniya in 2017.</p> <p>Her research expertise spans oxidative stress and antioxidant pathways of type 2 diabetes, lifestyle interventions for management of obesity, type 2 diabetes, prediabetes and hyperglycaemia in pregnancy (HIP), nutrition interventions for diabetes and HIP, digital nutrition education tools, Ceylon cinnamon and its effects on cardio-metabolic risk factors, dietary and physical activity patterns of individuals with cardio-metabolic risk, effect of early childhood feeding on adulthood non-communicable diseases (NCDs).</p> </div> </div>	
	<b>Dr. W.A. Harindra Champa, Chairman, Research Development and Publication Committee, Faculty of Livestock, Fisheries and Nutrition</b>
<b>Date &amp; Time</b>	<b>11:30 AM - 12:00 Noon on 06<sup>th</sup> August 2025</b>
<b>Venue</b>	<b>Aquaculture &amp; Fisheries Lecture Room, Faculty of Livestock, Fisheries and Nutrition</b>
<b>Contact</b>	For inquiries, please contact Dr. W.A. Harindra Champa, Chairman, RDPC, FLFN, WUSL. Email: <a href="mailto:harindra.bsu@wyb.ac.lk">harindra.bsu@wyb.ac.lk</a>

**Organized by: Research, Development and Publication Committee**  
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