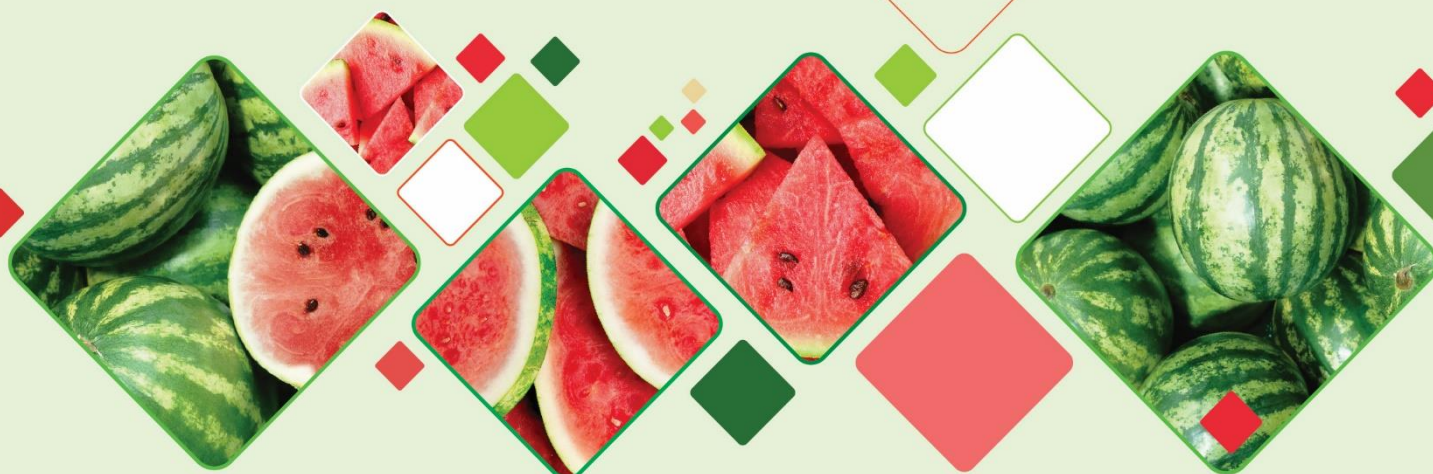




**NUTRITION SOCIETY
OF SRILANKA**

Annual Report 2020





The Nutrition Society of Sri Lanka

Annual Report – 2020

Presented at virtual Annual General Meeting on 24th January 2021 at Institute of Sports Medicine, No 33, Meitland place, 7, Colombo. This is a brief report of the activities completed by the council and members of The Nutrition Society of Sri Lanka in collaboration with nutritionists, academics, administrators, and policy makers. These activities demonstrate the focus, commitment and leadership of the council and members towards advocacy, capacity building, research and community services in the field of nutrition in Sri Lanka.

Prepared by the Joint Secretaries

R P M Sandamali & Ananda Chandrasekara

THE NUTRITION SOCIETY OF SRI LANKA

Council 2019 - 2020



SEATED FROM LEFT TO RIGHT - MR. M.R.K. DHARMAPRIYA (TREASURER), DR. DISNA KUMARI (EDITOR), DR. ANANDA CHANDRASEKERA (JOINT SECRETARY),
PROF. CHANDIMA WICKRAMATILAKE (PRESIDENT), DR. DHAMMIKA SENANAYAKE (VICE PRESIDENT)MS.R.P.M. SANDAMALI (JOINT SECRETARY),
PROF. ILLERENCE MADHUJITHI

STANDING FROM LEFT TO RIGHT - MR. T.S.M. THILAKARATHNA, MS. HASANGA RATHNAYAKE, MS. JOSHEPKUMAR THAMILINI, MS. MALIKA GAYATHRI FERNANDO,
MS. ERANGA HAKSHANI SILVA, DR. CHAMPA JAYALAKSHMI WJESINGHE

ABSENT - MR. K. R. ROSHAN SENEVIRATNE - PROF. ANOMA CHANDRASEKERA

Council of the Nutrition Society 2020/2021

- President - Prof. Chandima Wickramatilake
- Vice President - Dr. Dhammika Senanayake
- Joint Secretary - Ms. R.P.M Sandamali
- Joint Secretary - Dr. Ananda Chandrasekara
- Treasurer - Mr. Mudith Dharmapriya
- Editor - Dr. K.D Disna Kumari

Council members

- Past-President - Prof. Anoma Chandrasekara
- Mr. T.S.M Thilakarathna
- Prof. Terrence Madhujith
- Mr. K. R Roshan Seneviratne
- Ms. Joshepkumar Thamilini
- Ms. Malika Gayathri Fernando
- Ms. Hasanga Rathnayake
- Dr. Champa Jayalakshmie Wijesinghe
- Ms. Eranga Harshani Silva

Annual Scientific Sessions 2020

The Annual Scientific Sessions of Nutrition Society of Sri Lanka (NSSL) 2020 were held on 25th and 26th of January 2020 at Taj Samudra Hotel, Colombo. The theme of conference was 'Translating nutrition research into action, beyond 2020'.

Mr. Roshan Dela Bandara was the conference chairperson of the annual sessions of NSSL 2020. A total of 122 participants attended the session on both days. Mrs. Bhadrani Jayawardena, the



Secretary, of the Ministry of Health & Indigenous Medical Services graced the occasion as the Chief Guest. The keynote address was delivered by Prof. Ajith de Alwis, Department of Chemicals and Process Engineering, University of Moratuwa on the topic 'Feeding the Future

& Technology’. The formal plenaries were followed by the short session of “Mindfulness break” delivered by Dr. Sanath Mahawithanage.

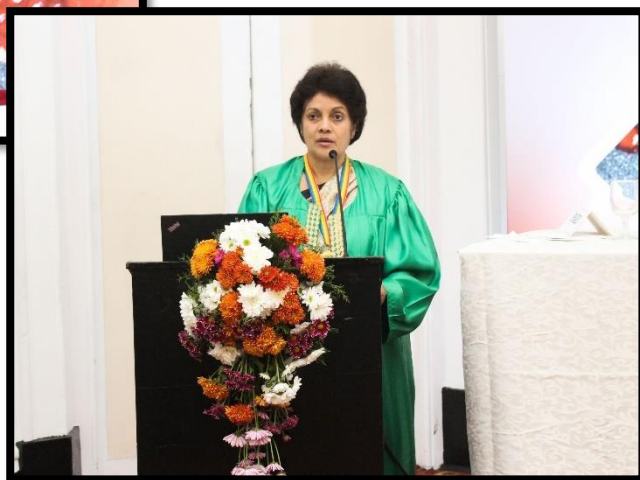
During the two days the two plenary lectures were delivered by key figures in the relevant fields

- Mr. Dilith Jayaweera -Group Chairman George Stuart & Co – “Awaken your hidden power”
- Prof. Mahinda Abeywardena- Senior Principal Scientist, The CSIRO, Australia – “Cardio-metabolic diseases development amongst the Sri Lankan population”

Further, the sessions were enriched with four symposia namely, standing on your own feet, functional food and nutraceuticals in diseases prevention, public health nutrition and nutrition research challenges. The resource personals of the subject matter experts used their experience to make fruitful dialogs by sharing lifelong experiences. Presidential address on ‘Hunger & obesity in Sri Lanka: research gap and opportunities’ was delivered by Prof Anoma Chandrasekara, President of NSSL, Professor in Food Science and Human Nutrition, Department of Applied Nutrition, Wayamba University of Sri Lanka. The free communication session included six oral presentations and six flash talks comprised of abstracts that facilitated the dissemination of novel findings in the field of nutrition.



Prof. TW Wickramanayake oration on the topic of 'An overview of food and nutrition policies in Sri Lanka' was delivered by Dr. Indra Thudawe, the head of program, International Labour Organization (ILO), Sri Lanka and Maldives Office.



Activities for 2020

The strategic plan of the Nutrition Society of Sri Lanka for 2020 was laid down at the inaugural council meeting held on 26th February 2020 at the NSSL Office at PitaKotte. The action plan was targeted towards four focused areas and it was decided to review the progress of the strategic plan every month at the council meetings.

1. To do in-house strengthening and development of NSSL (permanent office space, raising funds, recruitment of new members and capacity building)
2. To collaborate with the state and non-state stakeholders in activities
3. To disseminate knowledge and empower the general community and scientific community
4. To promote research in the field to fill the identified gaps in knowledge and to build a repository of research data

1.1 Series of awareness creation about COVID-19 pandemic prevention and control measures through virtual platforms

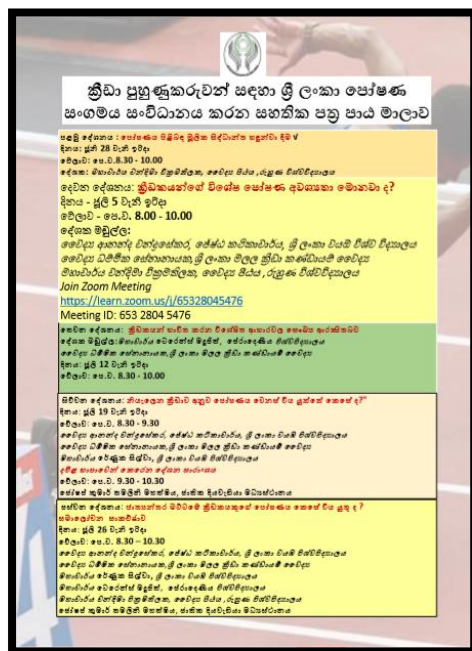
The COVID-19 pandemic has promoted a global shift in meetings and events, many moving from in-person gatherings to a more virtual implementation. The NSSL also arranged a series of virtual public awareness events with the experts in the field of nutrition, health and workplace safety. Dr. Ananda Chandrasekara, Prof. Renuka Silva, Prof. Terrance Madhujith and Ms. Janaki Silva facilitated sessions specifically about the emerging issues of food and nutrition sector due to COVID pandemic and about workplace safety. Dr. Dhammika Senanayake was the coordinator of this event.



1.3 A Certificate Course in Sport Nutrition -Virtual training program for sports coaches attached to the Ministry of Education

A certificate course in Sports Nutrition was designed for newly recruited sports coaches to the Ministry of Education. The main objective of this training series was to make the sports coaches aware about the basic nutrition concepts and to make them sensitive on sports related nutrition issues. There were 5 virtual sessions such as basic concepts on nutrition, special nutritional requirements for athletes, safety of special foods use by athletes, how nutritional requirement change based on the sports event and nutritional requirement of athletes who represent international events. Dr. Ananda Chandrasekara, Joint Secretary,

Dr. Dhammika Senanayake, Vice President, Prof. Renuka Silva, Life Member and Past President, Prof. Chandima Wickramatilake, President, Prof. Terrance Madhujith, Council Member and Ms. Joshepkumar Thamilini, Council Member from NSSL facilitated the sessions. Eighty (80) to one hundred and forty (140) participants were participated in this training series.



1.4 “NutriCa” Arts Competition - 2020 in collaboration with Ministry of Education under the theme of “Mindful eating for a healthy nation”

The NSSL in collaboration with Ministry of Education organized an art competition for school children under the theme of “Mindful eating for a healthy nation”. Dr. S.K.N. De. S. Jeewakarathne supported in finding the funds. Atlas Axillia Co. (Pvt) Ltd sponsored for this event. Public awareness on this art competition was done in several ways such as through NSSL website/FB page, newspaper articles, TV commercials. In the competition, properly certified scanned copies of drawings were collected through email, WhatsApp and Viber. Nearly 300 drawings were received for the competition. According to the age/grade of the

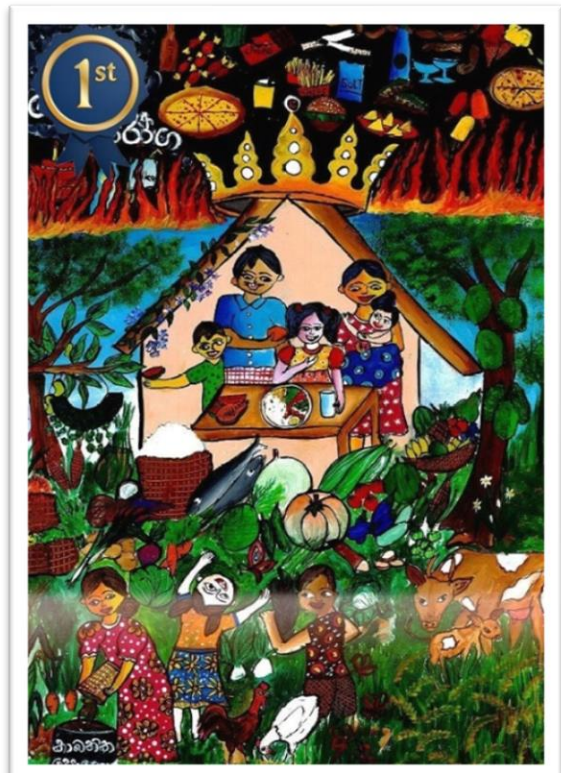
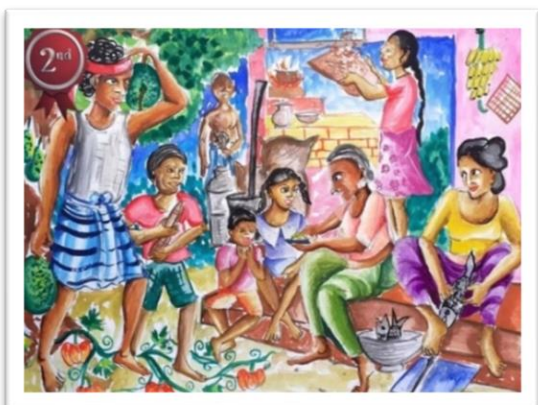
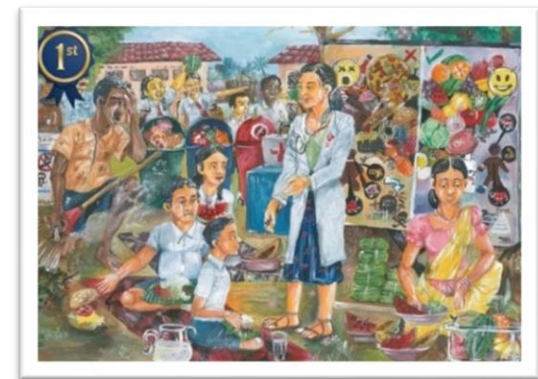
children, drawings were categorized into 3 groups such as category 1 (grade 1-5), category 2 (grade 6-9) and category 3 (grade 10-13). From each category, 1st, 2nd, 3rd and 10 merit places were selected.



Technical guidance for selection of best drawings was provided by the officials of Ministry of Education under the directions of Ms. Renuka Peiris, the Director of Education, Division of School Health and Nutrition. Selection was conducted at the premises of Institute of Sports Medicine with the support of Dr. Dhammika Senanayake, Vice President, Mr. M.R.K. Dharmapriya, Treasurer of NSSL. Ms. Hasanga Rathnayake, a council member of NSSL was the overall coordinator of this event. She received an opportunity to deliver 15 minutes live voice message about art competition in Sri Lanka Broad Casting (SLBC) channel which was arranged by Dr. Dhammika Senanayake, Vice President of NSSL which was a good platform to promote this event among school children. And also Haride TV, a Peo TV channel (123) provided a 20 minutes interview on the competition. Ms. Joshepkumar Thamilini, a council member supported to advertise this event in Shakthi TV. The event was successfully completed with winners across the country.



Few of the great many drawings



1.5 Virtual training Program for national level athletes and coaches attached to the Ministry of Sports in collaboration with Institute of Sports Medicine

In collaboration with Institute of Sports Medicine (ISM) a sports nutrition webinar series was designed for national level athletes and coaches attached to Ministry of Sports. These trainings were conducted through virtual platform on 31st October 7th and 14th November. It was designed as 2-3 hours sessions that included both lectures and a discussion. Main objective of this training series was to make the participants aware about the basic nutrition concepts, basis in sports nutrition, hydration during sports and sports supplements and food safety. Prof. Chandima Wickramathilaka, President, Dr. Ananda Chandrasekara, Joint Secretary, Prof. Renuka De Silva, Past President and Life Member and Prof. Terrance Madhujith, Council member of NSSL facilitated the sessions. This program was organized and coordinated by Dr. Dhammika Senanayake, the vice president of NSSL and moderated by Dr. Lal Ekanayaka, Director General of Institute of Sports Medicine. Around 150-200 participants attended this training series.



Sports Nutrition Webinar Series

Organized by Institute of Sports Medicine
&
The Nutrition Society Of Sri Lanka

Day 01 - 31st October – 7pm to 9pm

Lecture 01- Introduction of Basic concepts in Nutrition.
Prof. Chandima Wickramathilaka
Faculty of Medicine / University of Ruhuna .

Lecture 02- Nutrition For Sports
Prof. Renuka Silva
Professor of Nutrition, Department of Applied Nutrition,
Wayamba University .

Moderators-



Dr Lal Ekanayake
Director General
Institute Of Sports Medicine

Dr Dhammika Senanayake



Sports Nutrition Webinar Series

(For Registered Participant)
Organized by Institute of Sports Medicine
&
The Nutrition Society of Sri Lanka

Day 02 - 07th November 7pm to 9pm

Lecture 01 – Sports Supplement And Food Safety
Prof. Terance Madujith
Department of Food Science and Technology ,
Faculty of Agriculture
University of Peradeniya .

Lecture 02 –Practical Hydration Solution in Sports
Dr Ananda Chandrasekara
Senior Lecturer , Department of Applied Nutrition,
Wayamba University of Sri Lanka.

Moderators-



Dr Lal Ekanayake
Director General
Institute of Sports Medicine

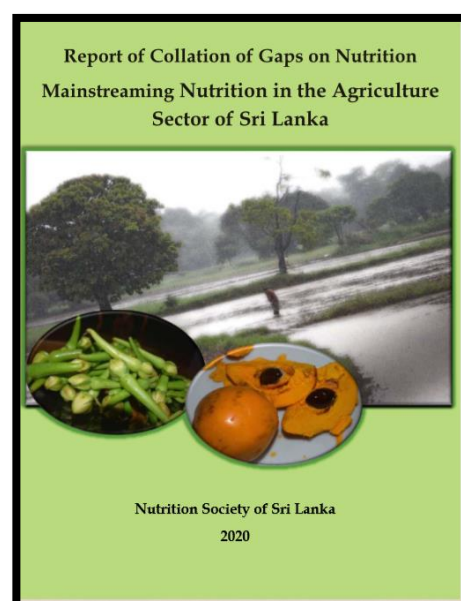
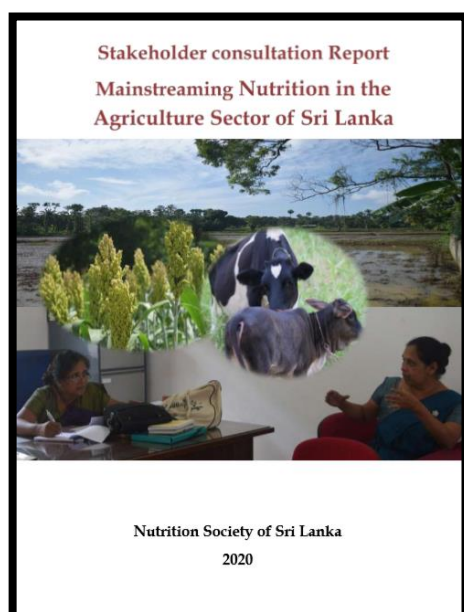
Dr Dhammika Senanayake
Vice President
Sri Lanka Nutrition Society

(Lectures will be available in Facebook Page - Sri Lanka Nutrition Society .)

1.6 FAO consultancy on mainstreaming nutrition in the Agriculture Sector in Sri Lanka

There is a clear relationship between nutrition outcomes and agriculture and food systems. The policy priorities for agriculture sector needs to include explicit nutrition objectives in strategic and action plans. Furthermore, a path for translating policy into effective strategy and actions to achieve the desired impact should be agreed and communicated among players through multi-sectoral engagement. In addition to this, research and development should be a continuous activity with nutrition improvement an objective of the whole process in mainstreaming nutrition in the agriculture sector in Sri Lanka.

The NSSL was awarded a consultancy by the Food and Agriculture Organizations (FAO) of the United Nations for mainstreaming nutrition in the Agriculture Sector in Sri Lanka. Society coordinated two main activities to mainstreaming nutrition in the Agriculture sector such as advocacy, awareness and productive communication for changes in nutrition status through the agricultural sector and mainstreaming nutrition in agriculture strategy implementation and service provision. The activities related to this consultancy were coordinated by Prof. Anoma Chandrasekara, Council member, Mr. Roshan Dela Bandara and Ms. Visakha Tillekeratne, Life members of the society.





1.7 Facilitated TV program named “Wedaduru Asapuwa” on Haride TV about healthy diet and nutrition

A nutrition education program on healthy diet and nutrition was delivered by Prof. Chandima Wickramatilake on Haride TV on 20th July 2020. This program addressed the practical aspects of planning healthy diet for infants.



1.8 Awareness on general nutrition and healthy eating for district level Civil Society Organization members in collaboration with Scaling Up Nutrition People's Forum

Dr. Champa Wijesinghe, a council member of NSSL and Mr. Roshan De Bandara a life member of NSSL participated as a resource person to facilitate nutrition education program for selected CSO members on 27th February 2020 at Mathara and Prof. Chandima Madhu Wickramathilaka also participated as a resource person to facilitate nutrition education program for selected CSO members on 8th January, 2021 at Galle. The purpose of the meeting was to develop a network of community support organizations working in the area of nutrition and build their awareness on nutrition and healthy eating with a view to promote nutritional health of the communities they are serving. The program was organized by Scaling of Nutrition People's Forum as a part of their district level CSO network formation.



1.9 Collaboration with Scaling Up Nutrition People's Forum and Capacity building training of CSO members about general nutrition and non-Communicable Diseases

In collaboration with Scaling Up Nutrition People's Forum, NSSL was facilitated series capacity building training for members of civil society organizations in 7 districts. These are Mullaitivu, Kilinochchi, Trincomalee, Batticaloa, Puttalam, Vavuniya and Mannar. Building the capacity of selected CSO members about the importance of nutrition, causes of malnutrition and vicious cycle of malnutrition, food groups, selection of right foods and nutrition related health problems specifically about causes and early detection were the objectives of this training series. More than 30 community members from the different Civil Society Organizations who registered with Scaling Up Nutrition Peoples Forum were attended to each awareness session at the district level. Mr. Vyramuthu Miralan a life member of NSSL took the overall responsibility of delivering this training program at 6 district and Ms. Joshepkumar Thamilini, a council member of NSSL participated as a resource person to facilitate nutrition education program at Puttalam with Scaling Up Nutrition Forum. Ms. R P M Sandamali, Joint Secretary of NSSL coordinated this event with Scaling Up Nutrition People's Forum.



1.10 Nutrition education for women

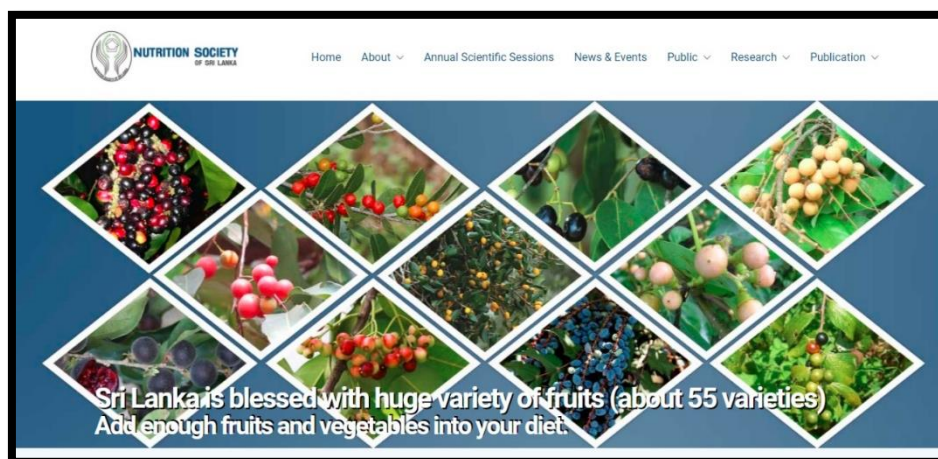
Prof. Chandima Wickramatilaka, President of NSSL, participated as a resource person to an awareness programme for women in the Sarvodaya Women's Movement of Matara. The objective of this awareness was to improve health and nutrition of women and their family members specifically about nutrition during COVID-19 and non-communicable diseases. There were more than 60 participants, and it was conducted on 30th August 2020.



1.11 Development of new website for Nutrition Society of Sri Lanka

Website of the NSSL was updated with the support of new software developer according to the emerging requirement of the society.

<http://nutritionsof Sri Lanka.org/>



The NSSL has taken several initiatives to improve the public awareness on COVID -19 related health issues among Sri Lankans during last 8-10 months. Messages related health, hygiene, and food usage during COVID 19 in all three languages such as Sinhala, English and Tamil were published in NSSL FB page. Prof. Chandima Wickramatilake, President, Prof. Terrance Madhujith, Council member, Dr. Dhammika senanayake, Vice President, Ms. Joshepkumar Thamilini, Council member and Mr. T.S.M. Thilakarathne, Council member of NSSL published their articles in NSSL FB page.



The Nutrition Society of Sri Lanka

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HOW SAFE FRUITS WE EAT?

Fruits play a pivotal role in our diet adding many minerals, vitamins, dietary fiber and myriad of phytochemicals that bring about various positive health effects. As a result, fruits are considered an essential part of the daily diet. Keeping in line with global recommendations, Sri Lankans are also advised to consume minimum of 200 g of fruits daily. However, unfortunately, fruit consumption in Sri Lanka is unsatisfactory and remains way below the recommended intake. The country is blessed with plethora of homegrown fruits among which only less than twenty fruits have been commercialized while the rest remains underutilized. There are certain myths surrounding fruits some of which have caused unnecessary fear among consumers leading to low intake. In this light, it is important to look into some of the common fallacies surrounding fruits and fruit consumption.

1. Are local fruits better than exotic fruits?

Each fruit is unique, therefore, it is not scientific to make such a comparison. Generally, tropical fruits are sweeter and nutrient dense than the fruits grown in temperate climates. Most fruits contain high amount of water while fruits such as Lavalu and avocado carry less water and more dry matter. Compared to locally grown commercialized fruits like, wood apple, banana and papaya and are richer in nutrients. It is always



[illegible]

1.13 FAO consultancy on revising and upscaling the Sri Lankan Food Based Dietary guidelines

The NSSL was awarded a consultancy by the Food and Agriculture Organizations (FAO) of the United Nations for revising and upscaling the Sri Lankan Food Based Dietary Guidelines (FBDG). The society was endowed by FAO to facilitate the revision and implementation of the Sri Lankan Food based dietary guidelines. Society coordinated several activities to revise the FBDGs of Sri Lanka following the globally harmonized process. The activities related to this consultancy were coordinated by Prof. Anoma Chandrasekara, Council member, Mr. Roshan Dela Bandara and Ms. Visakha Tillekeratne, the life members of the society. Further to revising FBDGs, preparatory campaign for public awareness also led by NSSL with the support of Public Relations agency.



1.14 Assessment of nutritional status & perception on specific food products by elderly in Sri Lanka

Nutrition Society of Sri Lanka, Wayamba University of Sri Lanka and University of Aberdeen UK have initiated a program as a tri party collaboration on a project “Improving the nutritional status of the elderly in Sri Lanka using a tailored and scientifically optimized dietary approach: Preliminary data and networking”.

The main objective was to improve nutritional status and promote quality of life of elderly population. Island wide nutrition assessment with 600 elderly was conducted by using mini nutrition assessment. As a follow-up work a consultative stakeholder meeting was conducted on “Initiatives to improve nutritional status and quality of life of older persons in Sri Lanka” on 27th February 2020 at Raffels, Mirihana with the presence of representatives of government agencies, UN agencies, academia, NGOs and industry to identify the way forward of the initiative. Prof Anoma Chandrasekara, Dr Ananda Chandrasekara and Mr Roshan Delabandara organized the consultative stakeholder meeting on behalf of NSSL.

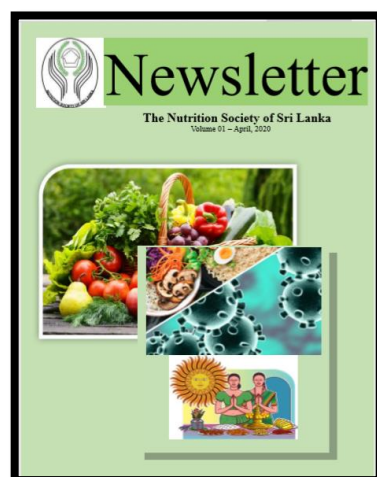


1.16 Membership for council of NCD Alliance Lanka

The NSSL received the membership of NCD Alliance Lanka during the year of 2020 and Ms. Joshepkumar Thamilini, a council member was appointed to represent the NSSL.

1.17 Biannual Newsletters

The NSSL has aligned many academic and public programs that are spanned throughout the year focusing on the need to increase the quality output of research, to improve the public awareness that could lead to behavior change and to establish multi-disciplinary team care to combat nutrition related health issues among Sri Lankans. The fulfill this purpose, two NSSL newsletter were developed and shared among public to make them aware on important aspects on nutrition.



1.18 2nd International Symposium on Food and Nutrition (ISFAN)

Prof. Chandima Wickramatilake participated as a symposium speaker on “Micronutrients Problems and Stunting Success Factors and Lessons Learned” 2nd International Symposium on Food and Nutrition (ISFAN) organized by the Food and Nutrition Society of Indonesia on 21st August 2020. This symposium was conducted virtually, and participants close to 200 from 12 countries in the nutrition related fields participated in this event.



1.19 Membership promotion

Several initiatives were taken to promote membership of NSSL. Promotional flyer was designed and published in NSSL website and FB. Membership application form was also revised and uploaded to the website.

Ms. R. P. M Sandamali, Joint Secretary NSSL had taken the responsibility of designing both membership promotion flyer and membership application. Membership fees were also revised through the consultative process within the council and revised fees will be presented to the AGM for the approval.



1.20 Revision of Cooperate membership criteria and development of the application and certificate

Institutions, companies, and organizations that (is involved in food processing, research and nutrition and health related services) demonstrate the highest level of commitment to the improvement of the food and nutrition were recognized as sustaining partners of the Nutrition Society of Sri Lanka (NSSL), the cooperate members of NSSL. Then Cooperate membership criteria of NSSL were revised and finalized. Further, membership application and membership certificate were developed. The document will be published in the NSSL website after the approval of the AGM in 2021.

1.21 Awards from the Nutrition Society of Sri Lanka – 2021

Two awards were granted by NSSL to their general membership. This was done in the opinion to promote the engagement of life members in high quality research which are useful to upgrade the health and the nutritional wellbeing of Sri Lankans.

The Nutrition Society of Sri Lanka Research Award

Applications were invited from NSSL life members for the best research publication (research manuscript published as a journal article, book or book chapter) **in nutrition or related field during 2019/2020.**

Prof. Priyani Soysa Research Award

Applications were invited from NSSL life members for the best research publication (research manuscript published as a journal article, book or book chapter) **in the field of childhood nutrition during 2019/2020.**

All submissions were reviewed by an independent three panel of reviewers.



1.22 Development of the guidelines for the application of Prof. C.C de Silva Memorial Lecture and Prof. T.W Wickramanayake Oration

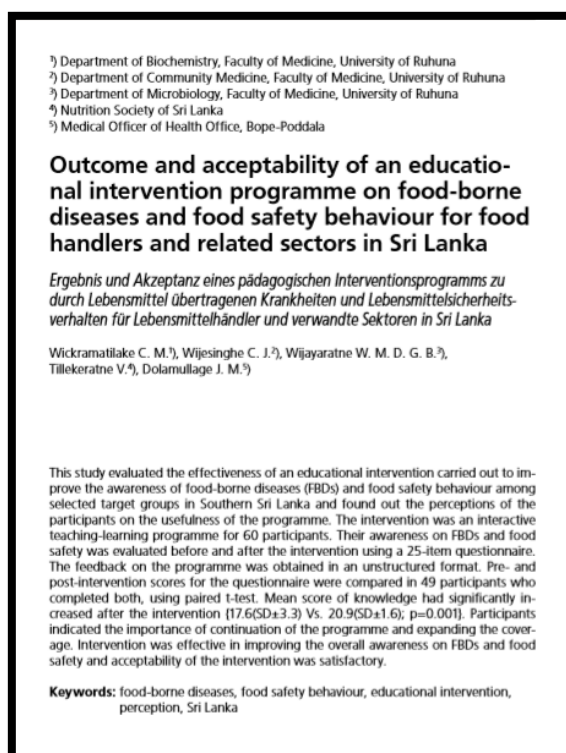
Guidelines for the application of Prof. C.C de Silva Memorial Lecture and Prof. T.W Wickramanayake Oration were developed and published in NSSL website. Further, open advertisement was published on the website to call applications based on the original research conducted and published in the fields of human nutrition and health, food and nutrition, agriculture and nutrition.

1.23 Creation of E – Repository on nutrition related research publication

The council of the NSSL decided to create an E – Repository on Nutrition related Research Publications linked to the NSSL website. The process is in progress and the following documents were prepared; data collection form and the contact details of institutes to request information. Activity is coordinated by Mrs. Eranga Silva, a council member and sending requests has been started.

1.24 Article about NSSL activities

Outcome and acceptability of an educational intervention program on food-borne diseases and food safety behavior for food handlers and related sectors in Sri Lanka was designed and implemented by the Nutrition Society of Sri Lanka in collaboration with Faculty of Medicine, University of Ruhuna. The research was conducted by **Wickramatilake C M**, **Wijesinghe C. J.**, **Wijayarathne W. M. D. G. B.**, **Tillekeratne V.**, **Dolamullage. J. M** and the article on findings of this research was published in Journal of Food Safety and Food Quality. 2020;1:17-21.



New Members enrolled During, 2020

Life Members	
1. A.R De Silva	BSc (Food Science & Nutrition)
2. M Arumugam	BSc (Food Science and Technology)
3. P Chandravarman	MSc (Food and Nutrition)
4. H.J Preethiwardhana	BSc (Food Science & Nutrition)
5. M.H.T.K Chandrasiri	BSc (Export Agriculture)
6. Sashie Weerasinghe	PhD (Food Sc. & Tech.), MSc (Food Sc. & Tech.), BSc (Food Sc. & Tech.)
7. Eric De Zoysa	PhD (Biochemistry), BSc (Medicine)
8. G.N.D Guruge	PhD (Health Promotion), MPhil (Health Promotion), MSc (Mass Communication)
9. M.P.S Rathnayake	MSc (Food & Nutrition), BSc (Food Science and Technology)

Annual Members	
1. H.D.S.M Perera	Ph.D (Organic Chemistry and Bio-chemistry), BSc. Special in Pharmacy
2. S. Kandeepan	BSc (Hons) in Biomedical Sciences

The attendance/joining online of council members for meetings in the year 2020

No	Name	Position	Attendance
1	Prof. Chandima Wickramatilake	President	11/11
2	Dr. Dhammika senanayake	Vice President	9/11
3	Dr. Ananda Chandrasekara	Joint Secretary	11/11
4	Mrs. R.P.M Sandamali	Joint Secretary	11/11
5	Mr. M.R.K. Dharmapriya	Treasure	9/11
6	Dr. Disna Kumari	Editor	8/11
7	Prof. Anoma Chandrasekara	Council Member (past president)	6/11
8	Prof. Terrence Madhujith	Council member	9/11
9	Mr. K. R Roshan Seneviratne	Council member	5/11
10	Mrs. Joshepkumar Thamilini	Council member	7/11
11	Mr. T.S.M. Thilakarathne	Council member	9/11
12	Mrs.Malika Gayathri Fernando	Council member	9/11
13	Mrs.M.R.P. Hasanga	Council member	10/11
14	Dr.Champa Jayalakshmi Wijesinghe	Council member	7/11
15	Mrs.Eranga Harshanie Silva	Council member	10/11

The Nutrition Society of Sri Lanka wishes to acknowledge the unstinting support extended by all the members, partners, donors and sponsors in its multiple activities. We expect your sincere assistance and collaboration with NSSL to make our endeavors a success.