



Program of the Annual Scientific Sessions of the Nutrition Society of Sri Lanka

27th & 28th January, 2024

"Towards health & wellness with personalized nutrition in a challenging era"



DAY 1 Program: Saturday 27th January, 2024 @ Hotel Ramada, Colombo 03

Time	Event
7.30 am	Registration
8.10 a.m.	Lighting of oil lamp & National Anthem
8.15 a.m.	Welcome Speech Dr. Dhammika Senanayake, President, NSSL
8.20 a.m.	Address by the Chief Guest
8.30 a.m.	Keynote Address Nutrition Resilience: Strategies and Innovations in the Face of Global Challenges Prof. Anoma Chandrasekara Professor in Food Science & Nutrition, Wayamba University of Sri Lanka.
9.00 a.m.	Presidential Address Dr. Dhammika Senanayake, President, NSSL
9.15 a.m.	Vote of Thanks Dr. Thamilini Joshepkumar, Joint Secretary, NSSL
9.20 a.m.	TEA BREAK
9.45 a.m.	Symposium 1 Trends in child health and nutritional wellbeing: Dedicated to Prof. Priyani Soysa Symposium Chair: Prof. Narada Warnasuriya, Senior Professor of Paediatrics, General Sir John Kotelawala Defence University, Sri Lanka Plenary Lecture: Feeding, nutrition and growth in early childhood Prof. Pujitha Wickramasinghe, Department of Paediatrics, Faculty of Medicine, University of Colombo, Sri Lanka
10.15 a.m.	Symposium Lecture: Trends and challenges in childhood obesity Prof. Aruna de Silva, Department of Paediatrics, Faculty of Medicine, University of Ruhuna
10.35 a.m.	Symposium Lecture: Endocrinology background of obesity Dr. Navoda Atapattu, Consultant in Paediatric Endocrinology, Lady Ridgeway Hospital (LRH), Colombo, Sri Lanka
	Panel discussion

Time	Event
11.15 a.m.	Symposium 2 Role of nutritional supplements in human wellbeing Symposium Chair: Prof. Ananda Chandrasekara, Professor in Applied Nutrition, Wayamba University of Sri Lanka. Plenary Lecture: Nutritional balancing the scale: Nutritional deficiencies and the role of supplements Prof. Renuka Silva, Professor of Applied Nutrition, Department of Applied Nutrition, Wayamba University of Sri Lanka
11.45 a.m.	Symposium Lecture: Regulatory guidelines and the significance of nutritional supplements on health and wellbeing Dr. Ananda Wijewickrama, Consultant Physician & Chairman of National Medicines Regulatory Authority (NMRA), Sri Lanka
12.10 p.m.	Symposium Lecture: Nutritional supplements for critically ill patients Dr. Upeka Samarawickrama, Acting Clinical Nutrition Physician, DGH Gampaha Panel Discussion
12.30 p.m.	LUNCH BREAK & POSTER COMMUNICATIONS
1.30 p.m.	Symposium 3 Exploring obesity in adulthood Symposium Chair: Prof. Chandima Wickramatilake, Department of Biochemistry, Faculty of Medicine, University of Ruhuna
2.00 p.m.	Plenary Lecture: State of obesity 2023 Prof. Carel Le Roux, Professor of Chemical Pathology, University College Dublin, School of Medicine, Ireland
2.20 p.m.	Symposium Lecture: The impact of obesity on psychological well-being Prof. Athula Sumathipala, Professor of Psychiatry, Institute for global health and well-being, Keele University, United Kingdom.
2.40 p.m.	Symposium Lecture: Dietary strategies in the management of obesity Dr. Ranil Jayawardene, Professor in Nutrition, Faculty of Medicine, University of Colombo Panel Discussion
3.00 p.m.	TEA BREAK
3.15-4.15 p.m.	Free Paper Session
4.30 p.m.	Prof. T.W. Wickramanayake Oration Dr. (Mrs) Renuka Jayatissa, Consultant in Community Medicine & Nutrition Specialist, Vice Chancellor, International Institute of Health Sciences Multiversity, Sri Lanka
7.00 p.m.	Nutrifeast Dinner at Lotus Tower Colombo Sri Lanka