



The Nutrition Society

of Sri Lanka

Annual Report 2024

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The annual report of the Nutrition Society of Sri Lanka (NSSL) was presented at the Annual General Meeting held on 18th January 2025 at BMICH, Colombo, with the participation of members, stakeholders, and distinguished guests from the nutrition and health sectors. This comprehensive report outlines the diverse range of activities undertaken by the council and members of NSSL in collaboration with nutritionists, academics, administrators, policymakers, and other key partners. These initiatives included workshops, awareness programs, research projects, advocacy campaigns, and community-based interventions aimed at improving nutrition and health outcomes in Sri Lanka. The report also highlights the society's efforts in capacity building, such as providing training programs for healthcare professionals and promoting evidence-based policymaking. These activities reflect the unwavering commitment, strategic focus, and leadership of the council and members toward fostering innovation, knowledge sharing, and sustainable progress in the field of nutrition within the country.

Prepared by the Joint Secretaries

Hasanga Rathnayake and Thushanthi Perera

Council of the Nutrition Society of Sri Lanka

2023/2024

- President : Prof. Ananda Chandrasekara
- Vice President : Dr. Kumari Rathnayake
- Joint Secretary : Dr. Thushanthi Perera
- Joint Secretary : Ms Hasanga Rathnayake
- Treasurer : Dr. Manoj Liyanage
- Editor : Ms. Udara Dassanayake

Council Members

- Dr. Dhammika Senanayake (Immediate past president)
- Dr. Anusha Kanesh
- Dr. Sashie Weerasinghe
- Dr. Fathima Sirasa
- Dr. Thilanka Ranathunga
- Mr. Mudith Dharmapriya
- Ms. Upuli Dahanayake
- Ms. Dilki S. Perera
- Mr. N.M.S. Hettigedara

Annual Scientific Sessions 2024

The Annual Scientific Sessions of Nutrition Society of Sri Lanka (NSSL) 2024 was held on the 27th and 28th of January 2024 at Hotel Ramada, Colombo 3. This was organized partially as a physical and virtual event. The theme of the session was “Towards Health & Wellness with Personalized Nutrition in a Challenging Era”. Prof. Ananda Chandrasekara was the conference chairperson. Around 150 participants attended or virtually joined the sessions on both days.

- Dr. Keerthi Mohotti, Deputy Director, Tea Research Institute of Sri Lanka graced the occasion as the Chief Guest.
- Prof. Anoma Chandrasekara, Department of Applied Nutrition, Wayamba University of Sri Lanka delivered the keynote address on “Nutrition Resilience: Strategies and Innovations in the Face of Global Challenges”.
- Dr. (Mrs) Renuka Jayatissa, Consultant in Community Medicine & Nutrition Specialist, delivered the Prof. T.W. Wickramanayake Oration

The sessions were comprised of three symposia titled;

- **Trends in child health and nutritional wellbeing: Dedicated to Prof. Priyani Soysa**
- **Role of nutritional supplements in human wellbeing**
- **Exploring obesity in adulthood**

Four plenary lectures were delivered by prominent academics and professionals in the relevant fields:

- **Plenary Lecture on ‘Feeding, nutrition and growth in early childhood’ by Prof. Pujitha Wickramasinghe, Department of Paediatrics, Faculty of Medicine, University of Colombo, Sri Lanka**
- **Plenary Lecture on ‘Nutritional balancing the scale: Nutritional deficiencies and the role of supplements’ by Prof. Renuka Silva, Professor of Applied Nutrition, Department of Applied Nutrition, Wayamba University of Sri Lanka**
- **Plenary Lecture on ‘State of obesity 2023’ Prof. Carel Le Roux, Professor of Chemical Pathology, University College Dublin, School of Medicine, Ireland**

The resource personnel for the symposium lectures were experts in their respective fields and used their experience to produce a fruitful dialog by sharing knowledge and lifelong experiences. Presidential address was on “Hydration Strategies for endurance events: Transformation and practical insights” and, delivered by Dr. Dhammika Senanayake, the President of NSSL. The free communication session included 17 oral presentations and 19 poster presentations comprised of abstracts that facilitated the dissemination of novel findings in the field of nutrition.



Activities for 2024

The strategic plan of the Nutrition Society of Sri Lanka for 2023 was laid down at the inaugural council meeting held on 12th February 2024 virtually. The action plan was developed and it was decided to review the progress of the strategic plan every month at the council meetings.

1. Membership promotion

Several initiatives were taken to promote membership in the NSSL. Comparatively, 23 life members joined the society during the year 2024.

2. Collaboration with the state and non-state stakeholders in activities

2.1. Continuation of collaboration with private industry partners

A memorandum of understanding (MOU) was signed with a private firm to conduct the nutrition education programmes for three years.

The following activities were continued;

1. Nutrition education and awareness programmes for parents and teachers of preschool children, this is an Island wide programme
2. Community programme to educate youth and educate government servants on nutrition education for three years.
3. Establishment of community centers to provide diet and nutrition counselling for government workers free of charge.

Date	Venue	Focus Group	Number of participants
15th February 2024	Vavuniya	Parents of pre school kids	250
16th February 2024	Jaffna	Parents of pre school kids	350
16th February 2024	Mannar	Parents of pre school kids	300
16th, 17th & 18th February 2024	BMICH Vivaha Exhibition	Young couples	100
21st March 2024	TRI (In view of International Women's Day Celebration)	Office staff	150
21st March 2024	St. Coombs State	Welfare officers & EMAs	75
22nd March 2024	Hatton	Parents of pre school kids	891
23rd March 2024	NuwaraEliya	Parents of pre school kids	450
15th August 2024	Ministry of Water Supply	Office staff	40
22nd August 2024	Matara DS Office	Office staff	165
22nd August 2024	University of Ruhuna	University staff	80
13th September 2024	National Institute of Health Science, Kalutara	Office staff	350
3rd November 2024	Nalanda College Guru Upahara	Present & Past School Teachers	500
19th November 2024	GLC Europe (In view of International Men's Day Celebrations)	Office staff	50
21st November 2024	National Water Board, Rathmalana	Office staff	300
			4051

3. To disseminate knowledge and empower the general community and scientific community

3.1. Nutrition assessment programme of school athletes

The Nutrition Assessment Programme was held at the Diyagama Mahinda Rajapaksha Stadium, and focuses on evaluating the nutritional status of participants through various assessments and providing personalized advice to improve their health and well-being. This initiative is conducted in collaboration with MAS Pvt Ltd and includes a workshop aimed at promoting awareness and practical strategies for better nutrition, fitness, and overall wellness.



3.2. Workshop on nutrition for Coaches at Diyagama Mahinda Rajapaksha Stadium

The president and council members of the Nutrition Society conducted a specialized workshop for Sri Lankan coaches at the Diyagama Mahinda Rajapaksha Stadium. This workshop aimed to equip coaches with essential knowledge about sports nutrition, dietary strategies, and the role of proper nutrition in enhancing athletic performance and recovery. By addressing the unique nutritional needs of athletes, the session provided valuable insights and practical guidelines that coaches can incorporate into their training programs to support the health and performance of their teams.



3.3. Awareness programme on high-performance nutrition project

In collaboration with the Institute of Sports Medicine, the Nutrition Society successfully implemented a high-performance nutrition project aimed at enhancing the nutritional strategies for athletes and sports professionals. The project also involved the active participation of students from Wayamba University, who contributed to its execution. As part of the initiative, a payment of 50,000 LKR was made to support the development and activities of the Nutrition Society, ensuring the project's sustainability and impact.



3.4 Workshop to train a group of athletes for the 2032 Brisbane Olympic Games in collaboration with MAS Athlete Training Academy

A nutrition assessment and training were conducted for 48 athletes on 19th August at Diyagama Stadium.



3.5 Nutrition workshop on Palliative care for Nursing officers at Galle National Hospital

A preliminary Workshop on “Understanding the Metabolic Matrix in Nutritional Management of Palliative Care” followed by a certificate course was conducted for nursing officers at the Palliative Care Centre at Galle National Hospital in May 2024.



3.6 Workshop on Sports Nutrition and Antidoping

Conducted in October 2024



3.7 Sessions on promoting balanced diets and healthy lifestyles for International Men’s Day

Conducted in November 2024, with 50 participants of Global Leading Conferences (PVT) Ltd.

3.8 NSSL Newsletters in 2024

It was with great pleasure and pride, that the NSSL released two timely Editions of the NSSL Newsletter - One in parallel to the National Nutrition Month, 2024 (I.e. June) and the other to wrap up the year (In December). They are also available online respectively at,

National Nutrition Month (I.e. 2024 June)
Edition

<https://nutritionsof Sri Lanka.org/wp-content/uploads/2024/06/NSSL-Newsletter-Issue-1-2024.pdf>

Year End (I.e. 2024 December) Edition

<https://nutritionsof Sri Lanka.org/wp-content/uploads/2024/12/Newsletter-2024-Issue-2-V2.pdf>

This activity was coordinated by Ms. Udara Dassanayake, the Editor of the NSSL.

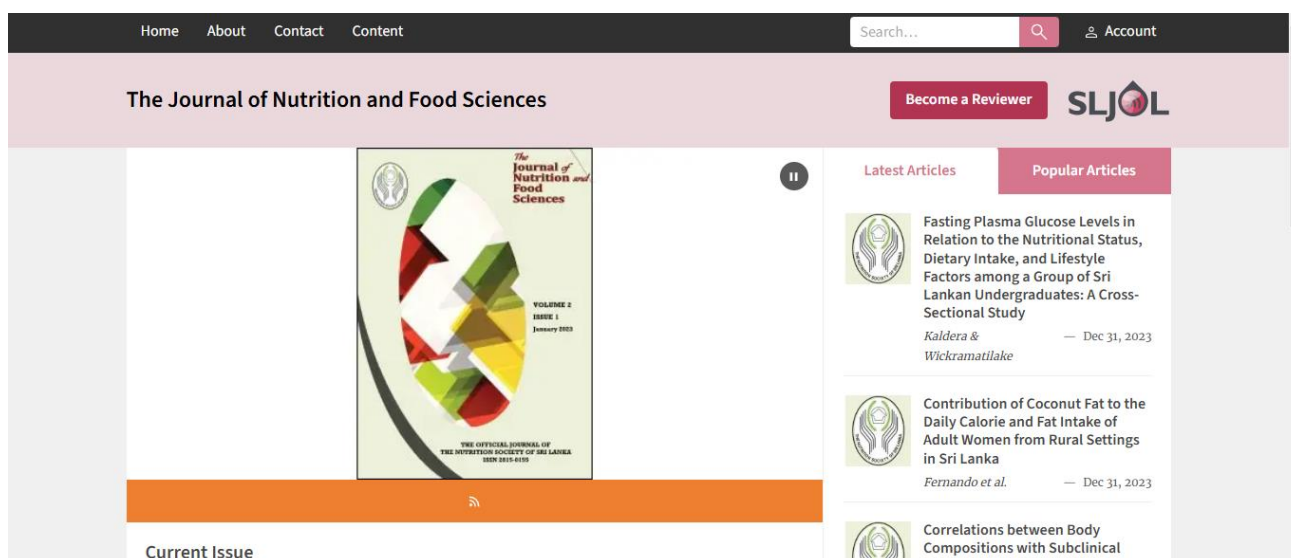
The NSSL takes this opportunity to thank all the authors who contributed to these so far, which helped in significant improvement in the metrics of our Newsletter - Ensuring that we stay competitive, updated, and relevant, plus a pronounced surge in continuous and new submissions to the Newsletter. We aim to keep this drumbeat and the momentum to continue in the coming years too.

The NSSL also wishes to extend the invitation to all the prospective authors too, to bring about a stronger drive to thought-provoking discussions in the field of nutrition and dietetics.



3.9 The Journal of Nutrition and Food Sciences

To mark the 50th Anniversary of the NSSL, the official Journal of Nutrition and Food Sciences was announced, and manuscript submissions were invited. The journal was launched during the NSSL Annual Scientific Sessions in January 2023 and aims to achieve indexing in reputed databases. Published biannually, it is currently accessible on the Sri Lanka Online Journal System (SLJOL) at <https://jnfs.sljol.info>



Publication details

Year	Volume (Issue)	Status
2022	1 (I)	Published
2023	1 (I)	Published
2023	2 (II)	Final reviewing stage toward publication

4 Special activities for the year 2024

4.8 “Quiz” Competition for school children- 2024

A quiz competition was organized for school children, designed to promote learning and critical thinking. The event was planned to be conducted in three rounds, with each round becoming progressively more challenging. The first two rounds have already been successfully completed, where students showcased their knowledge on nutrition. These rounds helped narrow down the participants, identifying the top performers who would advance to the final round. The competition aims to not only reward academic excellence but also foster teamwork and enthusiasm for learning among the children.



Annual Scientific sessions 2025

The Nutrition Society of Sri Lanka organizes a **NUTRI-QUIZ Competition**

REGISTER NOW!

FREE REGISTRATION
[HTTPS://FORMS.GLE/XXQ6KNHABd65TVc7](https://forms.gle/XXQ6KNHABd65TVc7)

Important dates
Round I : 14.11.2024
Round II : 12.12.2024
Round III: 19.01.2025

Eligibility
Undergraduates interested in Human Nutrition

Structure of the Competition
Round I: 60 MCQs Online
Round II: 40 MCQs Online
Round III: Oral Quiz

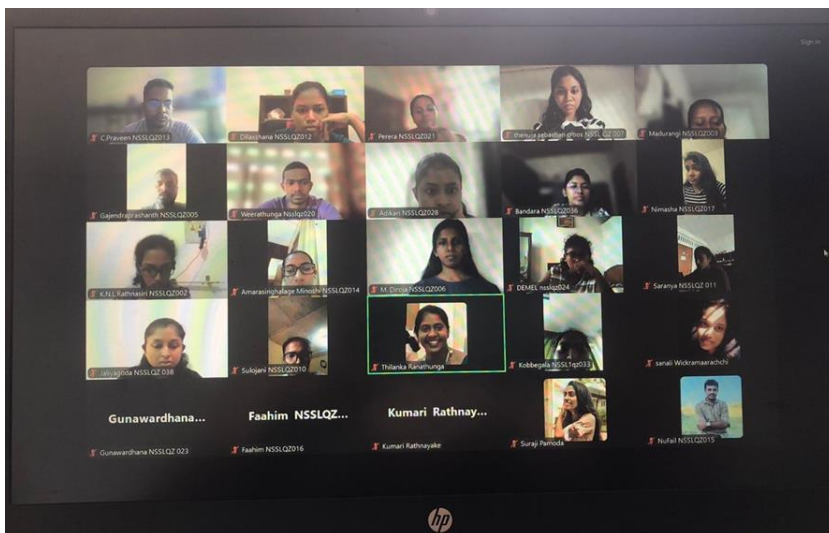
Awards & Certificates

- Champion: **Gold medal & a certificate**
- 1st Runner-up: **Silver medal & a certificate**
- 2nd Runner-up: **Bronze medal & a certificate**
- **Merit Awards** for all the final round participants

Registration closing date 15th October 2024

For more information please contact
Conference coordinator Ms. Dilki S. Perera/ +94(0)777042823

Empowering Health through Sustainable Nutrition



New members enrolled in 2024

LIFE MEMBERS			
1	Ms. R. F. Hafeel	Additional Director, Regional Rice Research and Development Centre, Bombuwela	NSSL/LM/2024-01
2	Ms. A.A.D.C. Sulakshana	Dietitian and Nutritionist, Nawaloka Hospitals PLC, Colombo 02	NSSL/LM/2024-02
3	Ms. H. F. M. H. Fonseka	Manager- Food Safety & Nutrition, Jetwing Hotels Ltd.	NSSL/LM/2024-03
4	Ms. G.M.S. Sarap	Demonstrator, Department of Applied Nutrition, Wayamba university of Sri Lanka	NSSL/LM/2024-04
5	Ms. Jeewantha Jayamali	Research Assistant, Faculty of Medical Sciences, University of Sri Jayewardenepura	NSSL/LM/2024-05
6	Ms. G. P. I. U. Pathirana	Senior Dietitian / HOD- Dept of Nutrition & Dietetics, Nawaloka Hospitals PLC - Colombo 02	NSSL/LM/2024-06
7	Ms. Shiromika Indramali	Research Assistant, Department of Applied Nutrition, Wayamba University of Sri Lanka	NSSL/LM/2024-07
8	Dr. Egwin Julie Eugene	Senior Lecturer/Researcher, ICBT Colombo campus	NSSL/LM/2024-08
9	Ms. Suwini Sumanadasa	N/A	NSSL/LM/2024-09
10	Mr. Pathuma Chasna	Assistant Research Technologist (Temporary), Food Technology Section, Industrial Technology Institute	NSSL/LM/2024-10
11	Ms. Kadheeja Wahid	Dietitian and Nutritionist	NSSL/LM/2024-11
12	Dr. Sharmila Jayatilake	Senior Lecturer, Department of Food Science & Technology, Wayamba University of Sri Lanka.	NSSL/LM/2024-12
13	Ms. Akshana Roshan Sriyaratna	Temporary Demonstrator, Uwa Wellassa University of Sri Lanka	NSSL/LM/2024-13
14	Ms. Vithyalanee Thangavel	No- 97,Arthur sirisena Mawatha, Haputale	NSSL/LM/2024-14
15	Ms. Amanda Sathsarani	14/A/01, Balabowa, Devalapola	NSSL/LM/2024-15
16	Mr. Lakmal Jayasinghe	QualityEmpire Teas (Pvt) Ltd Assurance Executive	NSSL/LM/2024-16
17	Ms. Ayesha Nikalansooriya	Research Assistant, General Sir John Kotelawala Defence University (KDU), Sri Lanka	NSSL/LM/2024-17
18	Mr. Chandika Jayasooriya	Senior Lecturer, Dept of Food Science and Technology, Faculty of Applied Sciences, Sabaragamuwa University of Sri Lanka, Belihuloya, RN 70140	NSSL/LM/2024-18
19	Ms. Ruwani Sooriyapperuma	No 5, Neelammahara Road, Katuwawala, Borelesgamuwa	NSSL/LM/2024-19
20	Ms. Asha Gayanjalee	41/A, Udumullawaththa, Kirindiwela	NSSL/LM/2024-20
21	Ms. Shiwanthi Dharmapala	182,Kekulakada, Horakele, Kuli/Wewagama.	NSSL/LM/2024-21
22	Ms. Suraji Appuhamy	29/2A, Polthawana Road, Pahala Madampella, Katana	NSSL/LM/2024-22
23	Ms. Sanali Wickramaarachchi	No.40, Nawamawatha, Dangolla, Horombawa	NSSL/LM/2024-23
ANNUAL MEMBERS			
1	Mr. Pathumi Ariyaratna	LectSri Lanka School of Agriculture, Department of Agriculture, Pelwehera, Sri Lanka	ANNUAL
2	Ms. Priyanwada Abeykoon	No 08, pallegama, katayapathana, Mathurata	ANNUAL
3	Dr. Ravi Dharmasena	District Hospital, Morawaka.	ANNUAL

The attendance of council members for meetings in the year 2024

	Name	Position	Attendance
1	Prof. Ananda Chandrasekara	President	7/7
2	Dr. Kumari Rathnayake	Vice President	7/7
3	Dr. Thushanthi Perera	Joint Secretary	6/6
4	Ms. Hasanga Rathnayake	Joint Secretary	7/7
5	Ms. Udara Dassanayake	Editor	4/6
6	Dr. Manoj Liyanage	Treasurer	6/7
7	Dr. Dhammika Senanayake (Immediate Past President)	Council member	6/6
8	Dr. Anusha Kanesh	Council member	2/4
9	Dr. Sashie Weerasinghe	Council member	6/7
10	Dr. Fathima Sirasa	Council member	5/7
11	Dr. Thilanka Ranathunga	Council member	6/6
12	Mr. Mudith Dharmapriya	Council member	2/7
13	Ms. Upuli Dahanayake	Council member	5/6
14	Ms. Dilki S. Perera	Council member	5/6
15	Mr. N.M.S. Hettigedara	Council member	6/7

The Nutrition Society of Sri Lanka extends its heartfelt gratitude to all members, partners, donors, and sponsors for their unwavering support in various activities. We look forward to your continued assistance and collaboration to ensure the success of our initiatives.