

• **Name:** Mallika Arachchige Ranil Jayawardena

• **Current Position:**

- Senior Lecturer, Faculty of Medicine, University of Colombo
- Visiting Fellow, Queensland University of Technology, Brisbane, Australia
- Visiting Consultant – Nawaloka Hospital, Col 02

• **Country:** Sri Lanka

• **Educational Background:**

- PhD (2013)- Queensland University of Technology, Brisbane, Australia.
- MSc in Clinical Nutrition (2008)- University of Glasgow, United Kingdom
- HND in Computer Sciences (2007) - Sri Lanka Institute of Information Technology, Sri Lanka.
- MBBS (2005) - University of Colombo, Sri Lanka.
- Certificate in Teaching in Higher Education (2017) - University of Colombo, Sri Lanka.- Accredited by Staff and Education Development Association (SEDA), UK

• **Professional Experiences:**

Teaching

o Undergraduate level (Faculty of Medicine, University of Colombo)

- MBBS
- BSc in Physiotherapy
- BSc in Pharmacy

o Postgraduate level (Post Graduate Institute of Medicine, University of Colombo)

- MSc in Human Nutrition
- MD in Clinical Nutrition
- Diploma in Family Medicine
- MSc in Medical administration

Administrative

o Secretary of Specialty Board for Nutrition, Post Graduate Institution, University of Colombo

o Academic Coordinator – Health-Wellness Center, Faculty of Medicine, University of Colombo

o Committee member: Beautification committee, Faculty of Medicine, University of Colombo

• **Professional Organizations:**

Professional Memberships

1. Member – ESPEN
2. Life member - Sri Lanka Medical Nutrition Association
3. Life member - Physiological Society of Sri Lanka
4. Life Member - Nutrition Society of Sri Lanka
5. Life Member - Sri Lanka Medical Association
6. Life member - Endocrine Society, Sri Lanka
7. Life member - Sri Lanka Diabetes Association
8. Member - American Physiological Society
9. Professional Member- European Association for the Study of Diabetes

10. Member - Institute of Health and Biomedical Innovation, Australia

11. Member – World Obesity Federation

Professional Experience/ Activities

Honorary secretary - Sri Lanka Medical Association – 2015

Council member - Sri Lanka Medical Association – 2016

Founder secretary/Secretary, Sri Lankan Association of Study of Obesity (SLASO) – current

Organizer – Clinical Nutrition Meeting 2014- 27th July 2014

Council member, Nutrition Society of Sri Lanka (2012-2014)

Resource person – SLMA – Ampara clinical meeting (23rd May 2014)

Resource person - Exercise physiology & exercise prescription course for team physicians- Pre workshop

session, conducted in Medical Faculty Colombo; 29th Nov 2013.

Committee member-NCD committee, Sri Lanka Medical Association (SLMA) (Feb 2009- Jul 2010)

Coordinator - Nutrition subcommittee, PILL committee, SLMA. (Feb 2009- Jul 2010)

Organizing committee, Scientific Sessions, Endocrine Society of Sri Lanka (Jul 2009- Aug 2009)

Coordinator, “Walk for Life” International Diabetes Day, 14th Nov 2009

• **Main Scientific Publications:**

Papers published - 54

o Full papers in international, peer-reviewed journals - 50

o Full papers in local journals – 4

Book - 1

Book chapter – 1

Citations = Over 1000

H-index = 17

i10-index = 25

Abstract = 40+

Main research interests:

o Obesity

o Diabetes

o Nutrition

Research profile links

o https://scholar.google.com/citations?hl=en&user=U-NmUJEAAAAJ&view_op=list_works

o https://www.researchgate.net/profile/Ranil_Jayawardena

o ORCID ID: 0000-0002-7352-9365

2017

1. **Jayawardena R**, Ranasinghe P, Wijayabandara M, Hills AP, Misra A. Nutrition transition and obesity among teenagers and young adults in South Asia. *Current Diabetes Reviews*. 13 (5), 444-451.

2. Ranasinghe P, Galappaththy P, Constantine GR, **Jayawardena R**, et al. Cinnamomum zeylanicum (Ceylon cinnamon) as a potential pharmaceutical agent for type-2 diabetes mellitus: study protocol for a randomized controlled trial. *Trials*. 18 (1), 446

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3. **Jayawardena R**, Fernando P, Lokunarangoda N, Pathirana AK. Effects of the “plate model” as part of dietary intervention on modification of selected cardiometabolic risk factors in post-myocardial infarction patients: study protocol for a randomized controlled trial. *Trials*. 18 (1), 314

4. **Jayawardena R**, Thejani T, Ranasinghe P, Fernando D, Verster JC. Interventions for treatment and/or prevention of alcohol hangover: Systematic review. *Human Psychopharmacology: Clinical and Experimental*. 2017 Sep;32(5)
5. **Jayawardena R**, Herath MP. Development of a food atlas for Sri Lankan adults. *BMC Nutrition*. 3 (1), 43
6. Klek S,..... **Jayawardena R**,... Galas A. Health Insurance or Subsidy, Not Related to GDP, Is a Universal Advantage for Effective Management of Hospital Malnutrition. *Asia Pacific Journal of Clinical Nutrition*. 2017; 26 (2), 247
7. Ranasinghe P, Mathangasinghe Y, **Jayawardena R**, Hills A, Misra A. Prevalence and trends of metabolic syndrome among adults in the Asia-pacific region: a systematic review. *BMC Public Health*. 2017;17(1):101.
8. Ranasinghe P, **Jayawardena R**, Premakumara GAS, Katulanda P. Evaluation of Pharmacodynamic Properties and Safety of *Cinnamomum Zeylanicum* (Ceylon Cinnamon) in Health Adults: Study Protocol for a Phase I Clinical Trial. *MOJ Bioequiv Availab* 3 (2), 00028