

# CURRICULUM VITAE

## PERSONAL DETAILS

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Full Name: Suriyaratchige Deepika Indumathie Nanayakkara  
(nee. Peiris)

Date of Birth: 15<sup>th</sup> August 1966

Current Designation: Professor in Physiology  
University of Peradeniya, Sri Lanka

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## EDUCATION

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Undergraduate: Faculty of Medicine,  
University of Peradeniya, Sri Lanka. 1990 - 1995

Postgraduate:

1. Faculty of Medicine,  
University of Peradeniya, Sri Lanka. 1999 - 2002
2. Division of Physiology, School of Biomedical and Chemical  
Sciences, University of Western Australia  
Australia. 2007 - 2011

## PROFESSIONAL QUALIFICATIONS

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***Bachelor of Medicine, Bachelor of Surgery (MBBS) - 1995***

***Masters in Physiology (MPhil) - 2002***

University of Peradeniya, Sri Lanka

## ***Doctor of Philosophy (PhD) – 2011***

University of Western Australia, Australia

### Other courses followed for continuing professional development

- Training in the field of Autonomic function testing was obtained from:  
the **School of the European Federation of Autonomic Societies in Vienna, Austria**  
the **All India Institute of Medical Sciences, New Delhi, India** and
- **Radioisotope handling** course - UWA
- **Practical molecular biology** course –PGIA
- Premedical course in the University of Maryland, USA - 1987

## **AWARDS**

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- Endeavour Postgraduate Award for studying towards a PhD degree 2007 – Australian government
- Australian Leadership Award for studying towards a PhD degree 2007 – Australian government
- University Scholarship for the best overall performance at the 2<sup>nd</sup> MBBS Exam 1991
- Dr. C.E.S. Weeratunga Gold Medal for the best performance at the 2<sup>nd</sup> MBBS Exam 1991
- The Chalmers Gold Medal for Anatomy 1991
- Emily Wickramanayake Scholarship for Biochemistry 1991

## **PREVIOUS POSITIONS HELD**

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08.10.2013 – 04.04.2021	Senior Lecturer – Grade I Faculty of Medicine, University of Peradeniya
01.01.2003 – 07.10.2013	Senior Lecturer – Grade II Faculty of Medicine, University of Peradeniya
01.01.1998 – 31.12.2002	Probationary Lecturer Faculty of Medicine, University of Peradeniya
01.06.1997 – 31.12.1997	Medical Officer/ Neurosurgical Intensive Care unit Teaching Hospital, Kandy
October 1996 – April 1997	Intern Medical Officer De Soysa Maternity Hospital, Colombo 8
April 1996 – October 1996	Intern Medical Officer Lady Ridgeway Hospital, Colombo 8

## **MEMBERSHIPS AND AFFILIATIONS**

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1. Sri Lanka Medical Association – Life Member since 1997

2. Physiological Society of Sri Lanka – Life Member since 1996  
Secretary of the society – 2005  
Editor of the society - 2016  
Member of executive committee for 2005, 2006, 2011-2022  
President of the society in 2019
3. Kandy Society of Medicine – Life Member since 1996  
Member of executive committee for 2011, 2012, 2013, 2014, 2015  
Social secretary in the year 2012
4. Sri Lanka Association for the Study of Pain – Life member since 2010  
Treasurer of the association for the years 2018 and 2019
5. International Association for the Study of Pain – Life member since 2012
6. South Asian Association of Physiologists – one of the Vice presidents of SAAP for years 2018 and 2019  
Conference Co-chairperson for the SAAP conference to be held in Sri Lanka in 2022

## **CURRENT RESEARCH**

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- **Cardiovascular Physiology and Autonomic Functions**  
My interest in cardiovascular physiology goes back to 1998, from the time I joined the department as a probationary lecturer. Hence, I undertook to study resting ECG and exercise ECG related physiology which lead to my obtaining an MPhil degree from the University of Peradeniya.  
Thereafter, I have continued my interest in heart rate variability and autonomic function testing after obtaining the PhD. I have established a fully equipped cardiovascular autonomic function testing laboratory in the Department of Physiology. Currently I am engaged in research involving autonomic function testing and heart rate variability.
- **Thermal physiology**  
Thermal and temperature physiology is another of my interests. For my PhD degree I studied the temperature effect on smooth muscle contraction in the tunica dartos muscle and hence the effect of temperature on male reproductive function.  
I have also studied the temperature effect on renal function and the renal physiology related to chronic kidney disease of unknown aetiology in the north-central province of Sri Lanka.
- **Physiology related to musculoskeletal injury**  
I have also studied, together with my MPhil students (who are physiotherapy graduates) some musculoskeletal injuries and physiotherapy related rehabilitation of these injuries. I am particularly interested in injuries related to sports and exercise.
- **Pain and anaesthesia related physiology**

I have engaged in several research projects that probes into aspects of pain and analgesia, spinal anaesthesia and endotracheal intubation.

## **TEACHING**

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- Teaching/demonstrating for both undergraduate and postgraduate students
- Training, mentoring, facilitating undergraduates and postgraduates
- Conducting tutorials/small group discussions for undergraduates and postgraduates
- Supervision of students –  
I have supervised 2 Students who successfully completed MPhil degrees  
At present, I am supervising 3 postgraduate students in their MPhil degrees (the programs involve supervision of a research project which ends in a publication of a thesis) and 2 student in their PhD degrees.
- Teaching material -  
I have prepared power point lectures for all the undergraduate and postgraduate teaching  
I have also produced videos and practical hand-outs as teaching aids for undergraduate practical teaching
- I have been a module co-ordinator for many teaching modules in physiology for undergraduates
- I have been the Chairperson of the Students Affairs Committee of the faculty for 3 years (2015, 2016, 2017) and an academic mentor since I joined the faculty in 1998. I have also worked as a Senior Student Counsellor for 3 years.
- Evaluation of students-  
Involved in examination of undergraduates and postgraduates in theory, practical and viva voce examinations

## **ADMINISTRATION**

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- Head of Department of Physiology, Faculty of Medicine, University of Peradeniya  
From 01.01.2014 to 18.05.2015  
From 12.09.2015 to 03.03.2016
- Chairperson of Students affairs committee from Jan 2015 to May 2017.
- Been involved in planning and organizing Conferences/Research sessions of iPurse (University of Peradeniya), Kandy Society of Medicine, Physiological Society of Sri Lanka and PeMSAA (the medical faculty alumni association)
- Involved in organizing prospective entrants to the Faculty of Medicine, Peradeniya in the years 2016, 2017.
- Co-ordinator of Examinations Unit, Faculty of Medicine, University of Peradeniya since 2022.
- Excellent verbal and written skills in English and Sinhala languages

## **PUBLICATIONS and PRESENTATIONS**

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### **Thesis**

1. **University of Western Australia, Australia – PhD (2011)**  
Thesis title: The physiological mechanisms of scrotal temperature regulation and the effects of its dysregulation on endocrine function of the testes
2. **University of Peradeniya (Sri Lanka) - M.Phil (2002)**  
Thesis title: Validation of the Rose Questionnaire and the Resting ECG against Exercise ECG for Screening of Coronary Heart Disease

### **Publications and Abstracts**

#### **Journal articles:**

12. Nakandala P, Nanayakkara S & **Nanayakkara I**. Blinded randomized controlled study to evaluate the influence of positive verbal suggestions on the perception of pain during the use of myofascial trigger point dry needling technique. *Sri Lanka Journal of Medicine*, 31(2), 2022. pp 11-17. **DOI:** <http://doi.org/10.4038/sljm.v31i2.326>
11. **S D I Nanayakkara**, M C Gihan, P S K Nanayakkara. A review of scrotal temperature regulation and its importance for male fertility. *Sri Lanka Journal of Obstetrics and Gynaecology* 2021, 43: 308-313. **DOI:** <http://doi.org/10.4038/sljog.v43i4.7982>
10. Nanayakkara S, **Nanayakkara SDI**, Wijekoon P & Sewwandi C. Do conventional predictors of “Difficult airway” truly predict difficult airway? Experience with cleft surgeries. *Sri Lanka Journal of Medicine* 2021, 30(1), pp 53-61.  
**DOI:**<http://doi.org/10.4038/sljm.v30i1.244>
9. Saman Nanayakkara, **Indumathie Nanayakkara**, Piumi U. Nakandala, Yamuna R. Athukorala, Parakrama Wijekoon, Sithara Rathnayake. Efficiency of post-operative pain management in infants undergoing cleft lip and palate repairs: A study using the FLACC scale, *Sri Lanka Journal of Anaesthesiology*, 2021; 29(1): 24-28.  
**DOI:**<http://doi.org/10.4038/slja.v29i1.8646>
8. N.D.P.U. Nakandala, **S.D.I. Nanayakkara**, S.I. Wadugodapitiya, I.B. Gawarammana. Efficacy of physiotherapeutic interventions in the treatment of adhesive capsulitis – A systematic review. *Journal of Back and Musculoskeletal Rehabilitation* 34 (2021) 195–205. **DOI:** [10.3233/BMR-200186](https://doi.org/10.3233/BMR-200186)
7. Nanayakkara, S., **Nanayakkara, S.D.I.** and Pinto, M.V.G. Comparison of the Level of Sensory Blockade Achieved When Spinal Anaesthesia is performed for Caesarean Section Before and After Urinary Bladder Catheterization: A Randomized Controlled Study. *Sri Lanka Journal of Medicine* 2020, 29(2), pp 25-30.  
**DOI:**<http://doi.org/10.4038/sljm.v29i2.221>

6. Saman Nanayakkara, **Indumathie Nanayakkara**, Mahen Kothalawala. A Review of Corpse Handling Guidelines in the Backdrop of Covid-19 Pandemic. *American Journal of Multidisciplinary Research & Development*. Volume 2, Issue 10 (October- 2020), PP 46-50.
5. Saman Nanayakkara, Piumi Nakandala, Upuli Nakandala, **Indumathie Nanayakkara**. A Review on COVID-19: A Global and Sri Lanka Perspective. *American Journal of Multidisciplinary Research & Development*. Volume 2, Issue 8 (August- 2020), PP 63-70.
4. **S.D.I. Nanayakkara**, R.K. Dissanayake, P.S.K. Nanayakkara. The presence of dehydration in paddy farmers in an area with chronic kidney disease of unknown aetiology (CKDu). *Nephrology* 2019. 25(2) 152-162.  
**DOI:**<http://doi.org/10.1111/nep.13605>
3. T.D.P. Nandadeva, A.M.S.D.M. Dissanayake, A.A.J. Rajaratne, **S.D.I. Nanayakkara** (2019) Effect of iron supplementation during high altitude training on haemoglobin and iron status of Sri Lankan Middle- and Long-distance athletes. *Sri Lanka Journal of Medicine* 2019, 7(1), 29-40. **DOI:** <http://doi.org/10.4038/sljm.v28i1.114>
2. S. Mayooraan, **S.D.I. Nanayakkara**, A.A.J. Rajaratne, H.M.S.R.B. Kotakadeniya. Prevalence and Associated Factors of Injuries Related to Running: A Study among Runners in Sri Lanka. *American Journal of Sports Science and Medicine*, 2019, 7(2), 28-33. **DOI:** <http://doi.org/10.12691/ajssm-7-2-1>
1. **S.D.I. Nanayakkara**, S. Mendis, V.S. Weerasinghe & C. Samarakoon., Validation of the Sinhala version of the Rose Questionnaire against the Exercise Electrocardiogram in a group of patients with chest pain, *Sri Lanka Journal of Medicine*, 2002; 11(1): 8-17.

### **Abstracts:**

50. Piumi Nakandala, Saman Nanayakkara, Indumathie Nanayakkara, Jeewani Udupihille, Surangika Wadugodapitiya, Indika Gawarammana. Efficacy of manual therapy interventions and short wave diathermy on the perception of pain, range of motion and function of the patients with adhesive capsulitis. 2022. *10th Annual Academic Sessions of the Faculty of Pain Medicine*. pp. 60. ISBN: 978-624-6024-01-7.
49. Nakandala P, Nanayakkara I, Udupihille J, Wadugodapitiya S, Gawarammana I. Randomized controlled study to compare the effectiveness of physical therapy interventions in the treatment of adhesive capsulitis. *Proceedings of the 8th Biennial conference of the South Asian Association of Physiologists (SAAP 8)*. 2022. pp. 122. ISBN: 978-624-5873-43-2. doi: <http://doi.org/10.4038/sljm.v3li2.326>.
48. Karunarathne LJU, Nanayakkara I, Amarasiri WADL, Waidyarathne AOK, Gomis PDL, Fernando ADA. Cardiovascular autonomic function in healthy long-term meditators: A Comparative cross-sectional study. *Proceedings of the 8th biennial conference of the South Asian Association of Physiologists*, 2022. Page 130.
47. EMNK Ekanayake, WRL Withana, **SDI Nanayakkara**. Normative data for cardiac autonomic function tests in a sample of Sri Lankan Adults. *Proceedings of the 8th biennial conference of the South Asian Association of Physiologists*, 2022. Page 168.

46. Malwanage K., Liyanage E., Weerasinghe V. Antonypillai C. & **Nanayakkara, I.** (2022). Proprioception deficits in patients with diabetic polyneuropathy. *Proceedings of the 8th biennial conference of the South Asian Association of Physiologists*. 2022. Page 118.
45. Ekanayake EMNK, Withana WRL, Anthonypillai C, Ralapanawa DMPUK, **Nanayakkara SDI**. Heart rate variability in type 2 diabetics and hypertensives compared to healthy volunteers. Abstracts of the 2022 *European Federation of Autonomic Societies (EFAS) Congress. Clinical Autonomic Research*. **32**, 381–390 (2022).  
<https://doi.org/10.1007/s10286-022-00899-6>
44. Chathurika SN, Rathnayaka C, **Nanayakkara D.I**, Thenakoon T.M.S.U.B, Physical activity level among primiparous pregnant mothers during third trimester. *Proceedings of the 8th biennial conference of the South Asian Association of Physiologists* (2022), Page 131.
43. Ekanayake EMNK , Withana WRL, **Nanayakkara SDI**. Sympathetic response to isometric Handgrip test: Age and gender related variation in a normal population. *Proceedings of PeMSARC 2022*, 76.
42. Chathurika SN, Rathnayaka C, **Nanayakkara DI**, Thenakoon TMSUB, Relationship between physical activity & low back pain during pregnancy, International South Asia-Pacific Research Conference in Obstetrics & Gynecology, Sri Lanka college of Obstetrics & Gynecologists, 2022
41. Chathurika SN, Rathnayake RMCJ, **Nanayakkara SDI**, Thennakoon TMSUB. Low back pain disability during pregnancy among mothers who attend the ante-natal clinic in a tertiary care hospital, Sri Lanka. *Proceedings of the International Research Conference in Health Sciences 2022-FAHS, USJ* (2022). 92.
40. Abeyagunawardena IA, Atapattu AMJ, Manathunga SS, Lenadora SD, Gunawardena DLV, Weerahandi MP, Hemachandra EPGKG, **Nanayakkara SDI**. A study of heart rate variability in sportsmen engaged in different forms of sports in Sri Lanka. *Proceeding of the 44<sup>th</sup> Annual Academic Sessions of the Kandy Society of Medicine* (2022), 184.
39. Minindu P, Madushanka ADS, Mahenthiran T, Maleeha MAF, Malwatta MAGM, Mirihagalla MKKNS, Miyurangi APN, Munasinghe PMIL, Muramudalige DC, Tamang KC, Arachchi SPU, **Nanayakkara SDI**, Nanayakkara PSK. Assessment of prevalence and risk factors of eye strain and headache among medical students in University of Peradeniya who are engaged in online learning during Covid-19 pandemic. *Proceeding of the 44<sup>th</sup> Annual Academic Sessions of the Kandy Society of Medicine* (2022), 205.
38. Kavinda Malwanage, **Indumathie Nanayakkara** , Esther Liyanage, Vajira Weerasinghe, Charles Antonypillai Translation & reliability of the Tamil version of the short-form health survey (SF36) as a self-reported measure of health-related quality of life. *Proceedings of the 33<sup>rd</sup> Annual Sessions of the Physiological Society of Sri Lanka*, 2021. p 39.
37. Piumi Nakandala, Saman Nanayakkara, **Indumathie Nanayakkara**. Comparative study to evaluate the effectiveness of attention distraction method on the perception of pain during myofascial trigger point release technique in a Sinhala speaking community. *Proceedings of the 9<sup>th</sup> Annual Academic Sessions of the Faculty of Pain Medicine, of the COAISL*. October 2021. p 48

36. Piumi Nakandala, Saman Nanayakkara, **Indumathie Nanayakkara**. The influence of positive verbal suggestions on the perception of pain during myofascial trigger point release technique in a Sinhala speaking community. *Proceedings of the 9<sup>th</sup> Annual Academic Sessions of the Faculty of Pain Medicine, of the COAISL*. October 2021. p 51.
35. R. K. Dissanayake, **S. D. I. Nanayakkara**. Biomarkers of renal function in paddy farmers in an area with chronic kidney disease of unknown etiology. In *Proceedings of Laboratory Medicine Congress & Exhibition 2021 and the 62nd Annual meeting for the Korean Society of Laboratory Medicine*.
34. Weerahandi M P, Weerasekara W M Y K, Weerakoon W M H M, Wanasinghe W M D C, Thilakarathne M G N I, Weeraprameshwara H K, Vithanage T P K, Wanigasingha S C, **Nanayakkara S. D. I.** and Dissanayake J K. Awareness, Knowledge and Attitudes regarding Sexually Transmitted Infections among Undergraduate Students from Non-Biology Streams of The University of Peradeniya who follow The Course in English Medium. *Proceeding of the 43<sup>rd</sup> Annual Academic Sessions of the Kandy Society of Medicine (2021)*, 23.
33. S. Mayooraan, A.A.J. Rajaratne , H.M.S.R.B. Kotakadeniya, Asela J.B. Rathnayaka, **S.D.I. Nanayakkara**. Rehabilitation of acute hamstring strain injuries in runners: A comparison of two rehabilitation programmes (2020). *Abstract accepted but conference postponed to December 2021 due to COVID 19 pandemic*.
32. W.M.K. Perera, **S.D.I. Nanayakkara**, A.S. Ariyasinghe, S.A.T.K. Subasinghe, A.P. Kariyawasam. Comparison of heart rate variability (HRV) between professional hockey players and untrained healthy controls. *Proceedings of the Annual Academic Sessions of the Galle Medical Association 2019*. Volume 25(1), p 16.
31. W.M.K. Perera, A.S. Ariyasinghe, **S.D.I. Nanayakkara**, A.P. Kariyawasam. Association of muscle strength with flexibility in school rugby players in Sri Lanka: A preliminary study. *Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka*, 2019. p 30.
30. T.D.P. Nandadeva, **S.D.I. Nanayakkara**, D.M. Dissanayake, U.P.G.N.D. Karunaratne, M.K.W. Perera, L.S.P. Abeygoonaratne, M.H. Dharmawardane. Red Cell Profile and Iron Status of Sri Lankan ARMY Endurance Athletes. *Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka*, 2018. p 38.
29. S. Nanayakkara, S. Rathnayake, R. Pallegama, Y. Athukorala, P. Wijekoon, **I. Nanayakkara**, K. Kapugama. A study to assess post-operative pain relief using FLACC scale among infants and toddlers undergoing Cheiloplasty and Palatoplasty in a low resource setting. 17<sup>th</sup> world congress on PAIN. *Presented at the 17<sup>th</sup> World Congress in Pain* (E publication available online), 2018
28. **S.D.I. Nanayakkara**, R.K. Dissanayake. Hydration status in farmers living in a community with high prevalence of Chronic Kidney Disease of unknown aetiology (CKDu). *Proceeding of the Peradeniya University international Research Sessions, Sri Lanka*, 2017; Vol 21, p 178.
27. W. S. P. Y. U. S. Yapa, L. D. Wijerathne, H. M. S. Wijerathne, J. M. Wijerathne, W. E. W. M. G. W. D. N. Wijerathne, D. P. D. N. P. Wijesooriya, W. S. P. Wimalarathne, M. H. Yathramulla, Z. M. F. Z. Zeinab, M. G. R. G. Muruththettuwa, N. T. Weerasinghe\*, B. L. Goonapienuwala, **S. D. I. Nanayakkara**. Body image dissatisfaction among a group of medical undergraduates in Sri Lanka. *Proceeding of the Peradeniya University international Research Sessions, Sri Lanka*, 2017; Vol 21, p 187.



26. T.D.P. Nandadeva, **S.D.I. Nanayakkara**, A.M.S.D.M. Dissanayake. A study of blood lactate measurements and VO<sub>2</sub>max among male and female long distance athletes. *Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka*, 2017. p 43
25. N. L. Dinaratne, A. Rajaratnam, W.A.I. Pushpamali, C.K.M. Rajapaksha, E.P.G.K.G. Hemachandra, T.D.P. Nandadeva, A.Kariyawasam, **S.D.I.Nanayakkara**. Cardiovascular autonomic functions: A comparison between trained athletes and sedentary controls. *Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka*, 2017. p 44.
24. W. E. W. M. G. W. D. N. Wijerathne, W. S. P. Y. U. S. Yapa, L. D. Wijerathne, H. M. S. Wijerathne, J. M. Wijerathne, D. P. D. N. P. Wijesooriya, W. S. P. Wimalarathne, M. H. Yathramulla, Z. M. F. Z. Zeinab, N. T. Weerasinghe, **S. D. I. Nanayakkara**. Level of physical activity and anthropometric measurements among university undergraduates. *Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka*, 2017. p 53.
23. Nandadeva TDP, Dissanayake AMSDM, **Nanayakkara S.D.I.**, Silva WAIC, Rajaratne AAJ. Effect of micronutrient supplementation during altitude training on haematological and performance parameters of endurance athletes (2016) *Proceedings of the Peradeniya University International Research Sessions, Sri Lanka, Vol. 20*, p 172.
22. Mudiyanse RM, Edussuriya D, Jayawardhana R, Liyanapathirana V, **Nanayakkara S.D.I.** Developing a tool for evaluation of student's engagement in learning activities (2016). *Proceedings of the Peradeniya University International Research Sessions, Sri Lanka, Vol.20*, p 40.
21. Mudiyanse RM, Edussuriya D, Liyanapathirana V, **Nanayakkara S.D.I.**, Jayawardana R. Effect of student-engagement on acquisition of knowledge from an interactive lecture (2016). *Proceedings of the Peradeniya University International Research Sessions, Sri Lanka, Vol.20*, p 41.
20. S. Mayooraan, **S.D.I. Nanayakkara**, H.M.S.R.B. Kotakadeniya, A.A.J. Rajaratne (2016). Prevalence of musculoskeletal injuries related to running and predisposing factors leading to injuries: A study among short distance runners in Sri Lanka. *Proceedings of the 38<sup>th</sup> Annual academic sessions of Kandy Society of Medicine*. p 49.
19. H.M.A.H. Abayasinghe, A.M.W.B.M.T.M. Ekneligoda, Y.M. Gunasekara, H.M.D.R.B. Hindagoda, H.D.H. Nambige, B.A.M. Premadasa, C.G. Senevirathne, K.A.D. Thilaksha, **S.D.I. Nanayakkara**, P.S.K. Nanayakkara. Optimum cuff inflation volumes of endotracheal tube for different tube sizes in Sri Lankan adults (2015). *Proceedings of the Peradeniya University International Research Sessions, Sri Lanka, Vol.19*, p 203.
18. B.M.C.R. Wimalasiri, A.M.S.D.M. Dissanayake, **S.D.I. Nanayakkara**, K.B. Jayasekera, P.W.K.K. Amunugama, R.M.I.U. Ratnayake, D.M.T.S. Dissanayake (2013). Provision of Natural spring water and renal tubular functions of farmers in Padaviya area. *Proceedings of the 35<sup>th</sup> Annual academic sessions of Kandy Society of Medicine*. p 67.
17. B.M.C.R. Wimalasiri, A.M.S.D.M. Dissanayake, **S.D.I. Nanayakkara**, K.B. Jayasekera, P.W.K.K. Amunugama, R.M.I.U. Ratnayake, D.M.T.S. Dissanayake (2013). Assessment of hydration status and renal function of farmers in the North Central Province. *Proceedings of the 35<sup>th</sup> Annual academic sessions of Kandy Society of Medicine*. p 65.
16. B.M.C.R. Wimalasiri, **S.D.I. Nanayakkara**, A.M.S.D. Dissanayake, K.B. Jayasekera, R.M.I.U. Ratnayake (2012). The effect of dehydration on renal tubular function in

- farmers from an area with high prevalence of chronic renal disease. *Proceedings of the 3<sup>rd</sup> Conference of the South Asian Association of Physiologists*. p 86.
15. Mohamed RS, Bandaranayake CA, Karunarathna PMNK, Fazla MYF, Navarathna KCKK, Premarathne UDMP, Rathnayake DWS, Sasanka PLL, Thudugala TMSA and **Nanayakkara S.D.I.** (2011). Glomerular filtration rate in post renal transplant patients at the teaching hospital Kandy. *Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka* p 15.
  14. **S.D.I. Nanayakkara**, A.M. Insiraj, N.S. Jayakody, H.D.C. Jayamalie, J.M.S.M. Jayapathma, J.M.S.W. Jayasundara, V.K.B. Jayanetti, J.M.M.S. Jayasinghe, M.D.G.V. Jayasinghe, G.A.M.C.K. Jayathilake (2009). Comparison between visual and auditory short-term memory in a selected sample of university medical students. *Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka*. p 19
  13. **Nanayakkara S.D.I.**, Bakker AJ, Maloney SK (2009). Contractile physiology of isolated tunica dartos muscle in response to electrical thermal and pharmacological stimulation. *Proceeding of the 3<sup>rd</sup> International Symposium on Physiology and Pharmacology of Temperature Regulation*. p 130.
  12. D. Nandadeva, B.K. Dassanayake, K.C. Ratnatunga, K.I. Karunaratne, **S.D.I. Nanayakkara**, A.A.J. Rajaratne. The effect of occupational exposure to paddy husk dust on the respiratory health of paddy mill workers in Sri Lanka. *Proceedings of the Annual Academic Sessions of the Kandy Society of Medicine* (2008). P 36.
  11. **Nanayakkara S.D.I.**, Maloney SK, Bakker AJ (2008). The response of isolated tunica dartos muscle acute and prolonged cold stimulation and noradrenaline. *Proceedings of the Australian Physiological Society*. 39: p 98.
  10. **Nanayakkara S.D.I.**, Maloney SK, Bakker AJ (2008). The response of isolated tunica dartos muscle acute and prolonged cold stimulation and noradrenaline. *Proceedings of the 18<sup>th</sup> Annual Combined Biological Sciences Meeting*, p 47.
  9. B.K. Dassanayake, K.C. Ratnatunga, K.I. Karunaratne, D. Nandadeva, **S.D.I. Nanayakkara** and A.A.J. Rajaratne. The Effect of Occupational Exposure to Paddy Husk Dust on the Respiratory Health of Paddy Mill Workers in Sri Lanka, *Proceedings of PURSE 2007*. 41(4):p 146
  8. **S.D.I. Nanayakkara**, T.N.C. Athureliya, V.S. Weerasinghe, H. Abeykoon, R. Rajapakse. A comparison between measured and calculated creatinine clearance in a selected healthy adult population in Sri Lanka. *Proceedings of 28<sup>nd</sup> Annual Academic Sessions of the Kandy Society of Medicine* 2006, p 67.
  7. K.G.A.D. Weerakoon, W.N.L. Weerasinghe, H.T. Welagedara, C.D. Wickramasinghe, P.B. Wijayasinghe, P.V.H.D.K. Wijayatilake, P.K.I. Wijegunawardana, W.M.D.A.B. Wijekoon, **S.D.I. Nanayakkara**. Effect of acute exposure to Mosquito coil smoke on respiratory function in young adults. *Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka* 2005, p 13.
  6. N.H. Kumarasinghe, A.I. Kodituwakku, P.N. Kalpage, N.A.A. Karunathilake, B.A.I.S. Kumara, S.J.S. Kumara, W.A.W.R. Kumara, K.W.M.P.P. Kumarihamy, W.A.R. Madurika, **S.D.I. Nanayakkara**. Thresholds of Two-point Discrimination in the Upper Limb of Young Adults. *Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka*, 2004, (abstract) p. 6

5. **S.D.I. Nanayakkara**, S. Mendis, V.S. Weerasinghe. Slurring and Notching of QRS Complexes: Is it a useful Criterion for detection of Cardiac ischaemia, *Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka*, 2003, (abstract) p. 3
4. U. Illangasekera, **S.D.I. Nanayakkara**, S. Badureliya. Screening for Asymptomatic Coronary Artery Disease in High Risk Diabetic Patients', *Proceedings of 24<sup>th</sup> Annual Academic Sessions of the Kandy Society of Medicine* 2002, (abstract) p. 40
3. **S.D.I. Nanayakkara**, S. Mendis, P. Balasuriya, V.S. Weerasinghe. Cardiac Stress Testing in Diabetics and Hypertensives with Atypical Chest Pain', *Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka* 2000 (abstract) p. 3
2. **S.D.I. Nanayakkara**, V.S. Weerasinghe. Cold Pressor Response as an Autonomic function test in normal individuals', *Proceedings of 22<sup>nd</sup> Annual Academic Sessions of the Kandy Society of Medicine* 2000, (abstract) p. 27
1. **S.D.I. Nanayakkara**, S. Mendis, P. Balasuriya, V.S. Weerasinghe. Validation of the Rose Questionnaire for the Diagnosis of Ischaemic Heart Disease in Sri Lankans. *Annual Research Sessions of University of Peradeniya* 2000 (abstract) p. 22

## **OTHER UNIVERSITY & PROFESSIONAL ACTIVITIES**

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### **Presidential Addresses / Guest lectures / Plenary lectures and Symposium talks:**

1. Guest lecturer at the Annual Academic sessions of Kandy Society of Medicine 2011. **'Basic Physiology of ECG'**.
2. Guest lecturer at the Annual Sessions of the Physiological Society of Sri Lanka 2011. **'Calcium sensitivity in smooth muscle contraction: the story in tunica dartos'**.
3. Symposium speaker at the 3<sup>rd</sup> Conference of South Asian Association for Physiologists (SAAP) 2012. **'The effect of oxidative stress and Antioxidants on sperm function'**.
4. Plenary lecture in the Annual Scientific Sessions of the Physiological Society of Sri Lanka 2016. **'Physiology and Clinical Applications of Autonomic Function Testing'**.
5. Presidential address of the Physiological Society of Sri Lanka at the Annual academic Sessions of the PSSSL in 2019 November. **'A tribute to Professor Carlo Fonseka'**
6. Invited lecturer for the KSM January 2020 **'Cardiovascular autonomic function testing: why do it and when to do it'**
7. One of the 7 speakers at the **Online Clinical Cardiovascular Autonomic Function Assessment Workshop** organized by the Physiological Society of Sri Lanka in April 2021.
8. CME lecture for the Kandy Society of Medicine, May 2021 **'Clinical Autonomic Function Testing'**

### **Other contributions to the faculty:**

1. Member of Curriculum Coordinating Committee - 'Beyond 2004' Program of the Faculty of Medicine – 2004, 2005, 2006.
2. Served in Curriculum development groups of the Faculty of Medicine since 2003 up to the present
3. Module Coordinator of the Nervous Control and Behaviour Module – 2005, 2006
4. Senior Student Counselor, Faculty of Medicine, Peradeniya – 2000, 2004, 2015
5. Executive Committee member of Peradeniya Faculty of Medicine Teachers Association for the years 1999, 2000.
6. Treasurer of Peradeniya Faculty of Medicine Teachers Association for the years 2004, 2005.
7. Vice President of the Peradeniya Faculty of Medicine Teachers Association for the years 2006
8. Member and Secretary of the Committee on Student matters of the Faculty in 2000.
9. Coordinator appointed by the UNFPA with the UGC, for the Reproductive Health Education Programme for the New Entrants of the Faculty of Medicine- 2005.
10. President, Physiological Society of Sri Lanka (PSSL) – Year 2019
11. Secretary, Physiological Society of Sri Lanka (PSSL) – Year 2005
12. Executive committee member of the Physiological Society of Sri Lanka (PSSL) – Year 2006, 2011, 2016, 2017
13. Editor, PSSL 2015/2016
14. Congress Secretary of International Medical Congress organized by PeMSAA – 2013 - 2014.
15. Chairperson, Student Affairs Committee since January 2015 – to 2017
16. Congress Co-chairpersons of the 8<sup>th</sup> Biennial Conference of the South Asian Association of Physiologists.

## **PARTICIPATION IN EDUCATION/TRAINING EVENTS**

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- Participated in the Pre-congress workshop on Applied Statistics in Medical Research Workshop organized by the Physiological Society of Sri Lanka on 30<sup>th</sup> October 2018
- Participated in the ICNMD 2018 and EFAS 2018 joint sessions and workshop on Bedside Autonomic Testing in Vienna, Austria on 6<sup>th</sup> to 10<sup>th</sup> June 2018
- Participated in the TIPS workshop 2015, held at the All India Institute of Medical Sciences, New Delhi
- Workshop on Teaching Methodology, Conducted by the Medical Education Unit of the Faculty of Medicine, University of Peradeniya - 2000, 2004
- Pre-Congress Workshop on Prevention of Ischaemic Heart Diseases in Patients with Type-II Diabetes Mellitus organized by the Kandy Society of Medicine - 2004
- Regional Workshop on Teaching Physiology, organized by the Physiological Society of Sri Lanka and the Federation of Asian and Oceanian Physiological Societies and the World Health Organization - 2003.
- Workshop on Scientific writing held at the Faculty of Medicine, University of Peradeniya - 2003.
- Workshop on Teaching Methodology, Conducted by the Medical Education Unit, Faculty of Medicine, University of Peradeniya - 1999.

- Workshop on Secondary Prevention of Ischaemic Heart Disease conducted by the Peradeniya Medical School Alumni Association - 1998.

## **REFEREES**

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1. **Prof. Anthony John Bakker (BSc, PhD)**  
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