

PROF. SURIYARATCHIGE DEEPIKA INDUMATHIE NANAYAKKARA

MBBS, MPhil, PhD Professor in Physiology

Official Address: Department of Physiology, Faculty of Medicine, University of Peradeniya, Sri Lanka
Permanent Address: No 25/7, Keerthi Sri Rajasinghe Mawatha, Kandy, Sri Lanka
Phone: +94-71-3039915 (Mobile) | +94-81-2226653 (Home) **Email:**
indu.nanayakkara@med.pdn.ac.lk | induphysiology@yahoo.com

EDUCATION

- **Doctor of Philosophy (PhD)** | 2011
 - University of Western Australia, Australia
 - *Thesis:* The physiological mechanisms of scrotal temperature regulation and the effects of its dysregulation on endocrine function of the testes.
 - **Master of Philosophy (MPhil) in Physiology** | 2002
 - University of Peradeniya, Sri Lanka
 - *Thesis:* Validation of the Rose Questionnaire and the Resting ECG against Exercise ECG for Screening of Coronary Heart Disease.
 - **Bachelor of Medicine, Bachelor of Surgery (MBBS)** | 1995
 - Faculty of Medicine, University of Peradeniya, Sri Lanka.
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ACADEMIC & PROFESSIONAL POSITIONS

- **Professor in Physiology** | 2021 – Present
 - Faculty of Medicine, University of Peradeniya, Sri Lanka.
 - **Senior Lecturer (Grade I)** | 2013 – 2021
 - Faculty of Medicine, University of Peradeniya.
 - **Senior Lecturer (Grade II)** | 2003 – 2013
 - Faculty of Medicine, University of Peradeniya.
 - **Probationary Lecturer** | 1998 – 2002
 - Faculty of Medicine, University of Peradeniya.
 - **Medical Officer (Neurosurgical ICU)** | 1997
 - Teaching Hospital, Kandy.
 - **Intern Medical Officer** | 1996 – 1997
 - De Soysa Maternity Hospital & Lady Ridgeway Hospital, Colombo.
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HONORS & AWARDS

- **Endeavour Postgraduate Award** | Australian Government (2007)
 - **Australian Leadership Award** | Australian Government (2007)
 - **Dr. C.E.S. Weeratunga Gold Medal** | Best performance at 2nd MBBS Exam (1991)
 - **The Chalmers Gold Medal for Anatomy** | (1991)
 - **Emily Wickramanayake Scholarship for Biochemistry** | (1991)
 - **University Scholarship** | Best overall performance at 2nd MBBS Exam (1991)
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RESEARCH INTERESTS & IMPACT

1. Cardiovascular and Autonomic Functions Established a fully equipped cardiovascular autonomic function testing laboratory at the University of Peradeniya. Current research focuses on heart rate variability (HRV) and clinical autonomic testing.

2. Thermal Physiology Specialization in the effects of temperature on smooth muscle contraction and male reproductive function, as well as the impact of thermal stress on renal function (CKDu).

3. Sports Nutrition, Hydration, and Musculoskeletal Injury Focusing on iron deficiency in athletes, water balance, and the rehabilitation of sports-related injuries.

4. Pain and Anaesthesia Physiology Investigating pain perception, analgesia efficiency, and physiological responses to intubation and spinal anaesthesia.

TEACHING & MENTORSHIP

- **Postgraduate Supervision:** Currently supervising 1 PhD candidate; already completed 4 MPhils and 1 PhDs to date.
 - **Curriculum Development:** Module Coordinator for undergraduate physiology; developed extensive digital teaching aids and practical video tutorials.
 - **Student Welfare:** Former Chairperson of the Students Affairs Committee (2015–2017) and Senior Student Counselor for over 10 years.
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ADMINISTRATIVE LEADERSHIP & PROFESSIONAL SERVICE

- **Head of Department**, Department of Physiology (2014–2015, 2015–2016).
- **Coordinator**, Examinations Unit, Faculty of Medicine (2022–Present).
- **President**, Physiological Society of Sri Lanka (2019).
- **President**, PeMSAA (2025-2026)

- **Conference Co-chair**, 8th Biennial Conference of South Asian Association of Physiologists (SAAP) (2022).
 - **Treasurer**, Sri Lanka Association for the Study of Pain (2018–2019).
 - **Council Member**, Kandy Society of Medicine (Multiple terms).
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PUBLICATIONS AND PRESENTATIONS

Journal articles:

19. Indrajith Liyanage, Esther Liyanage, Kavindi Gunawardhana, **Suriyaratchige Deepika Indumathie Nanayakkara**. Epidemiology of falls and fall prevention among older adults in Sri Lanka: a scoping review. *Physiotherapy Quarterly* (ISSN 2544-4395) 2025, 33(4), 1–8. doi: <https://doi.org/10.5114/pq/195205>
18. Jayawardena R, Thevapalan A, **Nanayakkara I**, Madhujith T, Hills AP, Kalupahana NS. Development and validation of evidence-based, culturally specific nutrition guidelines for Sri Lankan athletes. *Journal of Nutrition and Food Sciences*. March 2025. March 2025, 4 (1); 1-11. DOI: 10.4038/jnfs.v4i1.20
17. Jayawardena R, Weerasinghe K, **Nanayakkara I**, Madhujith T, Hills AP, Kalupahana NS. Improvement of sports nutrition knowledge by dual methods of education programs in track and field athletes: a randomized controlled trial. *Journal of the International Society of Sports Nutrition* 2025 Dec;22(1):2519517
doi.org/10.1080/15502783.2025.2519517
16. Ranil Jayawardena, Kalani Weerasinghe, **Indu Nanayakkara**, Terrence Madhujith, Andrew P Hills, Nishan Sudheera Kalupahana. Culturally appropriate, evidence-based, personalized dietary advice to improve the nutritional status of track and field athletes: a randomized controlled trial. Research Square, 2025. doi.org/10.21203/rs.3.rs-6571056/v1
15. Ranil Jayawardena, Kalani Weerasinghe, **Indu Nanayakkara**, Terrence Madhujith, Andrew P. Hills, Nishan Sudheera Kalupahana. The effects of a nutritional intervention on the sports nutrition knowledge and nutritional status of track and field athletes: protocol for a randomized controlled trial. BMC Trials, 2025, 26, 61. DOI: [10.1186/s13063-024-08683-9](https://doi.org/10.1186/s13063-024-08683-9)
14. Chathurika SN, Rathnayake C, **Nanayakkara DI**, Thennakoon SUB, Rathnayake A. Perceptions, attitudes and beliefs on antenatal exercises among primiparous pregnant women: a qualitative study in Sri Lanka. BMJ Open 2024;14:e086105.
[doi:10.1136/bmjopen-2024-086105](https://doi.org/10.1136/bmjopen-2024-086105)
13. Malwanage KT, Liyanage E, Weerasinghe V, Antonypillai C, **Nanayakkara I** A novel proprioceptive rehabilitation program: A pilot randomized controlled trail as an approach to address proprioceptive deficits in patients with diabetic polyneuropathy. PLOS ONE 19(7): 2024, e0305055. DOI: <https://doi.org/10.1371/journal.pone.0305055>
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. Mayooran, **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:

69. Silva S.K.T.N. *, Wijeratne G.K.K., Keragala K.A.S.U., Gamage P.K.H.R.A., Nanayakkara S.D.I., Nandadeva D. Influence of Family History of Hypertension and Sex Differences on Heart Rate Variability. Proceedings of the EFAS congress. 2025. September
68. G.K.K. Wijerathna, S.K.T.N. Silva , K.A.S.U. Keragala, P.K.H.R.A. Gamage, **S.D.I. Nanayakkara**, D. Nandadeva. Testing position, but not age, impacts the heart rate response to valsalva manoeuvre. *Proceedings of Peradeniya University International Research Symposium and Exposition 2025*, Sri Lanka, Vol. 26, 28-29 Aug. 2025.
67. P. Nakandala, **I. Nanayakkara**, S. Wadugodapitiya, J. Udupihille, I. Gawarammana. Randomized controlled study to compare the effectiveness of muscle energy technique versus short wave diathermy along with the Maitland Mobilization technique in the treatment of adhesive Capsulitis. *Proceedings of Peradeniya University International Research Symposium and Exposition 2025*, Sri Lanka, Vol. 26, 28-29 Aug. 2025.
66. K Malwanage, E Liyanage, V Weerasinghe, C Antonypillai, **I Nanayakkara**. Effectiveness of proprioceptive rehabilitation on postural stability of patients with diabetic polyneuropathy. *Annual Scientific Sessions of the Physiological Society of Sri Lanka, 2024*: Pp 33.
65. DGS Sewmini, NDPB Silva, MHR Mazeeya, VKCJ Kariyakarawana, X Joycaleb, D Nandadeva, **SDI Nanayakkara**. Influence of family history of hypertension on pressor response to sympathetic stimulation in normotensive healthy young adults. *Annual Scientific Sessions of the Physiological Society of Sri Lanka, 2024*: Pp 41.
64. KNY Karunanayake, EMPS Ekanayake, VP Gohagodagedara, ASK Karunarathna, S Samarasinghe, **I Nanayakkara**, D Nandadeva. Assessment of heart rate and heart rate variability responses to stress among medical students. *Annual Scientific Sessions of the Physiological Society of Sri Lanka, 2024*: Pp 38.
63. Chathurika, SN, Rathnayake, RMCJ, **Nanayakkara, SDI**, Thennakoon, SUB. Physical activity during first trimester among primigravida mothers. *Proceedings of the Annual Academic Sessions of the SLCOG*. (2024)
62. Shanika Ranasinghe, Punsara Liyadipita, Vasanthi Pinto, Anura Abeysundara, Ashani Ratnayake, Senani Samarasinghe, Tharanga Wijethilake, **SDI Nanayakkara**, Saman Nanayakkara. Comparison of pain perception between dominant hand and non-dominant hand of patients during intravenous cannulation, who are awaiting anaesthesia. 2023. *11th Annual Academic Sessions of the Faculty of Pain Medicine*. Pp 39.
61. Sachini Weddagala, Punsara Liyadipita, Vasanthi Pinto, Anura Abeysundara, Ashani Ratnayake, Senani Samarasinghe, Tharanga Wijethilake, **SDI Nanayakkara**, Saman Nanayakkara. Effect of affective reassurance on reducing pain related to venous cannulation, a randomized controlled trial. 2023. *11th Annual Academic Sessions of the Faculty of Pain Medicine*. Pp 38.
60. Lalantha Kavisekara, Samadhi Madugalle, Punsara Liyadipita, Vasanthi Pinto, Anura Abeysundara, Ashani Ratnayake, Senani Samarasinghe, Tharanga Wijethilake, **SDI Nanayakkara**, Saman Nanayakkara. Assessment of prevalence of pain and the change in the severity of pain during procedures in the ICU of teaching hospital Peradeniya using

- the CPOT scale. 2023. *11th Annual Academic Sessions of the Faculty of Pain Medicine*. Pp 37.
59. Shanika Ranasinghe, Punsara Liyadipita, Vasanthi Pinto, Anura Abeysundara, Ashani Ratnayake, Senani Samarasinghe, Tharanga Wijethilake, **SDI Nanayakkara**, Saman Nanayakkara. Comparison of pain perception between dominant hand and non-dominant hand of patients during intravenous cannulation, in patients who are awaiting anaesthesia. 2023. *11th Annual Academic Sessions of the Faculty of Pain Medicine*. Pp 36.
 58. Gayan Wijekoon, Punsara Liyadipita, Piumi Nakandala, **SDI Nanayakkara**, Saman Nanayakkara. Prevalence of chronic pain among elders residing in elders' homes in Kandy district, Sri Lanka. 2023. *11th Annual Academic Sessions of the Faculty of Pain Medicine*. Pp 35.
 57. GPJ Kumara, SHMRKR Samaradiwakara, D Nandadeva, **SDI Nanayakkara** (2023) Assessment of cardiac autonomic functions in newly diagnosed patients with hypertension. *Proceedings of the Annual Scientific Sessions of the Physiological Society of Sri Lanka*. Pp 44.
 56. SHMRKR Samaradiwakara, GPJ Kumara, **SDI Nanayakkara**, D Nandadeva (2023) Impact of body position on the heart rate response to Valsalva manoeuvre *Proceedings of the Annual Scientific Sessions of the Physiological Society of Sri Lanka*. Pp 45.
 55. Malwanage KT, Liyanage E, Weerasinghe V, Antonypillai C and **Nanayakkara I** (2023) Effectiveness of a novel proprioceptive rehabilitation program on proprioceptive deficits in patients with diabetic polyneuropathy. *International Diabetes Federation Virtual Congress 2023*, IDF23-0182.
 54. Ekanayake E.M.N.K, Dunuwila K.B.S, Dharmakeerthi W.D, Dilshan B.C, Fernando R.S.R, Gallage R.D, Dissanayake W.G.D.M.J.C, Dissanayake D.M.B.D, Farween M.A.M, Dharmasena G.T.R, Fernando L.R.U, **Nanayakkara S.D.I**. Heart rate variability and cardiac autonomic functions in patients with type 2 diabetes compared to healthy volunteers. *Peradeniya Medical School Annual Research Conference (PeMSARC) 2023*.
 53. **S.D.I. Nanayakkara**, E.M.N.K Ekanayake, K.B.S Dunuwila, W.D Dharmakeerthi, B.C Dilshan, R.S.R Fernando, R.D Gallage, W.G.D.M.J.C Dissanayake, D.M.B.D Dissanayake, M.A.M Farween, G.T.R Dharmasena, L.R.U Fernando. Cardiac autonomic functions in diabetes mellitus: A case control study. *136th Anniversary International Medical Congress of the Sri Lanka Medical Association - 2023*
 52. **Nanayakkara S.D.I**, Ekanayake E.M.N.K, Dunuwila K.B.S, Dharmakeerthi W.D, Dilshan B.C, Fernando R.S.R, Gallage R.D, Dissanayake W.G.D.M.J.C, Dissanayake D.M.B.D, Farween M.A.M, Dharmasena G.T.R, Fernando L.R.U. Cardiovascular autonomic function in type II diabetes mellitus - A case control study. *European Federation of Autonomic Societies (EFAS) Congress. Clin Auton Res* (2023). <https://doi.org/10.1007/s10286-022-00899-6>
 51. 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.
 50. Nanayakkara P.S.K. , Gihan M.C., Nanayakkara S.D.I., Rathnayake R.M.T.I. Effectiveness of oral paracetamol as a pre-emptive analgesic in postoperative pain relief

- after total abdominal hysterectomy, myomectomy and laparotomy 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/sljam.v3li2.326>.
 48. Karunarathne LJU, **Nanayakkara I**, Amarasiri WADL, Waidyaratne 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**, Thenakoon 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 44th Annual Academic Sessions of the Kandy Society of Medicine* (2022), p 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 44th Annual Academic Sessions of the Kandy Society of Medicine* (2022), p 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 33rd 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 9th 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 9th 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 43rd Annual Academic Sessions of the Kandy Society of Medicine* (2021), 23.
 33. S. Mayooran, 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. 17th world congress on PAIN. *Presented at the 17th 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 VO₂max 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.
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CONTINUING PROFESSIONAL DEVELOPMENT

- **Autonomic Function Testing Training:** European Federation of Autonomic Societies (Vienna) & AIIMS (New Delhi).
 - **Radioisotope Handling:** University of Western Australia.
 - **Molecular Biology:** Postgraduate Institute of Agriculture, Peradeniya.
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