Curriculum Vitae - Dietitian in Sri Lanka Colombo

# Curriculum Vitae

## Personal Information

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## Professional Summary

A dedicated and experienced Dietitian with a focus on promoting health through nutrition in Sri Lanka Colombo. With over 7 years of hands-on experience in clinical settings, community nutrition programs, and public health initiatives, I specialize in creating personalized dietary plans tailored to the unique cultural and medical needs of individuals in Sri Lanka. My work as a Dietitian is deeply rooted in understanding the local dietary habits, traditional foods, and health challenges prevalent in Colombo. I am committed to advancing nutritional education and disease prevention within Sri Lankan communities.

## Education

* **BSc (Hons) in Food and Nutrition**
University of Peradeniya, Sri Lanka
Graduated: 2015
* **MSc in Public Health Nutrition**
University of Colombo, Sri Lanka
Graduated: 2018

## Professional Experience

### Clinical Dietitian

**Sri Jayewardenepura General Hospital, Colombo**
January 2019 – Present
- Providing nutritional assessments and personalized meal plans for patients with chronic diseases such as diabetes, hypertension, and cardiovascular conditions.
- Collaborating with medical teams to develop evidence-based dietary interventions for inpatients and outpatients in Sri Lanka Colombo.
- Conducting workshops on healthy eating habits for patients and their families, emphasizing locally available foods.
- Contributing to the development of hospital nutrition policies aligned with Sri Lankan health guidelines.

### Community Nutritionist

**Sri Lanka Red Cross Society, Colombo**
June 2017 – December 2018
- Organizing nutrition education programs for low-income communities in Colombo, focusing on combating malnutrition and dietary deficiencies.
- Partnering with local NGOs to distribute fortified food supplements and conduct health screenings.
- Designing culturally appropriate nutritional guidelines for Sri Lankan households, incorporating traditional foods like rice, lentils, and coconut-based dishes.

### Internship

**National Nutrition Agency, Sri Lanka**
January 2016 – May 2016
- Assisted in the implementation of the National School Feeding Program, ensuring nutritional standards for students in Colombo.
- Conducted surveys to assess dietary patterns and micronutrient deficiencies among schoolchildren.

## Certifications and Licenses

* **Registered Dietitian (Sri Lanka)**
Sri Lanka Dietetic Association, 2019
* **Certificate in Advanced Nutrition Therapy**
International Society of Sports Nutrition, 2020

## Skills

* Expertise in dietary assessment and meal planning tailored to Sri Lankan populations.
* Proficient in using nutritional software for data analysis and reporting.
* Cultural competence in understanding the dietary practices of Sri Lankan communities, including Ayurvedic principles of nutrition.
* Strong communication skills for educating patients and collaborating with healthcare professionals in Colombo.
* Ability to conduct community outreach programs and health campaigns focused on preventive nutrition.

## Languages

* Sinhala (Fluent)
* English (Fluent)
* Tamil (Basic)

## Professional Affiliations

* **Sri Lanka Dietetic Association** – Member since 2019.
* **Colombo Nutrition Society** – Active participant in local seminars and workshops.
* **International Confederation of Dietetic Associations (ICDA)** – Affiliate member since 2021.

## Projects and Research

### Nutritional Intervention for Diabetes in Colombo

*Project Duration:* 2020–2021
- Designed a community-based diabetes management program, focusing on dietary modifications using locally available ingredients.
- Published findings in the *Sri Lanka Journal of Nutrition*, highlighting the impact of culturally adapted diets on glycemic control.

### Public Health Campaign: "Healthy Eating for All"

*Project Duration:* 2018
- Collaborated with the Ministry of Health to launch a city-wide campaign in Colombo, promoting balanced diets and physical activity.
- Utilized social media and local radio to disseminate nutrition tips tailored to Sri Lankan lifestyles.

## References

Available upon request. References include medical professionals from Sri Jayewardenepura General Hospital and leaders from the Sri Lanka Red Cross Society.

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