

CURRICULUM VITAE
of
Weerasinghege Kalani Dineshani

BSc. (Hons) Physiotherapy,
Certificate course in Geographic Information Systems (GIS) for researchers,
IOC Diploma in Sports Physical Therapies (Reading),
SLMC Registered Physical Therapist (Reg. No: 1224),
DHA PROMETRIC Registered Physical Therapist (Pending);
DHA Unique ID: 63247781

Department of Allied Health Sciences,
Faculty of Medicine,
University of Colombo,
Sri Lanka.

Narrative Summary

Kalani Weerasinghe, B.Sc. (Hons) in Physiotherapy (University of Colombo), is a dedicated physiotherapist and researcher. She graduated from the Faculty of Medicine, University of Colombo, with First Class Honours and an academic record, becoming the first to achieve First Class Honours in all five streams of the B.Sc. (Honours) in Physiotherapy degree programme since 2016. She is an SLMC Registered Physiotherapist (Reg. No: 1224) and a DHA PROMETRIC Registered Physical Therapist (pending).

Kalani successfully completed a Certificate Course in Geographic Information Systems (GIS) for researchers in December 2024 and is currently pursuing an IOC Diploma in Sports Physical Therapies. Since 2022, she has been providing physiotherapy consultations as a Physiotherapist at the Active Clinic for Physiotherapy & Sports Medicine, Nugegoda, and the Geriatric Clinic, Faculty of Medicine, University of Colombo, Sri Lanka. Kalani also collaborates with the National Olympic Committee, offering physiotherapy services to Sri Lankan athletes in a variety of sports disciplines.

Research: Kalani received the award for Outstanding Research for conducting the best individual research project of the year and earned First Class Honours in the research stream of the B.Sc. (Honours) in Physiotherapy degree programme at the Faculty of Medicine, University of Colombo, Sri Lanka, in 2021. She subsequently published this work in two international peer-reviewed research publications. Additionally, she served as the lead research assistant, coordinating a 3-year PhD project (May 2022-October 2024) on *‘Investigating the effects of a 16-week evidence-based, culturally accepted, personalized sports nutrition intervention on the sports nutrition knowledge and nutritional status of elite athletes in Sri Lanka’* at the Faculty of Medicine, University of Colombo, Sri Lanka. Her impressive portfolio includes 10 full papers published in international peer-reviewed journals, with seven more full-text research papers under review in reputed Q1 journals. Currently, she has citations of nearly 30 at a relatively young age. She has also written two books and numerous abstracts and received three research awards. Kalani's research contributions include randomized controlled trials, systematic reviews and

meta-analyses, qualitative studies on physiotherapy and sports nutrition, and the development and validation of the Sri Lankan Sports Nutrition Knowledge Questionnaire (SLn-SNKQ), the first tool developed and validated to assess sports nutrition knowledge among Sri Lankan track and field athletes.

Honours: Kalani has earned several accolades, including recognition for outstanding team performance in randomized controlled trials, and scholarships for international research training. She has also received travel grants to attend the International Congress of Endocrinology 2024 in Dubai, UAE. Kalani's professional and academic journey reflects her dedication to advancing physiotherapy, sports medicine, and sports nutrition, with a particular focus on enhancing the performance of elite athletes.

Full Name: Weerasinghege Kalani Dineshani

Date of Birth: 15th August 1995

Gender: Female

Nationality: Sri Lankan



Fluent languages:

–Sinhalese ★★★★★ (Native/Fluent)

–English ★★★★★ (Fluent)

–Hindi ★★★☆☆ (Intermediate)

–Tamil ★★☆☆☆ (Basic)

–Malayalam ★☆☆☆☆ (Basic)

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Academic Qualifications

- **Higher Education at the Faculty of Medicine, University of Colombo: B.Sc. (Honours) in Physiotherapy with First Class Honours**

The medium of education has been English from primary education onwards.

- The Cumulative B.Sc. (Honours) Physiotherapy result – **First Class (Batch top)**
- Undergraduate Research Project (**First-Class Honours in the Research Stream, contributing 10% to the overall degree**): ‘Effectiveness of Face-to-Face Physiotherapy Training and Education for Women Undergoing Elective Caesarean Section’.

Output: Two peer-reviewed publications (see research profile below), an award for ‘Best Individual Research Project of the Year’ and First-Class Honours in the Research Stream.

- **IOC Diploma in Sports Physical Therapies 2023-2025:** Completed Part I
- **Certificate course in Geographic Information Systems (GIS) for researchers conducted by the Department of Geography, University of Colombo, Sri Lanka:** Completed on 22nd December 2024

Research Profile

- **Full papers published in international, peer-reviewed journals: 10**
 - In Q1 journals: 1
 - In Q2 journals: 5
 - In Q3 journals: 2
 - 1st author publications: 2
 - 2nd author publications and my role: 8; Involved in data collection, data analysis and drafting of the manuscripts
- **Full papers under review in international, peer-reviewed journals: 7**
 - In Q1 journals: 6
 - In Q2 journals: 1
 - 1st author papers under-review: 3
 - 2nd author papers under-review and my role: 4; *Involved in data collection, data analysis, and drafting of the manuscript.*
- **Abstract publications: 11**
- **Book publications: 2**
- **Research awards: 3**
- **H-index: 3**

- **Citations:** 35
- **Research profile links:**
<https://scholar.google.com/citations?hl=en&user=gpxtUdAAAAAJ>
<https://www.researchgate.net/profile/Kalani-Weerasinghe>
- **ORCID ID:** 0000-0002-9314-9714

- **Published full papers in international, peer-reviewed journals (in chronological order)**

1. **Weerasinghe K**, Rishard M, Brabaharan S, Mohamed A. Effectiveness of face-to-face physiotherapy training and education for women who are undergoing elective caesarean section: a randomized controlled trial. Archives of Physiotherapy; impact Factor: 2.02, Quartile Ranking: Q2. 2022 Feb 3;12(1):4. DOI: 10.1186/s40945-021-00128-9. (Undergraduate research publication 1)
2. Jayawardena R, **Weerasinghe K**, Sooriyaarachchi P, Hills AP. Effect of the beta-alanine supplementation in sports: an umbrella review of systematic reviews and meta-analyses. Medicina dello Sport; impact Factor: 0.6, Quartile Ranking: Q3. 2023;76(2):260-71. DOI: 10.23736/S0025-7826.23.04276-X.
3. **Weerasinghe K**, Rishard M, Brabaharan S, Walpita Y. Physiotherapy training and education prior to elective Caesarean section and its impact on post-natal quality of life: a secondary analysis of a randomized controlled trial. BMC Research Notes; impact Factor: 0.6, Quartile Ranking: Q3. 2023 Oct 13;16(1):270. DOI: 10.1186/s13104-023-06550-5. (Undergraduate research publication 2)
4. Jayawardena R, **Weerasinghe K**, Trakman G, Madhujith T, Hills AP, Kalupahana NS. Sports nutrition knowledge questionnaires developed for the athletic population: A systematic review. Current Nutrition Reports; impact Factor: 4.94, Quartile Ranking: Q1. 2023 Dec;12(4):767-77. DOI: 10.1007/s13668-023-00494-9.
5. Jayawardena R, **Weerasinghe K**, Madhujith T, Hills AP, Kalupahana N. Perceptions of the importance of sports nutrition knowledge and barriers in implementing them: a qualitative study among track and field stakeholders in Sri Lanka. BMC nutrition; impact Factor: 1.99, Quartile Ranking: Q3. 2024 Jan 23;10(1):17. DOI: 10.1186/s40795-023-00817-7.
6. Jayawardena R, **Weerasinghe K**, Gamage M, Hills AP. Enhancing physical function and activity level in malnourished older adults through oral nutrition supplements: a randomized controlled trial. BMC geriatrics; impact Factor: 3.4, Quartile Ranking: Q2. 2024 Jun 28;24(1):566. DOI: 10.1186/s12877-024-05164-1.
7. Jayawardena R, **Weerasinghe K**, Trakman G, Madhujith T, Hills A P, Kalupahana N S. Development of a sports nutrition knowledge questionnaire for elite track and field athletes. World Nutrition Journal; impact Factor: NA, Quartile Ranking: NA. 2024, August 30;8(i1): 104-128. DOI: 10.25220/WNJ.V08.i1.0013.

8. Jayawardena R, **Weerasinghe K**, Sooriyaarachchi P, Hills AP, The Effect of Ashwagandha (Withania somnifera) on Sports Performance: A Systematic Review and Meta-Analysis, accepted for publication in the Journal of Turkish Journal of Sports Medicine; impact Factor: 0.187, Quartile Ranking: NA on 30th September 2024.
9. Jayawardena, R., **Weerasinghe, K.**, Trakman, G. et al. Validation of a sports nutrition knowledge questionnaire for Sri Lankan track and field athletes. BMC Nutrition; impact Factor: 1.99, Quartile Ranking: Q3.; 10, 135 (2024). <https://doi.org/10.1186/s40795-024-00944-9>.
10. Jayawardena, R., **Weerasinghe, K.**, Nanayakkara, I. et al. 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. Trials 26, 61 (2025). <https://doi.org/10.1186/s13063-024-08683-9>; impact Factor: 0.6, Quartile Ranking: Q3.

- **Full Papers under peer-review**

1. Jayawardena R, **Weerasinghe K**, Kalupahana NS, Improvements in sports performance through personalized nutrition intervention for track and field athletes: A mixed method approach, Journal of the International Society of Sports Nutrition; impact Factor: 4.5, Quartile Ranking: Q1 (2024).
2. Jayawardena R, **Weerasinghe K**, 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; impact Factor: 4.5, Quartile Ranking: Q1. (2024).
3. Jayawardena R, **Weerasinghe K**, Nanayakkara I, Madhujith T, Hills AP, Kalupahana NS, Efficacy of a personalized nutrition intervention to improve the body composition of elite athletes in Sri Lanka, Nutrition and Metabolism; impact Factor: 3.9, Quartile Ranking: Q1 (2024).
4. Jayawardena R, **Weerasinghe K**, Hills AP, Kalupahana NS, Efficacy of a personalized nutrition intervention to improve the nutrition status of elite athletes in Sri Lanka, Nutrition and Dietetics; impact Factor: 2.16, Quartile Ranking: Q2. (2024).
5. **Weerasinghe K**, Jayawardena R, Hills AP; Effectiveness of active stretching during training for injury reduction and performance enhancement in athletes: A systematic review and meta-analysis, British Journal of Sports Medicine; impact Factor: 0.6, Quartile Ranking: Q3. (2024).

6. **Weerasinghe K**, Jayawardena R, Kalupahana NS, Unheard stories: insights from athletes and coaches on a 16-week personalized sports nutrition journey, *Nutrition and Metabolism*; impact Factor: 3.9, Quartile Ranking: Q1 (2024).
7. **Weerasinghe K**, Jayawardena R, Hills AP; Effectiveness of strength training program for injury prevention in team sports: A systematic review and meta-analysis, *Journal of Strength and Conditioning Research*; impact Factor: 2.77, Quartile Ranking: Q1. (2024).

- **Abstract publications**

1. Impact of a personalized hydration strategy on hydration status in track and field athletes: a randomized controlled trial presented at 37th Annual Scientific Sessions of the Physiological Society of Sri Lanka which will be held on the 23rd of November 2024
2. Effectiveness of face-to-face physiotherapy training and education for women undergoing elective caesarean section: A randomized controlled trial presented at the 21st International Congress of Endocrinology, in conjunction with the 14th Emirates Diabetes & Endocrine Congress in March 2024 in Dubai, UAE.
3. Physiotherapy training and education prior to elective Caesarean section and its impact on post-natal quality of life: a secondary analysis of a randomized controlled trial presented at the 21st International Congress of Endocrinology, in conjunction with the 14th Emirates Diabetes & Endocrine Congress in March 2024 in Dubai, UAE.
4. Sports Nutrition Knowledge Questionnaires Developed for the Athletic Population: a Systematic Review in CMC Congress 2023.
5. Perceptions of the importance of sports nutrition knowledge and barriers in implementing them: a qualitative study among track and field stakeholders in Sri Lanka, in CMC Congress 2023.
6. Development of a sports nutrition knowledge questionnaire for Sri Lankan athletes, in CMC Congress 2023.
7. Meal replacement as a weight loss strategy for night shift workers with obesity: a protocol for a randomized controlled trial, in Endocrinology and Metabolism at SLENDO 2023.
8. Impact of an Oral Nutritional Supplement on improving body composition in older adults with

malnutrition: A Randomized Controlled Trial in Endocrinology and Metabolism at SLENDO 2023.

9. Improvement of nutritional status, lean mass, and functional capacity in older adults consuming an oral nutritional supplement: A randomized controlled trial published in Clinical Nutrition ESPEN in November 2023.
10. Validation of a Sports Nutrition Knowledge Questionnaire for Track and Field Athletes, at CMC Congress 2024.
11. The effects of a nutritional intervention on the sports nutrition knowledge and nutritional status of elite athletes: protocol for a randomized controlled trial at CMC Congress 2024.

- **Book publications**

1. An overview of Physiotherapy related conditions: Samudra publications, ISBN 978-624-93098-0-7 (in press).
2. Cases in Physical Therapy: In the Context of Orthopaedics, Neurology, Respiratory, Paediatric, General Medical Surgery: Samudra publications, ISBN 978-624-93098-1-4 (in press).
3. PhysioQ: A comprehensive question bank on Physiotherapy: Samudra publications, ISBN 978-624-93098-2-1 (in press).

- **Research awards**

1. Award for outstanding research, having conducted the best individual research project of the year and obtained First Class Honours in the research stream of the B.Sc. (Honours) in Physiotherapy degree programme at the Faculty of Medicine, University of Colombo, Sri Lanka, in 2021.
2. Award for "Best Team Performance" at the one-week course on Randomized Controlled Trials, by the Division of Clinical Research and Training, St. John's Medical College & Research Institute, Bangalore, India, 2023.
3. The best oral presentation for the abstract titled 'Impact of an Oral Nutritional Supplement on Improving Body Composition in Older Adults with Malnutrition: A Randomized Controlled Trial' in Endocrinology and Metabolism at SLENDO 2023.

- **Research and professional training**

1. The one-day workshop on ‘Interventional studies’, by the Sri Lanka Clinical Trials Registry in collaboration with the Ethics Review Committee, Faculty of Medicine, University of Moratuwa, Sri Lanka, 29th November 2024.
2. The two-day course on ‘Quantitative Nutrition: Unlocking the Power of Data’, by the Department of Biostatistics, St. John's Medical College & Research Institute, Bangalore, India, October 2024.
3. The two-day workshop on "Measurement of Body Composition for Researchers," organized by St. John's Medical College & Research Institute, Bangalore, India, in October 2024.
4. One-day training programme on the ‘6th SLAYS Open Forum on "Industry 5.0" which comprised of feature expert talks, interactive panel discussions, and the highly anticipated 3-Minute Thesis (3MT[®]) competition by the Sri Lankan Academy of Young Scientists (SLAYS) on 10th October 2024 at TRACE City.
5. Three-day training programme on ‘6th international research workshop on qualitative research methods’ organized by Institute for Research & Development – in Health & Social Care in collaboration with Keele University, UK on 5th -7th September 2024.
6. The workshop on Statistical Decision Making in Experimental Research Studies organized by the Young Scientists Forum and National Science and Technology Commission on 30th August 2024.
7. A two-day workshop on workshop on ‘Systematic Review and Meta-Analysis’ organized by the Sri Lanka Association for Laboratory Animal Science (SLALAS), in collaboration with the Department of Physiology and Centre for Research Development and Innovation (CRDI), Faculty of Medicine, University of Colombo 2024.
8. The two-day workshop on ‘A Forum to Inspire Athletes’ organized by the Athletes’ Commission of the National Olympic Committee Sri Lanka from 19th to 20th December 2023.

9. The workshop on Advanced Health Research organized by the Sri Lanka Medical Association on 28th November 2023.
10. The one-week course on 'Health Research Methodology and Evidence-Based Medicine', by Division of Clinical Research and Training, St. John's Medical College & Research Institute, Bangalore, India, March 2023.
11. The scientific sessions organized by the Sri Lanka College of Endocrinologists in collaboration with the International Society for Endocrinology, European Association for the Study of Diabetes, and South Asian Federation of Endocrine Societies in all the consecutive years from 2022 to 2024.
12. Workshop Training on Autonomic Function Testing conducted by the Physiological Society of Sri Lanka in 2022.
13. Workshop Training on Effective Research Communication; Beyond the basics at the Colombo Medical Congress, Faculty of Medicine, University of Colombo on 23rd November 2022
14. The one-week course on 'Randomized Controlled Trials', by Division of Clinical Research and Training, St. John's Medical College & Research Institute, Bangalore, India, October 2022.
15. The online course on Design and Interpretation of Clinical Trials, Johns Hopkins University, August 2022, with a Merit grade.
16. The 8-week course on 'Research and Proposal Writing in the Sciences' by AuthorAID in March 2021, with a Merit grade.
17. The 8-week course on 'Research Communication for Policy Engagement (Pilot)' by AuthorAID in September 2021, with a Merit grade.

Professional Memberships

Year from date	Year to date	Membership details
2021	Present	Member, Sri Lanka Medical Association
2021	Present	Member, Colombo Physiotherapy Alumni Association, Faculty of Medicine, Colombo, Sri Lanka
2022	Present	Associate member, Young Scientists' Forum, National Science and Technology Commission

Other awards, scholarships, travel grants

Year	Name of the award/Scholarship/ travel grants	Name of Institute
2021	Award for the most outstanding academic performance as the first graduate of the B.Sc. (Honours) in Physiotherapy degree program, achieving First Class honours in all five streams, and recognized as the Best Student of the Year.	Faculty of Medicine, University of Colombo, Sri Lanka.
2022	Scholarship for One-Week Course on 'Randomized Controlled Trials', covering tuition and accommodation fees, at the St. John's Medical College & Research Institute, Bangalore, India, October 2022.	The Division of Clinical Research and Training, St. John's Medical College and Research Institute, Bangalore in collaboration with McMaster University, Canada and Duke University
2023	Scholarship for one-week course on 'Health Research Methodology and Evidence-Based Medicine', covering tuition and accommodation fees, at the St. John's Medical College & Research Institute, Bangalore, India, October 2022.	The Division of Clinical Research and Training, St. John's Medical College and Research Institute, Bangalore in collaboration with McMaster University, Canada and Duke University
2023	Scholarship for IOC diploma in sports physical therapies, covering tuition fee of £ 5400 (GBP) for two years	National Olympic Committee Sri Lanka - Olympic Solidarity (OS)
2024	Travel grants to attend ICE 2024, the 21 st International Congress of Endocrinology, in conjunction with the 14 th Emirates Diabetes & Endocrine Congress, which took place in Dubai, 1-3 March 2024.	International Society of Endocrinology (ISE)
2024	Scholarship for the two-day course on 'Quantitative Nutrition: Unlocking the power of data', by Department of Biostatistics, St. John's Medical College & Research Institute, Bangalore, India, October 2024.	Department of Biostatistics, St. John's Medical College & Research Institute, Bangalore, India.

Professional Qualifications and Current Employment/Posts

- Certificate of Proficiency as a Physiotherapist at Ceylon Medical College Council (CMCC)- since 2022
- Registered Physiotherapist, Sri Lanka Medical Council, Sri Lanka (SLMC Reg: 1224)- since 2022.
- Research Assistant, Health and Wellness Unit, Faculty of Medicine University of Colombo, Sri Lanka (From 12th July 2021-Present).
 - Coordinating welfare sessions on nutrition, physical fitness, and mental health for the corporate sector (July 2021–Present).
 - Coordinating the PhD research project titled ‘Investigating the Effects of a 16-Week Evidence-Based, Culturally Accepted, Personalized Sports Nutrition Intervention on the Sports Nutrition Knowledge and Nutritional Status of Elite Athletes in Sri Lanka’ (May 2022–October 2024).
 - Actively participated in the research project ‘Enhancing Physical Function and Activity Levels in Malnourished Older Adults through Oral Nutrition Supplements: A Randomized Controlled Trial’ (October 2022–December 2022).
 - Engaging in academic writing, including preparing research proposals, manuscripts, and a PhD thesis (October 2021–Present).
 - Submitting drafted manuscripts to international peer-reviewed journals and responding to peer reviewers' comments (October 2021–Present).
- Physiotherapist at Active Clinic for Physiotherapy & Sports Medicine, Nugegoda, Sri Lanka (2022–Present).
- Tutor in Mathematics and Science for G.C.E. (O/L) in Sinhala and English mediums (2015–Present).

Invited lectures

1. A seminar on ‘Injury Management and Physical Conditioning’ for Army officers attending the 6th International Pakistan Army Team Spirit (PATs) Competition at Army Cantonment, Panagoda, Sri Lanka, on 15th February 2024.

2. A lecture on “Injury Identification, Management, and Prevention” for Army Commandos at Army Cantonment, Panagoda, Sri Lanka, on 15th July 2024.
3. A lecture on 'Publishing a Research Paper in a Reputed Journal' to undergraduates of the Medical Faculty, University of Colombo, Sri Lanka, organized by the Medical Faculty Research Community on 6th October 2022.

Voluntary activities

1. Providing physiotherapy consultations to patients at the Geriatric Clinic, Faculty of Medicine, University of Colombo, Sri Lanka (2022–Present).
2. Offering physiotherapy consultations to athletes referred by the National Olympic Committee of Sri Lanka and actively collaborating with them (2022–Present).
3. Providing physiotherapy consultations to army officers referred with injuries from Army Cantonment, Panagoda, Sri Lanka (2022–Present).

Leadership and Community Services

- Active member of Rotaract Club of the Faculty of Medicine, University of Colombo (2019-2021).
- An active committee Member of Physiotherapy Student’s Welfare Society, Faculty of Medicine, University of Colombo (2017- 2020)
- Contribution was given to Conduct a Health Camp and Exercise programme in World Diabetes Day Celebrations in 2018 organized by Sri Lanka College of Endocrinologists at Green-path, Colombo.
- Contribution given to conduct a Musculoskeletal and sports physiotherapy clinic at Physiotherapy Camp organized by the Physiotherapy Students' Welfare Society, Faculty of Medicine, University of Colombo in 2018 and 2022.

Extra-Curricular Activities

- Member of ‘Voice of Ananda Balika’ - The English Debating Club (2009-2011)
- Member of the school Senior Science Society (2012-2013)
- Member of the school Agriculture Unit (2010-2011)
- Finalist in the Mega Art Competition 2008, demonstrating competence in drawing and artistic talent
- Member of the School English Junior Drama team (2007-2008)
- Member of the Fitness Circle (walking category) at Nawala Weli Park, Nugegoda, from 2020 to present.

Personal skills

- Competent in patient care and handling
- Excellent written and verbal communication skills in English, demonstrated by winning the first-place prize for English Literature in 2011.
- Proficiency in statistical package IBM SPSS and R studio.
- Competence in citation management software packages EndNote and Mendeley.
- Competent in NVIVO.
- Competent in ArcGIS and QGIS software.
- Proficient in Global Positioning System (GPS), Geographic Information Systems (GIS), remote sensing.
- Competent in conducting systematic reviews and meta-analysis
- Competent in conducting qualitative research
- Competent in academic writing, data handling and analysis
- Comprehensive knowledge and hands-on experience on Internet/MS Office/email
- Competent in teaching and conducting lectures
- Presentation, debating, leadership, problem-solving, communication and teamwork ability.

Interests

- Research and academic writing

- Public speaking, and jogging

Academic Referees

Prof. Ranil Jayawardena,

MBBS(Col), MSc(Glasgow), PhD(QUT), HND(UK), Nutr(SLMC), RNutr(UK), RNutr(Aus), IOC
Diploma in Sports Nutrition, RNutr, FRCP,
Honorary Consultant in Clinical Nutrition,
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Dr. Mohamed Rishard,

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Prof. Priyanga Ranasainghe,

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I hereby certify that the above information furnished by me is true and accurate to the best of my knowledge.



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Kalani Weerasinghe

2025.02.16

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Date