

Session 01

Venue : Hall A (1st Year Hall)

Date : 05.09.2015

Time : 1.00 p.m. – 3.30 p.m.

Chairperson	Dr. R.D.H. Kulathunga
Co- chair person	Dr. I.G.P.R. Kulanatha
Rapporteur	Dr. Y.S.G.Wimalasiri
Keynote speech	Prof. E.R.H.S.S. Ediriweera

No	Title	Presenter
1	A survey study of role of diet and fasting in arthritis	M.S. Shihana
2	Identification of traditional functional food and dietary components with lipid lowering action	J.M.G.S.L. Jayasinghe
3	Review of the efficacy of <i>Gotukola: Centella asiatica (lin)</i> as a traditional food for <i>Varicose Veins</i> mentioned as a Surgical disease	T.S. Rajapakse
4	Unani Perspective of Antioxidant Food and Non-Communicable Disease (NCD)	Fahamiya N
5	Yava (<i>Hordeum Vulgare Linn.</i>) as a Pathya Ahara (suitable wholesome food) in Madhumeha (Diabetes mellitus)	Gunathilaka HDP
6	An Ayurvedic Explanation on Wholesomeness of Certain Foods for Different Stages of CKD	Manaram Perera,
7	A Review Article - Protective Effect of Balya, Medya, Rasayana and Vajeekarana properties of Natural substances Approaches to Prevent Degenerative Diseases	K.A.C.B.U.K.Wijeratne
8	Traditional Ghiza e Dawa (Dieto- Therapy) for respiratory ailments	Shifra A.S
9	The study the effectiveness of pomegranate for NCD'S	A.P.N Mihirangi

Session 02

Venue : Hall B (IT Unit)

Date : 05.09.2015

Time : 1.00 p.m. – 3.30 p.m.

Chairperson	Prof. H.A.S. Ariyawansa
Co- chair person	Dr. S.K.M.K. Herapathdeniya
Rapporteur	Dr. A.P.A. Jayasiri
Keynote speech	Dr. K.C.Perera

No	Title	Presenter
1	Literary study on antioxidant and pharmacological properties of some fruits and green leaves consume by Sri Lankan people	P.C. Waidyaratne
2	Ethno pharmacological survey on animal materials used by Ayurveda and traditional systems medicine in Southern, Western and Sabaragamuwa provinces in Sri Lanka	P. R.M. Muthukumarana
3	Critical review of Kola kenda (Herbal gruel) as a Beverage and as a Medicine	Priyadarshani E.P.C.
4	Hathmaluwa - A preliminary study on a traditional dish for growing children	S.M.Mujahid
5	Nutritional analysis of A Traditional Recipe - "Kitchadi"	Nizamdeen N
6	Traditional Tubers and Yams used as Nutraceutical among selected villages in Kandy District	M.N.F Rizniya
7	Organizational Patterns of Knowledge of Traditional Foods in the System of Ayurveda and Indigenous Medicine	C.K. Gamage
8	Preliminary study of effect of developed "Shashtika shali pinda sweda" in anti-wrinkling treatment	Saranga R.G.S
9	Potential Health Risks of "soft drinks"- A Review	A.H.A.Fazeenah
10	Novel Innovations of Coconut Products	Perera U.G.N.

Session 03

Venue : Hall C (3rd year Hall)

Date : 05.09.2015

Time : 1.00 p.m. – 3.30 p.m.

Chairperson	Dr. P.R.Warathenna
Co- chair person	Dr. M.H.Faslul Haq
Rapporteur	Dr. N.D. Kodithuwakku
Keynote speech	Dr. S.D. Hapuarachchi

No	Title	Presenter
1	A Review on Centuries old Traditional uses of <i>Centella asiatica L.</i> (Gotukola) with special reference to its Intellectual promoting properties	Vajira P.S. Seneviratne
2	Study of important medicinal plants used for traditional food preparation in delft island	V.Sathiyaseelan
3	Literary review on nutritional and medicinal values of traditional millets: kurakkan, meneri, amu, thana hal and idal irigu	P.C. Waidyaratne
4	රජරට ප්‍රදේශයේ වැව් ආශ්‍රිතව ස්වභාවිකව වැවෙන ඖෂධීය සහ ආහාරමය වටිනාකමක් සහිත ශාක කිහිපයක් ඇසුරෙන් දේශ සාත්මය පිළිබඳ සිදු කරන ලද මූලික අධ්‍යයනයක්	G.A.U. Kumara
5	Health enhancing effects of Red onion (<i>Allium cepa L.</i>)	De Silva L.D.R
6	Nutritional and Health Benefits of Ash Gourd for a Healthy Life	Pathirana H.S.E.
7	Literary review on Kottang (<i>Terminalia catappa Linn.</i>) special reference to its dietary value	Nasmeer M.S.M
8	Rice – for taste and health	Silva P.A.S.N
9	Logical Explanation of Suitability of Traditionally Used Twenty Foods for Diabetes	H.I.B.S.D. Hewawasam

Session 04

Venue : Hall D (4th year Hall)

Date : 05.09.2015

Time : 1.00 p.m. – 3.30 p.m.

Chairperson	Dr. W.M.S.S. Kulathunga
Co- chair person	Dr. S.P. Molligoda
Rapporteur	Dr. W.A.A.S.Weerakoon
Keynote speech	Dr. M.W.S.J. Kumari

No	Title	Presenter
1	Krimi roga niwaranaya sandaha bata kirilla shakayen sada gatha haki rasawath ahara	P.M.N. Perera
2	Sri Lankan edible flowers are Nutritious and rich with Medicinal values	M.A.D.K. Manurathna
3	දේශීය ආහාර සම්බන්ධයෙන් ප්‍රකාශයට පත් වී ඇති තොරතුරු මූලාශ්‍ර පිළිබඳ අධ්‍යයනයකි	P.M. Ayomi
4	Effect of consumption of Kandashaka mentioned in Bhavaprakasha on Atisthaulya – a literature review	N.V.P. Rohini
5	Hypolipidemic properties of aloe-mung bean kanji	Liyanage R.P
6	Traditional food preservation systems used in Kandy District, Sri Lanka	K.N.A.Dharmasena
7	The study of identification of Antihypertensive foods	A.P.N. Mihirangi
8	The Traditional Functional Food	M.V.S.E. Dharmapala
9	කාන්තා පංචකල්‍යාණය ඔපවත් කරන දේශීය ආහාර	T.A.S.C. Jayathilake
10	ආයුර්වේද මතනුසාරීව මස් මාංශ සුප විධි පිළිබඳ අධ්‍යයනයක්	S.P. Molligoda

Session 05

Venue : Hall E (Final year Hall)

Date : 05.09.2015

Time : 1.00 p.m. – 3.30 p.m.

Chairperson	Dr. D.A.R.Sakunthala
Co- chair person	Dr. K.P.K.R.Karunagoda
Rapporteur	Dr. I.A.M. Leena
Keynote speech	Dr. A.H.M.Mawjood

No	Title	Presenter
1	Kurakkan- the cereal of rich and poor	Silva P.A.S.N.
2	Traditional Food Storage Methods	M.V.S.E. Dharmapala
3	Critical Review on Traditional Foods used in Antenatal Stage according to ‘Thalpathe Piliyam’	Priyadarshani E.P.C.
4	Traditional Recipes from Jack Fruit	T.A. Dilrukshi
5	Health Benefits of Marine fish in Sri Lanka	De Silva T.S.D
6	Traditional use of Hathmaluwa in Sri Lanka	Sakunthala D.A.R
7	Study of Nutraceutical Values of Dhanya Kenda (Cereal Gruel)	Matarage R.M.
8	Role of Tulasi as a functional food	H.R.D. Fonseka
9	Critical Review of Bee-Honey (Madhu), as a Food and Grate Medicine and its Scientific Background	Leena I.A.M.

Session 06

Venue : Hall F (Unani Lecture Hall)

Date : 05.09.2015

Time : 1.00 p.m. – 3.30 p.m.

Chairperson	Dr. M.L.U. Salma
Co- chair person	Dr. M.M.M. Rifaee
Rapporteur	Dr. A.M. Muthalib
Keynote speech	Dr. M.H.M.Nazeem

No	P.I	Title	Presenter
1	17	முளை விருத்தியை தூண்டக்கூடிய உணவுவகைகளை உட்கொள்வதன் முக்கியத்துவம்	M.R.F. நிஸ்மியா
2	6	பிராமண சமூகத்தில் சிரார்த்தத்தில் பயன்படுத்தப்படும் பாரம்பரிய உணவுமுறைகளும் தொற்றாநோய்களைக் கட்டுப்படுத்துவதில் அவற்றின் மருத்துவப் பயன்பாடும் - ஓர் ஆய்வு	சே. சிவசண்முகராஜா
3	11	ஆடிக்கூழின் மருத்துவப்பயன் - ஓர் ஆய்வு	சி. பிரேமா
4	22	Jaffna Traditional food of Odiatkool and Health	G. Sritharan
5	95	Talbina is a perfect food supplement for the children	A.M. Ali Saja
6	18	மலைதாங்கி ஜெலி	M.R.F. நிஸ்மியா
7	51	வட இலங்கையின் பாரம்பரிய உணவு “வடகம்” - ஓர் ஆய்வு	Farzana M.U.Z.N
8	53	‘கொதிபால் குடிபானம்’ மலைநாட்டுமக்களின் பாரம்பரிய சத்துமிக்க குடிபானம் - ஒரு மருத்துவ ஆய்வு.	Manuha M.I
9	81	யாழ்ப்பாண மக்களால் பிரசவத்தின் பின் பயன்படுத்தப்படும் காய்ச்சரக்கு பற்றிய ஆய்வு	சி. அன்புச்செல்வ
10	85	Ilaj bil Ghiza (Dieto therapy) in the prevention and the treatment of ailments	Shiffa M.S.M