

Rizliya Visvanathan

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ACADEMIC QUALIFICATIONS

Higher Education

❖ **Master of Science in Clinical Biochemistry (2014/2015)**, Postgraduate Institute of Science, University of Peradeniya, Peradeniya, Sri Lanka (Reading).

❖ **Bachelor of Science in Food Science and Technology (Special) in 2011**

Faculty of Agriculture, University of Peradeniya, Peradeniya, Sri Lanka.

- Title of the thesis: Potential of Aloe vera (*Aloe barbadensis* Miller) gel as a stabilizer in yoghurt production
- Academic honours: First class
- Final grade point average: 3.81 (out of 4.00)

RESEARCH EXPERIENCE

National Institute of Fundamental Studies

- Evaluation of total phenolic content, antioxidant activity and DNA damage prevention capacity of ten medicinal plants used in the Ayurvedic system of Sri Lanka (Ongoing)
- Evaluation of rate of starch hydrolysis in 14 different consumable starch types in Sri Lanka (Ongoing)
- Development of a new high-throughput method for the determination of alpha-amylase activity (Ongoing)
- Investigating the effect of processed mung bean powder on modulating serum lipids and glucose concentrations in Wistar rats.
- Probiotic Incorporated Soy Yoghurt as a Functional Vegan Food
- Banana Blossom (*Musa Acuminata* Colla) Incorporated Experimental Diets Modulate Serum Cholesterol and Serum Glucose Level in Wistar Rats Fed with Cholesterol
- Determination of Bioactive and Nutritional Properties of Aerial Parts of *Trichosanthes cucumerina* Linn

Sabaragamuwa University of Sri Lanka

- Research: “**Determination of antioxidant content of some selected vegetables in Sri Lanka**”

Undergraduate

- Thesis: “**Potential of Aloe vera Gel as a Stabilizer in Yoghurt Production**”
- Group Project: “**Quality and safety issues of salted dry fish**”
- New Product Development: “**Development of MUFA Rich Avocado Butter**”

PUBLICATIONS

Book Chapter

Rizliya.V and Mendis BEP. “Biological, Physical and Chemical properties of Fish Oil and Industrial Applications.” In. Se-Kwon Kim, eds., *Advances in Seafood Processing By-products: Trends and Applications*, Chapter 14, pp.285-313. Springer New York 2014.

Terrence Madhujith and **Rizliya Visvanathan**. Health Benefits of Flavonoids - A Monograph. p. 46

Journal Articles

Rizliya V, Chathuni Jayathilake, Jayawardana BC, Ruvini Liyanage. 2015. Functional properties of potato and compounds of interest. *Journal of the Science of Food and Agriculture* (Under review).

Somawathi KM, **Rizliya V**, Madhujith WMT and Wijesinghe DGNG. 2014. A Comparative Study on Antioxidant Activity and Skin Colour of Brinjal (*Solanum melongena*). *Tropical Agricultural Research Journal* 26(1): 152-161.

Conference Papers

Jayarathne BGS, Jayathilake C, **Rizliya V**, Liyanage R, Jayawardana BC, Vidanarachchi JK. 2015. Probiotic Incorporated Soy Yoghurt as a Functional Vegan Food. International Conference on Food Safety and Nutrition, 24th-25th July, Colombo, Sri Lanka.

Somawathil KM, **Rizliya V**, Wickramasinghe HAM, Madhujith WMT. 2015. In vitro Antioxidant Activity and Inhibition of Radical Induced DNA Damage of Different Skin Coloured Brinjal (*Solanum melongena*). The 14th ASEAN Food Conference, 24-26 June 2015, Pasay City, Philippines.

Somawathil KM, **Rizliya V**, Wickramasinghe HAM, Madhujith WMT. 2015. Total Phenolic Content and Antioxidant Activity of *Solanum torvum* and *Solanum violaceum* Grown in Sri Lanka. The 14th ASEAN Food Conference, 24-26 June 2015, Pasay City, Philippines.

Harshani Nadeeshani, Chathuni Jayathilake, **V. Rizliya**, Chathurika Weerasekara, Swarna Wimalasiri, Ruvini Liyanage. 2015. Determination of Bioactive and Nutritional Properties of Aerial Parts of *Trichosanthes cucumerina* Linn. The 14th ASEAN Food Conference, 24-26 June 2015, Pasay City, Philippines.

Ruvini Liyanage, Saranya Gunasegaram, **Visvanathan Rizliya**, Chathuni Jayatilake, Barana Chaminda Jayawardana, Janak K Vidanarachchi. 2015. Banana Blossom (*Musa Acumtate Colla*) Incorporated Experimental Diets Modulate Serum Cholesterol and Serum Glucose Level in Wistar Rats Fed with Cholesterol. The 14th ASEAN Food Conference, 24-26 June 2015, Pasay City, Philippines.

Somawathi KM, **Rizliya V**, Madhujith WMT and Wijesinghe DGNG. 2014. A Comparative Study on Antioxidant Activity and Skin Colour of Brinjal (*Solanum melongena*). Proceedings of the Peradeniya University International Research Sessions, Sri Lanka, Vol. 18, 4th & 5th July, 2014

Somawathi KM, **Rizliya V**, Madhujith WMT and Wijesinghe DGNG. 2014. Comparative Antioxidant Quality Evaluation of Three Commonly Consumed Legumes in Sri Lanka. Institute of Biology 34th Annual Session (26th September 2014)

Rizliya V, Somawathi KM, Madhujith WMT and Wijesinghe DGNG. 2014. Antioxidant Activity and Total Phenolic Content of Different Skin Coloured Elabatu (*Solanum melongena* var. *insanum*). Wayamba International Conference, Sri Lanka, 29th & 30th August, 2014.

Thesis (Undergraduate)

Potential of Aloe vera (*Aloe barbadensis* Miller) Gel as a Stabilizer in Yoghurt Production.

MEDALS AND ACADEMIC AWARDS

➤ Medals:

- Fonterra Brands Gold Medal for Food Science and Nutrition, Faculty of Agriculture, University of Peradeniya, Peradeniya, Sri Lanka in 2012.
- Upali Samarajeewa Gold Medal for the Best Performance in the BSc Food Science and Technology Degree, Faculty of Agriculture, University of Peradeniya,

Peradeniya, Sri Lanka in 2012.

- Keels Gold Medal for Food Safety, Faculty of Agriculture, University of Peradeniya, Peradeniya, Sri Lanka in 2012.



Awards:

- Staff Awards for Best Performance in Food Science and Technology, Faculty of Agriculture, University of Peradeniya, Peradeniya, Sri Lanka in 2009.

TEACHING AND WORK EXPERIENCE

- **Research Assistant (Grade II)**, National Institute of Fundamental Studies, Kandy, Sri Lanka. (1st August 2014 to date). Project-Nutritional Biochemistry
- **Research Assistant**, Faculty of Applied Sciences, Sabaragamuwa University of Sri Lanka, Sri Lanka (1st March 2013 to 31st July 2014).
- **Temporary Lecturer**, Department of Food Science and Technology, Faculty of Agriculture, University of Peradeniya, Sri Lanka. (From 14th November 2011 to 11th January 2013)

LANGUAGE SKILLS

English

Successfully completed International English Language Testing System (IELTS) on 23rd July 2015.

Overall Band Score	- 8.0
Listening	- 8.5
Reading	- 8.0
Writing	- 7.5
Speaking	- 7.0

PROFESSIONAL AFFILIATIONS

- Member of Institute of Food Science & Technology, Sri Lanka
- Member of Nutrition Society of Sri Lanka.
- Member of Sri Lanka Association for the Advancement of Science (SLAAS)

