

Curriculum Vitae



Asha Murshida Muthalib

BUMS (Hons) University of Colombo, Sri Lanka,

PhD University of Peradeniya, Sri Lanka

SLAMC Reg: 12299

Academic Qualifications

1. BUMS (Honour) – University of Colombo, Sri Lanka - May 2007
2. PhD - Postgraduate Institute of Science, University of Peradeniya, Sri Lanka – March 2017

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Secondary Education

Girl's High School, Kandy, Sri Lanka

Academic Positions

1. Demonstrator in Institute of Indigenous Medicine by UGC, University of Colombo [24th Sep 2007-23rd March 2008].
2. Lecturer (Probationary), Department of clinical Medicine, Institute of Indigenous Medicine by UGC, University of Colombo [1st June 2009- 23rd March 2017].
3. Senior Lecturer, Department of clinical Medicine, Institute of Indigenous Medicine, University of Colombo, Sri Lanka [23rd March 2017 to date].
4. Head of Department of Basic principle, Institute of Indigenous Medicine, University of Colombo [4th October 2017 to date].
5. Final BUMS Examiner, Institute of Indigenous Medicine, University of Colombo [1st June 2009- to date].
6. Visiting Physician, National Hospital of Ayurveda, Borella, Colombo-08, Sri Lanka [1st June 2009- to date].
7. Research Officer, Care Research Centre for Diabetes and Endocrinology, Royal Care Hospital, Akurana, Sri Lanka [14th November 2011- to date].

Distinctions and Prizes

1. Granted travel grant award to participate on 10th International Diabetes Federation- Western Pacific Region (IDF-WPR) and 8th AASD Scientific Meeting, Taiwan. [27th- 30th October 2016].
2. Granted travel grant award to participate on World Diabetes Congress 2015, which held at the Vancouver Convention Centre, Vancouver, Canada [30 November - 4 December 2015]

3. Granted travel grant award to participate on 10th International Diabetes Federation- Western Pacific Region (IDF-WPR) and 6th AASD Scientific Meeting, Singapore. [21-24 November 2014]
4. Granted travel grant award to participate on Global Ayurveda Festival (GAF), Kerala, India [20th- 23rd Feb 2014].
5. Henry Rajaratnam awarded for best paper in Diabetes, Endocrinology and Metabolism at the annual academic session of Ceylon College of Physicians [2014]
6. Awarded of Scholarship for MPhil>PhD research degree programme under Higher Education in Twenty first Century (HETC) project [2011] (*49190-lk*)
7. Distinction in Physiology, Urdu and Ontology and obtained Second Class Upper Division in 1st BUMS examination, Institute of Indigenous Medicine, [2000]
8. Distinction in Physiology and Pharmacy and obtained Second Class Upper Division in 2nd BUMS examination, Institute of Indigenous Medicine, University of Colombo [2001]
9. Distinction in Toxicology and Urdu and obtained Second Class Upper Division in 3rd BUMS examination, Institute of Indigenous Medicine, University of Colombo [2003]
10. Obtained Second Class Upper Division in 4th BUMS examination [2004]
11. Distinction in Gynaecology and Medicine and obtained First Class honour in Final BUMS examination, Institute of Indigenous Medicine, University of Colombo [2005]

Special Research interest

1. Non communicable diseases and Nutrition
2. Obesity and diet management
3. Herbal plants used in non-communicable diseases
4. Prevalence of diabetic

Work Experience

1. Demonstrated in Department of Clinical Medicine (3days/week) and Gyn & Obs Unit, Institute of Indigenous Medicine, University of Colombo, Sri Lanka (2days/week) [24th Sep 2007-23rd March 2008].
2. Conducted clinical medicine and Gyn&Obs practical classes for 3rd, 4th and final BUMS undergraduates in Institute of Indigenous Medicine, University of Colombo [24th Sep 2007-23rd March 2008].
3. Teaching experiences 8 years. Institute of Indigenous Medicine, University of Colombo, Sri Lanka [Lectures, practical, ward classes, demonstration, study tour, examination and problem discussions] [2009 June to date].
4. Research Assistant, Department of Clinical Medicine, Institute of Indigenous Medicine, University of Colombo, Sri Lanka [2005-2007].
5. Research Officer, Care Research Centre for Diabetes and Endocrinology, Royal Care Hospital, Akurana, Sri Lanka [2011 to date].
6. Statistic Data Analyzer, Care Research Centre for Diabetes and Endocrinology Royal Care Hospital, Akurana, Sri Lanka [From 2011 to date].
7. Trained as a Intern Medical Officer in Drugs Manufacturing Unit, Colombo Urban Council, Colombo-09. [01/2007 – 04/2007]
8. Trained as a Intern Medical Officer in Drugs Manufacturing Unit, OPD and Ward in National Hospital of Ayurveda, Colombo- 08 [07/2006 – 01/2007]

9. Serviced as a volunteer teacher in Jabbar National School, Galagedara [Oct 1998-Aug 1999]

Service to professional groups and appointments

1. Appointed as a Student Supervisor for New Entrants (Academic year 2009/2010) by Institute of Indigenous Medicine, University of Colombo. [Aug 2010]
2. Appointed as a Lecturer In charge for New Entrants (Academic year 2008/2009) by Institute of Indigenous Medicine, University of Colombo. [Aug 2009]
3. Appointed to Cover Up the Duty at the Department of Anatomy by Institute of Indigenous Medicine, University of Colombo. [Oct 2009]
4. Organizing Committee member for 'Workshop on Project Proposal Writing' held in Institute of Indigenous Medicine with the collaboration of University Development Grand (UDG) and Higher Education for Twenty first Century (HETC) [May 2010]
5. Appointed as a Committee member to complete the draft 'Revised of BUMS Curriculum' for the recommendation of Senate University of Colombo [Aug 2011]
6. Treasurer of Unani Medical Teachers Association (UMTA), Institute of Indigenous Medicine, University of Colombo, Sri Lanka.[July 2009 to Sep 2010]
7. Assistant Secretary of Unani Medical Teachers Association (UMTA), Institute of Indigenous Medicine, University of Colombo, Sri Lanka. [Sep 2010 to Sep 2011]
8. Assistant Treasurer of Unani Medical Teachers Association (UMTA), Institute of Indigenous Medicine, University of Colombo, Sri Lanka.[July 2015 to date]
9. Appointed as a Committee member to complete the draft 'Revised of BUMS Curriculum' for the recommendation of Senate University of Colombo [Aug 2015].
10. Member of committee for arrangements of reception, infrastructure development and registration committee. 3rd International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (ICAUST-2015), Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka 10th-12th December 2015.
11. Member of committee for arrangements of inaugural and scientific sessions committee. 3rd International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (ICAUST-2015), Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka 10th-12th December 2015.
12. Rapporteur/ scientific session on 3rd International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (ICAUST-2015), Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka 10th-12th December 2015.
13. Appointed as a Student Supervisor for New Entrants (Academic year 2013/2014) by Institute of Indigenous Medicine, University of Colombo. [November 2015]
14. Appointed as a coordinator for pathology subject of department of Allied Health Science by Institute of Indigenous Medicine, University of Colombo. [February 2016].
15. Member of reception and careering committee of 4th National Symposium. Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka [3rd June 2016].
16. Coordinator of seminar on Applied Aspect of Assessment of Mizaj (Temperament) organized by department of Moalejat, University of Colombo for medical doctors - 2016/08/24
17. Member of career and personal developmental committee, of Institute of Indigenous Medicine, University of Colombo – 2016/ 10/24 - to date

18. Coordinator of seminar on Applied Aspect of Assessment of Mizaj (Temperament) and curriculum of BUMS organized by department of Moalejat, University of Colombo for students - 2016/11/24.
19. Rapporteur of scientific session of 4th International conference on Ayurveda Unani , Siddha and & Traditional Medicine 2016/12/09
20. Member of Reception , registration & catering committee of 4th International conference on Ayurveda Unani , Siddha and Traditional Medicine 2016/12/8
21. Member of Scientific sessions arrangement committee of 4th International conference on Ayurveda Unani , Siddha and Traditional Medicine 2016/12/8
22. Member of Advertisement & sponsorship committee 4th International conference on Ayurveda Unani , Siddha and Traditional Medicine 2016/12/8
23. Member of Organizing committee of orientation programme of the academic year 2014/2015 [November 2016]
24. Appointed as a Session coordinator for the orientation programme of the academic year 2014/2015 New Entrants by Institute of Indigenous Medicine, University of Colombo. [November 2016]
25. Appointed as a executive Member of Teacher union, Institute of Indigenous Medicine, Institute of Indigenous Medicine, University of Colombo. [July 2017]
26. English coordinator – IIM with ELTU of University of Colombo. [March 2017]
27. Coordinator of soft skill workshop for undergraduate students organized by career guidance unit, University of Colombo for medical doctors - 2016/08/24
28. Member of Committee for arrangements of Inauguration, Reception, and Registration Committee. 5th International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (ICAUST-2017), Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka 27th – 29th October 2017.
29. Member of the Steering committee. 5th International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (ICAUST-2017), Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka 27th – 29th October 2017.
30. Member of Committee of the Abstracts, Research paper review & Editorial committee. 5th International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (ICAUST-2017), Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka 27th – 29th October 2017.
31. Member of Committee of the Web designing, Brochure & publication committee. 5th International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (ICAUST-2017), Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka 27th – 29th October 2017.
32. Member of Committee of the Web designing, Brochure & publication committee. 5th International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (ICAUST-2017), Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka 27th – 29th October 2017.
33. Member of Committee of the scientific sessions arrangement committee. 5th International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (ICAUST-2017), Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka 27th – 29th October 2017.
34. Co- Chairperson of the Job Fair & AYU Expo Committee. 5th International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (ICAUST-2017), Institute of

Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka 27th – 29th October 2017.

35. Appointed as a coordinator for Orientation programme of New Entrants (Academic year 2015/2016) by Institute of Indigenous Medicine, University of Colombo. [December 2017].
36. Member of examination subcommittee of Institute of Indigenous Medicine, University of Colombo. [October 2017].
37. Member of the Research Committee by Institute of Indigenous Medicine, University of Colombo [30th November 2017 to date].
38. Clinical coordinator of Institute of Indigenous Medicine, University of Colombo. [January 2018].

Academic Distinction

1. Completed '*Certificate in Teaching in Higher Education*' of the Staff Development Centre, University of Colombo [July 2010]
2. Obtained Overall Band Score 6.0 in IELTS testing system [July 2011]
3. Registered Pharmacist with Sri Lanka Medical Council, Colombo, Sri Lanka
4. First aider in National St. John Council for Sri Lanka [2005]
5. Completed '*Advanced English Language Skills*' programme conducted by Australian College of Business and Technology (ACBT), Colombo [May-June 2011]
6. Diploma in Psychology by HI-TEC groups, Kandy [2007]
7. Diploma in English by HI-TEC groups, Kandy [2008]
8. Completed '*Certificate in English*' by HI-TEC groups, Kandy [2007]
9. Diploma in *Panchakarum, herbal beauty and reflexology* (2009-2011).
10. Diploma in Acupuncture (Dip in Ac.), The Open International University, Colombo South General Hospital, Sri Lanka
11. Completed '*Advanced Diploma in Computer Science*' by HI-TEC groups, Kandy [2007]
12. Completed training to carryout Facial Treatment using the Herbal range of drugs
13. Trained and Certificated in '*Personality and Ayurveda*' Conducted by Institute of Indigenous Medicine, University of Colombo [Feb 2007]
14. Trained '*English Proficiency*' programme organized by Staff Development Centre (SDC), University of Colombo [April 2010]
15. Certificated for '*English for Communication Level 1*' Conducted by Department of examination of Sri Lanka and University of Warwick, England [May 1991]
16. Completed '*National Certificate in Computer Applications*' Conducted by Department of examination of Sri Lanka [1998]
17. Competed '*Certificate in Personal Development*' by HI-TEC groups, Kandy [2008]
18. Trained in clinical areas such as family planning, Ante Natal Care and Mental health & Counselling.

Seminar and workshops participated

1. Participated '*Training Programme for Medical officers*' organized by National Institute of Traditional Medicine (NITM), Maharagama [20-28 April 2006]

2. Actively participated '*Seminar on Diabetes Mellitus*' organized by Institute of Indigenous Medicine, University of Colombo and University Grand Commission [June 2006]
3. Actively participated seminar on '*Personality and Ayurveda*' organized by Institute of Indigenous Medicine, University of Colombo and Intern Medical Officers [Feb 2007]
4. Actively participated seminar on '*Hypertension*' organized by Institute of Indigenous Medicine, University of Colombo [Oct 2008]
5. Actively participated seminar on '*Lifestyle Disorders*' organized by Institute of Indigenous Medicine, University of Colombo [Oct 2008].
6. Participated workshop on '*Supporting the Student Journey: Developing Students and Teachers*' Organized by Staff Development Centre (SDC), University of Colombo [June 2010].
7. Participated workshop on '*Using Assessment to Promotes Students Learning and Skill Development*' Organized by Staff Development Centre (SDC), University of Colombo [June 2010].
8. Actively participated seminar on '*Ayurvedic Therapy*' organized by Institute of Indigenous Medicine, University of Colombo [Aug 2011]
9. Actively participated on '*3rd International Conference on Medicinal Plants and Herbal Product*' organized by Institute of Indigenous Medicine, University of Colombo; Faculty of Medicine, University of Colombo and Sri Venkatasewara University, Tirupati, India [19-21 Dec 2011]
10. Participated workshop on '*Scientific Writing*' Organized by PGIS, University of Peradeniya [June 2013]
11. Participated workshop on Applied Aspect of Assessment of Mizaj (Temperament) organized by department of Moalejat, University of Colombo- [2016/08/24]
12. Participated workshop on Applied Aspect of Assessment of Mizaj (Temperament) and curriculum of BUMS organized by department of Moalejat, University of Colombo- 2016/11/
13. Participated workshop on Blue print organized by medical education unit, IIM, University of Colombo- 2016
14. Participated workshop on construction of MCQ organized by medical education unit, IIM,, University of Colombo- 2016
15. Participated workshop on Rules and Examination organized by university grant commission- 2016
16. Participated to I Purse conference 2016 at University of Peradeniya, Peradeniya, Sri-Lanka.

Resource person

1. Conducted a presentation about '*An Introduction on Unani Medicine*' in Jabbar Central College, Galagedara [July 2007].
2. Conducted awareness programme for the people on '*Dengue and its Prevention*' in Galagedara Pradeshiya Sabawa [Aug 2007].

3. Conducted a presentation about '*diabetes and complication*' in Naula divisional area. [April 2012]
4. Conducted a presentation about '*Herbal plants used in diabetes*' in Naula divisional area. [April 2012]
5. Conducted awareness programme for the people on '*Diabetes and diet*' in Naula divisional area [March 2013]
6. Conducted a presentation about '*diabetes in school children*' in Tamil M.V, Naula [July 2013]
7. Conducted awareness programme for the people on '*Nutritional value of herbal porridge*' in Naula divisional area [November 2013]
8. Conducted awareness programme for the people on '*Diabetes and diet*' in Akurana divisional area (February 2015)
9. Conducted awareness programme for the people on 'how to use glucose meters at home in proper way' in Akurana divisional area (March 2015)
10. Conducted a presentation about '*how to manage non communicable diseases by ilaj bil ghiza*' in Akurana divisional area (May 2015)
11. Awareness programme about diabetes and diet conducted in Naula divisional Area on the diabetic day (November 2016)
12. Awareness programme about traditional food among preschool mothers in naula divisional Area (September 2016)
13. Awareness programme about importance of herbs in Naula divisional Area (December 2016).
14. Conducted a presentation about 'Diabetes and Diet Management' for parents of the students organized by school administration in Thihariya, Gampaha. (May 2017)
15. Conducted a presentation about 'Nutritional Management in Gestational Diabetics' for Medical Doctors organized by National Institute of Traditional Medicine (NITM), Navinna (April 2017)
- 16.

Extracurricular Activities

1. Played as Vice Captain Under 15 Girls Hockey tournament Lions' Club of Senkadagala and obtained 4th place [1991]
2. Won 1st and 2nd places on athletic events in district level
3. Played Netball and athletic in Galagedara DS division (won 1st and 2nd places)
4. Played Netball and athletic –National Youth Club (won 1st and 2nd places)
5. Obtained 3rd place in Chess in Institute of Indigenous Medicine, University of Colombo [2001/2002]
6. Played Carom game in Institute of Indigenous Medicine, University of Colombo [2001/2002]
7. Obtained 2nd place in Shot Put event, Organized by Central Provincial Council [1998]
8. Obtained Under 15 girls 3rd place in Shot Put event, Organized by Department of Education, Central Province [1993]

9. Obtained 2nd place in 100M event, Organized by Relay Carnival of Kandy Athletic Association [1994]
10. Awarded **Champion** place in Netball event, Organized by Central Provincial Council [1998]
11. Obtained Under 15 girls 3rd place in 200M event, Organized by Department of Education, Central Province [1993]
12. Participated for Inter house drama and debate competition
13. Participated in school Kazai Viza as a team leader [1992 to 1996]
14. Awarded **Silver medal** in Quiz Competition in provincial level , Organized by Commemorate the 500th Anniversary of the Official Birth of the Accountancy Profession [1994]
15. Awarded **Gold medal** in Quiz Competition in Divisional level , Organized by Commemorate the 500th Anniversary of the Official Birth of the Accountancy Profession [1994]
16. Obtained 2nd place in Under 6 Girls Oratorical Concert in Meelad-Un-Nabi Cultural Celebration held in Madrasathun Noor, Galagedara [Nov 1987]
17. Obtained 2nd place in Oratorical Concert in Meelad-Un-Nabi Cultural Celebration held in Madrasathun Noor, Galagedara [Oct 1989]
18. Coached the School Girls Netball team of Jabbar National School [Oct 1998 - Aug 1999]
19. Obtained 1st place in Hadheedh Concert Meelad-Un-Nabi Cultural Celebration held in Madrasathun Noor, Galagedara [Oct 1989]
20. Obtained 1st place in Story Telling Concert in Meelad-Un-Nabi Cultural Celebration held in Madrasathun Noor, Galagedara [Oct 1989]
21. Organizing committee member for Medical Exhibition held in BMICH with the collaboration of Institute of Indigenous Medicine and University of Colombo

Community Achievement & Cultural Distinction

1. Conducted counselling, first aid programme and rehabilitation programmes as a Medical Team Leader for the Tsunami affected area (Batticaloa) people with the support of Evergreen Sports Club [Feb 2005].
2. Participated as a Medical Team Member in Disaster Management Programme after the Tsunami in Trincomalee district (Kinniya) Organized by National Institute of Traditional Medicine (NITM) [8-12 February 2005].
3. Participated as a Medical Team Member in Welikada prison, organized by Teachers' Association of Institute of Indigenous Medicine, University of Colombo – 2016/ 10/12.
4. Participated as a Medical Team Member in Al Hiqma College, Colombo 12, organized by department of Clinical Medicine, University of Colombo- 2016/09/24.
5. Participated as a Medical Team Member in Muslim College, Beruwela, organized by department of Allied Health Science, University of Colombo- 2017/6/21.

Memberships in Professional Associations

1. Life member of University Teacher's Association of Sri Lanka
2. Life member of Sri Lanka Ayurvedic Medical Council
3. Life member of Unani Medical Teachers Association, University of Colombo, Sri Lanka
4. Life member of Sri Lanka Medical Council Pharmacy Association
5. Life member of All Island Justice of Peace Association of Sri Lanka

Research Activities

1. Co supervisor of undergraduate research projects, Institute of Indigenous Medicine, University of Colombo, Sri Lanka [2015 November to 2016 November].
2. Supervisor of undergraduate research project, Assessment of body mass index among the undergraduate female medical students from Institute of Indigenous Medicine, University of Colombo, Sri Lanka [2016 November to 2017 November].
3. Supervisor of undergraduate research project, Traditional foods of Sri Lankan, Institute of Indigenous Medicine, University of Colombo, Sri Lanka [2017 to date].
4. Reviewer of abstract on 4th International conference on Ayurveda Unani , Siddha and Traditional Medicine 2016/12/8. Abstract ID No : 0117, 0206, 0237, 0213, 0202
5. Reviewer of abstract on 5th International conference on Ayurveda Unani , Siddha and Traditional Medicine 2017/10/8. Abstract ID No :
6. Manuscript reviewer for Bio Med Central - The open access publisher for Nutrition Journal, nutrition@biomedcentral.com
- 7.

On-going Studies

1. Research Assistant to the MPhil Programme on '*How post cooked volume of food affect the satiety in diabetes diet*' [2014]
2. Effects of commonly consumed Sri Lankan fruits on glycaemic response in well controlled type 2 diabetes patients

Published in peer reviewed journals

1. **AM Muthalib**, KA Naser, R Sivakanesan, BM Nageeb. Effects of consumption of traditional Sri Lankan meals on glycaemic response in healthy individuals. Sri Lanka Journal of Diabetes, Endocrinology and Metabolism 2014; 4:12-16.
2. Socio Economic and Educational Status of Diabetic Patients from Selected Hospitals in Sri Lanka. Journal of Ayurveda and Integrative Medicine of I-AIM.[2015]
(<http://www.jaim.in/contributors.asp>)
3. **Asha M. Muthalib**, Reliability of Capillary Blood Glucose Monitoring by Glucometers Available in Sri Lanka (2014). Journal of UMTA, Institute of Indigenous Medicine, University of Colombo.

Abstracts

1. Naser Kamal, **Muthalib AM**, Sarjoon M. Evaluation of the accuracy of five glucometers available in Sri Lanka. Proceeding of 22nd annual scientific session of American Association of Clinical Endocrinologist, Phoenix, Arizona, USA [01-05 May 2013].

2. **Muthalib AM**, Naser Kamal, Sivakanesan R, Nageeb BM. Sri Lanka Diabetes Diet Study: Glycaemic Index of String Hoppers With Typical Sri Lankan Curries in Healthy Volunteers. 1st International Conference on Unani, Ayurveda, Sidda and Traditional Medicine, BMICH, Colombo, Sri Lanka [19-21 Dec 2013].
3. **Muthalib AM**, Naser Kamal, Sivakanesan R, Nageeb BM. Compared capillary blood glucose with venous blood glucose in diabetes 1st International conference on *Unani*, Ayurveda, Sidda and Traditional Medicine, BMICH, Colombo, Sri Lanka [19-21 Dec 2013].
4. **Muthalib AM**, Naser Kamal, Sivakanesan R, Nageeb BM. Socio economic and educational status of diabetic patients from selected hospitals in Sri Lanka. Proceedings of 2nd Global Ayurvedic Festival 2014, Kerala, India [20-23 Feb 2014].
5. Naser Kamal, **Muthalib AM**, Sivakanesan R, Nageeb BM. Sri Lanka Diabetes Diet Study: Glycaemic Response of String Hoppers with Typical Sri Lankan Curries in Healthy Volunteers. Proceeding of 22nd annual scientific session of American Association of Clinical Endocrinologist, Las Vegas, USA [14-18 May 2014].
6. Naser Kamal, Aslam M, Thanish T, **Muthalib AM**. Variation of quantity of food consumed during Ramadan (Fasting) and non-fasting days in Sri Lankan Muslims. Proceeding of 22nd annual scientific session of American Association of Clinical Endocrinologist, Las Vegas, USA [14-18 May 2014].
7. Naser Kamal, Aslam M, **Muthalib AM**, Gaffoor J. Prevalence of metabolic syndrome among Muslim clergy in Sri Lanka. Proceeding of 22nd annual scientific session of American Association of Clinical Endocrinologist, Las Vegas, USA [14-18 May 2014].
8. **AM Muthalib**, KA Naser, R Sivaknesan, BM Nageeb Glycaemic index of white rice flour string hoppers meal in uncontrolled diabetic patients. HETC Symposium, Ministry of Higher Education, Colombo, Sri Lanka [07-08 July 2014].
9. **AM Muthalib**, KA Naser, R Sivaknesan, BM Nageeb. Effects of Traditional Sri Lankan Meals on Glycaemic response in Controlled Diabetes Patients. Annual Scientific Sessions of Post Graduate Institute of Science, University of Peradeniya, Sri Lanka [10-11 Oct 2014].
10. **Muthalib, A. M**, Naser, KA, Sivakanesan, R and Nageeb, BM. The Reliability of Glucometers Available In Sri Lanka, for Monitoring Capillary Blood Glucose. Peradeniya University International Research Sessions. **18**: 373. [4-5 July 2014].
11. S. M. Mujahid, **A. M. Muthalib**, B. M. Nageeb, A. W. S. Fowziya. A Preliminary Study on Al-Ifaa Herbal Syrup in Metabolic Syndrome and Immune Enhancement. 1st National Symposium on Native Medicine, Institute of Indigenous Medicine, University of Colombo, Sri Lanka [19-20th Sep 2014].
12. Kamal A Naser, **Asha M Muthalib**, Hijaza Razzaq, SMT Bandara, SS Gajanayake, BMDI Bandaranayake, IK Jayasinghe, Mohamed Aslam, Jazeela Gaffoor, Rajith Abeysekera. Effect of commonly consumed Sri Lankan snacks on glycaemic response in type 2 diabetes patients. 47th Annual Academic Session of the Ceylon College of Physicians to be held at the Cinnamon Grand Hotel, Colombo, Sri Lanka. [05-08th October, 2014].
13. Kamal A Naser, Mohamed Aslam, Jazeela Gaffoor, **Asha M Muthalib**, MT Thanish. Variation of sales of short eats and use of ingredients for the preparation of short eats in days of fasting (Ramadan) and non-fasting among Sri Lankan Muslims. 47th Annual Academic Session of the Ceylon College of Physicians to be held at the Cinnamon Grand Hotel, Colombo, Sri Lanka. [05-08th October, 2014].

14. **AM Muthalib**, KA Naser, R Sivaknesan, BM Nageeb. Effects of Traditional Sri Lankan Meals on Glycaemic response in Controlled Diabetes Patients. Annual Scientific Sessions of Post Graduate Institute of Science, University of Peradeniya, Sri Lanka. [10-11th October 2014].
15. Kamal A. Naser, **Asha M. Muthalib**, Sivakanesan R, Nageeb BM, Jazeela Gaffoor, Mohamed Aslam, Sameer Akbar- Comparison of Glycaemic Response of Commonly Consumed Snacks in Type2 Diabetes Vs. Normal Subjects in Sri Lanka. 10th IDF-WPR and 6th AASD Scientific Meeting, Singapore. [21- 24 November 2014].
16. Kamal A. Naser, **Asha M. Muthalib**, Sameer Akbar, Jazeela Gaffoor, Mohamed Aslam, Comparison of Glycaemic Response of Commonly consumed rice porridge for breaking fast in ramadan in Type2 Diabetes Vs. Normal Subjects in Sri Lanka. 10th IDF-WPR and 6th AASD Scientific Meeting, Singapore. [21- 24 November 2014].
([http://www.diabetesresearchclinicalpractice.com/article/S0168-8227\(14\)70274-8/abstract](http://www.diabetesresearchclinicalpractice.com/article/S0168-8227(14)70274-8/abstract))
17. **A. M. Muthalib** , K. A. Naser, R. Sivakanesan, B. M. Nageeb. Role of brown, white rice flour and white flour in diabetes and healthy individuals of Sri Lanka. 2nd International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (ICAUST -2014 and AYU EXPO) Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka 16th-18th December 2014.
18. **Asha. M. Muthalib**, Kamal A. Naser, Sivakanesan R., Nageeb B. M. Role of dietary advice in diabetes. 2nd International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (ICAUST -2014 and AYU EXPO) Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka 16th-18th December 2014.
19. **A. M. Muthalib**, M.I Manuha, B. M. Nageeb, S M Mujahid. Prevalence of metabolic syndrome and diabetes mellitus among obesity patients in selected hospitals in Sri Lanka. 2nd International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (ICAUST -2014 and AYU EXPO) Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka 16th-18th December 2014.
20. Naser, K.A., **Muthalib, A.M.**, Sivakanesan, R., Nageeb, M.B., Gaffoor, J., Aslam, M., Akbar, S., 2015. Glycaemic Response of healthy individuals to commonly consumed snacks. Abs. 37th Annual Academic Sessions: The Kandy Society of Medicine.
21. S.M. Mujahid, **A.M. Muthalib**, A.W.S Fowziya, B.M. Nageeb. *Hathmaluwa* - A preliminary study on a traditional dish for growing children. 3rd National Symposium 2015 on “Traditional Sri Lankan Foods for Healthy Life” organized by Institute of Indigenous Medicine, University of Colombo Rajagiriya, Sri Lanka. 5th September 2015.
22. P. Sulosana, **A. M. Muthalib**, S. M. Mujahid, A.W.S Fowziya. Traditional food of Jaffna Tamils. 3rd National Symposium 2015 on “Traditional Sri Lankan Foods for Healthy Life” organized by Institute of Indigenous Medicine, University of Colombo Rajagiriya, Sri Lanka. 5th September 2015.
23. P. Sulosana, **A. M. Muthalib**, S. M. Mujahid, A.W.S Fowziya. A traditional balanced snack for healthy life. 3rd National Symposium 2015 on “Traditional Sri Lankan Foods for Healthy Life” organized by Institute of Indigenous Medicine, University of Colombo Rajagiriya, Sri Lanka. 5th September 2015.
24. **Muthalib, A. M**, Naser, KA, Sivakanesan, R and Nageeb, BM. The comparison between brown and white rice flour traditional Sri Lankan foods on glycaemic response in controlled diabetes Vs healthy individuals. National Conference on Indigenous Systems of Medicine.

- Research and Innovations in Indigenous Systems of Medicine for 21st Century, BMICH. 16th - 18th October 2015.
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