

## DR. M.D.L.D MANAGE

*MBBS (Colombo), D.Sp. Med (Colombo) MD.SEM (Colombo)*

### PERSONAL INFORMATION

**Address:** 40, Infront of the Mawala Temple, Mawala, Wadduwa, Sri Lanka

**Phone:** +94711627025(Mobile)

+94382285032 (Home)

**Email:** dimuthu75@gmail.com

**Gender:** Male

**DOB:** 1975.11.25

**Nationality:** Sri Lankan



### EDUCATIONAL QUALIFICATIONS

- MBBS ( English medium) University of Peradeniya – 2003
- Postgraduate Diploma in Sports Medicine (Pg. DSM) University of Colombo- 2011
- MD Sport & Exercise Medicine – University of Colombo - 2021
- ECOSEP Travelling Fellowship -2022- 2023

### EMPLOYMENT HISTORY

- **Consultant in Sport and Exercise Medicine** – National Hospital of Sri Lanka
- **Visiting Sport and Exercise Medicine Consultant-** National Institute of Sports Medicine
  - Sri Lanka Cricket high performance Centre
- **Senior Registrar** Sport and Exercise Medicine. Sports Medicine Unit, National Hospital of Sri Lanka (05/04/2021 Onwards)
- **Registrar** Sport and Exercise Medicine – March 2018 to April 2021
- Medical officer-in-charge – Sport and Exercise Medicine Unit –T.H Kalutara- December 2014 to March 2018
- Senior House Officer in Medicine at DGHS Kalutara – April 2009 to December 2014
- Medical Officer at D.H Angunakolapellesa – November 2004 to April 2009
- Post intern period at PCU (March 2005- December 2005) General Hospital, Nawalapitiya, Sri Lanka.
- Intern House Officer, Obstetrics and Gynecology (September 2004– March 2005) General Hospital, Nawalapitiya, Sri Lanka
- Intern House Officer, Medicine (March 2004 – September 2004) General Hospital, Nawalapitiya, Sri Lanka.

### RESEARCH AND PROJECTS

- ❖ Effectiveness of High-Intensity Interval Training (HIIT) in overweight individuals between 25-45yrs of age registered in sports medicine clinic, General Hospital Kalutara
- ❖ Training of the public health nursing officers to supervise physical activity programs in Healthy Life Centers, Sri Lanka.

## **PROFESSIONAL QUALIFICATIONS AND EXPERIENCE**

- 2023 Member of medical panel in Sri Lanka Cricket and visiting consultant.
- 2023 Member of National Sport Council Medical Panel, Sri Lanka
- 2023 Rugby Team Physician – St. Thomas College
- 2021 FIFA Diploma in Football Medicine
- 2021 Team Physician Blue Star Kalutara Football Club
- 2021 Team Physician Kandy Tuskers -Lanka Premier League Cricket (LPL)
- 2021 ATLS Provider course
- 2021 MD Sport and Exercise Medicine
- 2019 onwards Team Physician Netball team – Kalutara Balika M.V

Athletic/Boxing/Taekwondo Police Training School-Kalutara

- 2018 Doping control officer and re-accreditation program SLADA
- 2011 Diploma in Sport Medicine

## **SPORTS-RELATED EXTRACURRICULAR ACTIVITIES**

- **Volleyball**  
school and club level -zonal, district and provincial level achievements- 1992 1996  
Member of the University of Peradeniya volleyball team – 1996- 2000  
Awarded University colours  
Selected for the National Youth Centre Volleyball Team & National University  
Volleyball team to participate in a tour to India. (had to give up due to academic  
commitment)
- **Kabaddi**  
Youth club District 1<sup>st</sup>, Provincial 2<sup>nd</sup>, All island 3<sup>rd</sup> place – 1995-1996
- Currently special interest in Gym /physical fitness training



M.D.L.D Manage

Senior Registrar Sport and Exercise Medicine.