

"Alone we can do so little; together we can do so much" – Helen Keller



FHNS GSA President Candidate

SHANELLA SENADHIRAJA

Vision: A committee where every student's voice is valued. Together, we will innovate, support each other, and build a stronger community.

Let's empower and inspire everyone to achieve their best.

**1 Graduate Representative
-FHNS Communications &
Outreach Committee**

**2 Teacher & Mentor
- CanU Canada**

**3 Volunteer
- CCARM**

**4 Coordinator- FAFS Quiz
Competition and Award
Ceremony**

**5 Lecturer, and Academic
Coordinator, Sri Lanka**

**6 Member of the Student
Council, Sri Lanka**

My Targets:

- 1. Research Conference**
- 2. Professional & Career Development Workshops**
- 3. Taking Debate & Quiz Competition to an International Level**
- 4. Collaboration of MAHN Program with GSA**
- 5. CanU Canada with Food Development**
- 6. Treasure Hunt for FHNS Students**
- 7. Food and Human Nutrition Student Podcast**
- 8. Advancing with the IFTSA Chapter**
- 9. Expand International Collaboration through Workshops, Partnerships with Food and Nutrition Clubs and Field Visits**





Sina Sarviha

MSc Candidate, Human Nutritional Sciences | University of Manitoba

Email: sarvihas@myumanitoba.ca | **LinkedIn:** [linkedin.com/in/sina-sarviha](https://www.linkedin.com/in/sina-sarviha)

Hey, I'm Sina!

I'm not here to tell you what's wrong or pretend I have all the answers. I'm here to listen, connect, and work with you to make real change happen. I'm an MSc student in Human Nutritional Sciences, passionate about research and community impact, especially in areas like traditional foods and health in Indigenous communities. My journey has always been about combining my love for science with helping people, and now, I'm excited to bring that energy to serve as your FHNS GSA president.

My Experience (AKA Why You Should Trust Me!)

- **MAHN Office Assistant (2024-present)** – This role has given me an insider's view of how the university operates. I've learned the ins and outs of university procedures, built connections with faculty members, and gained a deep understanding of how to get things done on campus. These relationships will be invaluable in pushing through student initiatives quickly and effectively.
- **Member, Central Council of the Nutrition Scientific Association (2021-2022)**
- **Graduate Research Assistant (2023-present)**

Why I'm Running

Let's face it—student elections often feel like the same old promises. But I'm not here to push my own agenda. I know that the best ideas come from the people experiencing the problems firsthand—you. That's why I'm running to be a president who actually listens, asks the right questions, and makes your feedback the driving force behind our decisions. I'm not in this for me; I'm in this for us.

What I Bring to the Table

- **Connections That Matter:** As MAHN Office Assistant, I've built strong relationships with faculty and staff. I know the procedures and the people who make decisions. These connections will help me cut through red tape and get things done faster, turning your ideas into actions.
- **Active Engagement:** I'm committed to being present—attending events, talking with you face-to-face, and making sure your voices are heard loud and clear.
- **Student-Led Action:** I believe in empowering you to lead the change. Let's work together on initiatives that matter most to you, from improving academic support to enhancing campus life.

Let's Create the Change You Want to See.

I believe in a student association that's not just about policies—it's about people. I'm here to work with you, for you, making sure your needs are at the heart of everything we do.

Your Voice, Your Vote, Our Future. Vote Sina for President!

Susane Trevisan

FHNS GSA Vice President 2024-2025



Hello students from the Food and Human Nutritional Sciences Department! I'm Susane Trevisan, a PhD student in Food Science co-advised by Dr. Filiz Koksel and Dr. Martin Scanlon.

I began my professional journey in 2017 when I earned my Bachelor's degree in Food Engineering at the University of Campinas, in Brazil. During my undergraduate studies, my passion for science was sparked when I worked on my first scientific project involving membrane filtration, under the guidance of Dr. Mariana Machado and Dr. Miriam Hubinger at the University of Campinas.

Before graduating, I was selected for a nationwide program called Science without Borders, which allowed me to study abroad. As a result, I had the privilege of attending the University of Manitoba, where I met inspiring professionals and gained invaluable knowledge. I also had the opportunity to be advised by Dr. Scanlon on a research project using membrane filtration to separate alfalfa proteins.

After returning to Brazil, I spent about two years working at DSM Nutritional Products. However, my passion for research remained strong, and in 2019, I returned to Canada to pursue a Master's in Food Science at the University of Manitoba. Under the guidance of Dr. Scanlon, Dr. Ali Salimi, and Dr. James House, I developed a deep interest in cereal science while working on a project that investigated the relationship between free asparagine concentration in Canadian wheat and gluten strength. During this time, I also served as President of the FSGSA (2020-2021), when I helped draft the first Constitution for the joint FHNS GSA.

After graduating in 2022, I joined Dr. Koksel's research team as a research assistant. Working with such a great team allowed me to further expand my knowledge as I participated in various projects that brought new and exciting challenges to my professional journey.

Now, after spending nearly a year in Brazil, I am thrilled to be back at the University of Manitoba to begin my PhD and rejoin this wonderful community. I look forward to contributing even more to the FHNS GSA in this new committee and providing outstanding service to all FHNS graduate students.

Thank you!
Susane

Harshani Vidana Hewage for Secretary

I am Harshani Vidana Hewage, a second-year Ph.D. student in Food Science at Dr. Nandika Bandara's research group. I have been serving in leadership roles at the Department of Food and Human Nutritional Sciences as the Food Science Graduate Student Representative at the FHNS Communications & Outreach Committee, FHNS GSA Professional Development Program organizing committee member (Infographic Competition



Coordinator), and FHNS GSA Debate and Quiz competition organizing committee (Debate Competition Coordinator) during the past two years. In addition, I serve in different leadership roles on various platforms such as Vice-chair of the Student Common Interest Group at the American Oil Chemist's Society (AOCS), a graduate student representative of the Manitoba Section Management Committee of the Canadian Institute of Food Science and Technology (CIFST), and the Promotion Team member of the CIFST student committee. In addition, I act as a Mentor-Mentee Program Lead in the Food Chemistry Division and Communication Team member of the Food Protein Division of Food Technologists (IFT). Moreover, I am volunteering as a Community Nutrition Educator at the Winnipeg Regional Health Authority, Manitoba, Canada. Moreover, I have been volunteering as an Orientation Ambassador at the International Centre, University of Manitoba for the past two years. Through my volunteer and engagement activities, I am trying to make a difference and positive impact in the campus community.

In this position, I'm looking forward to being dedicated and working with the GSA Committee members to curate all continuing and new events for the betterment of fellow graduate students. As the Secretary, I will give my fullest cooperation to develop strategic plans and establish a clear vision to cater to the needs and interests of both FS and HNS students, fostering an inclusive community. My neatness, skills in documentation activities, proven writing and communication skills, perfectionism, and punctuality (more like an early bird 😊) are ideal qualities of mine to be elected for this position.

Flávia Adais for FHNS GSA secretary



Hello! My name is Flávia Adais, and I am excited to run for the position of secretary in the FHNS-GSA. I am a Ph.D. student in Food Science at the University of Manitoba, with a strong background in research and entrepreneurship.

A key part of my journey has been founding Lavoisier Cosméticos, a startup dedicated to creating dermo-cosmetic products from agro-industrial residues. Leading this company allowed me to develop my organizational and leadership skills, as I oversaw product development, managed teams, and coordinated collaborations. My experience as Chief Executive Officer gave me valuable insights into efficient communication, document management, and administrative operations, which I believe will be essential in the role of secretary.

In my academic life, I am working on developing innovative nanoemulsion systems to improve the bioavailability of bioactive peptides in food products. Alongside my studies, I have held several volunteer positions that reflect my commitment to community service. Today, I remain deeply involved in volunteer work, teaching high school students about agriculture in Manitoba.

As secretary, I am committed to using my skills to ensure effective communication and organization within the GSA, while fostering a supportive and collaborative environment for all graduate students. I believe my experience leading a startup and working in various research roles uniquely qualifies me for this position.

Thank you for your support!



I am Rashmi Siribaddanage , the newly appointed FHNS-GSA COUNCILLOR. I am a Masters student and a part of the FHNS. Though this is all very new to me, I plan to get advice and guidance from previous commitee to be the eyes and ears of the FHNS. I am friendly and open to suggestions, and I will dedicate to actively listen to the concerns of FHNS graduate students and advocate for them within UMGSA, ensuring your voice resonates. Thank you for giving me this opportunity. I am honored to represent the varied viewpoints that enhance our department.



Name: Zainab Husain

FHNS GSA Executive Position: Events & Activities Coordinator

Email: husainz@myumanitoba.ca

Hello fellow FHNS graduate students! My name is Zainab, and I am an M.Sc. student in the Food Science program. I'm part of the Food Proteins and Bioproducts Laboratory under the supervision of Dr. Nandika Bandara. It is an utmost pleasure joining the FHNS GSA Executive team as the Events & Activities Coordinator for this upcoming year!

Besides my focus on my academic career, I am involved with the community at the University of Manitoba and beyond through various volunteering positions, including CanU Canada Mentor, U of M International Centre Mentor, and Academic Centre Tutor. I was the International Students' Representative for the Faculty of Agricultural and Food Sciences Student Organization (FASO), where I helped organize student events on campus alongside other council members. During my time in this position, I most notably served in a FASO subcommittee that campaigned for Equity, Diversity, and Inclusion (EDI) representation for students at our faculty and added a new EDI Representative Advisor position on council. I am also currently serving as the Secretary of Education and Events at the American Oil Chemists' Society–Student Common Interest Group. I believe that my previous and current experience serving in student associations provides me with a solid background and experience for joining the FHNS GSA executive team!

I'm passionate about creating an engaging, fun, and inclusive environment for both Food Science and HNS graduate students through planning events that foster professional and academic growth and build a strong sense of community. I aim to organize a diverse range of activities such as all the staple FHNS GSA events, professional development workshops, outdoor summer trip and activities, fun academic events, and many more that will ensure students feel supported and connected within our department. Do not hesitate to contact me, as I would love to hear any suggestions, ideas, and feedback from all FHNS students. I am looking forward to working alongside the FHNS GSA executive team this year and hope to see everyone at our events!

Foluke Oyekale for Events and Activities Coordinator (HNS)

Foluke Oyekale is a graduate student in the Department of Food and Human Nutritional Sciences, with a passion for nutrition and diet in the management of chronic diseases. She



is dedicated to using evidence-based approaches to answer diet-related questions and currently conducting a randomized controlled trial to assess blood glucose response to wild rice cakes.

Foluke earned her bachelor's degree in Human Nutrition and Dietetics, from one of the best universities in Nigeria, Bowen University, where she served as Vice President of her department and worked briefly as a Nutritionist at Lagos State University Teaching Hospital.

While studying at the University of Manitoba, she has actively engaged in various volunteer roles that have honed her expertise in human relations, nutrition knowledge and education, and public speaking. Her volunteer work includes roles with the Food and Human Nutritional Sciences department, Manitoba Egg Farmers, and as a Community Nutrition

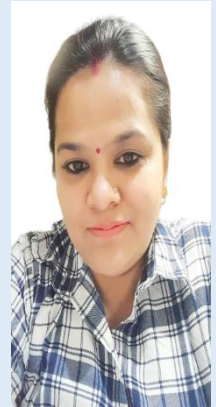
Educator with the Winnipeg Regional Health Authority, where she facilitates community programs on topics such as healthy grocery shopping, building healthy relationships with food, and understanding food systems. In addition, Foluke serves as the First Vice President of Events and Operations for the University of Manitoba African Graduate Student Association, where she ensures smooth event operations and liaises with key stakeholders to manage logistics. She is also a member of the Safer Social event team, affiliated with the Sexual Violence Resource Team and the Health and Wellness Office at the University of Manitoba. As part of the peer-to-peer student support group, her role is to help ensure students feel safe at events and offer support or referrals, when necessary while collaborating with other campus groups to create safer spaces.

Foluke participated in the 2024 Three-Minute Thesis competition, where she advanced to the Top 12 finalists after competing in two rounds where she showed her great public speaking skills. She has demonstrated a proven track record of leadership, organizational skills, public speaking, and great community engagement.

Shivani Tiwari - PhD student
For Events and activity coordinator HNS

I am Shivani Tiwari, a Human Nutritional Science Ph.D. student in Dr. Miyoung Suh's research group. As the *Events and activity coordinator* of HNS, I will be initiating rejuvenating and enriching events/activities. My goal is to enhance both the scholastic experience and student life in general. I can be the **voice for the HNS grad student** matters while creating a friendly, culturally inclusive, and enriched environment for all.

My past education and leadership experiences as the Silkroad scholar, Cultural secretary and college magazine Editor have predisposed my enthusiasm for contesting for this post. In the past, I've successfully introduced and executed new events and activities for students to engage and learn from.



**Please VOTE-SUPPORT-ELECT to show your
encouragement | Every single vote matters!!**

I can contribute my best to the team for every successful event. Also, I want to bring several new initiatives as the *Events and activity coordinator* of HNS. My main goal as the *Events and activity coordinator* of HNS are:

1. Employment and career enlightenment activities and seminars for students.
2. International career development activities through dual approach of industry and academia, both.
3. Activities for simplifying student collaboration pathways amongst themselves and with the organizations like CIFST, IFT, AOCS, and Cereals & Grains Association.
4. Community awareness programs to enhance community food-nutrition literacy and healthy food environments.
5. Community initiatives and activities for greater equity, inclusivity and diversity.
6. Events to augment inter-university and inter-departmental cooperation.
- 7) As a trained classical yoga Instructor, I would like to initiate a wellness and meditation class for all the students to benefit from.

For Treasurer



Guwanth
Wanigasuriya

Together, we can strengthen our graduate community and create a more dynamic academic environment.

Hello everyone!
I'm Guwanth,

As a graduate student in the FHNS department, I am aspiring for the treasurer position.

ABOUT ME

I have held leadership positions, including serving in student associations at my home university and working as a volunteer. My experience also includes working as a bank trainee at a state bank and as an executive at a food processing company over the past few years.

These roles have helped me hone my skills in collaboration, project management, finance, and communication.

In the FHNS Master's program, I have consistently sought ways to engage with my peers and contribute to our collective development.


My commitment to the FHNS GSA stems from a genuine belief in the power of a unified graduate student community.


SO, VOTE FOR ME!
to make it happen!



I am **Carla Navarro Molina**, a graduate student from the department of Food and Human Nutritional Science. Here is a little bit about me and my experience:

- I am a highly organized person who served as a **delegate** during my undergraduate studies at the University of Valencia, **advocating for students and enhancing the academic community.**
- As a member of the organizing committee at **the Valencian Association of Students and Professionals in Food Science and Technology (AVECTA)**, I coordinated events and managed budgets, ensuring effective financial oversight.
- Currently pursuing a Food Science PhD at the University of Manitoba, giving me a **deep understanding of graduate student's needs.**
- As a student of FHNS, I have a **strong interest** in finance and budgeting which I think is an important key as managing financial records efficiently and responsibly is key for the **growth and success of the association.**

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 [Carla Navarro Molina](#)

VOTE FOR ME

AS THE **TREASURER** FOR FHNS GSA!

Kofi Oduro for Associations Outreach Coordinator

Kofi Owusu-Akyaw Oduro is a dedicated and hardworking individual currently pursuing his Master of Science in Food Science at the University of Manitoba. With a strong passion for research, particularly in sustainable protein processing technologies, Kofi is a Research Assistant in Dr. Nandika Bandara's group, where he focuses on utilizing novel technologies to explore the use of chickpea as a sustainable protein source.



Kofi's academic journey began at the Kwame Nkrumah University of Science and Technology (KNUST), where he graduated with first-class honors in Food Science and Technology. His continued dedication to food science research has resulted in co-authoring publications and presenting his findings at various conferences, further establishing his reputation within the scientific community.

Throughout his academic career, Kofi has demonstrated exceptional leadership qualities. He previously held multiple leadership roles in the Association of Food Science and Technology Students at KNUST, including Vice President (Interim), Academic Board Chairperson, and Welfare Head. During his tenure, he spearheaded efforts to revitalize both the academic and welfare boards, leading to significant improvements that positively affected the student body. His commitment to student welfare extends to his current involvement as a committee member for student orientation with the Church of Pentecost (COP) and as a mentor for graduate school applications, where he continues to inspire and guide students hoping to pursue graduate studies.

Kofi's leadership, coupled with his visionary outlook, has also earned him recognition and awards, including being named the Most Outstanding Committee Head (2021) and Teaching Assistant of the Year in 2023 among others. He possesses excellent teamwork and mentorship skills, thrives in diverse environments, and is always eager to contribute to the success of every project he undertakes.

Kofi looks forward to leveraging his skills and experience as the Outreach Coordinator, aiming to strengthen relationships between the association and the broader food science community, and create opportunities for students to engage with professionals in the industry. With his proactive approach and commitment to excellence, Kofi is well-positioned to make a meaningful impact in this role.

Vidheesha Abeysinghe (He/him) (Communication Officer)

Hi everyone! I'm Vidheesha Abeysinghe, a 2nd year MSc student in the Department of Food and Human Nutritional Sciences. As a graduate student, I have actively looked for opportunities to engage with my fellow graduate students and contribute to our collective growth.

As a member of the GSA, I have been actively participating in almost all the events with pleasure, sometimes as a volunteer and sometimes as a media person. FHNS GSA professional development workshop was my first event.

As you all know I'm a professional photographer and a graphic designer as well. As the communication officer of GSA, I believe I can be your storyteller throughout the upcoming year.

I believe you'll give your humble support and help to make my position a success and looking forward to working with you all.



Vidheesha Abeysinghe

