

VIHARA HELLARAWA

MICROBIOLOGY | QUALITY ASSURANCE & QUALITY CONTROL | FOOD SAFETY

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PROFESSIONAL SUMMARY

Biomedical Science graduate with Second Class Upper Division and hands-on experience in microbiology, quality control, laboratory testing, and GMP-aligned laboratory operations. Experienced in microbiological testing, aseptic techniques, culture media preparation, sample handling, contamination investigation support, documentation, and SOP compliance. Currently pursuing an MSc in Food Science and Nutrition, with additional academic training in Food Science & Technology. Strongly interested in microbiology, quality assurance, quality control, food safety, and beverage manufacturing, with a strong commitment to maintaining product quality, safety, and regulatory standards.

PROFESSIONAL EXPERIENCE

Trainee Microbiologist (Quality Control)

Jun 2025 - Aug 2025

Kelun Lifesciences

- Performed microbiological testing using aseptic techniques while working within GMP-aligned pharmaceutical laboratory practices.
- Prepared and handled samples and culture media according to established SOPs and quality procedures.
- Maintained accurate test records and documentation to support traceability and quality reporting.
- Assisted with contamination investigations, deviation observations and laboratory quality review activities.
- Followed pharmaceutical laboratory hygiene, safety and GMP requirements.
- Developed practical understanding of pharmaceutical QC workflows, controlled documentation and quality systems.
- Worked carefully with established procedures to maintain accuracy, consistency and sample integrity.

Medical Laboratory Scientist - Internship

Jun 2024 - Oct 2024

Army Hospital, Narahenpita

- Completed practical clinical laboratory training across Microbiology, Histopathology, Biochemistry, Hematology, and Blood Bank operations.
- Assisted with sample receiving, sample handling, culture preparation, pathogen identification support, and interpretation of laboratory test results under supervision.
- Performed routine clinical laboratory procedures, including CBCs, differential counts, coagulation studies, and biochemical parameter analysis under professional guidance.
- Operated and supported laboratory equipment while maintaining accuracy, safety, and documentation standards.
- Strengthened understanding of clinical laboratory workflows, infection control, patient sample integrity, and reporting discipline.

Field Assistant - Internship

Dec 2021 - Jun 2022

Department of Agriculture, Nuwara Eliya

- Gained practical exposure to agricultural microbiology laboratory activities and agricultural research environments.
- Worked with net houses, aeroponic and geoponic tunnels and protected cultivation systems.
- Gained exposure to tissue-cultured planting materials and pre-primary seed production using tissue-cultured mother plants.
- Supported agricultural field activities, plant maintenance, crop handling and cultivation practices.
- Gained practical understanding of plant growth, crop production and agricultural experimental environments.

EDUCATION

- **B.Sc. (Hons) in Biomedical Science** **2022 - 2025**
University of Plymouth via NSBM Green University, Second Class Upper Division
- **M.Sc. Food Science and Nutrition (reading)** **2026- present**
University of Peradeniya
- **Diploma in Food Science & Technology** **2025 - 2026**
University of Colombo
- **Diploma in Information Technology** **2025 - 2026**
Lifeway Education Services, Nuwara Eliya
- **Field Assistant Certificate - NVQ Level 4** **2021**
Technical College, Nuwara Eliya
- **Short Course in Agri Entrepreneurship** **2022**
Rajarata University of Sri Lanka

CORE COMPETENCIES & SKILLS

- Quality Control & Quality Inspection
- Food Quality & Safety
- Clinical laboratory testing
- Sample Handling & Inspection
- Quality Documentation & Record Keeping
- SOP Compliance & Hygiene Practices
- Contamination Identification & Investigation Support
- Data Recording & Report Preparation
- Operational Coordination & Teamwork
- MS Office & Computer Literacy
- Microbiological Testing
- GMP / GLP Practices in healthcare and clinical laboratory workflows
- Data recording and documentation
- Quality and compliance procedures
- Scientific data interpretation
- Technical report preparation
- SOP-based working environments
- Problem identification and analytical thinking

LANGUAGES

- English - Professional Proficiency
- Sinhala - Native

AREAS OF PROFESSIONAL INTEREST

- Pharmaceutical Manufacturing & Production
- GMP Compliance & Manufacturing Practices
- Production Documentation & Batch Records
- Aseptic & Controlled Laboratory Practices
- SOP Compliance & Documentation
- Food Microbiology & Food Testing
- Food Safety & Quality Assurance
- Quality Control & Laboratory Analysis
- Microbiological Testing & Pharmaceutical Microbiology
- Equipment & Process Quality Support

REFERENCES

R. Vanithamalar – Vice Principal, N/Good Shepherd Convent | 072 2586666

Kavindine Dias – Lecturer, NSBM Green University | kavindinie.d@nsbm.ac.lk | 077 2066272