



Curriculum Vitae

BIMBA LAKMINI GOONAPIENUWALA

M.B.B.S

Lecturer, Department of Biochemistry, Faculty of Medicine, University of Peradeniya, Peradeniya, 20400, Sri Lanka.

Name in Full : Bimba Lakmini Goonapienuwala

Residence : 192, Riverdale Road, Kandy, Sri Lanka

Date of Birth : 1st of June 1980

Nationality : Sri Lankan

Gender : Female

Marital Status : Married

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Career Track

Feb 2016 to date: Lecturer (Probationary), Department of Biochemistry, Faculty of Medicine, University of Peradeniya, Peradeniya, Sri Lanka.

Sep 2010 to Feb 2016: Lecturer (Probationary), Department of Physiology, Faculty of Medicine & Allied Sciences, Rajarata University of Sri Lanka.

Dec 2009 to June 2010: Temporary Lecturer, Department of Psychiatry, Faculty of Medicine & Allied Sciences, Rajarata University of Sri Lanka.

Apr 2008 to Oct 2008: Intern House Officer, General Surgery, Teaching Hospital, Kandy, Sri Lanka.

Oct 2007 to Apr 2008: Intern House Officer, General Medicine, Teaching Hospital, Kandy, Sri Lanka.

Nov 2006 to July 2007: Temporary Assistant Lecturer, Department of Biochemistry, Faculty of Medicine, University of Peradeniya, Sri Lanka.

Tertiary Education, Postgraduates and Training

2017. Master of Philosophy (MPhil): University of Peradeniya, Peradeniya, Sri Lanka. Title of the study: Prevalence of overweight and obesity and body image perception among schooling adolescents (aged 13 - 16 years) in Anuradhapura District, Sri Lanka. Supervisors: Prof. S. Siribaddana, Prof. S.B. Agampodi and Prof. N.S. Kalupahana. Currently the thesis is under final evaluation and waiting for the thesis defense in August.

2006. Bachelor of Medicine and Bachelor of surgery (MBBS):

University of Peradeniya, Sri Lanka. Second Class in final MBBS, 2nd MBBS, 3rd MBBS part I and part II with distinctions in Parasitology.

2013. Staff training programme:

Medical Education unit, University of Peradeniya, Sri Lanka. Consisted of educational technology, university system, ethics & professionalism and research methodology (160 hours)

Resource person in workshops:

2016. “Curriculum revision workshop” by Faculty of Medicine, University of Peradeniya. Participated as a resource person.

2012. “Workshop to develop new modules for Faculty of Medicine & Allied Sciences, Rajarata University of Sri Lanka”. Participated as a resource person.

Workshops attended:

2016. “Joint academic meeting” organized by College of Medical Educationists and Faculty of Medicine, University of Peradeniya. Focus: Assessment of higher order thinking and problem based learning process.

2015. “SLMA Pre-congress workshop on scientific writing” organized by Anuradhapura Clinical Society, 9th Annual Scientific Sessions.

2013. “Pre-congress workshop on medical writing” organized by Anuradhapura Clinical Society, Annual Scientific Sessions 2013.

2012. “ SLMA/ FERCSL workshop on research ethics” organized by Anuradhapura Clinical Society, Annual Scientific Sessions 2012.

2011. “Workshop on health economics” conducted by Maternal Morbidity Project, Faculty of Medicine & Allied Sciences, Rajarata University of Sri Lanka

2010. “Workshop on medical writing” conducted by Galle Research Network & department of Medicine, Rajarata University Sri Lanka.

Teaching Experience and Academic Development

- 1.** Designed and conducted lectures, practical classes and tutorials in Physiology for undergraduates at Faculty of Medicine & Allied Sciences, Rajarata University of Sri Lanka
- 2.** Designed and conducted Biochemistry lectures, practical classes and small group discussions and clinical case relevance (CCR) classes for undergraduates in Faculty of Medicine, University of Peradeniya.
- 3.** Participated in setting exam questions, conducting exams and marking the answer scripts of undergraduate medical students in Rajarata University of Sri Lanka and University of Peradeniya.
- 4.** Resource person in Biochemistry curriculum revision in faculty of Medicine, University of Peradeniya 2016 – 2017.
- 5.** Module coordinator for the module “Biochemical basis of cardio-respiratory functions, alimentation and nutrition Module” 2016 onwards
- 6.** Department representative for the development of “Family Medicine” curriculum 2017.
- 7.** Organized a seminar on weight management for overweight and obese adolescents in Anuradhapura district and offered free screening for metabolic derangements - 2015.
- 8.** Resource person in pre-clinical curriculum revision in Faculty of Medicine & Allied sciences, Rajarata University of Sri Lanka in 2013-2014
- 9.** Organized “sexual education programmes” for schooling adolescents in the Anuradhapura district - 2012-2013.

10. Member of the coordinating committee of the introductory course for the 2012/2013 batch at Faculty of Medicine & Allied sciences, Rajarata University of Sri Lanka in 2012.
 11. Coordinated the three month introductory course for the 2010/2011 batch at Faculty of Medicine & Allied sciences, Rajarata University of Sri Lanka in 2010.
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Research

Research interest:

1. Human anthropometry
2. Adolescent obesity and overweight
3. Nutritional problems among children and elderly
4. Body image perception
5. Effects of mindfulness on chronic illnesses and cancer
6. Cancer and obesity
7. Health effects of Tai Chi

Research experience:

1. Community based human anthropometric assessments.
 2. Field experience of conducting a large sample, school based study.
 3. Data management and analysis using SPSS software.
 4. Reviewer for the Anuradhapura Medical Journal 2016 and Annual Scientific Sessions of Post Graduate Institute of Science, Peradeniya 2017.
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Publications - Journal Articles

1. **Goonapienuwala BL**, Agampodi SB, Kalupahana NS and Siribaddana S. (2017). Body Image Construct of Sri Lankan Adolescents. *Ceylon Medical Journal* 62: 40–46.
2. Dassanayake DLB, Wimalaratna H, Agampodi SB, Liyanapathirana VC, T.A.C.L. Piyarathna TACL and **Goonapienuwala BL**. (2009). Evaluation of surveillance case definition in the diagnosis of leptospirosis, using the Microscopic Agglutination Test: a validation study. *BMC Infectious Diseases* 9:48.

Publications - Conference Proceedings

1. **Goonapienuwala, BL**, Agampodi SB, Kalupahana NS and Siribaddana S (2016). Nutritional status of schooling adolescents in Anuradhapura district. Are we underestimating obesity? University of Peradeniya International research sessions 2016, Kandy, Sri Lanka.
 2. **Goonapienuwala, BL**, Agampodi SB, Kalupahana NS and Siribaddana S (2015). Undernutrition among rural adolescents in Sri Lanka. International Conference on Maternal and Child Nutrition 2015, Colombo, Sri Lanka.
 3. **Goonapienuwala, BL**, Agampodi SB, Kalupahana NS and Siribaddana S (2014). Body dissatisfaction and prevalence of obesity among Sri Lankan rural adolescents. International Association for the Study of Obesity 2014, Kualalampur, Malaysia.
 4. **Goonapienuwala BL**, Agampodi SB, Kalupahana NS, Wijayakoon WMD, Bopeththa BVK, Wijethunge DD and Siribaddana S (2014). Validation of translated “body image questionnaire” for Sri Lankan adolescents; Kandy society of Medicine research sessions 2014, Kandy Sri Lanka
 5. Janaka Pushpakumara PHGJ, Agampodi SB, Chandrakumara WAJC, Gunasekara ACM, Hemasiri GDND, **Goonapienuwala BL**, Wijewardhana HRGH, Rupasinghe RPS, Thilakarathne YGRKK (2011). Epidemiological pattern and impact of contact history, education level and marriage on acute deliberate self poisoning in north central province of Sri Lanka : A Case-Control Study. Kandy Society of Medicine research sessions 2011;33:78
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Extra Curricular Activities

Qualified instructor in Tai Chi for Arthritis

Followed Tai Chi for Arthritis Instructor/ Leader’s course, conducted by Tai Chi for Health Institute, Australia, in January 2016

University :

- Member - Faculty Badminton Team - Interfaculty games
- Member - Faculty Basketball Team - Interfaculty games
- Active participation at the Medical Exhibition (2003)

School :

- Member - School Dancing Group
Sinhala Literature Club, Astronomy Club, Science Club
- Participant - School Drama, Sports Meet, Sinhala Poetry competitions
- Followed a course in the art of Self Defense (Pvt Institution)