

Dr. Inosha Udara Alwis

Lecturer (Probationary)
Department of Community Medicine,
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ACADEMIC QUALIFICATIONS

- **2017** MBBS Degree
2nd Class (Upper) for Final MBBS examination with Distinction in Psychiatry.
1st Class for 3rd MBBS examination with Distinctions in Community Medicine,
Pathology & Parasitology.
2nd Class (Upper) for 2nd MBBS examination with Distinction in Physiology.
Faculty of Medicine, University of Peradeniya
- **2023** MSc. in Community Medicine
Post-graduate Institute of Medicine, University of Colombo

RESEARCH INTERESTS

- Community mental health
- Epidemiology
- Health promotion
- Health Policy
- Medical sociology
- Health services research

AWARDS & PRESENTATIONS

- **2015** Geetha De Silva Memorial Prize in Community Medicine awarded for best results for community medicine in the undergraduate degree.
 - **2023** Dr. C.H. Piyaratne Gold Medal for Community Medicine awarded for the best results of the MSc. in Community Medicine degree
 - **2017** Presentation at Joint Symposium on Consortium of Global Health Education and Research 'Improving Health in Global South – Perspectives and Agenda –' held at Hokkaido University School of Medicine, Sapporo, Japan on 6th October, 2017
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- **2021** Peter and Mable Cooray Gold Medal for the Best Research Paper at the 18th Annual Academic Sessions of the Sri Lanka College of Psychiatrists held on 16th of December 2021 for the conference paper on ‘Community Prevalence of Depression in Sri Lanka: A Systematic Review and Meta-analysis’
 - **2022** Presentation at the Journal Club of the College of Community Physicians: Critical appraisal of the journal article “Impact of the economic crises on mental health care: A systematic review” held on 22nd of May 2022

EMPLOYMENT

- **2011 – 2015** Exam Invigilator for Cambridge/IELTS examinations
British Council, Kandy
- **2017 - 2018** Temporary Lecturer
Department of Community Medicine, Faculty of Medicine, University of Peradeniya
- **2018-2019** Intern House Officer
National Hospital, Kandy
- **2019-2020** Preliminary Grade Medical Officer
National Hospital, Kandy
- **2020-2021** Grade II Medical Officer
Base Hospital, Mawanella
- **2021-present** Lecturer (Probationary)
Department of Community Medicine, Faculty of Medicine, University of Peradeniya

CONTINUING MEDICAL EDUCATION

- **2017:** Successful completion of the course of Japan-Asia Youth Exchange programme in Science administered by Japan Science and Technology Agency, held at Hokkaido University, Japan from 02nd to 15th October, 2017.
 - **2017 :** Participation at the ‘Workshop on ethics in conducting and publishing research’ held at the Faculty of Medicine, University of Peradeniya, on 26th July, 2017.
 - **2017 :** Delegate at the Foundation Sessions of Kandy Society of Medicine held at National Agriculture Information and Communication Centre, Gannoruwa on 26th September, 2017.
 - **2017 :** Delegate at the 46th Annual Academic Sessions of the College of Surgeons of Sri Lanka
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- **2017:** Successful completion of the certificate course on ‘Standardizing the competency on Tobacco & Alcohol Prevention among doctors in Sri Lanka’ conducted by the National Authority on Tobacco & Alcohol in collaboration with Society for Health Research & Innovation and Government Medical Officers’ Association.
 - **2021:** Participation at the 18th Annual Academic Sessions of the Sri Lanka College of Psychiatrists held on 16th of December 2021
 - **2022:** Participation at the ‘Dengue amidst the Pandemic: International Research and Innovation Symposium’ held on 16th of March 2022
 - **2022:** Participation at the ‘University Grant Workshop’ organized by the Faculty Research Committee, Faculty of Medicine, University of Peradeniya on 22th of March 2022
 - **2022:** Participation at the ‘Towards a Transdisciplinary Research Agenda on “Anti-Science” Virtual Conference organized by Consortium of Universities for Global Health’ on 24th of March 2022
 - **2022:** Participation at the 27th Annual Academic Sessions of the College of Community Physicians Sri Lanka held on 24th of August 2022
 - **2022:** Participation at the Continuous Professional Development Programme organized Government Medical Officers’ Association on the topic ‘Coronary artery diseases’ held on 18th of September 2022
 - **2022:** Participation at the 135th International Medical Congress of Sri Lanka Medical Association Annual Congress held on 29th of September 2022
 - **2023:** Participate as a member of the KSM debate at the 45th Annual Academic Sessions of the Kandy Society of Medicine held on the 11th of February, 2022

CONTRIBUTIONS TO THE UNIVERSITY

- **2014-15 :** Vice-president of English Debaters’ Society, University of Peradeniya.
 - **2015 :** Co-convener of the Media Committee of 8th Medical Exhibition organized by the Faculty of Medicine, University of Peradeniya.
 - **2021 :** Resource person for Diploma in Exercise and Sport Sciences Programme 2021/2022
 - **2021 :** Student counsellor for 2019/20, 2020/21 and 2021/22 batches of the Faculty of Medicine, University of Peradeniya
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Publications:

- Alwis, I., Baminiwatta, A. & Chandradasa, M. Prevalence and associated factors of depression in Sri Lanka: a systematic review and meta-analysis. *Social Psychiatry Psychiatric Epidemiology* (2023). <https://doi.org/10.1007/s00127-023-02495-z>
- Bandara S, Alwis I. Sri Lanka's health crisis BMJ 2022; 379 :e073475
doi:10.1136/bmj-2022-073475

Conference Papers:

- A. Senevirathne, K. Ranasinghe, I. Alwis, I. Ahamed, R. Madushanger: 'Surgical management and associated factors of adult patients admitted with neck of femur fractures to the orthopaedic unit of the National Hospital Kandy' poster presented at 45th Annual Academic Sessions of the Kandy Society of Medicine
 - R. Morel, I. Alwis: 'Common encounters, attitudes, and practices related to the management of snake bites among post-intern medical graduates of University of Peradeniya' poster presented at the 135th International Medical Congress of Sri Lanka Medical Association Annual Congress held on 29th September 2022
 - R. Morel, I. Alwis: 'Common encounters, attitudes, and perceived competencies related to the management of parasitic diseases among post-intern medical graduates of University of Peradeniya' poster presented at the 135th International Medical Congress of Sri Lanka Medical Association Annual Congress held on 29th September 2022
 - I. Alwis, S. Bandara: 'Integrating community empowerment model to strengthen pandemic preparedness and response in Sri Lanka: Prospective policy analysis' poster presented at the 'Dengue amidst the Pandemic: International Research and Innovation Symposium' held on 16th of March 2022
 - I. Alwis, A. Baminiwatta and M. Chandradasa: 'Community Prevalence of Depression in Sri Lanka: A Systematic Review and Meta-analysis' oral presentation at the 18th Annual Academic Sessions of the Sri Lanka College of Psychiatrists held on 16th of December 2021
 - D. Dissanayake, V.K.I.U. Alwis, B.A.H.K. Balasooriya, K. Pethiyagoda, T. Pahalawela, M. Sampath, R.D. Senevirathne and M.N.F. Shafana : 'Intimate Partner Violence among married school teachers in the Doluwa MOH area in Kandy district' Proceedings of the Peradeniya University International Research Sessions (iPURSE) University of Peradeniya, Sri Lanka, November 24th, 2017
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- P.V.R.K.Kumarasiri, W.C.N.Welgama V.K.I.U.Alwis, S.A.S.S. Bandara, and A.Rajapaksha: 'A descriptive study on patients with metabolic syndromic in Yatinuwara Divisional Secretariat area' Proceedings of the Peradeniya University International Research Sessions (iPURSE)University of Peradeniya, Sri Lanka, November 24th , 2017
 - S.D. Arunarathna, S.W.Amarasinghe, V.K.I.U.Alwis , V.S.Abeynayake , A.T.M. Alawattegama , H.F.Ahamed, M.N.N.Ahamed, B.D.L.A. Alexander, E.D. Arulpragasam, J.Arumugam, W.L.C.J. Athapaththu and A. Jayasinghe : 'An evaluation of attitudes about the 'Leadership and Positive Attitude Development Programme' among medical students of University of Peradeniya.' Proceedings of the Peradeniya University International Research Sessions (iPURSE)University of Peradeniya, Sri Lanka, November 24th, 2017

Newspaper and other articles:

- I. Alwis : 'COVID-19 public health response: Building a people-centred approach' published on DailyFT Newspaper on 3rd of November 2021
- S.Bandara, I.Alwis: 'Urgent Action Needed to Maintain Vital Health Services' published on Groundviews website on 12th of December, 2022

MEMBERSHIPS

- **2018:** Member of Sri Lanka Medical Council
- **2021:** Lifetime Member of the Peradeniya Medical School Alumni Association (PeMSAA)
- **2022:** Provisional membership of the College of Community Physicians Sri Lanka
- **2022:** Member of the Sri Lanka Medical Association (SLMA)