

INOSHA ALWIS

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Academic Qualifications

PhD in Public Health (reading) March 2025 – Present

Australian Centre for Health Services Innovation (AusHSI) and Centre for Healthcare Transformation, School of Public Health and Social Work, Queensland University of Technology (QUT), Brisbane, Queensland, Australia

Thesis: "Surveillance for hepatocellular carcinoma (HCC) among at-risk groups in an Australian setting: patient preferences and cost-effectiveness"

MSc. in Community Medicine Feb 2022 – March 2023

Post-graduate Institute of Medicine, University of Colombo, Sri Lanka

Rank: 1st place (GPA not calculated)

Dissertation: "Morbidity profile, management and cost of medicines in a primary care and a tertiary care facility in the Kandy District"

Bachelor of Medicine Bachelor of Surgery (MBBS) July 2011 – May 2017

Faculty of Medicine, University of Peradeniya, Sri Lanka

- Final MBBS examination May 2017
2nd Class (Upper) Division (GPA-not calculated)
Distinction in Psychiatry
- 3rd MBBS examination Feb 2016
1st Class with GPA of 3.89
Distinctions in Community Medicine, Pathology and Parasitology
- 2nd MBBS examination Aug 2013
2nd Class (Upper) with GPA of 3.48
Distinction in Physiology

Undergraduate research project: "An evaluation of attitudes about the 'Leadership and Positive Attitude Development Programme' among medical students of the University of Peradeniya"

Professional Qualifications

- Digital Competencies for Researchers 2025 course - eGraduate School, Queensland University of Technology (QUT), Australia Aug-Oct 2025
- Reimagining Global Health course - McGill Summer Institutes in Global Health at McGill University, Canada May 2024
- Certificate Course of Teaching in Higher Education by the Staff Development Centre, University of Peradeniya, Sri Lanka April – Aug 2023
- Course of study in Epidemiology, Survey Methods, Global Health and Human Ecology at Hokkaido University, Japan Oct 2017

Work Experience

1. **Doctoral Student** at the Australian Centre for Health Services Innovation (AusHSI) and Centre for Healthcare Transformation, Queensland University of Technology (QUT), Brisbane, Queensland, Australia
March 2025 – present
2. **Lecturer (permanent cadre)** at the Department of Community Medicine, Faculty of Medicine, University of Peradeniya, Sri Lanka
June 2021 – present (on paid leave)
3. **Grade II Medical Officer** (haematology, pathology and dermatology appointments) at the Base Hospital, Mawanella, Sri Lanka
Dec 2020- Jun 2021
4. **Preliminary Grade Medical Officer** (internal medicine and orthopaedics appointments) at the National Hospital, Kandy, Sri Lanka
Dec 2018 - Dec 2020
5. **Intern Medical Officer** (surgery, gynaecology and obstetrics appointments) at the National Hospital, Kandy, Sri Lanka
Dec 2017 – Dec 2018
6. **Temporary Lecturer** at the Department of Community Medicine, Faculty of Medicine, University of Peradeniya, Sri Lanka
May 2017- Nov 2017

Awards and recognition

1. **C.H. Piyaratne Memorial Gold Medal for Community Medicine** awarded by the Postgraduate Institute of Medicine, University of Colombo, Sri Lanka for the best results in the MSc. in Community Medicine, considering the overall performance in theory papers, clinical vivas and the MSc dissertation
March 2023
2. **Geetha De Silva Memorial Prize for Community Medicine** awarded by the Faculty of Medicine, University of Peradeniya, Sri Lanka for the best undergraduate results in Community Medicine, including the communication, learning and research stream, with the undergraduate research project
Feb 2016
3. **University Research Council Publication Award** awarded by the University of Peradeniya for Q1 publications in the year 2024 for the article titled “Morbidity profile and pharmaceutical management of adult outpatients between primary and tertiary care levels in Sri Lanka: a dual-centre, comparative study”
May 2025
4. **Best Research Award** for the oral presentation titled “Prevalence and associated factors of hypothermia among neonates admitted to the premature baby unit (PBU) of the District Hospital Nawalapitiya: a retrospective analysis” at the 23rd Annual Scientific Congress of the Perinatal Society of Sri Lanka
Sep 2024
5. **Faculty Research Publication Award** awarded by the Faculty of Medicine, University of Peradeniya for highly rated scientific publications in the year 2023 for the article titled “Prevalence and associated factors of depression in Sri Lanka: a systematic review and meta-analysis”
July 2024
6. **CCPSL Research Award** for the best research presentation for the study titled “Morbidity profile, management, cost of medicines and non-medical out-of-pocket costs among adults outpatients in a primary and tertiary care facility in the Kandy district: a comparative study” in the health promotion, health systems and NCD category at the Annual Academic Sessions of the College of Community Physicians Sri Lanka
Aug 2023

7. **Faculty Research Publication Award** awarded by the Faculty of Medicine, University of Peradeniya for highly rated scientific publications in the year 2022 for the article titled “Sri Lanka’s health crisis” Sep 2023

8. **Peter and Mable Cooray Gold Medal** for the best free paper at the 18th Annual Academic Sessions of the Sri Lanka College of Psychiatrists for the study titled “Community Prevalence of Depression in Sri Lanka: A Systematic Review and Meta-analysis” Dec 2021

Skills

- Research skills: Quantitative and qualitative data collection, data handling, data visualisation, quantitative data analysis including parametric and non-parametric testing, factor analysis, regression modelling (competent in SPSS and Stata software packages), economic evaluation including costing analysis and cost-effectiveness analysis, time series analysis (competent in Joinpoint regression software), systematic review and meta-analysis, policy analysis and narrative reviews
- Clinical and public health skills: Diagnostic skills, procedural skills in medical, surgical and laboratory work, counselling and health education, planning and management of epidemiological research projects, screening programmes and clinical audits, monitoring and evaluation of public health programmes and community engagement
- Transferable skills: Project management, problem-solving, teaching, mentoring, leadership, teamwork, communication, public speech, debating and advocacy skills (please see under relevant sections in the CV)
- Languages: Fluent in English (IELTS Academic overall band score – 8.5), fluent in Sinhala.

Publications

Refereed journal articles:

1. Bandara S, Fieldhouse JK, **Alwis I**, Abascal Miguel L, Christian C, et al. (2025) Disinvesting in the future leadership of global health has already begun: What can we do about it?. *PLOS Global Public Health* 5(10): e0005310. <https://doi.org/10.1371/journal.pgph.0005310>
2. Kasturiarachchi, S., **Alwis, I.**, Kumara, S., Rajapaksha, B. (2025). Prevalence and associated factors of admission hypothermia among neonates admitted to the premature baby unit of a secondary care hospital in Sri Lanka: a cross-sectional analytical study. *BMJ Paediatrics Open* 2025;9: e003233. <https://doi.org/10.1136/bmjpo-2024-003233>
3. **Alwis, I.**, Rumala, M., & Dissanayake, V. (2025). Encounters and management of parasitic diseases and snakebites, and attitudes toward parasitology education among post-intern medical graduates of the University of Peradeniya, Sri Lanka. *Journal of Tropical Health* 1,1. ISSN: 3084-8709
4. **Alwis, I.**, Rajapaksha, B., Jayasanka, C. et al. (2024). Morbidity profile and pharmaceutical management of adult outpatients between primary and tertiary care levels in Sri Lanka: a dual-centre, comparative study. *BMC Prim. Care* 25, 200. <https://doi.org/10.1186/s12875-024-024488>
5. **Alwis, I.**, Baminiwatta, A., & Chandradasa, M. (2023). Prevalence and associated factors of depression in Sri Lanka: a systematic review and meta-analysis. *Social Psychiatry and Psychiatric Epidemiology*, 121.<https://doi.org/10.1007/s00127-023-02495-z>

6. Bandara, S., & **Alwis, I.** (2022). Sri Lanka's health crisis. *bmj*, 379: e073475. <https://doi:10.1136/bmj-2022-073475>

Preprints:

1. Fonseka, T., Wijenayake, B., Ratnayake, A., **Alwis, I.**, Manathunga, S., Godaliyadda, R., Herath, V., Pamuditha, I., Ekanayake, P. and Dharmaratne, S., 2025. Devising PoPStat: A Metric Bridging Population Pyramids with Global Disease Mortality. *arXiv preprint arXiv:2501.11514*. <https://doi.org/10.48550/arXiv.2501.11514>
2. Wijenayake, B., Ratnayake, A., Edirisinghe, L., Wijeratne, U., Fonseka, T., Godaliyadda, R., Dharmaratne, S., Ekanayake, P., Herath, V., **Alwis, I.** and Manathunga, S., 2025. PoPStat-COVID19: Leveraging Population Pyramids to Quantify Demographic Vulnerability to COVID-19. *arXiv preprint arXiv:2509.14213*. <https://doi.org/10.48550/arXiv.2509.14213>

Conference presentations:

1. Abeykoon, W.D.S.E., Jayarathna, M.J.S., Kosgallana, E.W., Jayawardana W.J.B.S.M.S., **Alwis, V.K.I.U.**, Ekanayake, E.M.K.B., Nakano, Y., Ogawa, N., Zhang, S., Obayashi, Y., Gunawardane, D.A. (2025 August 28). Comparison of disaster preparedness frameworks between Sri Lanka and Japan. [Oral Presentation]. International Research Symposium and Exposition (iPURSE) 2025 held at the University of Peradeniya, Sri Lanka. Volume 26. <https://doi.org/10.63967/AULT4918>
2. Wijenayake, B., Ratnayake, A., Fonseka, T., **Alwis, I.**, Manathunga, S., Godaliyadda, R, Herath, V., Ekanayake, P., Dharmaratne, S. (2025 August 28). Demographic insights into disease patterns: An interactive visualisation approach [Oral Presentation]. International Research Symposium and Exposition (iPURSE) 2025 held at the University of Peradeniya, Sri Lanka. Volume 26. <https://doi.org/10.63967/AULT4918>
3. Yapa, W.S.P.Y.U.S., **Alwis, V.K.I.U.** (2025 August). Pre-hospital transportation and associated factors among post-traumatic patients presenting to an orthopaedic unit at the National Hospital Kandy [Oral Presentation]. Annual Academic Congress 2025 Sri Lanka College of Emergency Physicians held at The Galadari Hotel, Colombo, Sri Lanka.
4. **Alwis, V.K.I.U.**, Manathunga, S., Aruppola, G., Wickramasinghe, A.M.L.T., Senarath, S.A.N.N.T., Fernando, W.A.M., Dayaratne, M.K.D.R.B., Dharmaratne, S.D. (2025, February 06). National burden of non-communicable disease (NCD) hospitalizations in Sri Lanka: A time series and geospatial analysis of Indoor Morbidity and Mortality Report (IMMR) data from 2004 to 2022. [Oral Presentation]. 47th Annual Academic Sessions of the Kandy Society of Medicine held at Hotel Grand Kandyan, Kandy, Sri Lanka.
5. Kasturiarachchi, S.S., **Alwis, V.K.I.U.**, Kumara, A.W.S. (2024, September 18). *Prevalence and associated factors of hypothermia among neonates admitted to the premature baby unit (PBU) of the District Hospital Nawalapitiya: a retrospective analysis*. [Oral Presentation]. 23rd Annual Scientific Congress of the Perinatal Society of Sri Lanka held at Hotel Galadari, Sri Lanka.
6. Abeykoon, W.D.S.E., **Alwis V.K.I.U.**, Ekanayake, E.M.K.B., Gowrishanker, B., Islam T., Nakano, Y., Thilakarathne P.K.G.N.N., Obayashi, Y., Gunawardane, D.A. (2024, August 30). *A comparison of waste management practices between Bangladesh, Japan and Sri Lanka*. [Oral presentation]. Peradeniya University International Research Symposium and Exposition (iPURSE) 2024 held at the University of Peradeniya, Sri Lanka. E-ISSN 1391-4111, Volume 25
7. Gnanarathne, S., **Alwis, I.**, Karunaratna, B.S.L., Kariyawasam, A.M. (2024, August 17). *Cross-cultural adaptation and validation of the Sinhala version of the Female Sexual Function Index (FSFI) among adult patients in a tertiary-care gynaecological unit in Sri Lanka: findings from Exploratory Factor Analysis (EFA)*.

[Poster presentation]. 136th Anniversary International Medical Congress of Sri Lanka Medical Association held at BMICH, Sri Lanka. ISSN 0009-0875, Volume 69, S, June 2024

8. Senevirathna, P. M. A. S., Krishnapradeep, S., **Alwis, I.** (2024, June 9). *Health-related quality of life and associated factors in paediatric patients with transfusion-dependent anaemia: a cross-sectional study from two tertiary care hospitals in the central province, Sri Lanka*. [Poster Presentation]. SAPA-SLCP International Paediatric Congress 2024 held at Shangri-La Hotel, Sri Lanka. ISSN 1391-2992, Volume 6, No 3
9. Abeywardhana, N.Y., Rathnathunga, K.C., Samarasinghe, T.B., Gunasekara, K.V., Maduranga, K.P., Jayarathna, D.C, **Alwis, V.K.I.U.**, Jayaprasad, D.M., Jayakody, K.C. (2024, February 08). *Comparison of efficacy of the split dose regimen and the standard bowel preparation regimen for colonoscopy*. [Oral Presentation]. 46th Annual Academic Sessions of the Kandy Society of Medicine held at the Grand Kandyan Hotel, Sri Lanka. <https://doi.org/10.4038/sljm.v33i5.494>
10. **Alwis, I.**, Dharamaratne S. (2023, August 12). *Morbidity profile, management, cost of medicines and non-medical out-of-pocket costs among adults outpatients in a primary and tertiary care facility in the Kandy district: a comparative study*. [Oral Presentation]. Annual Academic Sessions of the College of Community Physicians, Sri Lanka held at the Postgraduate Institute of Medicine, Colombo. <https://doi:10.4038/jccpsl.v29i5.8633>
11. Prasanga, P.T.S., **Alwis, V.K.I.U.**, Yamaguchi, M., Nandasena, H.M.R.K.G., Obayashi, Y., Gunawardane, D.A. (2023, July 27). *Trends of HIV incidence over the last two decades between Japan and Sri Lanka: a comparative study*. [Oral presentation]. 136th Anniversary International Medical Congress of Sri Lanka Medical Association held at BMICH, Sri Lanka. ISSN 0009–0875, Volume 68, S, July 2023
12. Kasthuriarachchi, S.S., **Alwis, V.K.I.U.**, Kumara, A.W.S. (2023, July 27). *Prevalence and associated factors of hypothermia among neonates admitted to the premature baby unit of District General Hospital Nawalapitiya: a retrospective analysis*. [Poster presentation]. 136th Anniversary International Medical Congress of Sri Lanka Medical Association held at BMICH, Sri Lanka. <https://doi: 10.13140/RG.2.2.23958.52804>
13. **Alwis, I.**, Baminiwatta, A., Samaranayake, A. (2023, June 24). *Health-related stigma in Sri Lanka: a systematic review*. [Poster presentation]. 20th Annual Academic Sessions of the Sri Lanka College of Psychiatrists held at the Galle Face Hotel, Sri Lanka. <https://doi:10.13140/RG.2.2.22446.28486>
14. Senevirathne, A., Ranasinghe K., **Alwis, I.**, Ahamed, I., Madushanger, R. (2023 February 11). *Surgical management and associated factors of adult patients admitted with neck of femur fractures to the orthopaedic unit of the National Hospital Kandy*. [Poster presentation]. 45th Annual Academic Sessions of the Kandy Society of Medicine held at the Grand Kandyan Hotel, Sri Lanka.
15. Morel, R., **Alwis, I.** (2022, September 28). *Common encounters, attitudes, and perceived competencies related to the management of parasitic diseases among post-intern medical graduates of University of Peradeniya* [Poster Presentation]. 135th International Medical Congress of Sri Lanka Medical Association held at BMICH, Sri Lanka.
16. Morel, R., **Alwis, I.** (2022, September 28). *Common encounters, attitudes, and practices related to the management of snake bites among post-intern medical graduates of University of Peradeniya* [Poster Presentation]. 135th International Medical Congress of Sri Lanka Medical Association held at BMICH, Sri Lanka.

17. **Alwis, I.**, Bandara, S. (2022, March 16). *Integrating community empowerment model to strengthen pandemic preparedness and response in Sri Lanka: Prospective policy analysis* [Poster Presentation]. Dengue amidst the Pandemic: International Research and Innovation Symposium held at Waters Edge Hotel, Battaramulla, Sri Lanka.
18. **Alwis, I.**, Baminiwatta, A., & Chandradasa, M. (2021, December 16). *Community Prevalence of Depression in Sri Lanka: A Systematic Review and Meta-analysis* [Oral Presentation]. 18th Annual Academic Sessions of the Sri Lanka College of Psychiatrists held at the Grand Kandy Hotel, Sri Lanka.
19. Arunarathna, S.D., Amarasinghe, S.W., **Alwis V.K.I.U.**, Abeynayake, V.S., Alawattegama, A.T.M., Ahamed, H.F., Ahamed, M.N.N., Alexander, B.D.L.A., Arulpragasam, E.D., Arumugam, J., Athapaththu, W.L.C.J. & Jayasinghe, A. (2017, November 24). *An evaluation of attitudes about the 'Leadership and Positive Attitude Development Programme' among medical students of University of Peradeniya* [Oral Presentation]. Proceedings of the Peradeniya University International Research Sessions (iPURSE) held at the University of Peradeniya, Sri Lanka.
20. Dissanayake, D., **Alwis, V.K.I.U.**, Balasooriya, B.A.H.K., Pethiyagoda, K., Pahalawela, T., Sampath, M., Senevirathne, R.D., & Shafana, M.N.F. (2017, November 24). *Intimate Partner Violence among married school teachers in the Doluwa MOH area in Kandy district* [Oral Presentation]. Proceedings of the Peradeniya University International Research Sessions (iPURSE) held at the University of Peradeniya, Sri Lanka.
21. Kumarasiri, P.V.R.K., Welgama, W.C.N., **Alwis, V.K.I.U.**, Bandara, S.A.S.S., & Rajapaksha, A. (2017, November 24). *A descriptive study on patients with metabolic syndrome in Yatinuwara Divisional Secretariat area* [Oral Presentation]. Proceedings of the Peradeniya University International Research Sessions (iPURSE) held at the University of Peradeniya, Sri Lanka.

Newspaper and magazine articles:

1. **Alwis, I.**, Manathunga, S. (2024 September 20). Role of second preference: a simulation of the 2024 Presidential Election in Sri Lanka. *DailyFT newspaper: Online Edition*. <https://www.ft.lk/columns/Role-of-second-preference--a-simulation-of-2024-Presidential-election-in-Sri-Lanka/4-766924>
2. Bandara, S., **Alwis, I.** (2023, September 12). Health System Needs Urgent Support to Save Lives. *Groundviews website*. <https://groundviews.org/2023/09/12/health-system-needs-urgent-support-to-save-lives/>
3. **Alwis, I.** (2023, July 24). Sri Lanka's exodus of healthcare workers. *Himal Southasian magazine*. <https://www.himalmag.com/sri-lanka-healthcare-governance-workers-migration-economic-crisis/>
4. Bandara, S., **Alwis, I.** (2022, December 12). Urgent Action Needed to Maintain Vital Health Services. *Groundviews website*. <https://groundviews.org/2022/12/12/urgent-action-needed-to-maintain-vital-health-services/>
5. **Alwis, I.** (2021, November 03). COVID-19 public health response: Building a people-centred approach. *DailyFT newspaper: Online Edition*. <https://www.ft.lk/columns/COVID-19-public-health-response-Building-a-people-centred-approach/4-725365>

Reviewer experience

Has acted as a peer-reviewer for the following journals,

- BMC Public Health
- BMC Gastroenterology
- PLOS Global Public Health
- Journal of Population Ageing
- Journal of the College of Community Physicians Sri Lanka

Teaching experience and skills

- **Undergraduate teaching** at the Faculty of Medicine, University of Peradeniya Jun 2021-present
 1. Doctor in Society (DIS) 1 Module – Year 2 Semester 2 – Medical sociology lectures
 2. Doctor in Society (DIS) 3 Module – Year 3 Semester 2 – Public health approach to infectious diseases lectures
 3. Doctor in Society (DIS) 5 Module – Year 4 Semester 2 – Health promotion lectures
 4. Community Medicine Clerkship Appointment – Years 3 and 4 – supervising public health field visits, assessment of end-appointment presentations
 5. Undergraduate CLR Research Project – Years 3 and 4
Formal co-supervision of undergraduate research groups
Completed projects:
 - CLR Research Group 29 – 2020/21 Batch: Research project titled “Comparative analysis of stress levels and stressors among first-year and third-year medical undergraduate students at the University of Peradeniya”
 - CLR Research Group 20 – 2020/21 Batch: Research project titled “Criteria for choosing a life partner among medical students at the University of Peradeniya”
 - CLR Research Group 43 – 2019/20 Batch: Research project titled “Knowledge and attitudes among pregnant mothers in the Yatinuwara MOH area on vaccines given to children under five by the National Immunization Programme
 6. Formal mentoring of undergraduates
 - 2019/20 Batch – 4 students
 - 2020/21 Batch – 2 students
 - 2021/22 Batch – 4 students
 7. Visiting lectures at the Faculty of Dental Sciences, University of Peradeniya – Semester 6 – Public Oral Health 2 – Lectures on health education and health promotion in oral health
- **Diploma level teaching** at the Diploma of Sports Science Programme at the Faculty of Medicine, University of Peradeniya 2021 - 2024
 1. SSD 113 – Research project module (3 credits) – Module coordination and lecturing
 2. SSD 108 - Environment influence on exercise and training module – lecturing
 3. SSD 105 – Neurological control of movement module – lecturing
- **Postgraduate teaching** at the Post Graduate Institute of Medical Sciences, University of Peradeniya 2023 – present
 1. Master's in Public Health degree programme - MPH 503 Module: Critical appraisal, including the use of public health literature to improve public health programs and practice (3 credits) - Module coordination and lecturing
 2. Master's in Sports Science degree programme – ESS 508 Module - lecturing
- **Designing exam question papers and marking schemes:** For multiple modules in the undergraduate, diploma level and postgraduate teaching 2021 - present

- **Conducting examinations:** Invigilating in examinations, coordinating research viva examinations at the Faculty of Medicine, University of Peradeniya 2021 - present
- **Curriculum development:** Acting as a member of the Integrated Applied Medicine Curriculum Discussion Group at the Faculty of Medicine, drafting the proposed family study module curriculum of the Department of Community Medicine, at the Faculty of Medicine 2023 - present

Leadership and teamwork skills (selected)

- Acting as the Higher Degree Research Member in the Communications and Impact Working Group in the Centre for Healthcare Transformation (CHT), QUT, Australia May 2025
- Participation as a member of the post-graduate student exchange programme between the University of Hokkaido, Japan and the University of Peradeniya, Sri Lanka Sep 2024
- Editorial Committee Member of the 3rd Peradeniya Medical School Annual Research Conference (PeMSARC), Faculty of Medicine, University of Peradeniya, Sri Lanka April – July 2024
- Representing Sri Lanka at the Japan-Asia Youth Exchange programme in Science, organised by the Japan Science and Technology Agency, Japan Oct 2017
- Co-convenor of the media committee in ‘PeMEx - 8th National Medical Exhibition’ organised by the Faculty of Medicine, University of Peradeniya, Sri Lanka Aug 2015

Presentation and communication skills (selected)

- Invited lecture at the Health Screening Camp organised by the Old Scouts Association of the Kingswood College on the topic “Prevention is the best cure” held at Kingswood College, Kandy, Sri Lanka, on 25th October 2025
- Invited lecture at the Continuous Medical Education (CME) Lecture Series organised by the Kandy Society of Medicine on the topic “Questionnaires in medical research: how to design, validate and evaluate” held at the Postgraduate Auditorium of National Hospital Kandy, Sri Lanka on 24th of September 2024 <https://www.youtube.com/watch?v=YS0mXdZThp8>
- Invited lecture at the Pre-congress Workshop of the Peradeniya Medical School Annual Research Congress (PeMSARC) on the topic “Igniting curiosity in research” held at the Faculty of Medicine, University of Peradeniya, Sri Lanka on 22nd of July 2024. <https://www.youtube.com/watch?v=oelsbTDbg4s> (from 32.00 onwards)
- Presentation at the 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, in October 2017

Advocacy engagements (selected)

- Resource person at the Mental Health Psycho Social Support (MHPSS) Knowledge Exchange held at the Lakmahal Community Library, Colombo, on 5th August 2024. “How can insights from a systematic review and meta-analysis guide us”

- Interview for Desathiya magazine by the Department of Government Information for the October 2023 issue on the findings of a study on depression
- Interview at the Sirasa People's Platform on TVOne national news channel on depression and mental health promotion in Sri Lanka in June 2023. <https://www.youtube.com/live/IgFyTIAISoo?feature=share>

Community outreach (selected)

- Organiser of donations for the Senkadagala School for Children with Deafness and Blindness Jul 2024
- Organiser of the Health Screening Programme for past teachers at Kingswood College Jan 2022