

CURRICULUM VITAE

1. **Name:** Gayani Alwis
Name in Full: Lokuwaduge Gayani Renuka Alwis

2. **Residential address:** No 361/17 A, Regal Park, Dangedara,
Galle, Sri Lanka.
Phone (Mobile): 071 8676010
E-Mail: - alwisgayani@yahoo.com, galwis@med.ruh.ac.lk

3. **Personal details:** Date of Birth: 08. 04. 1968
Civil Status: Married with two children

4. **Present Post:** Professor in Anatomy
Place of work: Department of Anatomy, Faculty of Medicine, University of
Ruhuna, Sri Lanka

5. **Educational Qualifications:**
Ph.D. (07th May 2009) - Lund University, Sweden (Clinical and Molecular Osteoporosis
research Unit, Malmö University Hospital). Title of the thesis **“Physical Activity, Bone Mass
and Bone Structure in Pre-pubertal Children”**

Anesthesiology 1 A in 2002 (Post graduate Institute of Medicine, University of Colombo,
Sri Lanka)

MBBS 1996, University of Kelaniya, Sri Lanka.
i. 2nd MBBS (1992) Passed with 2nd Class honors
ii. 3rd MBBS (1995) Passed with 2nd Class honors
iii. Final MBBS (1996) Passed with 2nd Class honors

Registration: - Full registration with Sri Lanka Medical Council (Reg. No. 13638)

6. **Other Education and Trainings participated:**
 1. Quality assurance workshops – Internal Quality Assurance Cell, Faculty of Medicine,
University of Ruhuna in 2020 and 2021
 2. Curriculum revision workshops – Medical Education and Staff Development Unit, Faculty
of Medicine, University of Ruhuna, in 2020 and 2021
 3. Counseling the Undergraduates; a training – Staff Development Center , University of
Ruhuna, on 22nd -23rd July 2019

4. 25th Annual Scientific Meeting of the International Society for Clinical Densitometry (ISCD 2019), Kuala Lumpur, Malaysia 21st – 23rd February 2019
5. Improving Student Counseling Skills of Academics – Medical Education and Staff Development Unit, Faculty of Medicine, University of Ruhuna, on 13th -14th November 2017
6. Current Trends in Undergraduate Anatomy Curricula, Faculty of Medicine, University of Ruhuna, 25th November 2016
7. The use of SPSS in Social Research, at the Faculty of Management and Finance, University of Ruhuna, 24th July -13th September 2016
8. Examiner Training Programme - Medical Education Recourse Center, Postgraduate Institute of Medicine, University of Colombo 6th May and 20th May 2016
9. Workshop on Faculty Development – Medical Education and Staff Development Unit, Faculty of Medicine, University of Ruhuna, 07th July 2014
10. Certificate Course in Professional Development in Higher Education 2012 (CCPDHE) – Staff Development Unit, University of Ruhuna, 21st June 2013
11. Research Methodology in Health and Social Sciences – General Sir John Kothalawala Defense University 22nd -24th , November 2012
12. Ethics Review workshop of the Southern Regional conference - SLMA, in collaboration with GMA, Galle 23rd – 24th February 2012
13. Workshop on Patient Registry – Galle Research Network (GaRNet) 3rd December, 2010
14. Advanced course in Osteoporosis of International Osteoporosis Foundation (IOF) - Lyon France 03rd – 05th February 2009
15. Musculoskeletal science in translation; from cell to clinic and large scale epidemiology – Lund University, Sweden 10th – 14th November 2008
16. Oral Communication- Lund University, Sweden, 3rd – 7th September 2007
17. Statistical Methods for Medical Research – Lund University, Sweden 19th – 23rd November 2007
18. Scientific Communication – Lund University, Sweden 3rd – 7th December 2007
19. ECTS training course: Bone quality from bench to bedside – European Calcified Tissue Society, Copenhagen, Denmark 5th May 2007
20. 34th European Symposium on Calcified Tissues - European Calcified Tissue Society, Copenhagen, Denmark 5th – 9th May 2007
21. Research Ethics – Lund University, Sweden, 18th – 22nd October 2006
22. Information Retrieval Management – Lund University, Sweden, 21st November 2006
23. Six months Training in general anesthesia and post-surgical management, teaching Hospital, Karapitiya, Sri Lanka. 22nd August 1999 – 21st February 2000
24. Training in general intensive care, Teaching hospital, Karapitiya, Galle, Sri Lanka 01st April 1999 – 21st April 1999

7. Work Experience:

1. Professor in Anatomy, Department of Anatomy, Faculty of Medicine, University of Ruhuna since 15th December 2019 to date

2. Senior Lecturer Grade-I, Department of Anatomy, Faculty of Medicine, University of Ruhuna from 2nd January 2017 – 14th December 2019
3. Senior Lecturer Grade-II, Department of Anatomy, Faculty of Medicine, University of Ruhuna from 2nd January 2012 – 01st January 2017
4. Visiting lecturer and examiner, Faculty of Allied Health Sciences, University of Ruhuna, since January 2017 to date
5. Visiting lecturer and examiner, Allied Health Science Degree Programme, Faculty of Medicine, University of Ruhuna, from January 2013 – December 2016
6. Medical Officer, Cardiothoracic Unit, Teaching hospital, Karapitiya, Galle from 01st November 2009 – 31st December 2011
7. Post- Doctoral researcher, Clinical and Molecular Osteoporosis Research Unit, Department of Clinical Sciences/Department of Orthopaedics, Lund University, Malmo University Hospital, Sweden from 12th May 2009 – 31st October 2009
8. Clinical researcher/PhD reader, Clinical and Molecular Osteoporosis Research Unit, Department of Clinical Sciences/Department of Orthopaedics, Lund University, Malmo University Hospital, Sweden from 01st July 2005 – 11th May 2009
9. Anesthetist and surgical intensive care medical officer, Cardiothoracic Unit, Teaching Hospital, Karapitiya, Galle from 01st April 1999 – 20th June 2005
10. Intern House Officer (Surgery and Pediatrics), Teaching Hospital, Karapitiya, Galle from 15th December 1997 - 14th December 1998
11. Temporary Demonstrator, Department of Pediatrics, Faculty of Medicine, University of Kelaniya from 01st November 1996 to 14th December 1997

8. Volunteer posts in the University/memberships in scientific community:

1. Member of internal quality assurance cell, Faculty of Medicine since August 2020 to date
2. Member of TEC, laboratory equipment, Faculty of Medicine since April 2020 to date
3. Student counselor, Faculty of Medicine since November 2018 to date
4. Warden Female hostels, Faculty of Medicine since March 2019 to date
5. Examiner for selection exam in MD surgery (part 1), Post Graduate Institute of Medicine (PGIM) since 2017 to date
6. Unit coordinator of Human Biology course unit of newly developed BSc Medical Laboratory Science Degree programme/Department of medical laboratory sciences, Faculty of Allied Health Sciences since January 2015 to date
7. Supervisor and panel evaluator in undergraduate Nursing research projects since 2014 to date
8. Supervisor and examiner in undergraduate Community Medicine research project since 2020
9. Member of the Ethical Review Committee in Faculty of Allied Health Sciences, University of Ruhuna since 2021
10. Member of the Ethical Review Committee in Faculty of Medicine since January 2014 to January 2017.

11. Member of Auditorium Committee in Faculty of Medicine since January 2014 to January 2017.
12. Convener of Health Museum Committee in Faculty of Medicine since January 2014 to date
13. Treasurer Ruhuna Faculty of Medicine, Teachers Association in 2015/2016
14. Life member Anatomical society of Sri Lanka
15. Life member in Galle Medical Association
16. Life member of Sri Lanka Medical Association
17. Council member in Anatomical Society of Sri Lanka in 2016
18. Editorial board member in Journal of Geriatrics Research Since 2016
19. Editorial board member in Galle Medical Journal since 2020
20. Academic Editor – Nursing Research and Practice Journal (Hindavi Publishing since 2020)

9. Research Publications (Full papers) - International Peer Reviewed/ Indexed Journals:

1. Linguistic and psychometric validation of Sinhala version of Menopause Specific Quality of Life questionnaire, N Rathnayake, **G Alwis**, J Lenora, I Mampitiya, S Lekamwasam Sri Lanka Journal of Social Sciences 2021 June 44 (1), 15-26
2. Quality of Life and Functional Independence of Hip Fracture Patients: Data from a Single Center Follow-Up Study in Sri Lanka, Abeygunasekara T, Lekamwasam S, Lenora J, **Alwis G**. Ann Geriatr Med Res. 2021 Jun 14. doi: 10.4235/agmr.21.0016. Online ahead of print.PMID: 34120437
3. Factors associated with measures of sarcopenia in pre and postmenopausal women. Rathnayake N, **Alwis G**, Lenora J, Lekamwasam S.BMC Womens Health. 2021 Jan 2;21(1):5.
4. Current incidence and future projections of fragility hip fractures in Sri Lanka. Abeygunasekara T, Lekamwasam S, Lenora J, **Alwis G**.Arch Osteoporos. 2020 Nov 9;15(1):178.
5. Optimal Cutoff Values for Anthropometric Adiposity Measures of Sri Lankan Adult Women Rathnayake N, **Alwis G**, Lenora J, Lekamwasam S.J Obes. 2020 Aug ;2020:5748720.
6. Development and Cross-Validation of Anthropometric Predictive Equations to Estimate Total Body Fat Percentage in Adult Women in Sri Lanka.Rathnayake N, **Alwis G**, Lenora J, Lekamwasam S.J Obes. 2020 Jul 15;2020:2087346.
7. Factors associated with one-year mortality of patients admitted with fragility hip fracture: a follow-up study in Southern Sri Lanka. Abeygunasekara T, Lekamwasam S, **Alwis G**, Lenora J.Arch Osteoporos. 2020 Jun 25;15(1):95.
8. Effect of Health-Promoting Lifestyle Modification Education on Knowledge, Attitude, and Quality of Life of Postmenopausal Women.Rathnayake N, **Alwis G**, Lenora J, Mampitiya I, Lekamwasam S.Biomed Res Int. 2020 May 20;2020:3572903.
9. Applicability of health promoting lifestyle profile-II for postmenopausal women in Sri Lanka; a validation study.Rathnayake N, **Alwis G**, Lenora J, Lekamwasam S. Health Qual Life Outcomes. 2020 May 6;18(1):122.

10. Impact of Health-Promoting Lifestyle Education Intervention on Health-Promoting Behaviors and Health Status of Postmenopausal Women: A Quasi-Experimental Study from Sri Lanka. Rathnayake N, Alwis G, Lenora J, Lekamwasam S. *Biomed Res Int*. 2019 Dec 16;2019:4060426.
11. Development & cross-validation of anthropometric predictive models to estimate the appendicular skeletal muscle mass in middle-aged women in Sri Lanka. Rathnayake N, **Alwis G**, Lenora J, Lekamwasam S. *Indian Journal of Medical Research*. 2019 Sep;150(3):297-305.
12. Knowledge and Perception of Falls among Community Dwelling Elderly: A Study from Southern Sri Lanka. Gamage N, Rathnayake N, **Alwis G**. *Curr Gerontol Geriatr Res*. 2018 May 29;2018:7653469.
13. Concordance between appendicular skeletal muscle mass measured with DXA and estimated with mathematical models in middle-aged women. Rathnayake N, Alwis G, Lenora J, Lekamwasam S. *J Physiol Anthropol*. 2018 Jul 31;37 (1):19.
14. Cross cultural adaptation and analysis of psychometric properties of Sinhala version of Menopause Rating Scale. Rathnayake N, Lenora J, Alwis G, Lekamwasam S. *Health Qual Life Outcomes*. 2018 Aug 6; 16 (1):161.
15. Cutoff values determination for sarcopenia and prevalence in Middle-aged women: A study from Sri Lanka. N. Rathnayake, G. Alwis, J. Lenora, S. Lekamwasam. *Ceylon Med J*. 2019 Mar 31;64 (1):9-16
16. Prevalence and Associated Risk Factors of Falls among Rural Community-Dwelling Older People: A Cross-Sectional Study from Southern Sri Lanka. Gamage N, Rathnayake N, **Alwis G**. *Curr Gerontol Geriatr Res*. 2019 May 28;2019:2370796. doi: 10.1155/2019/2370796. eCollection 2019
17. Prevalence and Severity of Menopausal Symptoms and the Quality of Life in Middle-aged Women: A Study from Sri Lanka. Rathnayake N, Lenora J, Alwis G, Lekamwasam S. *Nurs Res Pract*. 2019 Jul 1;2019:2081507. doi: 10.1155/2019/2081507. eCollection 2019.
18. Gender specific age-related changes in bone density, muscle strength and functional performance in the elderly: a-10 year prospective population-based study. Daly RM, Rosengren BE, **Alwis G**, Ahlborg HG, Sernbo I, Karlsson MK. *BMC Geriatr*. 2013 Jul 6;13(1):71.
19. Femoral neck bone strength estimated by hip structural analysis (HSA) in Swedish Caucasians aged 6-90 years. **Alwis G**, Karlsson C, Stenevi-Lundgren S, Rosengren BE, Karlsson MK. *Calcif Tissue Int*. 2012 Mar;90 (3):174-85.
20. Normative calcaneal quantitative ultrasound data as an estimation of skeletal development in Swedish children and adolescents. **Alwis G**, Rosengren B, Nilsson JA, Stenevi-Lundgren S, Sundberg M, Sernbo I, Karlsson MK. *Calcif Tissue Int*. 2010 Dec; 87(6):493-506.
21. Normative dual energy X-ray absorptiometry data in Swedish children and adolescents. **Alwis G**, Rosengren B, Stenevi-Lundgren S, D ppe H, Sernbo I, Karlsson MK. *Acta Paediatr*. 2010 Jul; 99 (7):1091-9.
22. A 2-year school-based exercise program in pre-pubertal boys induces skeletal benefits in lumbar spine. **Gayani Alwis**, Christian Linden, Henrik G. Ahlborg, Magnus Dencker, Per Grdsell, Magnus K. Karlsson. *Acta Paediatrica* 2008 Jul; 97(11): 1564–1571
23. A one -year exercise intervention program in pre-pubertal girls does not influence hip structure. **Gayani Alwis**, Christian Linden, Susanna Stenevi-Lundgren, Henrik G. Ahlborg,

- Jack Besjakov, Per Gärdsell, Magnus K. Karlsson *BMC Musculoskeletal Disorders* 2008 Jan 24; 9(1): 9
24. A school-curriculum-based exercise intervention program for two years in pre-pubertal girls does not influence hip structure. **Gayani Alwis**, Christian Linden, Susanna Stenevi-Lundgren, Henrik G. Ahlborg, Magnus Dencker, Jack Besjakov, Per Gärdsell, Magnus K. Karlsson *Dynamic Medicine*. 2008 Apr 28; 7(1): 8.
 25. Exercise, bone mass and bone size in prepubertal boys: one-year data from the pediatric osteoporosis prevention study. C. Lindén, **G. Alwis**, H. Ahlborg, P. Gardsell, O. Valdimarsson, S. Stenevi-Lundgren, J. Besjakov, M. K. Karlsson. *Scandinavian Journal of Medicine Science and Sports*. 2007 Aug; 17(4): 340-347
 26. Bone mineral accrual and gain in skeletal width in pre-pubertal school children is independent of the mode of school transportation – one-year data from the prospective observational pediatric osteoporosis prevention (POP) study. **Gayani Alwis**, Christian Linden, Magnus Dencker, Susanna Stenevi-Lundgren, Per Gärdsell, Magnus K. Karlsson *BMC Musculoskeletal Disorders* 2007 Jul 11; 8: 66
 27. Risk factors of childhood asthma: a Sri Lankan study. Karunasekara KAW, Jayasinghe JA, **Alwis LWGR**. *Journal of Tropical Pediatrics*. 2001 Jun; 47(3): 142-2

10. A. Abstracts presented in International scientific Conferences:

1. Prior Fracture Physical Dependence, Co-Morbidity and One-Year Survival of HIP Fracture Patients; Data from A HIP Fracture Registry in Sri Lanka Thilina Abeygunasekara, Sarath Lekamwasam, Janaka Lenora, **Gayani Alwis**, December 2019, Age and Ageing 48(Supplement_4):iv13-iv17DOI: 10.1093/ageing/afaa011(abstract165), 1st world Congress on Falls and Postural stability, Kuala Lumpur, Malaysia December 4-7, 2019
2. Falls among middle-aged community dwelling women in a rural territory of Sri Lanka, Nirmala Rathnayake, Sarath Lekamwasam, **Gayani Alwis**, Janaka Lenora, Age and Aging 2019; 48 Supplement 4 iv 18-v27 (Abstract 107), 1st world Congress on Falls and Postural stability, Kuala Lumpur, Malaysia December 4-7, 2019
3. Factors associated with handgrip strength of a group of pre and post-menopausal women from Sri Lanka. Nirmala Rathnayake, Sarath Lekamwasam, **Gayani Alwis**, Janaka Lenora. Age and Aging 2019; 48 Supplement 4 iv 18-v27 (Abstract 108), 1st world Congress on Falls and Postural stability, Kuala Lumpur, Malaysia December 4-7, 2019
4. Associations of Anthropometry and Body Composition on Femoral Neck Geometry in Swedish Adolescents, **Alwis G**, Lenora J, Karlsson MK, oral presentation (BT 04) at 25th ISCD, Kaula Lumpur, Malaysia, 22nd March 2019
5. Associations of Anthropometry and Body Composition on Femoral Neck Geometry in Pre-pubertal Girls, **Alwis G**, Lenora J, Karlsson MK, poster presentation (MM 02) at 25th ISCD, Kaula Lumpur, Malaysia, 20th -23rd March 2019
6. Associations of Anthropometry and Body Composition on Femoral Neck Geometry in Pre-pubertal Boys, **Alwis G**, Lenora J, Karlsson MK, poster presentation (MM 03) at 25th ISCD, Kaula Lumpur, Malaysia, 20th -23rd March 2019

7. Impact of Menopause on Measures of Sarcopenia in Middle-Aged Sri Lankan Women; a Cross-Sectional Study, Rathnayake N, **Alwis G**, Lenora J, Lekamwasam S, poster presentation (CO 011) at 25th ISCD, Kaula Lumpur, Malaysia, 20th -23rd March 2019
8. Fragility hip fracture incidence in Sri Lanka, Abeygunasekara T, Lekamwasam S, Lenora J, **Alwis G**, poster presentation (RE 05) at 25th ISCD, Kaula Lumpur, Malaysia, 20th - 23rd March 2019
9. Delayed peak bone mineral density in women in Sri Lanka; A cross sectional study, Rathnayake N, **Alwis G**, Lenora J, Lekamwasam S, poster presentation (RE 04) at 25th ISCD, Kaula Lumpur, Malaysia, 20th- 23rd March 2019
10. Comparison of association between appendicular skeletal muscle mass and bone mineral densities at different sites of pre and postmenopausal women, N Rathnayake, J Lenora, **G Alwis**, S Lekamwasam, poster presentation (P753), at WCO-IOF-ESCEO- 2017 in Florence Italy, March 2017, Osteoporos Int, Vol 28 Supplement 1
11. Associations of measures of sarcopenia among middle aged women with focus on their age and menopausal status. N Rathnayake, **G Alwis**, J Lenora, S Lekamwasam. poster presentation (P739), at WCO-IOF-ESCEO- 2017 in Florence Italy, March 2017, Osteoporos Int, Vol 28 Supplement 1, P 739, Osteoporos Int, Vol 28 Supplement 1
12. Concordance between measured and estimated Appendicular Skeletal Muscle Mass with Models developed in the West and Asia: What is the best for Sri Lankan adult women? N Rathnayake, **G Alwis**, J Lenora, S Lekamwasam, poster presentation (P735), at WCO-IOF-ESCEO- 2017 in Florence Italy, March 2017, Osteoporos Int, Vol 28 Supplement 1
13. Development and cross validation of two predictive models to estimate the Appendicular Skeletal Muscle Mass in adult women in Sri Lanka N Rathnayake, **G Alwis**, J Lenora, S Lekamwasam. poster presentation (P740), at WCO-IOF-ESCEO- 2017 in Florence Italy, March 2017, Osteoporos Int, Vol 28 Supplement 1
14. Do anthropometric indices predict the Bone Mineral Density of pre and postmenopausal women? N Rathnayake, **G Alwis**, J Lenora, S Lekamwasam. poster presentation (P742), at WCO-IOF-ESCEO- 2017 Florence Italy, March 2017, Osteoporos Int, Vol 28 Supplement 1
15. Associations between appendicular skeletal muscle mass and anthropometric measures among middle-aged women : A study from Sri Lanka. N Rathnayake, S Lekamwasam, **G Alwis**, J Lenora. P 112, Osteoporos Int (2016) 27 (Suppl 3):S709–S787 at 6th Asia Pacific Scientific Meeting of International Osteoporosis Foundation held at Singapore
16. Age related differences in lean mass and physical functions among middle-aged women in Southern Sri Lanka: A study from Sri Lanka. N Rathnayake, S Lekamwasam, **G Alwis**, J Lenora. P113, Osteoporos Int (2016) 27 (Suppl 3):S709–S787 at 6th Asia Pacific Scientific Meeting of International Osteoporosis Foundation held at Singapore
17. Age-related trends in total and regional bone mineral densities of middle-aged women: A study from Sri Lanka”. N Rathnayake, S Lekamwasam, **G Alwis**, J Lenora. P114, Osteoporos Int (2016) 27 (Suppl 3):S709–S787 at 6th Asia Pacific Scientific Meeting of International Osteoporosis Foundation held at Singapore
18. Hip fracture rates in Asia; A systematic review T U Abeygunasekara, S Lekamwasam, J Lenora, **G Alwis** P160, Osteoporos Int (2016) 27 (Suppl 3):S709–S787 at 6th Asia Pacific Scientific Meeting of International Osteoporosis Foundation held at Singapore

19. A Three Year School-Curriculum-Based Exercise Program in Prepubertal Children Increases Bone Mineral Accrual and Bone Size but Do Not Influence Femoral Neck Structure Lofgren B, **Alwis G**, Lindén C, Ahlborg H, Dencker M, Gardsell P, Karlsson M. Oral Presentation at 29th Annual meeting of American Society of Bone and Mineral Research. (Journal of Bone and Mineral Research 2008; 23(1): 31
20. Bone mineral accrual and gain in skeletal width in prepubertal school children is independent of the mode of transportation – one year data from the POP study. **Alwis G**, Linden C, Dencker M, Stenevi-Lundgren S, Gardsell P, Karlsson M. Poster presentation at 35th European symposium on calcified tissues (ECTS), 25-28th of May 2008, Barcelona, Spain. Calcified Tissue International, Vol 82, Suppliment I
21. A Two-Year Moderate Intense Exercise Intervention Program in Pre-pubertal Children Influence Bone Mineral Accrual but Not Hip Structure: Two-Year Prospective Data from the Pediatric Osteoporosis Prevention (POP) Study. **Alwis G**, Lindén C, Ahlborg H, Gardsell P, Stenevi-Lundgren S, Besjakov J, Karlsson M) Poster presentation at 34th European symposium on calcified tissues (ECTS, 5-7th of May 2007, Copenhagen, Denmark. Calcified Tissue International, Vol 80, (Suppl-1

10. B. Abstracts Presented in National and Regional Scientific Conferences:

22. Development and Cross-validation of Anthropometric Predictive Equations to Estimate Total Body Fat Percentage in Adult Women in Sri Lanka, N. Rathnayake, **G. Alwis**, J Lenora, S Lekamwasam, 17th Academic Sessions-2021, University of Ruhuna, (oral) 5th March 2021, page 64
23. Relationship between Pattern of Physical activity and Bone mineral Density and Bone Mineral Content in a group of postmenopausal women in Sri Lanka, N. Rathnayake, **G. Alwis**, J Lenora, S Lekamwasam, 17th Academic Sessions-2020, University of Ruhuna, (poster) 5th March 2021, page 65
24. Effect of parity and breast feeding duration on measures of sarcopenia in woman aged 40-60 years; a community based cross-sectional study, Rathnayake N, **Alwis G**, Lenora J, Lekamwasam S, Ruhuna Journal of Medicine, November 2020, Vol 8: No 1, page 73
25. Optimal cut off values for Anthropometric Adiposity Measures of Sri Lankan Adult women, Rathayake N, **G Alwis**, J Lenora, S Lekamwasam, 2nd research symposium, Faculty of Allied Health Sciences (oral), RuFARS 2019, 5th December 2019, page 57
26. Impact of health promoting lifestyle education intervention on cardiovascular disease risk indicators in postmenopausal women, N Rathnayake, **G Alwis**, J Lenora and S Lekamwasam, oral presentation at KDUiRC- 12th INTERNATIONAL RESEARCH CONFERENCE, Sri John Kothalawala Defense University, 11th-12th September 2019, page 231
27. Association between bone mineral density and body composition; a study involving pre and postmenopausal women, Rathayake N, **G Alwis**, J Lenora, S Lekamwasam, RJM, Ruhuna Journal of Medicine, August 2019; vol 7: No1, page 75.
28. Knowledge, practices and associated factors on physical activity among school children in Negombo area, Judy Ferando and **Gayani Alwis**, oral presentation (OP13) at 1st South East Asia regional group meeting of the International Epidemiological Association/24th Annual Academic Sessions of the College of Community Physicians of Sri Lanka 2019, 19th-21st September 2019, page 17.

29. Association between bone mineral density and cardiovascular disease risk in pre and postmenopausal women, Rathnayake N, **Alwis G**, Lenora J and Lekamwasam S, oral presentation (OP 17) at 132nd Anniversary International Medical Congress of Sri Lanka Medical Association, 24th-27th July 2019, page 17
30. Prevalence of generalized and central obesity in a group of pre and postmenopausal women in Galle, Nirmala Rathnayake, **Gayani Alwis**, Janaka Lenora and Sarath Lekamwasam, oral presentation at 16th Annual academic sessions of University of Ruhuna, Sri Lanka, 6th March 2019, page 11
31. Validation of Sinhala version of health promoting lifestyle profile-II for postmenopausal women in Sri Lanka, N Rathnayake, **G Alwis**, J Lenora, N Priyadarshani, H Dias, S Lekamwasam, (Oral presentation) at Annual Academic Sessions 2018 Physiological Society of Sri Lanka, OP 4, , 16th -17th November 2018, page 35
32. Impact of physical activity pattern on quality of life of pre and postmenopausal women; a cross sectional study, Rathnayake N, **Alwis G**, Lenora J, Lekamwasam S. (Oral presentation) at 6th Faculty of Medicine Academic Sessions, 15-16 November 2018, Ruhuna Journal of Medicine, vol 06, OP 5, page 30,
33. Impact of Health Promoting Lifestyle Modification Education Intervention on Anthropometric Adiposity Measures and Physical Performance of postmenopausal women Rathnayake N, **Alwis G**, Lenora J, Lekamwasam S. (Oral presentation), at proceedings of 1st Research Symposium of Faculty of Allied Health Sciences, University of Ruhuna, Sri Lanka, OP1, 8th November 2018, page 2
34. Selection of Traditional Bone Setting Treatments Following Fractures among Patients Attending Ayurvedic Treatments Centers in Akuressa area, Chandrajeewa A.V.P, Rathnayake N, **Alwis G**. (Poster presentation) at proceedings of 1st Research Symposium of Faculty of Allied Health Sciences, University of Ruhuna, Sri Lanka, PP22, 8th November 2018, page 56
35. Impact of health promoting life style modification education intervention on health related quality of life of postmenopausal women Nirmala Rathnayake, **Gayani Alwis**, Janaka Lenora and Sarath Lekamwasam (Oral presentation) at 77th Annual Academic Sessions of the Galle Medical Association, GMJ, vol 23, sup 1, October 2018, page 2
36. Impact of health promoting life style modification education intervention on knowledge, attitude and health promoting behaviors of postmenopausal women Nirmala Rathnayake, **Gayani Alwis**, J Lenora and S Lekamwasam (Poster presentation) at 77th Annual Academic Sessions of the Galle Medical Association, GMJ, vol 23, sup 1, page 32, October 2018
37. Cross cultural adaptation and psychometric properties analysis of Sinhala version of Menopause Specific Quality of Life Questionnaire – A validation study” N Rathnayake, J Lenora, **G Alwis**, S Lekamwasam. (Oral presentation) at 4th Global public health conference held in Sri Lanka, 2018, page 17
38. Impact of life style modification education intervention on menopausal symptoms and menopause specific quality of life of postmenopausal women N Rathnayake, J Lenora, **G Alwis**, S Lekamwasam. Oral presentation at 1st International Nursing congress, University of Peradeniya, Sri Lanka, 6th-7th April, 2018, page 19-20

39. Prevalence of sarcopenia in a group of middle aged women from Galle, Sri Lanka” N Rathnayake, **G Alwis**, J Lenora, S Lekamwasam Poster presentation at 15th Annual academic sessions of University of Ruhuna, Sri Lanka, 7th March 2018, page 29
40. Impact of nutrients on measures of sarcopenia among pre and postmenopausal women in Galle, Sri Lanka, N Rathnayake, **G Alwis**, J Lenora, S Lekamwasam Oral presentation at Annual academic sessions of Nutrition Society of Sri Lanka, 27th-28th January, 2018, page 2
41. Normative Reference Values for Measures of Sarcopenia for Sri Lankan Women, N Rathnayake, J Lenora, **G Alwis**, S Lekamwasam Oral presentation at International Research Conference of Peradeniya University (iPURSE), Sri Lanka, 27th November, 2017, pages 238-239
42. Menopause Rating Scale-Cross cultural adaptation and psychometric validation of Sinhalese version N Rathnayake, J Lenora, **G Alwis**, S Lekamwasam Oral presentation at International Research Conference of Peradeniya University (iPURSE), Sri Lanka, 27th November, 2017, pages 240-241
43. Prevalence and associated social-reproductive determinants of menopausal symptoms among pre and postmenopausal women in Galle, Sri Lanka” N Rathnayake, J Lenora, **G Alwis**, S Lekamwasam Oral presentation at Annual academic sessions of Open University of Sri Lanka, 16th-17th November, 2017. Page 167-170
44. Impact of socio-demographic status on quality of life of selected group of pre and postmenopausal women in Galle, Sri Lanka, N. Rathnayake, J. Lenora, **G. Alwis**, S. Lekamwasam, Oral presentation with abstract publication at International Research Conference, Kotalawela Defense University, Sri Lanka, 3rd-4th August, 2017, 31
45. Influence of physical activity pattern on non-communicable diseases among adults in Beruwala MOH area, Sri Lanka. BDD Lakmali, **G Alwis**, PN Kariyawasam, poster presentation with abstract publication at 10th International Research Conference, Kotalawela Defense University, Sri Lanka, 3rd-4th August, 2017, 78
46. Prevalence and related risk factors of recurrent falls among ambulatory community dwelling elderly in Galle district, Sri Lanka, N Pryadarshani, **G, Alwis**, N Rathnayake, Oral presentation with abstract publication at 10th International Research Conference, Kotalawela Defense University, Sri Lanka, 3rd-4th August, 2017, 46
47. Knowledge and Awareness of Osteoporosis among Post- menopausal in-door female patients in Teaching Hospital, Karapitiya, Ruvini Chandrika, **Gayani Alwis**, poster presentation at 4th International Conference on Multidisciplinary Approaches, 2017, organized by Faculty of Graduate studies, University of Sri Jayewardenepura, Sri Lanka conference proceedings, September 2017, page 71
48. Prevalence and Determinant of Falls among elderly, UGN Priyadarshani, **G Alwis**, N Rathnayake, Oral presentation with abstract publication at International Research Conference, Kotalawela Defense University, Sri Lanka, 8th-9th Sep 2016, page 229
49. The influence of menopausal status on performance based measures of physical functions in middle-aged women. N Rathnayake, S Lekamwasam, **G Alwis**, J Lenora, Oral presentation at International Research Conference, Kotalawela Defense University, Sri Lanka, 8th-9th Sep 2016, page 227
50. Prevalence of Obesity among healthy pre and postmenopausal women, N Rathnayake, S Lekamwasam, **G Alwis**, J Lenora. Oral presentation at International Research Conference, Kotalawela Defense University, Sri Lanka 8th-9th Sep 2016, page 243

51. Impact of menopausal symptoms on quality of life of premenopausal and postmenopausal women, N Rathnayake, S Lekamwasam, **G Alwis**, J Lenora, Poster presentation at Annual Academic Sessions of Physiological Society of Sri Lanka, 25th-26th November 2016, page 48
52. Association of appendicular skeletal muscle mass with performance-based and self-reported physical functions among middle-aged healthy women, N Rathnayake, S Lekamwasam, **G Alwis**, J Lenora Oral presentation with abstract publication at Annual Academic Sessions of Physiological Society of Sri Lanka, 25th-26th November 2016, page 38
53. Perception on Falls and Related fractures among community dwelling elderly in Nagoda Divisional Secretariat area UGN Priyadarshani, **G Alwis**, N Rathnayake. Oral Presentation at 3rd International Conference on Multidisciplinary Approaches, held by Faculty of Graduate studies, University of Sri Jayewardenepura, Sri Lanka, 12th-14th October 2016, page 31
54. Estimation of appendicular skeletal muscle mass with anthropometric measurements in healthy women, N Rathnayake, S Lekamwasam, **G Alwis**, J Lenora, Poster presentation at 129th Anniversary International Medical Congress, Sri Lanka Medical Association, 25th-27th July 2016, page 197
55. Knowledge and attitudes on falls and fractures among elderly, Priyadarshani UGN, **Alwis G**, Rathnayake RHMPN. Poster presentation at GMA Annual Scientific Sessions GMJ, October 2015, Vol 20 (2) page 86
56. Prevalence of obesity, overweight and thinness and its correlates among school children in an urban area of southern Sri Lanka. MHAD de Silva, **Gayani Alwis**, Janaka Lenora, SR Vithana, Thilina Abeygunasekara. Poster presentation at Proceedings of the Sri Lanka College of Paediatricians 17th Annual Scientific Congress. July 2014 Battaramulla, Vol 4, No 3, page 91.
57. Anatomical evaluation of the common carotid artery bifurcation and the branching pattern- A preliminary study. Samarawickrama M.B, **Alwis G**, Nanayakkara P.G.C.L. Poster presentation at 10th Academic Sessions, University of Ruhuna, Matara, Sri Lanka. March 2013. Page 96
58. Effect of anthropometry on lung function in healthy adult women Lenora J, Lekamwasam S, **Alwis G**. Poster presentation at 10th Academic Sessions, University of Ruhuna, Matara, Sri Lanka. March 2013. Page 97
59. Effect of soya supplementation on malnourished children (JAYAWARDENE, DRKC; **ALWIS LWGR**; RUPALATHA, KN), Proceedings of the Sri Lanka college of paediatricians Annual Scientific Congress, SLMA:Colombo July 1999, 1(3), 48.
60. Risk factors in childhood asthma: A case control study (KARUNASEKERA, KAW; **ALWIS, LWGR**; JAYASINGHE, JAC), Sri Lanka Paediatricians second Annual Scientific Congress Academic Programme, SLMA: Colombo July 1998, 63-64.
61. Neonatal septicaemia: the incidence, symptomatology and microbiology KAW Karunasekera, D Pathirana, **LWGR Alwis** Oral Presentation Abstract (OP 35), 111th Anniversary Academic Sessions, Sri Lanka Medical Association, 25-28 March 1998 Colombo, Sri Lanka.

11. Review and feature articles:

1. Understanding menopausal symptoms and quality of life women after menopause, Rathnayake N, **Alwis G**, Lenora J, Lekamwasam S, Publications of the Graduate Nurses' Foundation of Sri Lanka, volume 9- Issue 1 – February 2020. ISSN 2613-8735
2. Bone strength beyond bone mass (Galle Medical Association Oration-2019) **Gayani Alwis** accepted for published GMJ June 2020
3. Hip Geometry on Femoral Neck Bone Strength, **Gayani Alwis**, Anatomy Journal Sri Lanka (AJSL) vol 3, 2020
4. Physical Activity for Healthy Bones, **Gayani Alwis**, PSSSL Newsletter August 2018, Volume 14, Issue 1, Page 11-13
5. Physical activity, bone mass and bone structure in pre-pubertal children. Review article, **Alwis G**, The Official Journal of The Faculty of Medicine, University of Ruhuna, Sri Lanka, RJM, July 2013, volume 1, Number 1, page 34-43
6. Fysisk aktivitet hos barn – ett vaccin mot fraktur? Magnus Karlsson & **Gayani Alwis**, Swedish Sports Research Journal. 2009 :18 (04), pp. 38-40
7. Determinants of peak Bone Mass and Bone structure During Growth. **Gayani Alwis** & MK Karlsson, Sport research centre, Box 5266, 11486 Stockholm, 2009 June, No 31, page 91

12. Achievements, Awards and Grants:

1. Vice Chancellor's Gold Medal awarded for the post graduate scholar for excellent performance during the post graduate study in generating knowledge that has accepted Internationally (co-supervisor of the PhD study), in 27th Convocation, University of Ruhuna, 26th, March 2021
2. Prize for outstanding research publications (co-supervisor) 2020, Faculty of Graduate Studies, University of Ruhuna, March 2021
3. Best oral presentation (co-author) at Faculty of Medicine Annual Academic sessions 2020, University of Ruhuna, on 6th January 2021
4. Best poster presentation (co-author) at Faculty of Medicine Annual Academic sessions 2019, University of Ruhuna, on 9th August 2019
5. Finalist abstract award at the 25th ISCD (International Society for Clinical Densitometry) 2019 on 23rd March, Kuala Lumpur Malaysia
6. 2nd best oral presentation, (co-author) of the abstract, at the 1st Research Symposium of Faculty of Allied Health Sciences University of Ruhuna, 08th November 2018
7. NRC Sri Lanka merit award in 2013 for a research publication in SCI cited journal BMC Geriatrics.
8. NRC Sri Lanka merit award in 2012 for research publications in SCI cited journal Calcified Tissue International.
9. NRC Sri Lanka merit award in 2010 for research publications in SCI cited journal Calcified Tissue International.
10. NRC research grant (NRC Grant No 15-023) of 547390.00 rupees in 2015 (co-investigator).

11. Lund University research grant with ALFA foundation for the year 2009 (24,200 Swedish crowns per month) to continue my research in Sweden
12. Competitive research grants of 245000 Swedish crowns (SEK) from Swedish sports research Centre for 2008 and 2009 as a PhD reader
13. Lund University research grant with ALFA foundation for the year 2008 (21,500 Swedish crowns per month) for continuation my research as a PhD reader

13. Research Interests: Musculoskeletal research, Physical activity, femoral neck geometry, anthropometry, body composition and quality of life research

14. Postgraduate supervision: Completed

1. Dr. RHMPN Rathnayake PhD degree 2019
Title of the Thesis: Effects of Menopause on Bodily Structure, Functions and Physical Health.
2. Mr. T U W Abeygunasekara MPhil degree 2020
Title of the Thesis: Fragility Hip Fracture; Clinical Outcome and Burden on Health Care System

15. Links:

1. Google scholar profile: <https://scholar.google.com/citations?user=ME0n5kwAAAAJ&hl=en>
2. Research gate profile: https://www.researchgate.net/profile/Gayani_Alwis2/scores
3. ORCID ID: 0000-0002-4025-9709 – ORCID