

CURRICULUM VITAE

Thyagi Ponnamerpuma

MBBS, DFM, MPh, PhD

PERSONAL PARTICULARS



Name: Thyagi Thejani Ponnamerpuma

SLMC Registration Number : 19075

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Present post:

Professor in Community Medicine
Department of Community Medicine,
Faculty of Medicine,
University of Ruhuna, Sri Lanka

EDUCATIONAL QUALIFICATIONS

(1) Doctoral of Philosophy (PhD) (2019)

Maastricht University, Netherlands

(2) Post Graduate Diploma in Family Medicine (2011)

Postgraduate Institute of Medicine, University of Colombo, Sri Lanka

(3) Master of Philosophy Health Sciences (2008)

Maastricht University, Netherlands

(Major Course Modules: Acquiring advanced professional skills in Research methodology, Qualitative research, Health measurements, Advanced statistical analysis techniques, Basic and applied epidemiology, clinical epidemiology, Advanced diagnostic research, Systematic Review and Meta-analysis, Basic and advanced ethics of health care research)

(4) MBBS (2002)

University of Ruhuna, Sri Lanka

WORK EXPERIENCES

2022 Feb to date	Professor in Community Medicine , Department of Community Medicine, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka
2023 March-2025 March	Head of the Department , Department of Community Medicine, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka
2010 June – 2015 June	Senior Lecturer (grade II) in Community Medicine Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka

- 2005 June – 2010 May **Lecturer** in Community Medicine
Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka.
- 2005 June – To date **Additional Medical Officer of Public Health,**
University Health Unit Area (Bope-Poddala)
- 2004 Nov - 2005 May **Reserve Medical Officer of Health, Deputy Provincial Director of Health Service office, Galle**
Worked as the ‘**Tsunami Health Coordinator in Galle District**’.
(Responsible for coordinating foreign and local health care providing teams, psychosocial supporting programs and providing water and basic sanitary facilities for internally displaced people).
- 2003Feb – 2004Nov **Reserve House Officer**
Paediatric Ward Teaching Hospital, Karapitiya, Galle, Sri Lanka
- 2003 Aug- 2004 Feb **Intern Medical Officer [Paediatrics]**
Teaching Hospital, Karapitiya, Galle, Sri Lanka
- 2003 Feb- 2003 Aug **Intern Medical Officer [Gynaecology and Obstetrics]**
Teaching Hospital Mahamodara. Galle, Sri Lanka.
- 2002 May- 2002 Aug **Demonstrator - Department of Psychiatry**
Faculty of Medicine, University of Ruhuna, Sri Lanka

PRIMARY & SECONDARY EDUCATION

Sacred Heart Convent, Galle, Sri Lanka

PROFESIONAL MEMBERSHIPS

- Member of the Sri Lanka Medical Council (SLMC registration No 19075)
- Member the of Government Medical Offices Association (GMOA)
- Member of the Galle Medical Association, Sri Lanka (GMA)
- Member of the National Science Foundation (NSF)
- Member the of Sri Lanka Medical Association (SLMA)

RESEARCH GRANTS AWARDED

- (1) Coraid, Netherlands for a research project titled "Emotional and behavioural problems of the Tsunami affected adolescents in Sri Lanka", 2007.
- (2) Duke University, USA for a research project titled "The impact of the Tsunami on hospitalization at tertiary care hospital in Southern province, Sri Lanka.", 2006.

SCHOLARSHIPS/AWARDS

- (1) **President's award 2023** for the paper titled 'Gender moderates diurnal cortisol in relation to trauma and PTSD symptoms: A study in Sri Lankan adolescents'. *Psychoneuroendocrinology* (2019)
- (2) **National Research Council Merit Award for the Paper titled** "The relative impact of traumatic experiences and daily stressors on mental health outcomes in Sri Lankan adolescents". In the *Journal of Traumatic Stress for the year 2018*
- (3) **Award for the best Oral Presentation** at the 24th Annual Scientific Congress of Sri Lanka College of Pediatrics (2022) **for the paper titled** 'Comparing the effectiveness of oral

Montelukast versus Cetirizine in the management of allergic rhinoconjunctivitis in 6-12-year-old children; A randomized double-blind clinical trial' by Jayawardana P, **Ponnampuma T.**

- (4) **Award for the best oral presentation in the category of future challenges in public health** at the 1st South East Asia Regional Group Meeting of the International Epidemiological Association with 24th Annual Academic Sessions of the College of Community Physicians of Sri Lanka (2019) for the paper title 'Gender-based violence in a disaster situation: Identification and management competencies of public health staff in Galle district' by De Silva E.P.M., **Ponnampuma T.**
- (5) **Peter and Marble Cooray Gold Medal for the best oral presentation** title 'Negative Cognitive Appraisal and PTSD Symptoms in Sri Lankan Adolescents' at Sri Lanka College of Psychiatrists, 2015
- (6) **Awards for the best oral presentation** for the presentation titled 'Emotional and Behavioural Problems of Adolescents after the Tsunami Disaster', at Sri Lanka College of Psychiatrists, 2009
- (7) **UM-Q Park scholarship** to do higher studies at Maastricht University, Netherlands, 2006.
- (8) **Awards for the best Undergraduate research** – for the presentation titled "The knowledge and usage of contraceptives methods among married females attending Bope-Poddala Maternal and Child health clinics" - 1999

Projects Involved

Consultancy in a World Bank project (2023) - Establishing Day-surgery Units in Sri Lanka's Hospitals: Key Issues and Options (English). Washington, D.C. : World Bank Group.

<http://documents.worldbank.org/curated/en/099050523163539472>

LIST OF PUBLICATIONS

Books of Scholarly Work published

- (1) **'Family Medicine Handbook and Guide to the Clinical Appointment'**. A book to study Family Medicine (2020) (ISBN No 978-624-6176-00-6)
- (2) **"Mental Health Problems in Sri Lankan Adolescents Exposed to the Tsunami and Other Traumatic Events.** A book for students studying in the field of Trauma Psychology (2018) (ISBN No. 978-94-028-1405-7). (Book publisher - Ipskamp Printing, Netherlands)

Scientific publications in national and international peer-reviewed journals

Google Scholar -

https://scholar.google.com/citations?view_op=list_works&hl=id&user=7iqm3xQAAAAJ

ORCID number- 0000-0002-0031-3483

- (1) Ponnampereuma, T., Kudagama, V., Liyanapathirana, S., & Østbye, T. (2025). Adolescents' Experience of Domestic Violence in Rural South Sri Lanka. *Journal of Interpersonal Violence*, 0(0). <https://doi.org/10.1177/08862605251399670>
- (2) Liyanage A, Darshana ILAN, **Ponnampereuma TT**, De Silva J, Rajakaruna VPC, Perera B, Amarasena S, Wijesinghe CJ, De Silva PV. (2023) COVID-19 Vaccination Acceptance and Non-Communicable Disease Status Among Urban-Dwelling Elders in Southern Sri Lanka. *Asia Pac J Public Health*. 20:10105395231162159. doi: 10.1177/10105395231162159. Epub ahead of print. PMID: 36941744; PMCID: PMC10033497.
- (3) **Ponnampereuma, T.** (2022) Validation of the Long-term Difficulties Questionnaire-Youth

Version as a measure of chronic stress in adolescents. *WHO South East Asian Journal of Public Health* 11 (2): 71-78

- (4) **Ponnampereuma T.**, Sumathipala A., Siribaddana S. (2020) Posttraumatic Stress and Co-occurrence of Mental Health Problems in Sri Lankan Adolescents. *Asian Journal of Psychiatry*, 54: <https://doi.org/10.1016/j.aip.2020.102444>.
- (5) Nicolson N.A., **Ponnampereuma T.** (2019) Gender moderates diurnal cortisol in relation to trauma and PTSD symptoms: A study in Sri Lankan adolescents. *Psychoneuroendocrinology* – 104:122-131.
- (6) **Ponnampereuma T.**, Nicolson N.A. (2018). The relative impact of traumatic experiences and daily stressors on mental health outcomes in Sri Lankan adolescents. *Journal of Traumatic Stress*, 31:487–498.
- (7) **Ponnampereuma T.**, Nicolson N.A. (2016). Negative trauma appraisals and PTSD symptoms in Sri Lankan adolescents. *Journal of Abnormal Child Psychology*, 44:245–255.
- (8) Ostbye T., **Ponnampereuma T.**, Fernando N., Abeygunawardene V., Wijayasiri W.A.A., Chen J.J., Woods C.W. (2008). The impact of the tsunami on hospitalization at the tertiary care hospital in the Southern Province of Sri Lanka. *American Journal of Disaster Medicine*, 3:133-139.
- (9) De Silva, E.P.M, **Ponnampereuma, T.** (2020) Are Women Safe in Disaster: Competency in Handling Gender-Based Violence by Public Health Staff in Galle District. *Galle Medical Journal*, 25: 121-126
- (10) Lokanwatta, C. S., **Ponnampereuma, T.** (2020) Suicidal Ideation among Adolescents in South of Sri Lanka. Galle District. *Galle Medical Journal*, 25: 133-140
- (11) Karunaratne NP, Kumara GSP, Karunathilake KTGS, Karunathilake GVKM, Kaushalya PGM, Kavinda HWI, Keshala AAM, **Ponnampereuma T.**(2019) Bypassing primary healthcare institutions: Reasons identified by patients' attending the out-patient department – *Journal of Ruhunu Clinical Society*, 25, 16-22

- (12) **Ponnemperuma T.** Trauma Exposure and Post-trauma Mental Health Problems: Risk and Resilience in Adolescents. *Ruhuna Journal of Medicine (FMAS)*, 2019 (07: 01), 1-13
- (13) Kaushalya K.S.S., **Ponnemperuma T.** (2018) Domestic violence exposure of married women in a rural area - Sri Lanka. *Galle Medical Journal*, 23:1-8.
- (14) Kaushalya H.H.S, **Ponnemperuma T.** (2017). Posttraumatic stress disorder among adolescents exposed to the ammunition depot blast at Salawa, Sri Lanka – a descriptive study. *Sri Lanka Journal of Psychiatry*, 8: 9 -13.
- (15) Wellala K.W.M., Nanayakkara A.I., De Silva A., **Ponnemperuma T.** (2012). A descriptive study on the pre-anaesthetic information desired by patients who undergo surgery. *Sri Lanka Journal of Anesthesiology*, 10:28-32.

Conference proceeding

- (1) Darshana I.L.A.N., **Ponnemperuma T.**, Perera B., De Silva P.V. (2017). Evaluation of community attachment program; a multidisciplinary community-based medical education training program for medical undergraduates in the University of Ruhuna, Sri Lanka. *Proceeding of 1st world conference on Education*, 1:1-8.

Abstract Publications presented

- (1) Jayawardana P, **Ponnampuruma T.** Comparing the effectiveness of oral Montelukast versus Cetirizine in the management of allergic rhinoconjunctivitis in 6-12 years old children; A randomized double-blind clinical trial 24th Annual Scientific Congress, Sri Lanka College of Pediatrics (2022). (**Best Oral Presentation**)
- (2) Jayawardana P, **Ponnampuruma T.** ‘Comparing the effect on the quality of life in 6-12-year-old children with Allergic Rhino-conjunctivitis treated with Montelukast Vs Cetirizine; A randomized double-blind clinical trial’ A randomized double-blind clinical trial 24th Annual Scientific Congress, Sri Lanka College of Pediatrics (2022) (Oral Presentation).
- (3) De Silva E.P.M., **Ponnemperuma T.** Gender-based violence in a disaster situation: Identification and management competencies of public health staff in Galle district. 1st South East Asia Regional Group Meeting of the International Epidemiological Association

with 24th Annual Academic Sessions of the College of Community Physicians of Sri Lanka
(2019). (**Best Oral Presentation**)

- (4) Lokanwaththa C.S., **Ponnampuma, T.** Suicidal ideation among advanced level students in the Galle educational division. Galle Medical Association Annual Academic Sessions (2018). (Oral Presentation).
- (5) Liyanage PLGC, Dasanayake DLW, **Ponnampuma T.** Effectiveness of misoprostol in the management of miscarriages, in patients admitted to Teaching Hospital, Mahamodara. 51st Annual Scientific Congress, Sri Lanka College of Obstetricians and Gynaecologists, August 2018(40:1);79-80). (Oral Presentation)
- (6) Rubersinghe T.D, Ruwanga V.G.D., Roshini V.G.S., Samaraweera D.G.S.D. Samerasinghe S., Rathnawali H.G.T., Rathnaweera S.I., Rathnayake R.M.B.K., Rathnayake R.M.U., Raweendra S.G.N., Rubeshinghe A.M., **Ponnampuma T.** Physical and Emotional Violence Exposure of Adolescents on Bope-Poddala MOH are. Faulty of the Medicine University of Ruhuna, Annual Academic Sessions (2017). (Oral presentation).
- (7) **Ponnampuma T.**, Wepathaira I.H., Kudagama V.C.D., Jayasooriaya R. Depression among Adolescents Exposed to Domestic Violence in Udugama Medical Officer of Health area. Galle Medical Association, Annual Academic Session (2017). (Oral presentation).
- (8) Darshana, I.L.A.N, **Ponnampuma T.**, Perera B., De Silva P.V., Evaluation of Community Attachment Program: A Multidisciplinary Community Based Medical Education Training Program for Medical Undergraduates in University of Ruhuna Sri Lanka. 1st World Conference on Education (2017). (Oral presentation).
- (9) Kaushalya H.H.S, **Ponnampuma T.**, Wickramaarachchi B. Posttraumatic Stress Symptoms among Adolescents, Who Were Exposed to Ammunition Depot Balst; Salawa - Sri Lanka. 10th International Research Conference, Kothalawala Defence University (2017). (Oral presentation).
- (10) Kaushalya K.S.S, **Ponnampuma T.**, Abegunsekara T. Domestic Violence Exposure of Married Women in Isurumuniya PHM area in Anuradapura. Sri Lanka. 10th International Research Conference, Kothalawala Defence University (2017). (Oral presentation).
- (11) Ranasinghe B., Sathananthan P. P., **Ponnampuma T**, Kosala K.G.P., Poornima

- W.J.K.V.P., Chanuka W.D.I, Iatrogenic Atrial Septal Defect Formation and Haemodynamic Following Percutaneous Trans venous Mitral Commissurotomy (PTMC) in Patients with Mitral Stenosis at Teaching Hospital Karapitiya. 17th Annual Academic Session, Sri Lanka Heart Association (2017). (Oral presentation).
- (12) Ranasinghe R. B. D., Sathananthan P.P., **Ponnampereuma T.**, Chanuka W.D.I., Poornima W.J.K.V.P., Kosala K.G.P., Boyle A. Primary percutaneous coronary interventions: Different outcomes in patients with STEMI at the teaching hospital, Karapitiya (THK). Annual Academic Sessions, College of Physicians (2017). (Oral presentation).
- (13) **Ponnampereuma T**, Nancy N, (2016). The relative impact of traumatic experiences and daily stressors on mental health outcomes in Sri Lankan adolescents. Annual Academic Sessions, Sri Lanka College of Psychiatrists, (2017). (Oral presentation).
- (14) Darshna I.L.A.N, **Ponnampereuma, T**, Perera P.V, De Silva P.V. Community Attachment Program; Do Assessment Marks Reflect the Student's Perceptive Regarding the Current Assessment Process. 12th International Medical Education Conference – 2017. (Oral presentation)
- (15) **Ponnampereuma T**, Nancy N. Nicolson (2016). Daily Stressors and Post-Trauma Mental Health Problems of Adolescents in Sri Lanka. World Association for Social Psychiatry - 2016. (Oral presentation).
- (16) **Ponnampereuma T**, Lakmini, A.N.G.P, Kudagama V.C.D. (2016) Youth Exposed to Domestic Violence: Screening of School Children at a Rural Area in Galle District. Annual Research Symposium, National Centre for Advanced Studies in Humanities and Social Sciences, Sri Lanka- 2016. (Oral presentation).
- (17) **Ponnampereuma T**, Nethmini K.K.M, Kudagama V.C.D. (2016)_Children's Involvement in Domestic Violence at a Rural Area in Galle District. Galle Medical Association, Annual Academic Session (2016). (Oral presentation).
- (18) **Ponnampereuma T**, Nancy N. Nicolson, (2015). Negative Cognitive Appraisals and PTSD Symptoms in Sri Lankan Adolescents. Annual Academic Sessions, Sri Lanka College of Psychiatrists, (2015)._(**Best oral presentation**)

- (19) Fernando S.S.W, Athukorala T.K, Jayasekara N.P, Tharinda.V.H, **Ponnamperepuma T** (2015). People's View about a Multidisciplinary Medical Education Programme Aimed at Promoting Population Health. International Conference on Multidisciplinary Approaches, (2015).
- (20) **Ponnamperepuma T**, Nancy N. Nicolson, (2014). Salivary cortisol and PTSD symptoms in trauma-exposed Sri Lankan adolescents. Galle Medical Association, Annual Academic Session (2014). (Oral presentation).
- (21) **Ponnamperepuma T**, Nancy N. Nicolson, (2014). Lifetime Trauma, Negative Cognitive Appraisals, and PTSD Symptoms in Sri Lankan Adolescents. International Society for Traumatic Stress, Miami, USA, November (2014), (Poster presentation)
- (22) Darshana I.L.A.N, Nanayakkara N.P, **Ponnamperepuma T**. (2014). Evaluation of the Community attachment program for Medical Students at the Department of Community Medicine, Faculty of Medicine, University of Ruhuna. South East Asian Regional Association for Medical Education conference. November (2014). (Oral presentation)
- (23) **Ponnamperepuma T**, Nancy N. Nicolson (2013). Traumatic Experiences and PTSD Symptoms among Sri Lankan Adolescents: Gender Differences. International conference of the Psychoneuroendocrinology Society, Netherlands, August (2013). (Poster presentation)
- (24) **Ponnamperepuma T**, Nancy N. Nicolson (2012). Posttraumatic stress Disorder in Sri Lankan Adolescents Exposed to the Tsunami. Asia-Pacific Academic Consortium of Public Health. Colombo, November 2012. (oral presentation)
- (25) Wellala K. W. M, Nanayakkara A. I, De Silva A, **Ponnamperepuma T**. (2012). **Descriptive Study on pre-anaesthetic information desired by patients who undergo surgery.** Annual Academic Sessions, Sri Lanka College of Anesthesiologists, (2012)
- (26) **Ponnamperepuma T**, Nancy N. Nicolson (2011). Trauma Exposure of Adolescents after the Tsunami Disaster in Galle District. National Conference on Public Health Innovation, Kaluthara, Sri Lanka, April 2011. (oral presentation)

- (27) **Ponnamperuma T**, Nancy N. Nicolson, (2009). Emotional and Behavioural Problems among Adolescents in Bope Poddla MOH area. Proceedings of the Galle Research Network, Faculty of Medicine, Galle (2009). (oral presentation)
- (28) **Ponnamperuma T**, Nancy N. Nicolson (2009). Emotional and Behavioural Problems among Adolescents after Tsunami Disaster. Annual Academic Sessions, Sri Lanka College of Psychiatrists, (2009). (oral presentation)

POSTGRADUATE SUPERVISION

- Supervisor of the PhD study of Dr B.VS. De Silva, Department of Community Medicine, Faculty of Medicine, University of Ruhuna. Her study titled Trajectory and correlates of perinatal depression and the levels of mother-infant bonding and correlates among pregnant women attending Maternal and Child Health clinics in two health unit areas, Galle'. She is conducting her study and planning to complete in 2027.
- Local supervisor of the master's in medicine (Master Geneeskunde) of Mr Makhily Bayo from the University of Amsterdam, The Netherlands. His study titled Psychological Problems of Adolescents exposed to Domestic Violence in a Rural Area, of South of SL. He successfully defended his thesis 2024
- Local supervisor of the M.Sc. Global Health thesis of Ms Grace Lowitzer from the Global Health Institute, Dukes University, USA. Her study titled Domestic violence exposure & PTSD Symptoms in Adolescents. She successfully defended her thesis in 2021
- Supervisor of the Diploma in Disaster Management thesis of E.P.M De Silva from the University of Colombo Sri Lanka. Competence in Handling Gender-Based Violence by the Public Health Staff during a Disaster Situation. She successfully defended her thesis in 2020
- Supervisor of the research for the MD in veneriologu. Research titled Psychological well-being and associated behavioral risk factors of STI/HIV among men who have sex with men and receive services from a drop-in center held by a nongovernmental organization at Narahenpita, Colombo. She successfully defended her thesis in 2024

OTHER EDUCATIONAL /TRAINING EXPERIENCES

- (1) **Examiner Training** – Medical Education Resource Center, Post Graduate Institute of Medicine, University of Colombo. (2020)
- (2) **Clinical Research Methodology** – The Hubert – Yeargan Center for Global Health at Dukes University, US (2020)
- (3) **Moodle Training for Online Postgraduate Diploma in Family Medicine** – Medical Education unit Postgraduate Institute of Medicine, Colombo (2019)
- (4) **Academic Writing** – Language Centre, Maastricht University, the Netherlands –(2017) (1.5 credits)
- (5) **Training in Good Clinical Practices** – conducted by Forum for Ethical Review Committee in Sri Lanka- (2017)
- (6) **Improving Counselling Skills in Academics**, participated in a workshop by the Faculty of Medicine, University of Ruhuna, (2017).
- (7) **Training of Trainer Program for Development of a National Resource Pool on Health Sector Response to Gender Based Violence** conducted by the Family Health Bureau, Sri Lanka, (2016)
- (8) **Scientific Writing**, participated in the workshop conducted by the 44th Asia Pacific Consortium for Public Health, (2012)
- (9) **Training the Trainer Program in Mental Health** one week training conducted by the Institute of Psychiatry, Kings College, London in collaboration with the World Psychiatric Association, National Institute of Mental Health, Sri Lanka and Sri Lanka College of Psychiatrists, (2011).
- (10) **Integrated Sexual and Reproductive Health Services in Crises**, one-week training conducted by the Health Emergency and Disaster Management Training Centre, Faculty

of Medicine, University of Peradeniya in collaboration with the Ministry of Health Sri Lanka and United Nations Population Fund, (2010)

- (11) **Qualitative Research Methods**, participated in the workshop conducted by the University of Ruhuna in collaboration with the Durham University UK, (2009).
- (12) **Certificate Course for Professional Development in Higher Education (2009)**. Staff Development Centre, University of Ruhuna, Sri Lanka
- (13) **Counselling the undergraduate; a workshop for Academics**, participated in a workshop on - by Faculty of Medicine, University of Ruhuna, (2008).
- (14) **Management of Disaster Medical Operations-**, two-week training conducted by the Asian Disaster Foundation, (2005).

POSSITIONS HEALD

- Head of the Department in Community medicine (2021-2023)
- Member of the Board of Study in Family Medicine, Post Graduate Institute of Medicine, Colombo, Sri Lanka (2015 - 2021)
- Member of the EthicAL Review Committee – Faculty of Medicine, University of Ruhuna, Sri Lanka. (2013 - 2023).
- Secretary of the Curriculum Development and Evaluation Committee (2021)
- Member of the Curriculum Revision Committee – Faculty of Medicine, University of Ruhuna (2020)
- Member of the Faculty Quality Assurance Cell – Faculty of Medicine, University of Ruhuna (2020)
- Chairperson in the subcommittee to incorporate Family Medicine into the medical undergraduate curriculum (2013 onwards)
- Member of the Research and Higher degree committee (2006-2013)
- Coordinator in Vocal and Instrumental Competition, Faculty of Medicine University of

Ruhuna (2019)

- Secretary, Faculty Medicine Academic Sessions, University of Ruhuna (2017)
- Coordinator in Community Nursing Programme in B.Sc. Nursing Program (2010-2018)
- Involved in the development and conducting of the community nursing subject in the B.Sc. Nursing degree program of the Faculty of Medicine, University of Ruhuna.

UNDERGRADUATE TEACING ACTIVITIES / RESPONSIBILITES

Teaching and training of medical undergraduates include the following

- **Teach Epidemiology and Demography;** conduct lectures, do assessments, prepare exam question papers and scrutinize them.
- **Teach Research Methodology and Medical Ethics**
- **Teach Family Medicine** - clinical teaching and lectures
- **Supervision of Undergraduate Research Projects,** teach on research methodology, proposal development, data analysis and dissertation writing
- **Examiner** - Third MBBS - Research, Community Attachment, Theory and Viva voce examinations in Community Medicine

Contribution to Continuous Professional Development

- Resource person in the Journal Club of pediatric postgraduate trainees, a topic on – How to evaluate a Scientific Journal (2020)
- Resource Person, Workshop on Research Methodology” for Medical Officers, Nursing Officers and Teaching Hospital Karapitiya (2019).
- Trainer in Workshop on Research Methodology” for Medical Officer at Teaching Hospital Mahamodara, Galle (2017).
- Resource Person, Workshop on Research Methodology” for Medical Officer at Elpitiya

General Hospital (2016).

- Resource Person, Workshop on Research Methodology” for Medical Officer at General Hospital Matara (2014).
- Resource person, of the Pre-Clinical Module for third-year medical students
- Resource person, of the Foundation Module for medical students 2010- 2013
- Resource person, AIMS Module for pre-intern doctors
- Resource Person, Workshop on “Training on Respiratory Diseases and Use of Nebulization’ to the health staff of plantations.
- Resource person in Health Education program lecturing on ‘Managing Healthy Lifestyle’ for hoteliers
- Resource person in the Health Education program lecturing on ‘Prevention of Needle Prick Injuries’ for the staff of Hema’s Hospital

OTHER COMMITMENTS

- Examiner at the ERPM examination for certification of overseas qualified undergraduates for suitability for registration with the Sri Lanka Medical Council.
- Visiting Lecturer for the Allied Health Sciences Degree Programme, Faculty of Medicine, University of Ruhuna
- Visiting Lecturer for the Nurses Training School, Galle, Sri Lanka
- Member - BSc (Nursing) sub-committee, Allied Health Sciences Degree Programme, Faculty of Medicine, University of Ruhuna, Sri Lanka (2012-2018)
- Student Counsellor, Faculty of Medicine, University of Ruhuna (2014-2018)
- Examiner - Semester and Final Examinations of BSc Nursing & Medical Laboratory Sciences degree programmes, Faculty of Allied Health Sciences, University of Ruhuna (Theory and Viva voce examinations in Epidemiology / Community Nursing)
- Examiner - Examination for Registration of Practice Medicine in Sri Lanka (ERPM) – viva voce examination in Community Medicine
- Supervisor of undergraduate research in Nursing & Medical Laboratory Sciences degree

programmes, Faculty of Allied Health Sciences, University of Ruhuna

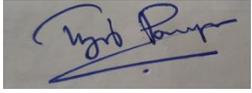
Public Health Activities responsible as the Additional Medical Officer of Health to the university health Unit area

- Acting as a middle-level health care manager, assigned to an area of 60,000 population
- Delivery of maternal & child health, family planning and vaccination services
- Delivery of occupational & environmental health services
- Prevention and control of communicable and non-communicable diseases
- Health education, promotion and community organization
- Participation in School Health Services
- Conducting well-women clinics, family planning clinics & counselling

Skills

- **Coordination skills** - Tsunami Health Coordinator in Galle District;
Coordinated all health-related activities for the internally displaced people from the District Secretariat office during the time of the disaster. Especially responsible for coordinating foreign and local teams' visits to the area for the internally displaced people, psychosocial activities carried out by the government and the NGO for the children affected by the disaster, clean water supply, sewage disposal and other environmental sanitary activities carried out for the displaced people.
Working in partnership with multidisciplinary teams /agencies
- **Managerial skills** – Head of the Departments and Additional Medical Officer in Public Health with specialized experience in Maternal & Child Health, School Health and Health Promotion. Twenty years of experience in public health activities.
- **Researcher skills** - Conduct epidemiological research.
Supervise postgraduate and undergraduate research
- **Teamwork skills** - Ability to work in partnership with funding agencies and Non-Governmental Organizations

- **Computer skills** - Working experience in Microsoft environment and data analysis by SPSS Statistical software, reference management with Endnote software.



Signature

Date 02.11.2026

**Thyagi Thejani Ponnampuma
Professor in Community Medicine
Department of Community Medicine
Faculty of Medicine
University of Ruhuna**