

Curriculum Vitae

Professor Sampath Gunawardena

Personal data

Name: Prof. Sampath Gunawardena

Official Address: Senior Professor of Physiology, Department of Physiology, Faculty of Medicine, University of Ruhuna, Galle

Permanent Address: “Shanimalie”, Sri Rathanajothi Mawatha, Bataduwa, Galle

Telephone: 071-416-0258 (mobile), 091-222-4738 (Home), 091-224-6871 (Office)

Date of Birth: July 18th 1964

Sex: Male

Civil Status: Married (with one child)

Nationality: Sri Lankan

Educational and professional qualifications

- Secondary Education – Richmond College, Galle, Sri Lanka. – Passed General Certificate of Education (Advanced Level) examination in 1982.
- Bachelor of Medicine and Bachelor of Surgery (MBBS degree) with 2nd Class (Honours) passes in the Second MBBS, 3rd MBBS and Final MBBS examinations from the Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka – Obtained in August 1991.
- PhD degree from University of Ruhuna (with the research carried out in the Division of Cardiovascular Medicine, University of California Davis, Davis, California, U.S.A. from January 1997 to December 2000) – Degree obtained in September 2002.
- Holds the Registration of Sri Lanka Medical Council to practice Medicine in Sri Lanka (Registration Number – 10526)

Employment History

- **Current Occupation** - Senior Professor of Physiology (Chair Professor), Department of Physiology, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka. From 26.08.2022 up to date.
- Professor of Physiology (Chair Professor), Department of Physiology, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka. From 20.03.2018 - 25.08.2022
- Professor in Physiology, Department of Physiology, Faculty of Medicine, University of Ruhuna, Galle Sri Lanka. From 26.08.2014 – 19.03.2018
- Senior Lecturer, Department of Physiology, Faculty of Medicine, University of Ruhuna, Galle Sri Lanka. From September 01st 2002 to August 25th, 2014.

- Lecturer (Probationary) in Physiology, Faculty of Medicine, University of Ruhuna, Galle Sri Lanka. From May 12th 1994 to August 31st 2002
- Divisional Director of Health Services, Dimbulagala, Sri Lanka. From September 17th 1993 to 11th May 1994
- Medical Officer - Chest clinic (acting), Base Hospital, Polonnaruwa, Sri Lanka. From August 21st 1993 to September 17th 1993.
- Intern Medical Officer, Base Hospital Polonnaruwa, Sri Lanka. From July 19th 1992 to August 20th 1993.
- *Postgraduate Researcher (PGR) at Division of Cardiovascular Medicine at University of California Davis, Davis, California, USA from January 16th 1997 to December 6th 2000 working under Prof. C. T. Kappagoda*

Posts held

- Dean, Faculty of Medicine, University of Ruhuna. From 08.03.2011 to 07.03.2014.
- Head of the Department of Physiology, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka during the following time periods (total of five and half years).
 - From 01.11.2003 to 15.04.2005.
 - From 09.03.2007 to 08.03.2010.
 - From 09.03.2010 to 07.03.2011 (till I became the Dean)
- A Student Counsellor of the Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka during the following time periods (total of 2 years and 10 months)
 - From 01.02.2004 to 30.09.2006
 - From 29.10.2009 to 24.11.2009 (till I was appointed as the Deputy Senior Student Counsellor)
- Deputy Senior Student Counsellor of the Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka during the following time period.
 - From 24.11.2009 to 23.11.2010
- Person-in-charge of the Activity on 'Capacity building and designing mechanisms to ensure sustainability of the project programs and Investments' of the World Bank funded project for "Improvement of Relevance and Quality of Undergraduate Education" (Activity 4.1 of the IRQUE Project).
- Chairperson of the Finance & Management Committee of the Postgraduate Institute of Medicine, University of Colombo (PGIM) from 2012 - 2013
- Member of the Council of the University of Ruhuna (as a Senate nominee) from November 2019 - Nov 2022.

Member of Committees of the Faculty of Medicine, University of Ruhuna

- Chairperson of the Lecture Theatre Committee of the Faculty of Medicine, University of Ruhuna from 17.05.2007 to 16.05.2010.
- Convenor of the Scholarships & Fellowships Committee of the Faculty of Medicine, University of Ruhuna from 01.06.2001 to 31.05.2003.
- Member of the Medical Education & Staff Development Unit (ME&SDU) of the Faculty of Medicine, University of Ruhuna from 21.06.2007 – 20.06.2010.
- Member of the Research & Higher Degrees Committee of the Faculty of Medicine, University of Ruhuna from 01.01.2007 to 31.12.2009.
- Member of the Curriculum Development & Evaluation Committee of the Faculty of Medicine, University of Ruhuna from 01.06.2001 to 31.05.2003.
- Member of Information Technology Committee of the Faculty of Medicine, University of Ruhuna from 01.06.2001 to 31.05.2003.
- Member of the Library Committee of the Faculty of Medicine, University of Ruhuna from 01.06.2001 to 31.05.2003.
- Member of the IRQUE project management committee (as the PIC of activity 4.1)
- Convener Curriculum Revision Committee.
- Member of the advisory board of the Medical Education and Staff Development committee
- Member of BSc (Nursing) Academic Committee
- Member of BSc (MLS) Academic Committee
- Member of BPharm Academic Committee
- Member of BPharm Management Committee
- Member of the Faculty Board subcommittee who developed the Oath for Medical Students and the Oath for Allied Health Sciences Students
- Member of the Medical Education & Staff Development Committee – from 08.03.2016 for a period of two years.
- Chairperson and member of numerous Technical Evaluation Committees and Bid Evaluation Committees of the Faculty of Medicine
- Member of the committee evaluating the progress of Postgraduate Research work of the postgraduate students registered under the Board of Study in Medicine of the Faculty of Graduate Studies, University of Ruhuna

Member of Committees of the University of Ruhuna

- Member of the Senate subcommittee on Examination Offences.
- Member of the committee on TURIS Grant
- Member of the committee on UGC Block Grants for Strengthening of research
- Member of the committee Evaluating the applications for commercialization of Research Output
- Member of the committee evaluating the progress of Postgraduate Research work of the postgraduate students of the Faculty of Graduate Studies, University of Ruhuna

Member of Committees of other Faculties of the University of Ruhuna

- External member of the Ethics Committee of the Faculty of Allied Health Sciences of the University of Ruhuna. From 03.01.2018
- External member of the Faculty Board of the Faculty of Allied Health Sciences, University of Ruhuna

Membership of Boards/Advisory panels of other institutions

- Member of the Board of Management of the Post Graduate Institute of Medicine, University of Colombo from 12.03.2013.
- Member of the Standing Committee of Medical and Dental Sciences of the University Grants Commission of Sri Lanka from 08.03.2013.
- Council Member of Sri Lanka Medical Council (elected by the faculty board) from 21.04.2011.
- Member of the Board of Study in Basic & Medical Sciences of the Postgraduate Institute of Medicine, University of Colombo.
- Member of the Specialty Board in Physiology of the Postgraduate Institute of Medicine, University of Colombo.
- Founder member of the Ethical Review Committee of the Postgraduate Institute of Medicine, University of Colombo from 01.07.2012.
- External member of the Faculty Board of the Sir John Kotelawala Defence University
- Member of the Advisory panel in developing the Faculty of Medicine of General Sir John Kotelawala Defence University
- Member of the Education Committee of the Sri Lanka Medical Council - From March 2011 to March 2014.
- Member of the Foreign Degrees Committee of the Sri Lanka Medical Council - From March 2011 to March 2014.

- Member of the expert panel in Health Sector Development (which was appointed by the Minister of Health).
- Member of the Advisory panel on development of the Biomedical Engineering Division of the Ministry of Health.
- Member of the selection panels in recruiting staff members to the Department of Physiology of the newly established Faculty of Medicine of the Uva Wellassa University.

Publications in Journals

1. S. Gunawardena, E. Bravo, C.T. Kappagoda (1998). Effect of chronic mitral valve damage on the activity of pulmonary rapidly adapting receptors in the rabbit. *Journal of Physiology*, 511.1, pp 79-88.
2. Sampath Gunawardena, Emilio Bravo, C.Tissa Kappagoda (1999). Rapidly adapting receptors in a rabbit model of mitral regurgitation. *Journal of Physiology*, 521.3, pp 739-748.
3. C.Tissa Kappagoda, Sampath Gunawardena (1999). Towards optimal results: interaction of cholesterol lowering and modification of other risk factors. *Preventive Cardiology*, Vol II (IV), pp 32-37.
4. J. D. Symons, S. Gunawardena, C. T. Kappagoda, M.R. Dhond (2001). Volume overload left ventricular hypertrophy: effects on coronary microvascular reactivity in rabbits. *Experimental Physiology*, 86.6, pp 725-732.
5. S. Gunawardena, K. Ravi, J.C. Longhurst, M.P. Kaufman, Amy Ma, Milo Bravo, C.T. Kappagoda (2002). Response of C fibre afferents of the rabbit airways and lungs to changes in extra-vascular fluid volume. *Respiratory Physiology and Neurobiology*, 132, pp 239-251.
6. K.M. McCormick., S. Gunawardena, K. Ravi, E. M. Bravo, C. T. Kappagoda (2004). Role of nitric oxide in the reflex diuresis in rabbits during pulmonary lymphatic obstruction. *Experiment Physiology*, 89(4):487-96.
7. Hallam KM, Edirisinghe I, Balasuriya UB, Gunawardena S, Bravo EM, Ravi K, Kappagoda CT. (2007). Effects of mitral regurgitation on the reflex diuresis to pulmonary lymphatic obstruction in rabbits. *Experimental Lung Research*, 33(5):259-75.
8. Mahinda Kommalage & Sampath Gunawardena (2008). Feasibility of introducing information technology-based activities into medical curricula in developing countries. *MEDICAL EDUCATION*, 42: 113-115.
9. Mahinda Kommalage & Sampath Gunawardena (2008). IT-based activity in physiology education: an experience from a developing country. *Advances in Physiology Education*. 32: 81-85.

10. Kommalage M, Gunawardena S (2011). Evaluation of physiology lectures conducted by students: comparison between evaluation by staff and students. *Advances in Physiology Education*. 35 (1): 48-52.
11. Kommalage M, Gunawardena S (2013). Influence of age, gender, and sidedness on ulnar nerve conduction. *Journal of Clinical Neurophysiology*. 30 (1): 98-101
12. Yakupiti Himan Shashidara De Silva, Omega Lokuyaddage De Silva, Sanka Theekshana Thebuwanaarachchi, Sampath Gunawardane, Harsha Mendis. (2017) Medical problems detected during Pre-participation Physical Evaluation of school athletes in the Galle District. *Journal of the Postgraduate Institute of Medicine* 2017; 4 (1):E40 1-7
13. Karunanayake Amaranath; Devanarayana, Niranga M.; de Silva, Asita; Gunawardena, Sampath; Rajindrajith, Shaman. (2017) Randomized Controlled Clinical Trial on Value of Domperidone in Functional Abdominal Pain in Children. *Journal of Pediatric Gastroenterology and Nutrition* 2018 May; 66(5):725-731. doi: 10.1097/MPG.0000000000001819.
14. Karunanayake A, Rajindrajith S, de Silva HA, Gunawardena S, Devanarayana NM. (2019) Autonomic functions and gastric motility in children with functional abdominal pain disorders. *World Journal of Gastroenterology*. 2019 Jan 7; 25(1):95-106. doi: 10.3748/wjg.v25.i1.95
15. Chamila S. Senavirathna, Anuja P. Mallawaarachchi, Aranjana L. Karunanayake, Sampath Gunawardena. The effect of 6-week core stability training on core endurance and physical performance in professional rugby players: A randomized controlled pilot study. *Asian Journal of Medical Sciences*, Aug 2021, Vol 12, Issue 8, 1-6 DOI: 10.3126/ajms.v12i11.38816
16. Chamila S. Senavirathna, Sampath Gunawardena ², Aranjana L. Karunanayake ³, Anuja P. Mallawaarachchi. Use of fiber optic goniometer to objectively assess the angle and reflex time of knee jerk in professional rugby players. *Gazzetta Medica Italiana - Archivio per le Scienze Mediche* 2022 July-August;181(7-8):552-7
17. Egodage UK, Darshana ILAN, Gunawardena S, Deshapriya K, Ediriweera HMA, Wijekoon WMCD. Pulmonary Function test abnormalities in patients with rheumatoid arthritis; a single centre study at a teaching hospital in Sri Lanka. *Ruhuna Journal of Medicine (RJM)* *Ruhuna Journal of Medicine*, December 2022; Vol 10: No. I, pp 12-19.
18. S. T. Thebuwanaarachchi, M. B. Samarawickrama, A. Dissanayake, S. Gunawardena, Y. H. S. De Silva, M. A. S. Paris, M. A. M. Minhan, H. G. S. Ransara, D. W. D. Nisansala. Effectiveness of thera-band exercise program and electro- physiotherapy on abductor strength of the iliotibial band in athletes with iliotibial band syndrome. *Sri Lanka Anatomy Journal*, (2023), Volume: 7 Issue: 2, Pages 27-37, DOI: 10.4038/slaj.v7i2.206, Submitted on Jan 1, 2024, Published on Apr 18, 2024
19. Y. S. H. De Silva, T. P. Weeraratne, M. B. Samarawickrama, P. W. D. Wasana, S. Gunawardena, S. T. Thebuwanaarachchi, S. Paris, O. L. De Silva. Myofascial release as a method of treatment for bicipital tendinopathy in patients attending sports medicine

clinic of Teaching Hospital, Karapitiya. Sri Lanka Anatomy Journal (2023), Volume: 7 Issue: 2, Pages 38-51, DOI: 10.4038/slaj.v7i2.208, Submitted on Jan 12, 2024, Published on Apr 18, 2024

20. Lahiru Theekshana Weerasinghe Rajapaksha, Sugandima Mihirani Vidanagamachchi, Sampath Gunawardena, Vajira Thambawita. An Open-Access Dataset of Hospitalized Cardiac-Arrest Patients: Machine-Learning-Based Predictions Using Clinical Documentation BioMedInformatics (2024), 4, 34-49.
<https://doi.org/10.3390/biomedinformatics4010003>
21. Pramila G. Chandrasena, Sampath Gunawardena, and Shanika V. Karunanayaka. Storage, Disposal, and Misuse of Unused and Expired Pharmaceuticals in Households amongst Staff Working at Dakshinapaya Ministry Complex, Labuduwa, Galle Region: A Qualitative Phenomenological Study. Pharmacoepidemiology (2024) 3, 314-335.
<https://doi.org/10.3390/pharma3040022>
22. Y.H.S. De Silva, S.T. Thebuwanarachchi, D.C. Weerasuriya, Omega Lokuyaddage, W.H.H. Mendis, S. Gunawardena, H.M.D. Perera, A. Karunanayake. Assessment of cardiovascular risk among school athletes: a retrospective cross-sectional study at a sports medicine clinic of a teaching hospital. Journal of Arthroscopic Surgery and Sports Medicine (2025). doi: 10.25259/JASSM_67_2024
23. Y.H.S. De Silva, S.T. Thebuwanarachchi, S. Gunawardena, M.B. Samarawickrama, Omega D.C. Weerasuriya, O.K. Lokuyaddage De Silva, H.M.D. Perera. Comparative effectiveness of myofascial release versus conventional physiotherapy in bicipital tendinopathy: a randomized controlled trial. Journal of Arthroscopic Surgery and Sports Medicine (2025). DOI: 10.25259/JASSM_60_2024
24. Egodage UK, Wijewickrama C, Gunawardana S, Basnayaka A, Dissanayake B. Use of Online Resources to Study Physiology by Pre-Clinical Medical Students: An Experience from a Developing Country. Advances in Physiology (2025) Sep 1;49(3):742-748

Abstracts in International Conferences

1. FASEB (Experimental Biology Conference) 1998. San Francisco, California. Gunawardena S., Kappagoda C. T., Bravo E. Increase in left atrial pressure fails to stimulate rapidly adapting receptors (RAR) in rabbit with chronic mitral regurgitation. FASEB Journal, 12(5), page A688, abstract No.3993.
2. American Heart Association 1998 (Nov), Dallas Texas. Gunawardena S., Kappagoda C.T., Bravo E Atrial natriuretic peptide increases the sensitivity of rapidly adapting receptors to active pulmonary venous congestion in rabbits. Circulation (Supplement) 98 (17), Page - 827, abstract No. 4341.
3. American Heart Association 1998 (Nov), Dallas, Texas. Gunawardena S., Kappagoda C.T. Bravo E. Restoration of activity of rapidly adapting receptors by an infusion of hypertonic albumin solution in rabbit with chronic pulmonary venous congestion.

4. FASEB (Experimental Biology Conference) 1999 (April) Washington DC. Gunawardena S. Kappagoda C.T., Bravo E. Extra vascular fluid content in major airways in rabbits with mitral regurgitation.
5. FASEB (Experimental Biology Conference) 1999 (April) Washington DC. Gunawardena S., Kappagoda C.T., Bravo E. Acute pulmonary oedema stimulates rapidly adapting receptors (RAR) in rabbit with chronic pulmonary venous congestion secondary to mitral regurgitation.
6. FASEB (Experimental Biology Conference) 2000 (April) San Diego, California. Gunawardena S., Bravo E., Kappagoda C.T. Role of rapidly adapting receptors (RAR) and nitric oxide (No) in reflex diuresis in rabbits. FASEB journal 13 (4), page A 511, abstract No. 415.6
7. AMEE (Association for Medical Education in Europe) 2008 (August/September) Prague, Czech Republic. Mahinda Kommalage and Sampath Gunawardena. Introduction of analytical essay writing activity in the medical curriculum.
8. 6th Asian Association of Schools of Pharmacy Conference 2013 (November) National University of Singapore. H.W.A.S. Subasinghe, L.M. Hettihewa, S. Gunawardena, T. Liyanage. Cumulative quantal dose responses of *Costus speciosus* leaves on the lipid sub-profile in high-fat diet induced insulin resistant Wistar rats. Proceedings of 6th Asian Association of Schools of Pharmacy Conference, page 148 (PC 873)
9. 6th Asian Association of Schools of Pharmacy Conference 2013 (November) National University of Singapore. H.W.A.S. Subasinghe, L.M. Hettihewa, S. Gunawardena, T. Liyanage. *Costus speciosus* leaf water extract reduces the atherogenic risk in high-fat-diet induced insulin resistant rats. Proceedings of 6th Asian Association of Schools of Pharmacy Conference, page 201 (PC 973)
10. ANMA & JSNM Joint Meeting (5th Biennial Congress of the Asian Neurogastroenterology & Motility Association (ANMA) and 19th Japanese Society of Neurogastroenterology and Motility (JSNM) held from 23rd -25th March, 2017 at Osaka International Convention Centre, Japan. Amaranath Karunanayake, Niranga M Devanarayana, Shaman Rajindrajith, Sampath Gunawardena. Automatic Stomach: a model to describe the association of autonomic functions with gastric motility in children with functional abdominal pain (Poster presentation) –Abstract published in Journal of Neurogastroenterology and Motility (March 2017), 23(1) page 261
11. ANMA & JSNM Joint Meeting (5th Biennial Congress of the Asian Neurogastroenterology & Motility Association (ANMA) and 19th Japanese Society of Neurogastroenterology and Motility (JSNM) held from 23rd -25th March, 2017 at Osaka International Convention Centre, Japan. Amaranath Karunanayake, Niranga M Devanarayana, Shaman Rajindrajith, Sampath Gunawardena, Asita de Silva. Value of domperidone in functional abdominal pain in children: a double blind, randomized, placebo controlled trial (Poster presentation) –Abstract published in Journal of Neurogastroenterology and Motility (March 2017), 23(1) page 253

12. Scientific International Conference on Physical Education and Allied Sciences held from 27th -29th February 2020 in Goa, India. S.A.D.C.S. Senavirathna, A.S.P. Mallawaarachchi, A.I. Karunanayake, S. Gunawardena. Effects of core stability training on physical performances and core endurance among male rugby players: A randomized controlled trial Page 73 of the Proceedings book
13. Amaranath Karunanayake, Udari Kaushalya Egodage and Sampath Gunawardena. Empowering medical students through assessment transparency: experiences with the mcq objection practices at the Department of Physiology, Faculty of Medicine, University of Ruhuna, Sri Lanka. 11th International Union of Physiological Sciences (IUPS)/ADI Workshop for Physiology Education, held at Evangelische Tagungsstätte, Löwenstein, Germany, 14 to 16 September 2025 (Poster presentation).

Abstracts in National Conferences

1. Wimalasundera SKC, Gunawardena S, Mendis ALS, Fonseka P. Visual field defects in human functional amblyopia. Annual Academic Sessions of Galle Medical Association - 1995
2. Somasiri K.G., Mendis A.L.S., Raja de the Alwis, Gunawardena S., Mendis M.G.U., Karunarathne H.W.S.R., Disanayake D.A.L. Perceived benefits of 'Anapanasathi meditation in hypertensive patients'. Annual Sessions of the Physiological Society of Sri Lanka, 2001.
3. Somasiri K.G., Gunawardena S., Wijayasiri W.A.A., Mendis A.L.S., Jayawardena R. Assessment of quality of life using Sinhala Translation of WHQQOL-100. Annual Academic sessions of Galle Medical Association, 2003.
4. Somasiri K.G., Gunawardena S., Wijayasiri W.A.A., Mendis A.L.S. Jayawaedwna R. Quality of life of patients with hypertension attending medical clinic for treatment. Annual Academic Sessions of Galle Medical Association, 2003.
5. K.G. Somasiri, A.J.P.M. Jayawardena, Sampath Gunawardena, K.G. Imendra. Perceived stress in 2nd MBBS medical students two weeks prior to the examination. Annual Sessions of the Physiological Society of Sri Lanka, 2004
6. K.G. Somasiri, Sampath Gunawardena, T.R. Weerasooriya, Chitra Pathirana. Student perceptions of their teaching-learning environment during the pre-clinical course. Annual Sessions of the Physiological Society of Sri Lanka, 2004
7. K.G. Somasiri, A.J.P.M. Jayawardena, Sampath Gunawardena, K.G. Imendra. How do medical students respond to examination stress? Annual Academic Sessions of Galle Medical Association 2005.
8. Somasiri K.G., Mendis ALS, Nanayakkara A.D., Gunawardena S., Imendra K.G., Mahinda K.D., Wijewickrama D.C., Hewawasam S.P. Designing a poster on a Physiology topic as an active learning experience. Annual Sessions of the Physiological Society of Sri Lanka 2005.

9. C.K. Bodhinayake, K.G. Somasiri, S. Gunawardena, D.C. Wijewickrama, C. Senadheera, P. Dissanayake. Administrative, interpersonal and managerial skills of intern house officers as perceived by the patient-care team. Annual Academic Sessions of the Galle Medical Association 2006.
10. K.G. Somasiri, S. Gunawardena, J.M. Wickramasinghe, A.D. Wijethilaka, Practice of meditation and its perceived benefits in medical students. Annual Academic Sessions of the Galle Medical Association 2006.
11. K.G. Somasiri, S.Gunawardena, W.A.A. Wijayasiri and Nelun de Silva. An instrument to evaluate a lecture. Third Academic Sessions of the University of Ruhuna 2006
12. Sampath Gunawardena, Teaching Physiology in the Faculty of Medicine, University of Ruhuna. Annual meeting of the Physiological Society of Sri Lanka 2007
13. Mahinda Kommalage, Sampath Gunawardena. Unequal IT knowledge among medical students: inequality starts at school level. Annual Academic Sessions of Galle Medical Association 2007.
14. Mahinda Kommalage, Sampath Gunawardena. What do students and teachers expect from a presentation? Annual Academic Sessions of Galle Medical Association 2009.
15. Mahinda Kommalage and Sampath Gunawardena. Plagiarism in undergraduate essays: The extent of the problem and source of the content. OUSL 30th Anniversary International Research Conference held on 20th and 21st of August 2010.
16. Subasinghe H.W.A.S., Hettihewa L.M., Gunawardena S., Liyanage T. Induction of Insulin Resistance/Impaired Glucose Tolerance in Experimental Wistar Rats fed on modified high fat diet regime. (Poster presentation) Annual Academic Sessions of Galle Medical Association 2012.
17. Subasinghe H.W.A.S., Hettihewa L.M., Gunawardena S. Rapid onset of action of *Costus speciosus* leaf extract on insulin resistance in experimental Wistar rats. Scientific Sessions of the Faculty of Medical Sciences, Univesrity of Sri Jayawardenapura 2012.
18. Subasinghe H.W.A.S., Hettihewa L.M., Gunawardena S., Liyanage T. Effects of methanolic extract of *Costus speciosus* (Thebu) leaf on insulin resistance in Wistar rats: comparison with pioglitazone. 10th Academic Sessions and 9th Vice Chancellors Awards of the University of Ruhuna 2013.
19. Subasinghe H.W.A.S., Hettihewa L.M., Gunawardena S., Liyanage T. Quantal dose response relationship of leaf extract of *Costus speciosus* on achieving peripheral insulin sensitivity in high fat diet fed experimental rat model. 4th PGIM Academic Sessions - 17th-19th July 2013.
20. Subasinghe H.W.A.S., Hettihewa L.M., Gunawardena S., Liyanage T. Evaluation of hepatic and renal toxicities of the aqueous extract of *Cosyus speciosus* (J König) Sm leaf in animal model; Biochemical and histopathological perspectives. 11th Academic Sessions and 10th Vice Chancellors Awards of the University of Ruhuna. 19th March, 2014.

21. N. Jayasekara, N. Fernando, S. Gunawardena, B. Perera. Correlates of Emotional Intelligence (EI) in undergraduates. 8th International Conference, Kotelawala Defence University, Ratmalana, Sri Lanka. 27th-28th Aug, 2015 (Printed in page No. 123 of the Proceedings)
22. T. Athukorala, U. Edirisinghe, N. Fernando, S. Gunawardena, B. Perera. Violent behaviour in undergraduates: do gender, year of study and place of residence matter? 8th International Conference, Kotelawala Defence University, Ratmalana, Sri Lanka. 27th - 28th Aug, 2015 (Printed in page No. 149 of the Proceedings)
23. W. I. Nilakshi, Sampath Gunawardena, H. Madushanthi. Knowledge, attitudes and practices regarding iron deficiency anaemia (IDA) among tea plucking women in Rikillagaskada MOH area. Annual Scientific Sessions of the Physiological Society of Sri Lanka. 25th - 26th Nov. 2016 (Printed in page No. 36 of the Proceedings)
24. Sampath Gunawardena. Making a low cost, improvised electronic stethoscope. Annual Scientific Sessions of the Physiological Society of Sri Lanka. 25th - 26th Nov. 2016 (Printed in page No. 41 of the Proceedings) – **This was selected as the best oral presentation of the Annual Scientific Sessions**
25. Y.S.L. Kumaranayake, S. Karunanayake, S. Gunawardena. Knowledge and attitudes on pain management among nursing officers serving in selected Government hospitals in Gampaha District, Sri Lanka. Faculty of Medicine Academic Sessions -2016, (University of Ruhuna) 15.11.2016
26. Wickramasinghe WRWMRAHN, Wasana PWD, Gunawardena S. Knowledge, attitudes and practices of parents on the use of antibiotics for upper respiratory tract infections among their children in the primary sections of selected schools in Galle educational division. 131th Anniversary International Medical Congress of Sri Lanka Medical Association. 26th - 29th of July 2018
27. Galappaththi MGPA ,Wasana PWD , Gunawardena S. Evaluation of dispensing practices at community pharmacies in Karapitiya, Sri Lanka. 131th Anniversary International Medical Congress of Sri Lanka Medical Association. 26th - 29th of July 2018
28. SADCS Senavirathna, ASP Mallawaarachchi, AL Karunanayake, S Gunawardena. Six Weeks of Core Stability Training Improves Physical Performances Among Army Male Rugby Players: A Randomized Controlled Pilot Study. International Research Conference of the Kotelawala Defence University, Ratmalana. 11th-12th September 2019
29. Chandana Wickramaratne, Champa Wijewickrama, Amaranath Karunanayake, Dhammika Wijekoon, Sampath Gunawardena. Lung functions of workers of asbestos related industry in Sri Lanka: a case-control study. Annual Scientific Sessions of the Physiological Society of Sri Lanka held at the University of Peradeniya on 30th November 2019
30. Sriyananda A.M.C.H., Gunawardena S., Karunanayake K.D.S.V., Sandamali L.L. Comparative Evaluation of Physicochemical and In-Vitro Bioavailability Equivalence of Commercially available Atorvastatin Tablets Marketed in Galle, Sri Lanka. RISTCON- 2021, Faculty of Science, University of Ruhuna. Held on 17.02.2021

31. Jayarathne M.L.N.P., Prasadi G.A.M., Gunawardena S. Price, availability and affordability of cardiovascular medicines: a cross sectional survey of selected community pharmacies in galle municipal council & bope–poddala moh areas. RISTCON- 2021, Faculty of Science, University of Ruhuna. Held on 17.02.2021
32. SADCS Senavirathna, ASP Mallawaarachchi, A.L. Karunanayake, S. Gunawardena. The relationship between core stability and performance in army male rugby players: A single group interventional study. International Research Conference in Health Sciences (IRCHS), Faculty of Allied Health Sciences, University of Sri Jayewardenepura held on 31.03.2021.
33. Samaraweera UKIU, Jinadasa AGRG, Siriwardena ID, Gunawardena S, Gunawardana KB. Evaluation of 25% sulfosalicylic acid test and its correlation to urine osmolality and specific gravity in a high risk population for CKDu in Sooriyawewa. Annual Academic Sessions 2021 of College of Chemical Pathologists of Sri Lanka held on 26th and 27th of July 2021.
34. KAC Wickramaratne, S. Gunawardena, DC Wijewickrama, A. Karunanayake, WMCD Wijekoon. Health status and safety practices of workers of asbestos sheet manufacturing factories in Sri Lanka. IRC-KDU held on 9th and 10th September 2021.
35. Sanka Theekshana Thebuwanaarachchi, Sampath Gunawardena, Y.H.S. De Silva. Correlation between lower extremity function and quality of life of athletes with lower limb pain. 19th Academic Sessions of the University of Ruhuna held at Faculty of Technology on 02.03.2022.
36. Thishaya L.G.S., Gunawardena S., Karunanayake K.D.S.V. Pharmaceutical waste management in community pharmacies and hospitals in the SAARC region: A narrative review. 5th Research Symposium of the Faculty of Allied Health Sciences (RuFARS), University of Ruhuna. Held on 26.08.2022.
37. MBF Yoosoof, S. Mendis, DN Dahanayake, S. Gunawardena, FR Ihsan. Level of information technology skills as a determinant of self-directed learning ability in medical students. Annual Research Symposium 2022 of the Postgraduate Institute of Medicine held on 01.12.2022.
38. Chandrasena NKPG, Karunanayaka KDSV, Gunawardena S. Perception towards storage, disposal and misuse of unused and expired pharmaceuticals in households amongst the staff working at Dhakshinapaya Ministry Complex, Labuduwa, Galle. International Research Conference in Health Sciences 2023, held on 31.03.2023.
39. Chandrasena NKPG, Karunanayaka KDSV, Gunawardena S. Perception and practices towards storage, disposal and misuse of pharmaceutical waste in household amongst the staff working at Dhakshinapaya Ministry Complex, Galle. 20th Academic Sessions of the University of Ruhuna held on 07.06.2023.
40. YSH De Silva, TP Weeraratne, MB Samarawickrama, S Gunawardena. Effectiveness of myofascial release and kinesiotaping over conventional Physiotherapy in bicipital tendinopathy. Annual Scientific Sessions - 2023 of the Physiological Society of Sri Lanka

held on 18.11.2023. **This was selected as the best oral presentation of the Annual Scientific Sessions.**

41. De Silva Y.S.H., Weeraratne T.P., Samarawickrama M.B., Wasana P.W.D, Gunawardena S, Thebuwanaarachchi S.T., Paris S, De Silva O.L., Karunanayake A., Ransara H.G.S., Mendis W.H.H., Jayasekara D., Dissanayake S.P., Minhan M.A.M. Effectiveness of myofascial release for bicipital tendinopathy-related painful shoulder: experience in a tertiary care sports medicine clinic. Scientific Sessions -2024 of the Anatomical Society of Sri Lanka held on 30.06.2024. **This was selected as the best oral presentation of the Annual Scientific Sessions.**
42. Wijekoon S.W.G.M.Y.G.J.K, Gunawardena S., Wasana P.W.D., Therapeutic effects of *Atalantia ceylanica* (Arn.) Oliv. leaves essential oil in acute bronchitis treatment: Network pharmacology-based exploration. 2nd International Research Symposium of Faculty of Allied Health Sciences, University of Ruhuna (iRuFARS) held on 05.07.2024. (Page No. 7 of the Proceedings book – ISSN: 2659-2029)
43. Jayasundara J.H.D.S., Gunawardena S., Wasana P.W.D., Exploring the pharmacological mechanism of *Cinnamomum zeylanicum* fruit extracts in treating gingivitis using network pharmacology. 2nd International Research Symposium of Faculty of Allied Health Sciences, University of Ruhuna (iRuFARS) held on 05.07.2024. (Page No. 4 of the Proceedings book – ISSN: 2659-2029)
44. Hemachandra R.U.V.N., Gunawardena S., Wasana P.W.D., Molecular insights into metformin and ceftriaxone combination against gastroenteritis: Multifaceted actions revealed by network pharmacology. 2nd International Research Symposium of Faculty of Allied Health Sciences, University of Ruhuna (iRuFARS) held on 05.07.2024. (Page No. 10 of the Proceedings book – ISSN: 2659-2029)
45. Hiranga HAJ, Wasana PWD, Gunawardena S., Oral hygiene awareness among school children in the Minuwangoda educational zone, Gampaha District, Sri Lanka. 137th Anniversary International Medical Congress held at Galadari Hotel, Colombo on 17.08.2024. (Published in The Ceylon Medical Journal, Vol 69, S, June 2024 Page No. S11.
46. P.D.M.S.D. Gunasinghe, W.V.R.T.D.G. Bandara, S. Gunawardena. Effectiveness of Sodium Fluoride as an Antiglycolytic Agent in the Estimation of Plasma Glucose Concentration. Annual Scientific Sessions - 2024 of the Physiological Society of Sri Lanka held on 23.11.2024.
47. M.D.R.S. Wijesingha, S. Gunawardena. Prevalence of foot ulcers among patients with diabetes mellitus at the National Hospital, Galle and assessment of their knowledge, practices and attitudes toward diabetic foot care. Annual Scientific Sessions - 2024 of the Physiological Society of Sri Lanka held on 23.11.2024.
48. S. Gunawardena, R.D.S. Gunarathna, W.S.A. Deshapriya, D.M.Y. Amerasinghe, A.J. Gunawardena, M.A.L.D. Malwatta. Effect of instant coffee on the magnitude and reflex time of the ankle jerk of young adults. Annual Scientific Sessions - 2024 of the Physiological Society of Sri Lanka held on 23.11.2024.

49. U.K. Egodage, S. Gunawardana, C. Wijewickrama, A. Basnayaka, B. Dissanayake. Perception among pre-clinical students on the use of online materials for learning physiology at the faculty of medicine, university of Ruhuna. Annual Scientific Sessions - 2024 of the Physiological Society of Sri Lanka held on 23.11.2024.
50. Gunawardena S., Gunarathna R.D.S., Deshapriya W.S.A., Amerasinghe D.M.Y., Gunawardena A.J., Malwatta M.A.L.D. Effect of Jendrassik manoeuvre on the reflex time and magnitude of the ankle jerk in young adults. Accepted for a presentation at the Faculty of Medicine Academic Sessions (FMAS) -2025 of University of Ruhuna which will be held on 28.05.2025
51. Egodage U.K., Wijewickrama C, Thabrew I, Thilakarahne S, Gunawardena S. Factors affecting lecture attendance through perspective of pre-clinical students in Faculty of Medicine, University of Ruhuna. Annual academic sessions of the Galle Medical Association held on 24-09.2025 to 26.09.2025 (Oral presentation).
52. De Silva YSH, Weeraratna TP, Samarawickrama MB, Gunawardena S, Amerasinghe DMY, Thebuwanaarachchi ST, Perera K, De Silva OL, Perera HMD, Hasaranga HGS. Comparative effectiveness of myofascial release and conventional electrotherapy on DSH Score improvement in bicipital tendinopathy: A randomized controlled trial at National Hospital Galle. Annual academic sessions of the Galle Medical Association held on 24-09.2025 to 26.09.2025 (Oral presentation).
53. Sankalpa NGVR, Jayathilaka HMSR, Prabodha HBKK, Gunawardena S. Compliance and knowledge on oral corticosteroid therapy among patients attending outpatient clinics at National Hospital Galle: A hospital-based cross sectional study. Annual academic sessions of the Galle Medical Association held on 24-09.2025 to 26.09.2025 (Oral presentation).
54. Thebuwanaarachchi ST, De Silva YSH, Dissanayaka AS, Samarawickrama MB, Gunawardena S, Ruben J, Perera CK, Minhan MAM. Thera-band exercises versus electrophysiotherapy on strength and pain outcomes in elite martial artists with iliotibial band syndrome: randomized-controlled trial at National Hospital Galle. Annual academic sessions of the Galle Medical Association held on 24-09.2025 to 26.09.2025 (Oral presentation).
55. Harischandra DVT, Harischandra DVN, Sanjeewa KGS, Jayaliya EVC, Nafly MHM, Charahithage MDB, Gunawardena S. Referral and participation in cardiac rehabilitation and secondary prevention after coronary artery bypass graft (CABG) surgery A single centre study from Sri Lanka. Annual academic sessions of the Galle Medical Association held on 24-09.2025 to 26.09.2025 (Poster presentation).
56. Egodage U.K., Thabrew I, Thilakarahne S, Wijewickrama C, Gunawardena S. Reflections of pre-clinical students of the Faculty of Medicine, University of Ruhuna on lecture absenteeism. Annual academic sessions of the Galle Medical Association held on 24-09.2025 to 26.09.2025 (Poster presentation).

Orations Delivered

K.N. Seneviratne memorial oration 2017 organized by the Physiological Society of Sri Lanka (This invited oration was held on 24.11.2017 during the Inauguration of the Annual Scientific Sessions

2017 of the Physiological Society of Sri Lanka. It was held at the New Lecture Theatre, Faculty of Medicine, University of Colombo) Title of the oration – ‘One Animal Model-Many Experiments: Use of Animal Models in Physiology Experiments’

Presentations/ Keynote Addresses/ Guest Speeches

1. First Academic Sessions of Forum of Sri Lankan Medical Educationists. Held on 10th and 11th of August 2012 at the Faculty of Medicine, University of Colombo. Delivered a presentation on Changing MBBS curricula: sharing experiences among national medical schools (Delivered the presentation on MBBS curriculum of the Faculty of Medicine, University of Ruhuna)
2. Consultative Meeting on Building Global Health Institutional Partnerships. Held on 26th and 27th of October 2012 in Pullman Shanghai Skyway Hotel, Shanghai, China. Organized by the Global Health Institute of Duke University, North Carolina, USA and School of Public Health, Fudan University, Shanghai, China. Delivered a lecture on “Asian education needs and priorities”.
3. 3rd Conference of South Asian Association of Physiologists (SAAP-3) & 25th Anniversary Sessions of the Physiological Society of Sri Lanka. Held from 7th – 10th of November 2012 in Hotel Taj Samudra, Colombo, Sri Lanka. Delivered a plenary lecture titled “A review on pulmonary vagal afferent receptors”.
4. Shanghai Forum held from 25th -27th of May, 2013, focusing on the theme “Economic Globalization and the Choice of Asia - Asia’s Wisdom: Seeking Harmonious Development in Diversity” Co-chaired a session on “How to Assure Health for 4 Billion People in Asia?”
5. Awarding Ceremony of National Diploma in Teaching at Ruhuna National College of Education, Kurunduwatta, Walahanduwa. Held on 28.11.2012. Delivered the Keynote Address titled “Psychology and Physiology of Learning and Memory”.
6. Regional Scientific Sessions of Sri Lanka Dental Association. Held on 18th and 19th of February, 2012 at Koggala Beach Hotel, Koggala. Delivered an address as the Guest of Honour at the Inauguration of the Sessions.
7. Plenary lecture delivered at the 8th Biennial Conference of the South Asian Association of Physiologists and 35th Annual Scientific Sessions of the Physiological Society of Sri Lanka held at BMICH, Colombo. Held on 12th and 13th of Nov 2022

Workshops attended as a resource person

1. Workshop on "Getting started on research" for academics and postgraduate students, organized by the Medical Education & Staff Development Unit of the Faculty of Medicine, University of Ruhuna. Held on 30.04.2002.

2. Workshop on the "Development of the BSc Nursing Curriculum" held in the Faculty of Medicine on 29.05.2006
3. Workshop on the "Development of the BSc Nursing Curriculum" held in the Faculty of Medicine on 19.06.2006
4. Workshop on "Production of computer-based learning (CBT) materials" held on 01.01.2007 in the Computer Aided Learning Centre of the Faculty of Medicine, University of Ruhuna. I conducted the session on "Make your PowerPoint presentation interactive and self-learning material".
5. Administrative, Interpersonal and Managerial Skills module (AIMS Module) workshop for medical graduates (recently graduated doctors) conducted from 09.07.2007 to 20.07.2007 by the IRQUE project. Participated as a resource person in two sessions on "Communication Skills".
6. Workshop on "Quality of Life Research Using WHOQOL" for academic staff members facilitated by the IRQUE project. Held on 15.08.2007 in the Faculty of Medicine, University of Ruhuna.
7. Workshops on Personal and Professional Development, Unit 5, CCPDHE-2007. Held on 01.11.2007 in the Faculty of Engineering, University of Ruhuna. I conducted two sections of the Workshop; (i) "Introduction to Counselling" and (ii) "Development of Mentoring Skills" for Probationary/Senior Lecturers.
8. Administrative, Interpersonal and Managerial Skills module (AIMS Module) workshop for medical graduates (recently graduated doctors) conducted from 31.03.2008 to 09.04.2008 by the IRQUE project. I participated as a resource person in the session on "Leadership skills, productivity and quality improvement".
9. "Counseling the undergraduate: a workshop for academics". Facilitated by the IRQUE project. Held on 10th and 11th of September 2008. I participated as a resource person in two sessions; (i) Basic Counseling skills and (ii) Practice session on Counseling, Role play"
10. Workshops on Development of Mentoring Skills, Unit 5, CCPDHE-2008. Held on 09.10.2008 in the Faculty of Engineering, University of Ruhuna. I conducted two sections of the Workshop; (i) "Introduction to Counselling" and (ii) "Development of Mentoring Skills and related group activities" for Probationary/Senior Lecturers.
11. Biology Workshop for Grade 10 and 11 Science Teachers organized by the Faculty of Medicine on the request of the Zonal Director of Education (Galle). This was conducted by the pre-clinical departments and nearly 100 school teachers participated in this one-

day workshop. This was conducted in the Faculty of Medicine and the Medical Exhibition Centre of the Faculty of Medicine on 26.11.2011.

12. Research training workshop for medical officers. This was organized by the Sri Lanka Medical Association and was held in the General Hospital, Matara. It was held on 01.02.2012 and I delivered a presentation on "Writing a Research Proposal".
13. Administrative, Interpersonal and Managerial Skills module (AIMS Module) workshop for medical graduates (recently graduated doctors) conducted from 30.01.2012 to 03.02.2012 by the Medical Education and Staff Development Unit. I participated as a resource person in two sessions; (i) "Career prospects in a teaching post as an academic" and (ii) "SLMC guidelines for doctors"
14. Workshops on Personal and Professional Development, Unit 5, CCPDHE-2012. Held on 28.02.2012 in the Faculty of Engineering, University of Ruhuna. I conducted two sections of the Workshop; (i) "Introduction to Counselling" and (ii) "Development of Mentoring Skills and relevant group activities" for Probationary/Senior Lecturers.
15. Workshop for practicing doctors, organized by the Galle Medical Association on Cardiovascular System on 07.06.2010. I made a presentation on Regulation of Cardiovascular System.
16. Basic Science Course for doctors organized by the Galle Medical Association in 2006. I made a presentation on Cardiac Output- Regulation of blood pressure in health and disease.
17. Workshop on Research Methodology organized by the Galle Medical Association on 24.12.2009. I made a presentation on the section on "How to write a research project proposal".
18. Workshop on Research Methodology organized by the Galle Medical Association on 15.06.2009. I conducted the following sections; (i) Identifying a research topic - group work (ii) Writing a proposal (iii) Data collection, data analysis (iv) Report writing.
19. Workshop on Personal and Professional Development –Module 2 of CCPDHE 2017 held on 10.08.2017. Topic of the presentation; 'Academic and Personal Counseling'
20. Workshop on 'Student Counseling and Mentoring' for academic staff members of the Faculty of Science held at the Physics Auditorium of the Faculty of Science, University of Ruhuna on 15.11.2017.
21. Workshop on 'Improving Student Counseling Skills of Academic Staff', organized by the Medical Education & Staff Development Unit of the Faculty of Medicine, University of

Ruhuna. This was held on 13th and 14th of November 2017 in the Senior Common Room of the Faculty of Medicine.

22. Workshop on 'Presenting scientific data in an oral presentation' organized by the Galle Medical Association- held on 28.09.2017 at the GMA lecture Theatre, Teaching Hospital, Karapitiya.
23. Workshop organized by the Galle Extracorporeal Life Support Organization (GELSO) for the Postgraduate Teaching Forum. Topic of the presentation 'Physiology of Oxygenation and Ventilation' – held on 20.09.2017 at the Cardiothoracic Unit, Teaching Hospital, Karapitiya.
24. Resource person in the workshop 'Future trends in cardiothoracic surgery' organized by the Galle Extracorporeal Life Support Organization (GELSO) held on 3rd, 4th and 5th December 2017 at the Faculty of Medicine, University of Ruhuna.
25. Workshop organized by the Galle Extracorporeal Life Support Organization (GELSO) for the Postgraduate Teaching Forum. Topic of the presentation 'Lung Function Tests' – held on 20.05.2017 at the Cardiothoracic Unit, Teaching Hospital, Karapitiya.
26. Workshop organized by the Galle Extracorporeal Life Support Organization (GELSO) for the Postgraduate Teaching Forum. Topic of the presentation 'Cardiovascular Measurements' – held on 25.02.2017 at the Cardiothoracic Unit, Teaching Hospital, Karapitiya
27. Delivered a lecture on 'Smoking Cessation' in the cardiac rehabilitation programme of the Cardio-Thoracic Unit of the T.H.Karapitiya on 27.03.2018
28. Participated as a resource person in developing curricula for new degree programmes of the Faculty of Allied Health Sciences of the University of Ruhuna. Held at the Lighthouse Hotel, Galle.
29. Workshop on Personal and Professional Development –Module 2 of CCPDHE 2019 held on 12.05.2019. Topic of the presentation; 'Student Counseling'
30. Delivered a lecture on 'Workplace-based learning' for the induction programme for academic staff on 28.07.2020
31. Conducted a workshop for academics in the CCPDHE programme held on 29.06.2021. Topic: Mentoring and student counselling
32. Conducted a workshop for academic staff members of the Faculty of Allied Health Sciences of the University of Sri Jayewardenepura on 'Roles and responsibilities of a personal tutor' which was held on 28.09.2021

33. Participated as a resource person in the workshop for academics on 'Counseling the undergraduate student' organized by the Medical Education & Staff Development Unit of the Faculty of Medicine, University of Ruhuna (held on 26.07.2022)
34. Participated as a resource person of the workshop on student counselling for the academic staff of the Faculty of Technology, University of Ruhuna on 19th March 2025
35. Participated as a resource person of the workshop on student counselling for the academic staff members of the CINEC Campus, Malambe on 19.06.2025
36. Participated as a resource person of the workshop on student counselling for the academic staff members of the CINEC Campus, Malambe on 03.07.2025
37. Participated as a resource person of the workshop on student counselling for student counsellors of the University of Ruhuna (Faculty of Medicine, Faculty of Allied Health Sciences and Faculty of Engineering) conducted on 29.07.2025 at University of Ruhuna. Organized by the SDC of University of Ruhuna along with ME&SDU
38. Participated as a resource person of the workshop on student counselling for student counsellors of the University of Ruhuna conducted on 19.08.2025 at University of Ruhuna. Organized by the SDC of University of Ruhuna.

Workshops/conferences/academic sessions/guest lectures organized / facilitated by me

1. Workshop on "How to use the 5S concept to improve the productivity of the Faculty of Medicine?" As the Person-in-Charge of the activity 4.1 of the IRQUE project I organized the above workshop in the Faculty of Medicine for the staff members of the faculty. This was held on 16.09.2013 and the resource persons were the Divisional Secretary of the Bope-Poddala Divisional Secretariat and the Science & Technology Officer of the Vidatha Resource Centre.
2. Post-congress workshop of the 3rd Conference of South Asian Association of Physiologists (SAAP-3). The theme of the post-congress workshop was "Pathophysiology of Osteoporosis and fracture". Held on 10.11.2012 in the Faculty of Medicine, University of Ruhuna.
3. As the Dean of the Faculty of Medicine, I was able to start the Academic Sessions of the Faculty of Medicine (FMAS). The Inaugural Sessions were held on 04.07.2013 in the T.W. Wikramanayake Auditorium of the Faculty of Medicine. I was in the steering committee of the Academic Sessions.

4. Workshop on “How an Institutional Review Board is structured & What is expected from the investigator/s when working with human subjects” conducted in the Faculty of Medicine on 14.02.2011. I facilitated this by inviting Prof. C.T. Kappagoda from USA as a resource person.
5. Organized a symposium on ‘Advances in Cardiology; beating the beat’ for the 80th Annual Academic Sessions of the Galle Medical Association held on 15th and 16th of September 2021.

Workshops/Seminars/ Conferences attended

1. Annual Academic Sessions of the Galle Medical Association in 1995 and 1996 and then from 2001 to 2012. In 2011 and 2017 I chaired a session during the Academic sessions. In 2017, I was a member of the panel who evaluated the poster presentations.
2. Annual Academic Sessions and Vice Chancellor's Awards of the University of Ruhuna.
 - 2.1 On 29th January 2007 I participated in the 4th Academic Sessions of the University of Ruhuna as an evaluator of the Section No. IV (Medicine) and also as an evaluator of the poster session.
 - 2.2 I was in the organizing committee of the 8th academic sessions of the University of Ruhuna in 2011
 - 2.3 In the 9th Academic Sessions of the University of Ruhuna, I participated as an evaluator of the Poster Session (Biological Sciences).
 - 2.4 As the Dean of the Faculty of Medicine, I had a significant responsibility in making sure that the 10th Academic Sessions of the University of Ruhuna which was held in the Faculty of Medicine would proceed smoothly.
 - 2.5 In the 14th Academic Sessions of the University of Ruhuna, I was an evaluator of the technical sessions: Medicine and Allied Health Sciences – held on the 01.03.2017
- 3 Completed a three day training on "Growth Monitoring" and one day training on "Child Mental Health" sponsored by WHO and conducted by the Family Health Bureau. Conducted in December 1993. This was held in the General Hospital of Anuradhapura.
4. Attended the workshop on "Development of Research Protocols" organized by the University of Colombo which was held from 13th -15th of December 1994. This was held at the Agrarian Research and Training institute, Colombo.
5. Participated in the "Computer workshop for Academics" conducted by the Computer Unit of the University of Ruhuna from 27.11.1995 to 01.12.1995.
6. Participated in the 19th Annual Current Concepts in Primary Care Cardiology workshop held from 25th to 29th of July, 1999. This was held in the Granlibakken Conference Centre, Tahoe City, California, USA.

7. Attended the workshops on "Life-long learning" (on 13.02.2001) and "Developing Learning Materials" (on 15.02.2001) conducted by Professor Brooke Murphy, a WHO consultant on Medical Education. This was organized by the Medical Education and Staff Development Unit of the Faculty of Medicine, University of Ruhuna
8. Attended the workshop on "Making Better MCQS" conducted by the Medical Education and Staff Development Unit of the Faculty of Medicine, University of Ruhuna.
9. Attended the workshop on "Advanced Epi Info" conducted by the Medical Education and Staff Development Unit of the Faculty of Medicine, University of Ruhuna. This was held on 27.03.2002.
10. Attended the "Regional Workshop on Teaching Physiology" conducted by the Physiological Society of Sri Lanka held on 4th and 5th of December 2003 in Colombo, Sri Lanka.
11. Participated in the Workshop on "Training Reviewers" under the Quality Assurance Project held in the University of Kelaniya on 30th and 31st of May 2003.
12. Completed a two and half day workshop on "Designing and Development of Computer Assisted Learning Materials" conducted by "The Advanced Digital Media Technology Centre" of the University of Colombo School of Computing.
13. Participated in the workshop on "Human Capital & Organizational Success" conducted by the Faculty of Management & Finance on 17.05.2005.
14. Participated in the workshop on "Performance Indicators for Higher Education Institutions" conducted by the Staff Development Centre of the University of Ruhuna and the Quality Assurance and Accreditation Council of the UGC on 09.08.2007
15. Participated in the 'Continuing Medical Education Program' organized by the Physiological Society of Sri Lanka on 21.08.2009 which was held in University of Sri Jayawardenepura.
16. Participated in the Symposium on "Challengers of Post-Conflict Sri Lanka" conducted by General Sir John Kotelawala Defence University on 18th and 19th of August 2011.
17. Participated in the workshop on "Essence of Public Procurement" conducted by Sri Lanka Institute of Development Administration.

Special Trainings Received

1. Completed a three-week training programme conducted by the Ministry of Health and Women's affairs titled "training programme on Health Administration and Management for DDHS (from 18.10.1993 to 12.11.1993). This was a residential training programme held at Sri Lanka Institute of Development Administration (SLIDA).

2. Received a training on Counselling - Participated in the "Training the Trainer Programme on Counselling" conducted by Mr. John Cowley, Head, Counselling Service, Cardiff University, UK under the IRQUE-QEF Project of the Faculty of Medicine, University of Ruhuna from 14th- 20th September 2005.
3. Participated in the "Workshop on Mentoring" conducted by Mr. John Cowley, Head, Counselling Service, Cardiff University, UK under the IRQUE-QEF Project of the Faculty of Medicine, University of Ruhuna on 12.09.2005.
4. Participated in the workshop series on "Management Practices" conducted by the Management Frontiers Center of Excellence under the IRQUE-QEF Project of the Faculty of Medicine, University of Ruhuna. This was conducted in 2006. Topics of different workshops in this series of workshops included 'Identification of Managerial Role and Developing Managerial Competencies', 'Overview of Managerial Theories', 'Staffing Skills', 'Communication Skills and Employee Motivation', 'Coordination in Management', 'Managing Project Implementation', 'Human Resource Development and Performance in Service Institution', 'Monitoring & Evaluation', 'Financial Management', 'Sustainability of Projects'.
5. Received a training on "Cardiac Rehabilitation" at Cardiac Rehabilitation Centre of the University of California Davis Medical Centre, Sacramento, California USA from 04.08.2006 to 14.10.2006. Received a Presidential Scholarship to attend this training from the President's Fund after making an application in response to an open newspaper advertisement.

Editorial Work

1. Reviewer of the Galle Medical Journal.
2. Co-editor of the Galle Medical Association for three consecutive years -2007, 2008 and 2009.
3. Abstract reviewer of the GaRNet (Galle Research Network).
4. Reviewer of the Ceylon Medical Journal (an Indexed Journal)
5. Editor-in-Chief of the Ruhuna Journal of Medicine published by the Faculty of Medicine, University of Ruhuna.
6. Reviewer of the RISTCON (Faculty of Science, University of Ruhuna)
7. Reviewer of RuFARS (Faculty of Allied Health Sciences, University of Ruhuna)
8. Editorial team member of the publication of the country-wide glaucoma survey, 'National survey of prevalence and risk factors of glaucoma in Sri Lanka'. Published in the Ministry of Health Website: https://www.health.gov.lk/wp-content/uploads/2022/08/NSGP_SL-revised_Final-Report-17th-December-2024-compressed.pdf

Memberships of Associations

Member of the Sri Lanka Medical Association (SLMA)

Member of the Physiological Society of Sri Lanka (PSSL)

Member of the Galle Medical Association (GMA)

Member of the Ruhuna Faculty of Medicine Teachers' Association (RFMTA)

Member of the Ruhuna University Medical Students Alumni Association (RUMSAA)

Service rendered to other institutions as an examiner

Served as an examiner of the MD (Surgery) selection examination conducted by the Postgraduate Institute of Medicine, University of Colombo.

Served as an examiner of the MD (Obstetrics & Gynaecology) selection examination conducted by the Postgraduate Institute of Medicine, University of Colombo.

Served as an examiner of the MD (Emergency Medicine) selection examination conducted by the Postgraduate Institute of Medicine, University of Colombo.

Served as an evaluator of an MPhil Thesis of University Sri Jayawardenapura

Served as an adjudicator in evaluating the research publications of Dr. (Mrs) S. Wasalathanthri's professor promotion application submitted to University of Colombo.

Served as a member of the panel who evaluated the sections 1, 3.2 and 3.3 of the professor promotion application submitted to the University of Peradeniya by Dr. K.S.N. Ariyasinghe.

Served as an external examiner in the Physiology examination of University of Kelaniya

Served as an external examiner in the Physiology examination of University of Sri Jayawardenapura

Served as an external examiner of the Physiology Viva-Voce examination of the first batch of medical students of the Faculty of Medicine, Uva Wellassa University (22.09.2025)

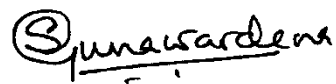
Extracurricular activities

Played Badminton at inter-faculty and inter-university level as a medical student.

Played Table Tennis at inter-faculty level as a medical student.

Special interests

Pulmonary vagal receptors, Cardiac Rehabilitation, Sports Medicine, Sports Physiotherapy, Medical Education



Prof. Sampath Gunawardena

24.10.2025