

CURRICULUM VITAE

Name: Gayani Deepika Punchihewa
Date of Birth: 07th June 1967
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Basic Medical Qualifications: Bachelor of Medicine and Bachelor of Surgery (**MBBS**)
Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka.
(1995)

Academic Honours & Awards:

First class in 2nd MBBS examination with distinctions in physiology &

biochemistry

Second class Honours in final MBBS

Fellow of Sri Lanka college of Psychiatrists

Specialist Qualifications: MD Psychiatry, Post Graduate Institute of Medicine
University of Colombo, Sri Lanka. (2002)

Medical Licensure: Sri Lanka Medical Council – Registration No: 12471
Specialist Registration

Current position: Senior Lecturer, Grade I
Department of Psychiatry,
Faculty of Medicine,
University of Ruhuna, Galle, Sri Lanka.
Consultant psychiatrist, University Psychiatry unit,
Teaching Hospital Karapitiya
Galle, Sri Lanka (12th October 2005 up to now).

Academic career :

- Primary education at Southlands College Galle.
- Undergraduate medical education from faculty of Medicine University of Ruhuna .Final MBBS with Second class Honours
- Worked as a temporary demonstrator at the Department of Physiology, Faculty of Medicine, University of Ruhuna during pre intern period. (1995-1996)
- Internship at National Hospital Sri Lanka (1996-1997),Post intern as a medical officer at National Institute of Mental Health (1997-2000)
- Postgraduate training at NIMH and University psychiatry Unit Teaching Hospital Karapitiya
- Joined the department of Psychiatry as a probationary lecturer in year 2000
- Obtained MD Psychiatry from Post graduate Institute of Medicine University of Colombo in 2002
- Post MD training : worked as a medical officer special scale(MOSS) at Cottage Community mental Health Centre at Counties Manukau District Health Board, Auckland ,New Zealand (2003-2005)
- Board certified as a consultant Psychiatrist Since 2004
- Senior lecturer grade I –Department of Psychiatry

Contribution to service development:

- Establishing a Maternal Mental health service at the main Maternity hospital in Southern Sri Lanka
- Took an initiative in the integration of maternal mental health services to maternal & child health services
- Organized awareness programs to medical officers, nurses & midwives about maternal mental health issues
- Involved in expanding community psychiatric services
- Establishing community Depot medication program for chronically ill psychiatric patients
- Trainer of postgraduate students in Psychiatry, Medicine & family Medicine □ Examiner at Diploma in Psychiatry and MD Psychiatry

Contribution to institutional development:

- Involved in curriculum revision in psychiatry
- Providing mentoring, advice and support to students on a personal level.
- Coordinating and being a resource person to foundation course (to improve communication, entrepreneurial and management skills) for medical undergraduates
- Formulating ToR s for faculty grievances committee
- Contribution to development policy document for differently abled students
- Contribution to writing Self Evaluation Report of institutional review

Memberships of Professional organizations

Sri Lanka Collage of Psychiatrists

Sri Lanka Medical Association

Memberships of committees & boards

Member of board of study in psychiatry, postgraduate institute of medicine, University of Colombo –(2013-2015)

Member of curriculum development & evaluation committee, Board of Study in Medicine, faculty of Medicine

Member of faculty IQAC

Chairperson of SER writing subcommittee

Member of faculty research committee

Chairperson faculty Grievances committee

Other Positions held

Head of the department of psychiatry (2013-2015)

Warden female hostel

Co-Editor, Galle Medical Association –(2019)

Joint Secretary Galle Medical Association –(2020)

Chief Editor –Ruhuna Journal of Medicine (2021)

Chairperson ,Literature subcommittee, Cultural Centre, Faculty of Medicine UoR

Publications& Presentations:

- “Factors associated with medication nonadherence among patients with schizophrenia” at Annual Academic Sessions of Sri Lanka college of psychiatrists. March 2012
- “Psychiatric problems in Obstetrics and Gynaecological Units” in the symposium on “Psychiatry in a general hospital” at annual academic sessions of the Galle medical Association Sep. 2009
- “Beyond the Blues”-An overview of Perinatal Psychiatric Disorders and treatment. Synapse -International Psychiatric conference, 25th -26th October 2014
- Psychological impact of breast cancer; a study done in a Sri Lankan Setting .Lakmini Mudduwa , Gayani Punchihewa, *Galle Medical Journal, Vol 16: No. 1, March 2011*
- The need for mother and baby psychiatry units for the management of post partum psychiatric conditions in tertiary care hospitals in Sri Lanka; A descriptive study. Rajapakse IH, Gamage VU, Jayasekara A, Punchihewa G, Hewage CG. *Annual Academic Sessions 2011, Sri Lanka college of Psychiatrists.*

- “Factors associated with medication nonadherence among patients with schizophrenia” at Annual Academic Sessions of Sri Lanka college of psychiatrists. March 2012
- Incorporating social, behavioral and ethical components in medical curricula: the need and the challenges, Bilesha Perera, Vasantha Devasiri, Susirith Mendis, Gayani Punchihewa , *Galle Medical Journal Vol.11(1) 2006 19-22*
- Prevalence and associated factors of depression among postpartum mothers in BopePoddala Medical officer of Health area. *Punchihewa GD, Chandanie GH, Rajapakse IH, Jayasekara KMSAK* :Annual academic sessions, Sri lanka college of Psychiatrists 2015
- Exposure to patient related violence against nursing officers indifferent Units in Teaching Hospital Karapitiya.- *Punchihewa GD, Fonseka NHDP, Godawita SMRG* :11th International research conference organized by General Sir John Kotelawala Defence University Sri Lanka 13th-14th September 2018
- Prevalence of different types of patient related violence experienced by nursing officers Teaching Hospital Karapitiya. –International mental health nursing conference organized by National Institute of mental Health & psychiatric Nurses’ association, July 2018
- Evaluation of the effectiveness of learning Strategies in Mathematics o the academic performance of Senior secondary students in Galle Municipal Council area in Sri Lanka. *Sewwandi KPA, Punchihewa GD, 1st Research Symposium of Faculty of Allied Health Sciences, University of Ruhuna, 08 November 2018*
- Evaluation of Midwives’ knowledge on use of EPDS- A study conducted in Galle District *Punchihewa GD, De Silva HWS, Ranmuthuge RTS, Siriwardena KCR, Jayaweera DHPK* : Faculty of Medicine University of Ruhuna Academic Sessions 2019