

## Curriculum Vitae

<b>Name:</b>	
Dr Iyanthimala Harshini Rajapakse	
<b>Address:</b>	
Department of Psychiatry Faculty of Medicine, University of Ruhuna PO Box 70 Galle, Sri Lanka	
<b>Telephone number:</b>	<b>Email address:</b>
0094 773044370	<a href="mailto:harshini.rajapakse@gmail.com">harshini.rajapakse@gmail.com</a> <a href="mailto:harshini@med.ruh.ac.lk">harshini@med.ruh.ac.lk</a>
<b>Qualifications:</b>	
<ul style="list-style-type: none"><li>• MBBS (SJP) 1999</li><li>• MD Psych (Col) 2006</li><li>• PhD (Durham, UK) 2012</li><li>• FRCP London 2017</li><li>• Visharad in North Indian Classical Music and Kathak Dancing, University of Bathkande, India, 1997 and 1998</li><li>• Hindi Language Competence Certificate (Dakshina Bharath Hindi Prachar Sabha) 1996</li></ul>	

**Present Appointments:**

- Specialist in Consultation Liaison Psychiatry, Professorial Psychiatry Unit, Teaching Hospital Karapitiya, Galle, Sri Lanka
- Member of the Board of Study in Psychiatry, PGIM 2018 to date
- Member of Sri Lanka Medical Association Ethics Committee 2015 to date
- Faculty nominee for Cultural Centre advisory committee, University of Ruhuna
- National Science Foundation academic resource person for 'Community engagement in science programme'
- Coordinator, Faculty of Medicine, Cultural Centre 2021
- Editorial Board Member, Journal of Nutrition and Food Science 2021

**Other appointments:**

- Head of department and Senior Lecturer in Psychiatry, Department Psychiatry, University of Ruhuna, Sri Lanka 2019-2020
- Secretary, Ethics committee of Sri Lanka Medical Association 2017-2019
- Public relations officer, Sri Lanka College of Psychiatrists 2017-2018
- Council Member, Ceylon College of Physicians, 2017-2018
- Editor, Galle Medical Association 2014 and 2016
- Visiting Lecturer, BSc Nursing Programme, University of Ruhuna
- Faculty nominee for Arts Advisory Committee of the University of Ruhuna

- Faculty nominee for programme formulation for ethnic cohesion in University of Ruhuna
- Member of the committee formulated to introduce Medical Humanities to the curriculum of the Faculty of Medicine, University of Ruhuna
- Member of Ethical review committee, Faculty of Medicine, University of Ruhuna 2014 - 2020
- International Student Representative to the Board of Study from the School for Medicine and Health of the University of Durham UK 2007 – 2010
- Honorary Research Fellow, School for Medicine and Health, University of Durham, UK 2012 – 2015

#### **Academic Career**

- Primary education from Sujatha Vidyalaya Bambalapitiya, Methodist Primary School Panadura and Devi Balika Vidyalaya Colombo
- Undergraduate medical education from the Faculty of Medical Sciences, University of Sri Jayawardenapura. Belonged to the second intake of undergraduates to the faculty. Passed final MBBS with second class honours in 1999
- Worked as medical officer at National Diabetes Centre as a pre intern.
- Completed internship in medicine and surgery at the Sri Jayawardenapura General Hospital. Subsequently worked as SHO in nephrology, SHO in radiology and AMOH in Balapitiya
- Underwent specialist psychiatry postgraduate training at Teaching Hospital Karapitiya, Colombo South Teaching Hospital, National Hospital of Sri Lanka and National Institute of Mental Health, Angoda.

- Underwent specialist training in Consultation Liaison Psychiatry at Tees Esk and Wear Valleys NHS Trust, UK. Trainers were Professor Joseph Reilly (academic) and Dr Amanda Gash (Clinical).
- Obtained PhD from School for Medicine and Health, University of Durham in 2012. The research was on medically unexplained symptoms. Supervisors were Prof Pali Hungin, Dean of Medicine at University of Durham and Prof Martin Evans, Professor of Medical Humanities and the editor of the British Journal of Medical Humanities
- On return from overseas specialist training, set up the consultation liaison psychiatry clinic in Karapitiya Hospital and commenced the undergraduate teaching and training programme in liaison psychiatry at the University of Ruhuna.
- Presently training postgraduate trainees from Sri Lanka and elective trainees from Duke University, USA in consultation liaison psychiatry

#### **Postgraduate degrees supervised**

##### Degrees awarded

- MD Community Medicine – Dr Pushpika Chandrasekera
- MD Community Medicine – Dr Amila Chandrasiri
- MPhil – Ms Diroshi Fonseka
- MSc – Ms Courtney Wimberley (from Duke University, USA)

##### Currently supervising

- PhD – Dr Oshadie De Silva
- M Phil – PADS Palihaderu
- M Phil – D Dharmaratne

#### **Orations –**

Sir Nicholas Attygalle Medal awarded by the Sri Lanka Medical Association for the oration titled “The most challenging of them all, the patient with nothing wrong”, Nov 2013

### **Awards**

1. Best poster presentation at the 15th Annual Academic Sessions of the University of Ruhuna 2018 for the paper titled ‘Doxycycline usage for prevention of Leptospirosis among farmers and the reasons for failure to use chemoprophylaxis: A descriptive study from southern Sri Lanka’.
2. Best poster presentation at the Faculty of Medicine, Annual Academic Awards 2018 for the paper titled ‘Frequency of partner directed violence in the context of couple relationships of delusional jealousy patients reported to selected mental health services in Sri Lanka’
3. Best oral presentation at the Faculty of Medicine, Annual Academic sessions 2017 for the paper titled ‘Frequency of problem drinking among alcohol consuming males in a tertiary care setting in Southern Sri Lanka’.
4. Dr Reddy Research Award 2013 – Presented for the best cardiology research for the year for the paper titled ‘Usefulness of screening for depression with the use of PHQ (Patient Health Questionnaire in those with ischaemic heart disease’
5. Best poster presentation at the Annual Academic Sessions of Sri Lanka College of Psychiatrists 2005 for the paper titled ‘A case series on the use of uncommon psychotherapies’
6. Best oral presentation at the Annual Academic Session of the College of Anaesthesiologists of Sri Lanka, 2002 for the paper titled ‘An audit of the outcome of the critical care system at Sri Jayawardenepura General Hospital’.

7. S.E. Seneviratne award for the best research paper, College of Surgeons of Sri Lanka 1998, for the paper 'Endoscopic retrograde cholangiopancreatography in the diagnosis of biliary and pancreatic duct diseases, a review of over 100 procedures done at Sri Jayawardenepura General Hospital'

**Publications in peer reviewed journals -**

1. Dahanayake D, Rajapakse H, Wickramasinghe A, Chandradasa M, Rohanachandra Y, Perera S, Nillo A, Molodynski A. Psychological wellbeing and mental health amongst medical undergraduates: A descriptive study assessing more than 1,000 medical students in Sri Lanka. International Journal of Social Psychiatry 2021: DOI: 10.1177/00207640211027211
2. Wimberly CE, Rajapakse IH, Park LP, Price A, Proeschold-Bell RJ, Østbye T. Mental well-being in Sri Lankan medical students: a cross-sectional study. Psychol Health Med 2020 Dec. PMID: 33356528 DOI: 10.1080/13548506.2020.1858488
3. Fonseka CL, Vidanapathirana BN, De Silva CM, Athukorala AAB, Goonawardena PR, Karunathilake AP, Rajapakse IH and Dissanayake AS. Doxycycline usage for prevention of Leptospirosis among farmers in reasons for failure to use chemoprophylaxis. A descriptive study from southern Sri Lanka. Journal of Tropical Medicine 2019. doi.org/10.1155/2019/2917154
4. Chandrasiri PAA, Gunethunga W, Rajapakse H. Perception on psychiatric care received by patients admitted following deliberate self harm to three hospitals in Galle district. International Journal of Multidisciplinary Studies 2019. Vol 6 (1):48-55
5. Chandrasiri A, Gunethunga W, Rajapakse H. Managing deliberate self harm patients. Journal of the Ruhunu Clinical Society, 2018; 23(1), pp.16–21. DOI: <http://doi.org/10.4038/jrcs.v23i1.44>

6. De Silva CM, Fonseka CL, Singhapura SDAL, Kularatne OAR, Jayasekera JMS, Rajapakse H, Dissanayake AS, Pathirana KD. The lady who went twenty years back in her life - a case of acute bilateral thalamic infarction due to artery of percheron involvement. *Journal of the Ceylon College of Physicians* 2017;48;85-87
  
7. De Silva MKOK, Rajapakse IH. Literature review investigating historical evolution, psychological mechanisms, personality, attachment and socio-demographic correlates of delusional jealousy. *Journal of Applied Psychology* 2016; 2 (1): 17-25
  
8. Perera B, Watt MH, Ostbye T, Rajapakse H, Ranabahu S, Maselko J. Perceptions of successful ageing in Sri Lankan older people: A qualitative study. *Asian Journal of Gerontology & Geriatrics* 2015; 10 (1): 22-30
  
9. Watt MH, Perera B, Østbye T, Ranabahu S, Rajapakse H, Maselko J. Care-giving expectations and challenges among elders and their adult children in Southern Sri Lanka. *Ageing & Society* 2014; 34 (5) : 838-858
  
10. Rajakumaraswamy N, Rajapakse IH, Fernando DJS. The frequency of cognitive dysfunction in elderly Sri Lankans with type 2 diabetes mellitus. *Int J Geriatr Psychiatry* 2008; 23: 1205–1206.  
DOI: 10.1002/gps.2022

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**Published abstracts**

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1. Palihederu PADS, Mendis BILM, Satharasinghe DA, Premarathne JMKJK, Dissanayake AS, Rajapakse IH, Karunanayaka P, Senarath U, Dias WKRR. Music preference among different age groups in selected urban and suburban areas of Sri Lanka. 7<sup>th</sup> International conference on arts and humanities ICOAH 2020

2. Mendis BILM, Palihederu PADS, Satharasinghe DA, Premarathne JMKJK, Dissanayake AS, Rajapakse IH, Karunanayaka P, Senarath U, Wijesuriya W, Dias WKRR. Music Preferences across Different Socio-Economic Classes in Selected Urban and Sub Urban Areas of Sri Lanka. 3<sup>rd</sup> International conference on research in humanities and social sciences September 2020, Brussels, Belgium.
3. Mendis BILM, Palihaderu PADS, Satharasinghe DA, Premarathne JMKJK, Dissanayake AS, Rajapaksha IH, Karunanayake P, Senarath U, Wijesuriya W, Swee YK, Ho WY, Dias WKRR. Stress across Different Social Demographic Groups in Suburban Areas of Sri Lanka. SLMA 133<sup>rd</sup> International conference, July 2020
4. Fonseka NHDP, Rajapakse IH, Dissanayake AS. Problem drinking cessation interventions: Role of Sri Lankan nurses. 5<sup>th</sup> Commonwealth nurses and midwives federation conference March 2020
5. De Silva MKOK, Rajapakse IH, Rajasuriya M, Fernando NFJ. Partner value and its relationship with possessiveness in intimate relationships of patients with delusional jealousy from Sri Lanka. Sri Lanka College of Psychiatrists academic sessions 2019
6. Fonseka NHDP, Rajapakse IH, Dissanayake AS. Patient perceptions on failure of medical interventions for alcohol cessation in a tertiary care setting in Southern Sri Lanka. Sri Lanka College of Psychiatrists academic sessions 2019
7. Dissanayake AS, Fonseka NHDP, Rajapakse IH. Problem drinking, depression and outcome of interventions; a quantitative and qualitative evaluation in a tertiary care hospital in Sri Lanka. Clinical Medicine 2019 Vol 19, No 2: s74
8. De Silva MKOK, Rajapakse IH, Rajasuriya M, Fernando NFJ. Patient statistics and demographic profile of delusional jealousy patients reported to

selected institutions providing mental health services in Sri Lanka. Galle Medical Association annual academic sessions 2018.

9. Fonseka NHDP, Rajapakse IH, Dissanayake AS. Frequency of depression among patients with problem drinking admitted to a tertiary care setting in Southern Sri Lanka. Annual academic sessions, Sri Lanka College of Psychiatrists June 2018
10. Fonseka NHDP, Rajapakse IH, Dissanayake AS. Outcome of brief interventions for problem drinking in a tertiary care setting in Southern Sri Lanka. Galle Medical Association annual academic sessions Oct 2018
11. Chamika RMA, De Silva MHAD, Rajapakse IH. Perceptions on grade five scholarship examination among different stakeholders from Galle Four Gravets divisional secretariat area. Galle Medical Association annual academic sessions Oct 2018
12. Fonseka NHDP, Kotalawala V, Rajapakse IH, Dissanayake AS, Perera B. Use of Mini International Neuropsychiatric Interview to screen for alcohol abuse and alcohol dependence; a validation study. Galle Medical Association annual academic sessions Oct 2018
13. De Silva MKOK, Rajapakse IH, Rajasuriya M, Fernando NFJ. Low self esteem in delusional disorder (Jealous type) patients. General Sir John Kotelawala Defence University Sri Lanka 2018
14. Fonseka NHDP, Rajapakse IH, Dissanayake AS. Frequency of depression among alcohol consuming males in a tertiary care setting in southern Sri Lanka. Sri Lanka Medical Association 131<sup>st</sup> anniversary international medical congress 2018
15. Fonseka CL, De Silva CM, Athukorala AAB, Goonawardene PR, Karunathilake AP, Rajapakse IH, Dissanayake AS. Doxycycline usage for

- prevention of Leptospirosis among farmers and reasons for failure to use chemoprophylaxis: A descriptive study from southern Sri Lanka. 15<sup>th</sup> Annual academic sessions of the University of Ruhuna, March 2018
16. Fonseka NHDP, Rajapakse IH, Dissanayake AS. Interventions done by healthcare professionals for patients with problem drinking admitted to teaching hospital Karapitiya. 15<sup>th</sup> Annual academic sessions of the University of Ruhuna, March 2018
17. Fonseka NHDP, Rajapakse IH, Dissanayake AS. Frequency of problem drinking among the alcohol consuming males in a tertiary care setting in Southern Sri Lanka. Annual academic sessions of the Faculty of Medicine, University of Ruhuna Dec 2017.
18. Randeny RKLH, Erangika PC, Priyangika OKG, Rajapakse H, Kavisekara HKMMB. Knowledge and confidence among first contact care doctors about the management of aggressive patients: a descriptive cross sectional study. SLCPsych Annual academic sessions 2016
19. Chandrasiri PAA, Gunethunga WG, Rajapakse H. Management of patients admitted following deliberate self harm to Teaching Hospital Karapitiya: Current practice and deficiencies. SLCPsych Annual academic sessions 2015
20. Punchihewa GD, Chandani GH, Jayasekara KMSAK, Rajapakse IH, Wijesinghe CJ. Prevalence and associated factors of depression among post partum mothers in Bope Poddala Medical Officer of Health (MOH) area. SLCPsych Annual academic sessions 2015
21. Chandrasiri PAA, Gunethunga WG, Rajapakse H, Siritunga C, Jayasekera PJ. Methods used to deliberately harm selves and their association with patient characteristics among patients admitted to Teaching Hospital Karapitiya. 8<sup>th</sup> International research conference, KDU, Sri Lanka 2015

22. Chandrasiri PAA, Gunethunga WG, Rajapakse H. The current practices of managing patients with deliberate self harm in the Teaching Hospital in Karapitiya. Galle Medical Association Annual Academic Sessions 2014
23. Kumarasinghe WAA, Rajapakse IH, Samarasinghe LNP, Dissanayake AS. Knowledge and attitudes related to dementia among in-ward patients aged more than 50 years. Annual academic sessions of the University of Ruhuna 2014.
24. Rajapakse IH, Dissanayake AS, Sathananthan PP, Chandanie GH, Lekamwasam S. Use of the patient health questionnaire (PHQ-9) to determine the prevalence of depression among patients with coronary heart disease in out patient cardiology clinics. Ceylon College of Physicians Annual academic sessions 2013
25. Mahesh KHD, Hewage CG, Rajapakse H, Jayawickrama JKAPW. Patients having brain tumours presenting with psychiatric symptoms: Are we still missing them? Three case reports. Postgraduate Institute of Medicine, Annual academic sessions 2013.
26. Rajapakse IH, Dissanayake AS, Jayasinghe PA, Fonseka CL. Validation of PHQ-9 questionnaire for use in cardiology clinics in Sri Lanka. Sri Lanka Medical Association Annual academic sessions 2013.
27. Fonseka CL, Dissanayake AS, Rajapakse IH, Amarasekera J, Palihawadana P. Perceptions of farmers with Leptospirosis on failure to take chemoprophylaxis. Galle Medical Association Annual academic sessions 2012
28. Rajapakse IH, Perera B, Ranabahu S, Ostbye T, Maseiko J, Watt M. Depression in the elderly: perceptions and beliefs of elders and caregivers in Southern Sri Lanka. Sri Lanka College of Psychiatrists, Annual academic sessions 2012

29. Watt M, Perera B, Ostbye T, Rajapakse H, Ranabahu S, Maselko J. Caregiving expectations and challenges among elders and their adult children in Southern Sri Lanka. American Public Health Association Annual meeting 2012
30. Rajapakse IH, Dissanayake AS, Dhammika JAP, Hungin APS. Frequency of medically unexplained symptoms in three specialist outpatient clinics in a tertiary care hospital in Southern Sri Lanka. Galle Medical Association Annual academic sessions 2012
31. Rajapakse IH, Bandara D, Dissanayake AS, Wanigasekera TN, Pushpakumara W, Hettigoda N, Senadheera C. Analysis of patient problems in a newly setup liaison psychiatry service in a tertiary care hospital in Southern Sri Lanka. Galle Medical Association, Annual academic sessions 2012
32. Rajapakse I H, Gamage V U, Jayasekara A, Punchihewa G, Hewage C G. The need for mother and baby psychiatry units for management of post partum psychiatric conditions in tertiary care hospitals in Sri Lanka: A descriptive study. Sri Lanka College of Psychiatrists, Annual academic sessions 2011.
33. Rajapakse I H, Dissanayake A S, Hungin A P S Prevalence of functional problems in a specialist general medical clinic in a tertiary care hospital in Sri Lanka: Sri Lanka College of Psychiatrists Annual academic sessions 2011
34. Rajapakse I H, Dissanayake A S, Jayasekara A, Pathirana A, Obeysekera L. Ethical Dilemmas in overcoming stigma: A review of case reports. Sri Lanka College of Psychiatrists, Annual academic sessions 2011
35. Rajakumaraswamy N, Dissanayake A, Rajapakse IH, Indrakumar J, Bulugahapitiya U, Siyambalapitiya S, Fernando DJS. Assessment of cognitive function in patients with type 2 diabetes mellitus in Sri Lanka. Diabetes UK 2006. Diabetic Medicine, 23 (Suppl.2) 31-138.

36. Rajapakse IH, Hanwella R. A case series on the use of uncommon psychotherapies. Proceedings of the annual academic sessions of the Sri Lanka College of Psychiatrists, May 2005.
37. Rajapakse IH, Hanwella R, Kondasinghe JS. Pattern of admissions to a psychiatric tertiary care referral centre: a descriptive study. Proceedings of the annual academic sessions of the Sri Lanka College of Psychiatrists, May 2005.
38. Rajapakse IH, Hanwella R, Kodituwakku SM. Expectations of and the problems faced by the caregivers of the mentally ill patients: a descriptive study. Proceedings of the annual academic sessions of the Sri Lanka College of Psychiatrists, May 2005
39. Rajapakse IH, Karunaratne N. An audit of the outcome of the critical care system at Sri Jayawardenepura General Hospital. Proceedings of the annual academic sessions of the College of Anaesthesiologists of Sri Lanka January 2002.
40. Gunawardena SAW, Chapman KRP, Hiddalarachchi WS, Rajapakse IH. Endoscopic retrograde cholangiopancreatography (ERCP) in the diagnosis of biliary and pancreatic duct diseases – a review of 100 procedures. Proceedings of the annual academic sessions of the Ceylon College of Surgeons, July 1998

#### **Guest lectures at academic meetings**

1. Ceylon College of Physicians 54<sup>th</sup> Annual Academic Sessions 2021. Three Act Tragedy; How to prevent
2. UK Literary Society 2021. Evolution of Group Music in Sri Lanka
3. University of Ruhuna, Cultural Centre 2021 – Mesivili nagana sithuwili samaga ganudenu kireeme kalawa

4. University of Ruhuna, Faculty of Science 2021 – Life is a song; How to make your own melody
5. University of Ruhuna, Faculty of Fisheries and Marine Technology 2021 – Music for life
6. University of Ruhuna, Faculty of Technology 2021 – Mental Health for undergraduates
7. The Nutrition Society of Sri Lanka annual academic sessions 2021 - Presentation on ‘Stimulants, addictions and behavioural change in nutrition’
8. Jaffna Medical Association annual scientific sessions 2020 - Presentation on ‘Wife: a person or a possession’
9. Sri Lanka College of Psychiatrists annual academic sessions 2018 – Presentation on ‘Media and psychiatry; challenges and opportunities’
10. Sri Lankan Society of Internal Medicine annual academic sessions 2018 – Presentation on ‘Three sides of a coin “
11. Inaugural International Conference on Medical Humanities, organized by the Faculty of Medicine, University of Colombo 2018 – Presentation on ‘Dance, the timeless interpretation of life’
12. Synapse psychiatry conference 2017 – Presentation on ‘Meditation for cardiovascular risk reduction; the evidence’
13. Ceylon College of Physicians 49<sup>th</sup> Annual Academic Sessions 2016. Presentation on ‘Remaining calm in times of panic’

14. Sri Lanka Medical Association 129<sup>th</sup> Annual Academic Sessions 2016. Presentation on 'Then there were none: the enigma called functional problems'
15. Galle Medical Association guest lecture 2015. Presentation on 'Managing a patient admitted following deliberate self-harm: psychiatric aspects'
16. Sri Lanka Heart Association annual academic sessions 2013 - Presentation on 'Using PHQ 9 to detect depression in the cardiology clinics'
17. Ceylon College of Physicians annual academic sessions 2012. Presentation on 'Qualitative research methods'
18. SAARC Psychiatric federation 6<sup>th</sup> international conference 2012 - Presentation on 'Treatment gap in maternal mental health in Southern Sri Lanka'
19. Sri Lanka College of Psychiatrists annual academic sessions 2011 – Presentation on 'Liaison Psychiatry in the Sri Lankan context'
20. Physiological Society of Sri Lanka, symposium on 'aesthetics as a form of therapy' 2011 – Presentation on 'Music as a form of therapy'
21. Synapse psychiatry conference 2011 – Presentation on 'Medically unexplained symptoms: bridging the gap'

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**CME lectures at workshops and training courses**

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1. Training session on 'Communication skills and documentation' for Student Counselor of Universities at the workshop organized by the Faculty of Medicine, 2021

2. Postgraduate Institute of Medicine, MSc in Pharmacology 2021 – Qualitative research methods
3. Faculty of Graduate Studies, University of Ruhuna 2021 – Qualitative research methods
4. CME lecture 'Psychological problems in end-of-life care' Palliative Care Centre 2020 October.
5. Workshop on 'Psychological issues in palliative care' for medical nursing officers. Palliative Care Centre 2020 May
6. CME Lecture 'Death - Psychological problems and dealing with relatives' at training workshop in palliative care conducted by the Palliative Care Centre 2020 February
7. CME lecture for MD selection examination course. Sri Lanka College of Psychiatrists 2020
8. CME lecture for first- and second-year postgraduate psychiatry trainees on 'Somatoform disorders. Postgraduate Institute of Medicine, 2019
9. MD Psychiatry training workshop – Third year postgraduate psychiatry trainee case presentations. Postgraduate Institute of Medicine, February 2019
10. Workshop on 'Psychiatric and psychological issues in palliative care' 2018
11. Presentation on 'Deliberate Self Harm' at workshop organized by the Choose Life organisation under the auspices of the Provincial Director of Health Services, Southern Province 2017

12. CME lecture for Diploma in Reproductive Health programme, Adolescent Health Module. Postgraduate Institute of Medicine, 2017
13. Training session at workshop for healthcare workers on 'Counseling patients with Leprosy and their carers' organized by the District Director of Health Services, Galle October 2017
14. Training session at workshop for healthcare workers on 'Overcoming stigma in Leprosy' organized by the District Director of Health Services, Galle November 2017
15. Training session on 'Student health and wellbeing' for teachers at workshop organized by the Education Ministry of the Southern Province 2017
16. CME lecture on 'Liaison Psychiatry for Physical Rehabilitation' at the World Physiotherapy Day Workshop organized by the Sri Lanka Society of Physiotherapy 2017
17. CME lecture on Music Therapy for Reminiscence at the Galle Medical Association 2016
18. Training on 'Breaking Bad News' at Workshop on Psychiatric Emergencies for Pre-Intern Medical Officers organized by the Ministry of Health 2016
19. Training session for physicians and postgraduate trainees on 'End of Life Psychiatry Care' at the Interactive Physicians Skills Forum organized by the Ceylon College of Physicians 2016
20. CME lecture for healthcare workers on 'Cardiac rehabilitation, psychological aspects' at the Extracorporeal Life Support Organisation, Teaching Hospital Karapitiya 2016

21. Presentation on 'Healthy motherhood and childhood' for community workers in the training workshop at Metta Convention 2014 organised by the Sarvodaya Movement.

22. Presentation on 'Student Psychological Problems' in Teacher training workshop conducted by Amarasuriya Teachers' College, Unawatuna, Galle 2013

23. CME lecture on 'Family Health' at workshop for healthcare workers conducted by the Medical Officer of Health under the auspices of the Provincial Director of Health Services, Southern Province, 2013

24. Presentation on 'Stress management' at the pre-congress workshop of the Galle Medical Association 2003

### **Rehabilitation clinical services**

1. Cardiac rehabilitation programmes

- At the cardiology unit of National Hospital of Sri Lanka working alongside cardiologists from 2003-2005
- At the cardiothoracic unit of the Teaching Hospital, Karapitiya, working alongside the cardiac surgery team, attending to the psychiatric aspects of patient following cardiac surgery from 2011 to date.

2. Pulmonary rehabilitation programme

- Working alongside respiratory medicine specialists at the respiratory unit of Teaching Hospital Karapitiya to cater to the psychiatric aspects of patients with chronic debilitating pulmonary illnesses from 2019 to date

### **Creative work – in Music and Medical Humanities**

1. 'Daru Nelavili Gee'. The songs included lullabies from Sinhala, Tamil, Wedi (indigenous persons'), English and Hindi. The music was directed by Dr

Rohana Weerasinghe. The CDs were to promote maternal and child health. The DVD was produced on the request by Sarvodaya movement. The proceeds from the DVD sales were in total donated to the Ma Sevana of Sarvodaya which cares for single mothers. The DVD itself was sold / gifted to expectant mothers as well as those with infants and young children. 14 years after its production in 2006, it continues to generate funds for the Ma Sevana programme of Sarvodaya.

2. "Southern Symphonia" - I along with Dr Arosha Dissanayake co-founded the 'Southern Symphonia' which has regularly partnered the Sri Lanka Medical Association in promoting medical humanities and music among the medical community. The Southern Symphonia, comprising of doctors from the southern province, their family members and medical students have performed every year at the Sri Lanka Medical Association Doctors Concerts from 2014 to 2020. The Southern Symphonia musicians were invited by the Sri Lanka College of Urologists to perform the 'Cultural Event' at the Inauguration Ceremony of the Sri Lanka College of Urologists in 2017
3. Late Dr DVJ Harishchandra, to describe the Psychiatric aspects of Jataka Stories to a lay audience, produced songs based on Jataka Stories. I sang the one based on Sandakinduru Jatakaya. This song highlights dealing with grief.
4. The National Science Foundation in its effort to take science to the village and to engage the village female in science and technology started the 'Warangana' project. The NSF produced a song on this theme to celebrate Women's Day 2021. The lyrics were composed by Dr Ratnasri Wijesinghe and the music composed by Dr Rohana Weerasinghe. I recorded this song with Visharad Indika Upamali as the co-singer. The song has already been broadcast on the SLBC.
5. The Galle Medical Association does an annual Bakthi gee programme for the mental and physical wellbeing of patients at Teaching Hospital Karapitiya. We go from ward to ward meeting patients. I composed two Wesak bethi gee songs for the GMA with emphasis on patients dealing with illness and wellbeing. The songs have reached many ill patients in the hospital.

In addition, in 2019, the GMA conducted the Christmas Carols programme for the first time. A Christmas Carol was also composed by me, for this programme.

6. Music for healing programme at the Palliative Care Centre, National Cancer Society, Teaching Hospital Karapitiya, Galle. Every month, music sessions are conducted with the patients, carers and staff of the palliative care centre by the Southern Symphonia to provide psychological support to those with terminal illnesses

7. Music, Fine arts and Medicine presentations

1) Sonduru sendewak – Beyond medicine programme organised by the Galle Medical Association with the aim of engaging its members in different aspects of humanities 2019.

2) Story of Drama Music in Sri Lanka – CME lecture organized by the Galle Medical Association 2017

3) Music and wellbeing – General Sir John Kotelawala University, Southern Campus, Sooriyawewa July 2017

4) Music and wellbeing – General Sir John Kotelawala University January 2017

5) Music presentation at the Inauguration Ceremony of the Reproductive Health Conference 2016

6) Critical Appraisal of the movie 'A beautiful mind' – Galle Medical Association Night Theatre 2016

7) Gee Tharu Mal – Music for children programme by Sri Lanka Rupavahini Corporation 2016

8) Guest Lecture on Music of Sunil Shantha 2016

9) Dr DVJ Harishchandra Memorial Lecture 2015: Music Therapy

10) Music for a healthy childhood – St Aloysius College Galle 2010

11) Sound of Healing Music - College of General Practitioners of Sri Lanka 2012

12) Music and Health – National Institute of Health Services 2011

13) Roll over Beethoven - College of General Practitioners of Sri Lanka 2003

14) Dance and Health – Sri Lanka Rupavahini Corporation 2000

#### **Other academic publications**

1. Co author of the book titled Mental Health First Aid for Sri Lanka published by the National Council for Mental Health for use at community mental health centres and by primary care physicians
2. Co author of the Students handbook for undergraduates in psychiatry in Faculty of Medicine, University of Ruhuna

#### **Music and fine arts**

1. 'Lama shilpi' in vocal and instrumental music, drama and announcing of Sri Lanka Rupavahini Corporation (SLRC) and Sri Lanka Broadcasting Service (SLBC) in 1983. Was part of 'Lama Ranga Peetaya' and 'Muthuhara' programmes from 1983 – 1986. Recorded the children's song 'Dalada Perahera Enawa' for the SLBC
2. Certified as a Grade A performer by the SLBC in 1991
3. Sangeetha Visharadha for North Indian Classical Music Vocal, with First division Honours from University of Bathkhande in 1997
4. Visharad in North Indian Classical Dance form of Kathak 1998

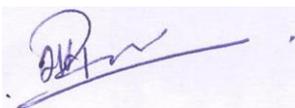
5. 'Visharada Nanda Malini Award' for the best female vocalist at the 'Nala Mudu Suwanda Arts festival' conducted by the University of Sri Jayawardenapura in 1998

6. Published two children's story books titled 'Nidhanaya' and 'Govipale Kalabale' in 2011 and 2012

**Contributions to enhancing mental health awareness at national level**

- Appearances on national television programmes including the widely watched 'Doramadalawa' 'Television iskole', 'Thala Bhashana', 'Gee tharu mal' "Kurullanta gee" programmes
- Articles published in newspapers such as Lankadeepa and Sirikatha
- Reaching out to school children through school programmes from prestigious Colombo schools to remote primary schools
- Programmes for primary care health workers attached to the regional health departments
- Programmes for officers of the Sri Lanka Navy undergoing training at the Southern Naval Command.
- Programmes reaching out to expectant mothers promoting mental wellbeing of the parents and the child to be born

**Signature:**



Dr Harshini Rajapakse

**Date:**

12<sup>th</sup> October 2021