

## CURRICULUM VITAE



1. **Name:** Gayani Alwis  
**Name in Full:** Lokuwaduge Gayani Renuka Alwis
2. **Residential address:** No 361/17 A, Regal Park, Dangedara, Galle, Sri Lanka.  
**Phone (Mobile):** 071 8676010  
**E-Mail: -** [alwisgayani@yahoo.com](mailto:alwisgayani@yahoo.com), [galwis@med.ruh.ac.lk](mailto:galwis@med.ruh.ac.lk)
3. **Personal details:** Date of Birth: 08. 04. 1968  
Civil Status: Married with two children
4. **Present Post:** Professor in Anatomy  
**Place of work:** Department of Anatomy, Faculty of Medicine University of Ruhuna, Sri Lanka  
.
5. **Educational Qualifications:**  
Ph.D. (2009.05.07) - Lund University, Sweden (Clinical and Molecular Osteoporosis research Unit, Malmö University Hospital). Title of the thesis **“Physical Activity, Bone Mass and Bone Structure in Pre-pubertal Children”**  
  
Anesthesiology 1 A in 2002 (Post graduate Institute of Medicine, University of Colombo, Sri Lanka)  
  
MBBS 1996, University of Kelaniya, Sri Lanka.  
i. 2<sup>nd</sup> MBBS (1992) Passed with 2<sup>nd</sup> Class honors

- ii. 3<sup>rd</sup> MBBS (1995) Passed with 2<sup>nd</sup> Class honors
- iii. Final MBBS (1996) Passed with 2<sup>nd</sup> Class honors

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

## 6. Other Education and Trainings:

1. Quality assurance workshops conducted by the Internal Quality Assurance Cell, Faculty of Medicine, University of Ruhuna in 2020 and 2021
2. Counseling the Undergraduates, a training conducted by the Staff Development Center, University of Ruhuna, on 22<sup>nd</sup> and 23<sup>rd</sup> of July 2019
3. Improving Student Counseling Skills of Academics, a workshop conducted by medical education and staff development unit, faculty of Medicine, University of Ruhuna, on 13<sup>th</sup> and 14<sup>th</sup> of November 2017
4. Current Trends in Undergraduate Anatomy Curricula, Faculty of Medicine, University of Ruhuna, 25<sup>th</sup> November 2016
5. The use of SPSS in Social Research, at the Faculty of Management and Finance, University of Ruhuna, 24<sup>th</sup> July -13<sup>th</sup> September 2016
6. Examiner Training Programme organized by the Medical Education Recourse Center, Postgraduate Institute of Medicine, University of Colombo 6<sup>th</sup> May and 20<sup>th</sup> May 2016
7. Workshop on Faculty Development Course conducted by Medical Education and Staff Development Unit, Faculty of Medicine, University of Ruhuna, 07 July 2014
8. Certificate Course in Professional Development in Higher Education 2012 (CCPDHE), Staff Development Centre, University of Ruhuna, 21<sup>st</sup> June 2013
9. Course in Research Methodology in Health and Social Sciences, 22-24, November 2012
10. Ethics Review workshop of the Southern Regional conference of SLMA, in collaboration with GMA, Galle 23-24 February 2012.
11. Participated in workshop on Patient Registry conducted by GaRNet, 3<sup>rd</sup> December, 2010
12. Advanced course in Osteoporosis- Lyon France, Conducted by International Osteoporosis Foundation (IOF), February 03-05. 2009
13. Musculoskeletal science in translation- from cell to clinic and large scale epidemiology – Lund University, Sweden, 10-14 November 2008
14. Oral Communication- Lund University, Sweden, 3-7 September 2007
15. Statistical Methods for Medical Research -Lund University, Sweden, 19-23 November 2007
16. Scientific Communication- Lund University, Sweden, 3-7 December 2007
17. ECTS training course: Bone quality from bench to bedside, European Calcified Tissue Society, Copenhagen, Denmark, 5<sup>th</sup> May 2007.
18. Certificate of Attendance :34<sup>th</sup> European Symposium on Calcified Tissues 5-9 May 2007
19. Research Ethics - Lund University, Sweden, 18-22 October 2006
20. Information Retrieval Management- Lund University, Sweden, 21 November 2006
21. Six months Training Course in general anesthesia and post-surgical management, teaching Hospital, Karapitiya, Sri Lanka. 22.08.1999 - 21.02.2000

22. Training in general intensive care, Teaching hospital, Karapitiya, Galle, Sri Lanka  
01.04.1999 - 21.04.1999

## **7. Work Experience:**

1. Senior Lecturer, Department of Anatomy, Faculty of Medicine, University of Ruhuna from 2<sup>nd</sup> January 2012 to 14<sup>th</sup> December 2019.
2. Visiting lecturer and examiner, Faculty of Allied Health Sciences, University of Ruhuna, from January 2017 to data
3. Visiting lecturer and examiner, Allied Health Science Degree Programme, Faculty of Medicine, University of Ruhuna, from January 2013- 2016
4. Medical officer, Cardiothoracic Unit, Teaching hospital, Karapitiya, Galle. 01<sup>st</sup> of November 2009- 31<sup>st</sup> December, 2011.
5. Post- Doctoral researcher, Clinical and Molecular Osteoporosis Research Unit, Department of Clinical Sciences/Department of Orthopaedics, Lund University, Malmo University Hospital, Sweden 12<sup>th</sup> May 2009 to 31<sup>st</sup> October, 2009.
6. Clinical researcher/PhD reader, Clinical and Molecular Osteoporosis Research Unit, Department of Clinical Sciences/Department of Orthopaedics, Lund University, Malmo University Hospital, Sweden 01<sup>st</sup> July, 2005 – 11<sup>th</sup> May, 2009.
7. Anesthetist and surgical intensive care medical officer, Cardiothoracic Unit, Teaching Hospital, Karapitiya, Galle. 01<sup>st</sup> April 1999- 20<sup>th</sup> June 2005.
8. Intern House Officer (Surgery and Pediatrics), Teaching Hospital, Karapitiya, Galle from 15<sup>th</sup> December 1997 to 14<sup>th</sup> December 1998.
9. Temporary Demonstrator, Department of Pediatrics, Faculty of Medicine, University of Kelaniya, 01.11.96 -14.12 97

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

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

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

**9. Research Publications (Full papers) - International Peer Reviewed/ Indexed Journals: 27**

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

9. Applicability of health promoting lifestyle profile-II for postmenopausal women in Sri Lanka; a validation study. Rathnayake N, **Alwis G**, Lenora J, Lekamwasam S. *Health Qual Life Outcomes*. 2020 May 6;18(1):122.
10. Impact of Health-Promoting Lifestyle Education Intervention on Health-Promoting Behaviors and Health Status of Postmenopausal Women: A Quasi-Experimental Study from Sri Lanka. Rathnayake N, Alwis G, Lenora J, Lekamwasam S. *Biomed Res Int*. 2019 Dec 16;2019:4060426.
11. Development & cross-validation of anthropometric predictive models to estimate the appendicular skeletal muscle mass in middle-aged women in Sri Lanka. Rathnayake N, **Alwis G**, Lenora J, Lekamwasam S. *Indian Journal of Medical Research*. 2019 Sep;150(3):297-305.
12. Knowledge and Perception of Falls among Community Dwelling Elderly: A Study from Southern Sri Lanka. Gamage N, Rathnayake N, **Alwis G**. *Curr Gerontol Geriatr Res*. 2018 May 29;2018:7653469.
13. Concordance between appendicular skeletal muscle mass measured with DXA and estimated with mathematical models in middle-aged women. Rathnayake N, Alwis G, Lenora J, Lekamwasam S. *J Physiol Anthropol*. 2018 Jul 31;37 (1):19.
14. Cross cultural adaptation and analysis of psychometric properties of Sinhala version of Menopause Rating Scale. Rathnayake N, Lenora J, Alwis G, Lekamwasam S. *Health Qual Life Outcomes*. 2018 Aug 6; 16 (1):161.
15. Cutoff values determination for sarcopenia and prevalence in Middle-aged women: A study from Sri Lanka. N. Rathnayake, G. Alwis, J. Lenora, S. Lekamwasam. *Ceylon Med J*. 2019 Mar 31;64 (1):9-16
16. Prevalence and Associated Risk Factors of Falls among Rural Community-Dwelling Older People: A Cross-Sectional Study from Southern Sri Lanka. Gamage N, Rathnayake N, **Alwis G**. *Curr Gerontol Geriatr Res*. 2019 May 28;2019:2370796. doi: 10.1155/2019/2370796. eCollection 2019
17. Prevalence and Severity of Menopausal Symptoms and the Quality of Life in Middle-aged Women: A Study from Sri Lanka. Rathnayake N, Lenora J, Alwis G, Lekamwasam S. *Nurs Res Pract*. 2019 Jul 1;2019:2081507. doi: 10.1155/2019/2081507. eCollection 2019.
18. Gender specific age-related changes in bone density, muscle strength and functional performance in the elderly: a-10 year prospective population-based study. Daly RM, Rosengren BE, **Alwis G**, Ahlborg HG, Sernbo I, Karlsson MK. *BMC Geriatr*. 2013 Jul 6;13(1):71.
19. Femoral neck bone strength estimated by hip structural analysis (HSA) in Swedish Caucasians aged 6-90 years. **Alwis G**, Karlsson C, Stenevi-Lundgren S, Rosengren BE, Karlsson MK. *Calcif Tissue Int*. 2012 Mar;90 (3):174-85.
20. Normative calcaneal quantitative ultrasound data as an estimation of skeletal development in Swedish children and adolescents. **Alwis G**, Rosengren B, Nilsson JA, Stenevi-Lundgren S, Sundberg M, Sernbo I, Karlsson MK. *Calcif Tissue Int*. 2010 Dec; 87(6):493-506.
21. Normative dual energy X-ray absorptiometry data in Swedish children and adolescents. **Alwis G**, Rosengren B, Stenevi-Lundgren S, D ppe H, Sernbo I, Karlsson MK. *Acta Paediatr*. 2010 Jul; 99 (7):1091-9.

22. A 2-year school-based exercise program in pre-pubertal boys induces skeletal benefits in lumbar spine. **Gayani Alwis**, Christian Linden, Henrik G. Ahlborg, Magnus Dencker, Per Gärdsell, Magnus K. Karlsson. *Acta Paediatrica* 2008 Jul; 97(11): 1564–1571
23. A one -year exercise intervention program in pre-pubertal girls does not influence hip structure. **Gayani Alwis**, Christian Linden, Susanna Stenevi-Lundgren, Henrik G. Ahlborg, Jack Besjakov, Per Gärdsell, Magnus K. Karlsson *BMC Musculoskeletal Disorders* 2008 Jan 24; 9(1): 9
24. A school-curriculum-based exercise intervention program for two years in pre-pubertal girls does not influence hip structure. **Gayani Alwis**, Christian Linden, Susanna Stenevi-Lundgren, Henrik G. Ahlborg, Magnus Dencker, Jack Besjakov, Per Gärdsell, Magnus K. Karlsson *Dynamic Medicine*. 2008 Apr 28; 7(1): 8.
25. Exercise, bone mass and bone size in prepubertal boys: one-year data from the pediatric osteoporosis prevention study. C. Lindén, **G. Alwis**, H. Ahlborg, P. Gardsell, O. Valdimarsson, S. Stenevi-Lundgren, J. Besjakov, M. K. Karlsson. *Scandinavian Journal of Medicine Science and Sports*. 2007 Aug; 17(4): 340-347
26. Bone mineral accrual and gain in skeletal width in pre-pubertal school children is independent of the mode of school transportation – one-year data from the prospective observational pediatric osteoporosis prevention (POP) study. **Gayani Alwis**, Christian Linden, Magnus Dencker, Susanna Stenevi-Lundgren, Per Gärdsell, Magnus K. Karlsson *BMC Musculoskeletal Disorders* 2007 Jul 11; 8: 66
27. Risk factors of childhood asthma: a Sri Lankan study. Karunasekara KAW, Jayasinghe JA, **Alwis LWGR**. *Journal of Tropical Pediatrics*. 2001 Jun; 47(3): 142-2

#### 10. A. Abstracts presented in International scientific Conferences: 21

1. Prior Fracture Physical Dependence, Co-Morbidity and One-Year Survival of HIP Fracture Patients; Data from A HIP Fracture Registry in Sri Lanka Thilina Abeygunasekara, Sarath Lekamwasam, Janaka Lenora, **Gayani Alwis**, December 2019, Age and Ageing 48(Supplement\_4):iv13-iv17DOI: 10.1093/ageing/afaa011(abstract165), 1st world Congress on Falls and Postural stability, Kuala Lumpur, Malaysia December 4-7, 2019
2. Falls among middle-aged community dwelling women in a rural territory of Sri Lanka, Nirmala Rathnayake, Sarath Lekamwasam, **Gayani Alwis**, Janaka Lenora, Age and Aging 2019; 48 Supplement 4 iv 18-v27 (Abstract 107), 1st world Congress on Falls and Postural stability, Kuala Lumpur, Malaysia December 4-7, 2019
3. Factors associated with handgrip strength of a group of pre and post-menopausal women from Sri Lanka. Nirmala Rathnayake, Sarath Lekamwasam, **Gayani Alwis**, Janaka Lenora. Age and Aging 2019; 48 Supplement 4 iv 18-v27 (Abstract 108), 1<sup>st</sup> world Congress on Falls and Postural stability, Kuala Lumpur, Malaysia December 4-7, 2019
4. Associations of Anthropometry and Body Composition on Femoral Neck Geometry in Swedish Adolescents, **Alwis G**, Lenora J, Karlsson MK, oral presentation (BT 04) at 25th ISCD, Kuala Lumpur, Malaysia, 22<sup>nd</sup> March 2019.
5. Associations of Anthropometry and Body Composition on Femoral Neck Geometry in Pre-pubertal Girls, **Alwis G**, Lenora J, Karlsson MK, poster presentation (MM 02) at 25th ISCD, Kuala Lumpur, Malaysia, 20<sup>th</sup> -23<sup>rd</sup> March 2019.



6. Associations of Anthropometry and Body Composition on Femoral Neck Geometry in Pre-pubertal Boys, **Alwis G**, Lenora J, Karlsson MK, poster presentation (MM 03) at 25th ISCD, Kaula Lumpur, Malaysia, 20<sup>th</sup> -23<sup>rd</sup> March 2019.
7. Impact of Menopause on Measures of Sarcopenia in Middle-Aged Sri Lankan Women; a Cross-Sectional Study, Rathnayake N, **Alwis G**, Lenora J, Lekamwasam S, poster presentation (CO 011) at 25th ISCD, Kaula Lumpur, Malaysia, 20<sup>th</sup> -23<sup>rd</sup> March 2019.
8. Fragility hip fracture incidence in Sri Lanka, Abeygunasekara T, Lekamwasam S, Lenora J, **Alwis G**, poster presentation (RE 05) at 25<sup>th</sup> ISCD, Kaula Lumpur, Malaysia, 20<sup>th</sup> - 23<sup>rd</sup> March 2019.
9. Delayed peak bone mineral density in women in Sri Lanka; A cross sectional study, Rathnayake N, **Alwis G**, Lenora J, Lekamwasam S, poster presentation (RE 04) at 25th ISCD, Kaula Lumpur, Malaysia, 20<sup>th</sup> - 23<sup>rd</sup> March 2019.
10. Comparison of association between appendicular skeletal muscle mass and bone mineral densities at different sites of pre and postmenopausal women, N Rathnayake, J Lenora, **G Alwis**, S Lekamwasam, poster presentation (P753), at WCO-IOF-ESCEO- 2017 in Florance Italy, March 2017, Osteoporos Int, Vol 28 Supplement 1,
11. Associations of measures of sarcopenia among middle aged women with focus on their age and menopausal status. N Rathnayake, **G Alwis**, J Lenora, S Lekamwasam. poster presentation (P739), at WCO-IOF-ESCEO- 2017 in Florance Italy, March 2017, Osteoporos Int, Vol 28 Suppliment 1, P 739, Osteoporos Int, Vol 28 Supplement 1,
12. Concordance between measured and estimated Appendicular Skeletal Muscle Mass with Models developed in the West and Asia: What is the best for Sri Lankan adult women? N Rathnayake, **G Alwis**, J Lenora, S Lekamwasam, poster presentation (P735), at WCO-IOF-ESCEO- 2017 in Florance Italy, March 2017, Osteoporos Int, Vol 28 Supplement 1
13. Development and cross validation of two predictive models to estimate the Appendicular Skeletal Muscle Mass in adult women in Sri Lanka N Rathnayake, **G Alwis**, J Lenora, S Lekamwasam. poster presentation (P740), at WCO-IOF-ESCEO- 2017 in Florance Italy, March 2017, Osteoporos Int, Vol 28 Supplement 1,
14. Do anthropometric indices predict the Bone Mineral Density of pre and postmenopausal women? N Rathnayake, G Alwis, J Lenora, S Lekamwasam. poster presentation (P742), at WCO-IOF-ESCEO- 2017 Florance Italy, March 2017, Osteoporos Int, Vol 28 Suppliment 1,
15. Associations between appendicular skeletal muscle mass and anthropometric measures among middle-aged women : A study from Sri Lanka. N Rathnayake, S Lekamwasam, **G Alwis**, J Lenora. P 112, Osteoporos Int (2016) 27 (Suppl 3):S709–S787 at 6th Asia Pacific Scientific Meeting of International Osteoporosis Foundation held at Singapore.
16. Age related differences in lean mass and physical functions among middle-aged women in Southern Sri Lanka: A study from Sri Lanka. N Rathnayake, S Lekamwasam, **G Alwis**, J Lenora. P113, Osteoporos Int (2016) 27 (Suppl 3):S709–S787 at 6th Asia Pacific Scientific Meeting of International Osteoporosis Foundation held at Singapore.
17. Age-related trends in total and regional bone mineral densities of middle-aged women: A study from Sri Lanka”. N Rathnayake, S Lekamwasam, **G Alwis**, J Lenora. P114, Osteoporos Int (2016) 27 (Suppl 3):S709–S787 at 6th Asia Pacific Scientific Meeting of International Osteoporosis Foundation held at Singapore.

18. Hip fracture rates in Asia; A systematic review T U Abeygunasekara, S Lekamwasam, J Lenora, **G Alwis** P160, Osteoporos Int (2016) 27 (Suppl 3):S709–S787 at 6th Asia Pacific Scientific Meeting of International Osteoporosis Foundation held at Singapore.
19. A Three Year School-Curriculum-Based Exercise Program in Prepubertal Children Increases Bone Mineral Accrual and Bone Size but Do Not Influence Femoral Neck Structure Lofgren B, **Alwis G**, Lindén C, Ahlborg H, Dencker M, Gardsell P, Karlsson M. Oral Presentation at 29th Annual meeting of American Society of Bone and Mineral Research. (Journal of Bone and Mineral Research 2008; 23(1): 31.
20. Bone mineral accrual and gain in skeletal width in prepubertal school children is independent of the mode of transportation – one year data from the POP study. **Alwis G**, Linden C, Dencker M, Stenevi-Lundgren S, Gardsell P, Karlsson M. Poster presentation at 35th European symposium on calcified tissues (ECTS), 25-28th of May 2008, Barcelona, Spain. (Calcified Tissue International, Vol 82, Supplement I).
21. A Two-Year Moderate Intense Exercise Intervention Program in Pre-pubertal Children Influence Bone Mineral Accrual but Not Hip Structure: Two-Year Prospective Data from the Pediatric Osteoporosis Prevention (POP) Study. **Alwis G**, Lindén C, Ahlborg H, Gardsell P, Stenevi-Lundgren S, Besjakov J, Karlsson M) Poster presentation at 34th European symposium on calcified tissues (ECTS, 5-7th of May 2007, Copenhagen, Denmark. (Calcified Tissue International, Vol 80, (Suppl-1).

#### **10. B. Abstracts Presented in National and Regional Scientific Conferences: 37**

22. Effect of parity and breast feeding duration on measures of sarcopenia in woman aged 40-60 years; a community based cross-sectional study, Rathnayake N, **Alwis G**, Lenora J, Lekamwasam S, Ruhuna Journal of Medicine, November 2020, Vol 8: No 1, page 73
23. Development and Cross-validation of Anthropometric Predictive Equations to Estimate Total Body Fat Percentage in Adult Women in Sri Lanka, N. Rathnayake, **G. Alwis**, J Lenora, S Lekamwasam, 17<sup>th</sup> Academic Sessions-2020, University of Ruhuna page 64, (oral) 5<sup>th</sup> March 2020.
24. Relationship between Pattern of Physical activity and Bone mineral Density and Bone Mineral Content in a group of postmenopausal women in Sri Lanka, N. Rathnayake, **G. Alwis**, J Lenora, S Lekamwasam, 17<sup>th</sup> Academic Sessions-2020, University of Ruhuna page 65, (poster) 5<sup>th</sup> March 2020.
25. Optimal cut off values for Anthropometric Adiposity Measures of Sri Lankan Adult women, Rathayake N, **G Alwis**, J Lenora, S Lekamwasam, 2nd research symposium, Faculty of Allied Health Sciences (oral) (RuFARS 2019) page 51
26. Impact of health promoting lifestyle education intervention on cardiovascular disease risk indicators in postmenopausal women, N Rathnayake, **G Alwis**, J Lenora and S Lekamwasam, oral presentation at KDUiRC- 12<sup>th</sup> INTERNATIONAL RESEARCH CONFERENCE, Sri John Kothalawala Defense University, 11th-12<sup>th</sup> September 2019, page 237
27. Association between bone mineral density and body composition; a study involving pre and postmenopausal women, Rathayake N, **G Alwis**, J Lenora, S Lekamwasam, RJM, Ruhuna Journal of Medicine, August 2019; vol 7: No1, page 75.
28. Knowledge, practices and associated factors on physical activity among school children in Negombo area, Judy Ferando and **Gayani Alwis**, oral presentation (OP13) at 1<sup>st</sup> South East



- Asia regional group meeting of the International Epidemiological Association/24<sup>th</sup> Annual Academic Sessions of the College of Community Physicians of Sri Lanka 2019, 19<sup>th</sup>-21<sup>st</sup> September 2019, page 17.
29. Association between bone mineral density and cardiovascular disease risk in pre and postmenopausal women, Rathnayake N, **Alwis G**, Lenora J and Lekamwasam S, oral presentation (OP 17) at 132<sup>nd</sup> Anniversary International Medical Congress of Sri Lanka Medical Association, 24<sup>th</sup>-27<sup>th</sup> July 2019, page 17
  30. Prevalence of generalized and central obesity in a group of pre and postmenopausal women in Galle, Nirmala Rathnayake, **Gayani Alwis**, Janaka Lenora and Sarath Lekamwasam, oral presentation at 16<sup>th</sup> Annual academic sessions of University of Ruhuna, Sri Lanka, (2019)
  31. Validation of Sinhala version of health promoting lifestyle profile-II for postmenopausal women in Sri Lanka, N Rathnayake, **G Alwis**, J Lenora, N Priyadarshani, H Dias, S Lekamwasam, (Oral presentation) at Annual Academic Sessions 2018 Physiological Society of Sri Lanka, OP 4, page 35, 16-17 November 2018
  32. Impact of physical activity pattern on quality of life of pre and postmenopausal women; a cross sectional study, Rathnayake N, **Alwis G**, Lenora J, Lekamwasam S. (Oral presentation) at 6<sup>th</sup> Faculty of Medicine Academic Sessions, 15-16 November 2018, Ruhuna Journal of Medicine, vol 06, OP 5, page 30,
  33. Impact of Health Promoting Lifestyle Modification Education Intervention on Anthropometric Adiposity Measures and Physical Performance of postmenopausal women Rathnayake N, **Alwis G**, Lenora J, Lekamwasam S. (Oral presentation), at proceedings of 1<sup>st</sup> Research Symposium of Faculty of Allied Health Sciences, University of Ruhuna, Sri Lanka, OP1, page 2, 8<sup>th</sup> November 2018
  34. Selection of Traditional Bone Setting Treatments Following Fractures among Patients Attending Ayurvedic Treatments Centers in Akuressa area, Chandrajeewa A.V.P, Rathnayake N, **Alwis G**. (Poster presentation) at proceedings of 1st Research Symposium of Faculty of Allied Health Sciences, University of Ruhuna, Sri Lanka, PP22, page 56, 8th November 2018
  35. Impact of health promoting life style modification education intervention on health related quality of life of postmenopausal women Nirmala Rathnayake, **Gayani Alwis**, Janaka Lenora and Sarath Lekamwasam (Oral presentation) at 77<sup>th</sup> Annual Academic Sessions of the Galle Medical Association, GMJ, vol 23, sup 1, page 2, October 2018
  36. Impact of health promoting life style modification education intervention on knowledge, attitude and health promoting behaviors of postmenopausal women Nirmala Rathnayake, **Gayani Alwis**, J Lenora and S Lekamwasam (Poster presentation) at 77th Annual Academic Sessions of the Galle Medical Association, GMJ, vol 23, sup 1, page 32, October 2018
  37. Cross cultural adaptation and psychometric properties analysis of Sinhala version of Menopause Specific Quality of Life Questionnaire – A validation study” N Rathnayake, J Lenora, **G Alwis**, S Lekamwasam. (Oral presentation) at 4th Global public health conference held in Sri Lanka (2018)
  38. Impact of life style modification education intervention on menopausal symptoms and menopause specific quality of life of postmenopausal women N Rathnayake, J Lenora, **G Alwis**, S Lekamwasam. Oral presentation at 1st Nursing congress of University of Peradeniya, Sri Lanka (2018)

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

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

## 11. Review and feature articles:

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

## 12. Achievements, Awards and Grants:

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

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

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

**14. Postgraduate supervision: Completed**

1. Dr. RHMPN Rathnayake                      PhD degree                      2019  
**Title of the Thesis:** Effects of Menopause on Bodily Structure, Functions and Physical Health.  
 Awarded the Gold Medal for Best PhD at the 2021 Convocation of University of Ruhuna.
2. Mr. T U W Abeygunasekara                      MPhil degree                      2020  
**Title of the Thesis:** Fragility Hip Fracture; Clinical Outcome and Burden on Health Care System

**15. Links:**

1. Google scholar profile: <https://scholar.google.com/citations?user=ME0n5kwAAAAJ&hl=en>
2. Research gate profile: [https://www.researchgate.net/profile/Gayani\\_Alwis2/scores](https://www.researchgate.net/profile/Gayani_Alwis2/scores)
3. ORCID ID:                      0000-0002-4025-9709 - ORCID