

# **Curriculum Vitae**

**Dr. G. E. D. De Zoysa**

Department of Biochemistry

Faculty of Medicine

University of Ruhuna

31<sup>st</sup> May 2021

# Curriculum Vitae of Dr. G. E. D. De Zoysa



## 1. Personal details

Name in full: Garumuni Eric Deepal De Zoysa

Name with initials: G.E.D. De Zoysa

Date of Birth: 24<sup>th</sup> February 1972

Age: 49 years

Addresses:

Official: Department of Biochemistry, Faculty of Medicine, University of Ruhuna,  
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Nationality: Sri Lankan

Marital Status: Married with three children

## **2. Education and educational qualification**

### **School**

Primary education: Ananda primary school, Elpitiya, Sri Lanka (1979 – 1983)

Secondary education: Dharmasoka College, Ambalangoda, Sri Lanka (1984 – 1991)

### **Professional Qualifications**

- MBBS (Ruhuna) May 2000, SLMC Registration no. 17166
- Certificate course in Professional Development in Higher Education - 2013
- PhD in Biochemistry (Ruhuna) April 2015  
Title of thesis: Effect of iodine and iron status during pregnancy on maternal and neonatal thyroid functions: A prospective cohort study in Bope- Poddala health division

## **3. Professional appointments**

- Intern House Officer:  
Teaching Hospital Mahamodara  
House officer in Obstetrics and Gynecology (26.03. 2001 – 25.09.2001)  
Teaching Hospital Karapitiya  
House officer in Medicine (26.09.2001 – 25.03.2002)
- Senior House Officer (26.03.2002 – 31.03. 2007)  
Onco- Surgical unit Teaching Hospital Karapitiya
- Probationary Lecturer, Department of Biochemistry, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka (03.04.2007 – 02.04. 2015)

### **Current appointment**

- Senior Lecturer Grade II in Biochemistry, Department of Biochemistry, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka (03.04.2015 to date)

### **Other current Faculty appointments**

- Chairperson lecture theater committee – from 21.04.2019 – 20.04.2022.
- Member of the Playground Development Committee – Keselgashena Watta.
- Member of the FQAC committee to develop policy document on differently abled students.
- Member of the Faculty appointed Grievances Committee.
- Senior Treasurer of the Sports Club, Faculty of Medicine University of Ruhuna.

### **Previous Faculty appointments**

- A member of the Steering Committee of the Faculty of Medicine Annual Academic Sessions (FMAS) 2019.
- Person -in Charge of the food and beverages committee of the Faculty of Medicine Annual Academic Sessions (FMAS) in 2017, 2018 and 2019.
- Member of the food and beverages committee of Faculty of Medicine Academic Sessions (FMAS) in 2015 and 2020.
- Member of the food and beverages committee for the 18<sup>th</sup> Academic Sessions and 17<sup>th</sup> Vice-Chancellors Awards Ceremony 2021.
- Member of the Lecture Theater Committee from 2017 to 2019.
- Member of the Auditorium Committee from 2017 to 2019.
- Member of the Library Committee from 2017 to 2019.
- Member of the Canteen Committee in 2008 and 2010.
- Member of the Health Museum Committee in 2010
- Member of the Technical Evaluation Committee – Purchase of Laboratory Equipment in 2017
- Chairman of the Bid Opening Committee for purchasing of computer accessories, sever machine, wired system, laboratory equipment's and office equipment.
- Chairman of the Technical Evaluation Committee for the purchase of Stationary in 2019.
- Member of the organizing committee of the Interfaculty Dancing and Literature Competition 2019.
- Member of the organizing committee for the grand finale of orator of the year 2018.
- Chairman of the Auction Committee for auctioning of items that couldn't be used in the Faculty of Medicine 2018.

### **Previous University appointments**

- Head, Nuclear Medicine Unit, Faculty of Medicine, University of Ruhuna from 01.09.2016 – 31.08.2019
- Visiting lecturer and examiner for PH 1123Biochemistry I and PH1232 Biochemistry II BPharm Degree Programme, Faculty of Allied Health Sciences University of Ruhuna from 2016 -2018
- Faculty representative to the Sports Advisory Board, University of Ruhuna from 20.10.2017 – 23.10.2019
- Student Counselor From - 01.07.2017 – 30.07.2016  
23.11.2017 – 22.11.2018  
23.11.2018 – 22.11.2019

- Member of Sports Technical committee of the 13<sup>th</sup> Sri Lanka University Games (SLUG XIII) organized by the University of Ruhuna.

#### **Appointments in Professional of Scientific Bodies**

- Member in Sri Lanka Medical Association
- Member in Galle Medical Association
- Member in Sri Lanka Association for Advancement for Science
- Member in College of Biochemist in Sri Lanka
- Member of Nutrition Society of Sri Lanka

#### **Member in Scrutiny Board**

- MCQ scrutiny board -3<sup>rd</sup> Examination for Medical Degrees (part II) July 2018 – Forensic Medicine
- MCQ scrutiny board -3<sup>rd</sup> Examination for Medical Degrees (part II - Repeat) October 2018 – Forensic Medicine
- MCQ scrutiny board -3<sup>rd</sup> Examination for Medical Degrees (part II) April 2019 – Community Medicine
- MCQ scrutiny board -3<sup>rd</sup> Examination for Medical Degrees (part II) September 2020 - Pathology

#### **Examiner**

Undergraduate

Faculty of Medicine, University of Ruhuna, 2<sup>nd</sup> MBBS Biochemistry since 2015 to date

Faculty of Allied Health Sciences, University of Ruhuna, Pharmacy degree programme-

Biochemistry

#### **Interfaculty Teaching**

Faculty of Allied Health Sciences, University of Ruhuna, Pharmacy – Biochemistry from

2016 - 2018

#### **4. Awards in Professional Career**

- **NRC Merit Award for Scientific Publication in 2016** for the article published in BMC Pregnancy and Child Birth, Vol.16. Art No. 303 titled “Urine iodine and thyroid determinants in pregnancy: a follow up study in Sri Lanka” **Eric De Zoysa**, Manjula Hettiarachchi, Chandrani Liyanage

- **The best paper (poster- open category)** award for the paper titled “Association of bone turnover markers with body composition and serum high sensitive C – reactive protein levels in adult women” presented at the Faculty of Medicine Academic Sessions 2020 held on February 2021. Rathnayake H. Lekamwasam S. Wickramathilake CM. Lenora J. **De Zoysa E.**
- **The best paper** award for the paper titled “Assessment of quality of sleep among institutionalized elders in Galle District: A descriptive study” presented at the 6<sup>th</sup> Scientific Sessions of the Sri Lankan Association of Geriatric Medicine held on March 2021. Abesekara NWB, **De Zoysa GED**
- **A special commendation for Oral Presentation** for paper titled “Iodine nutritional status among newborn; a preliminary study in Galle District” at the annual academic sessions of the Galle Medical association 2016. **De Zoysa E,** Hettiarachchi M, Jayathilaka KAPW, Liyanage KDCE.

## 5. Orations/ Keynote addresses

The Oration of the Faculty of Medicine Academic Sessions 2019.

“Impact of salt iodization in Sri Lanka on iodine status during pregnancy and neonatal thyroid functions: A rational approach for policy makers”

## 6. Grants

### Research Grants

- Research grant from University Grants Commission 2011(UGC/ICD/RG2011/3) – Rs. 580,000/=. Title of the project - Effect of iodine and iron status during pregnancy on maternal and neonatal thyroid functions: A prospective cohort study in Bope- Poddala health division
- University Research Grant 2011 – 2013 (Rs 233,000/="). Title of the project - Effect of iodine and iron status during pregnancy on maternal and neonatal thyroid functions: A prospective cohort study in Bope- Poddala health division
- Research grant under the project of Transforming University of Ruhuna into International Status 2013 (TURIS Grant – RU/DVC/Pro155) – Rs. 02 million  
Title of the project - Effect of iodine and iron status during pregnancy on maternal and neonatal thyroid functions: A prospective cohort study in Bope- Poddala health division

## 7. Contribution to curriculum development and teaching undergraduates

- I was a resource person in thyroid module for medical undergraduates.
- I am a resource person in blood module for medical undergraduates.
- I involved in the curriculum revision of Biochemistry at the department level.
- I involved in the process of changing the curriculum for undergraduates of the Faculty of Medicine to a semester-based system.

## 8. Contribution as a Reviewer

- As a reviewer to the Ethics Review Committee of the Faculty of Allied Health Sciences.
- Abstract reviewing

Second research symposium -Faculty of Allied Health Sciences University of Ruhuna in 2019.

Third research symposium - Faculty of Allied Health Sciences University of Ruhuna in 2020

Annual scientific sessions of the Nutrition Society of Sri Lanka (NSSL) - 2021

## 9. Undergraduate supervision

- Supervisor of the research project of Ms. N.W.B.Y. Abesekara, an undergraduate of Department of Nursing, Faculty of Allied Health Sciences, Faculty of Medicine, University of Ruhuna.  
Title of the project: Relationship of depression, chronic pain and sleep disorders among institutionalized elders in Galle District.
- Supervisor of the research project of Ms. P.H.D. Thakshila, an undergraduate of Department of Nursing, Faculty of Allied Health Sciences, Faculty of Medicine, University of Ruhuna.  
Title of the project: Social and psychological factors associated with adolescent pregnancy and quality of life of pregnant women attending to antenatal clinics in the Galle district.

## 10. Postgraduate supervision

- A co-supervisor the **PhD** research project of Ms. R.F. Hafeel titled “In-vivo Glycaemic Index (GI) and heritability of selected, improved and traditional rice varieties cultivated in Sri Lanka and their correlation with in – vivo model”.

## 11. National Services

- Teaching and training of first two batches of MBBS Officer Cadets of Kothalawala Defense University in 2009 and 2010.
- Involvement in national newborn screening programme for congenital hypothyroidism with the Ministry of Health from September 2016 to August 2019.
- Involvement in organizing the 13<sup>th</sup> Sri Lanka University Games hosted by the University of Ruhuna as a member of the Sports Technical committee and the Sports advisory Board.
- Involvement during Parliamentary Election 2020 to provide technical support to the National Election Commission to ensure a COVID free election as a council member of the Sri Lanka Medical Association (SLMA).

## 12. Publications

### (A) Full paper journal articles

1. **Eric De Zoysa**, Manjula Hettiarachchi, Chandrani Liyanage. Urinary iodine and thyroid determinants in pregnancy: a follow up study in Sri Lanka. *BMC Pregnancy and Childbirth* 2016, 16:303
2. **De Zoysa GED**, Hettiarachchi M, Jayathilaka KAPW, Liyanage KDCE. Knowledge and practices of iodized salt consumption among pregnant women in Galle district. *Galle Medical Journal. Vol. 20: No. 1, March 2015*
3. **E. De Zoysa**, M Hettiarachchi, C Liyanage. Iodine content of the marketed products of Iodized Salt. *Sri Lanka Journal of Diabetes, Endocrinology and Metabolism. Volume 6, No.2, August 2016*
4. R.F. Hafeel, V.P. Bulugahapitiya, **G.E.D. De Zoysa**, A.P. Bentota. Variation in Physicochemical properties and Proximate Composition of improved and Traditional varieties of Rice in Sri Lanka. *Journal of Food and Agriculture. 2020 13(1): 19 – 32*
5. **De Zoysa GED**. Effect of iodine and iron status during pregnancy on maternal and neonatal thyroid functions; A prospective cohort study in Bope – Poddala Health Division. *Ruhuna Journal of Medicine. 2016(04: 01), 17 – 28.*

## **(B) Presentations at conferences**

- 1. De Zoysa G.E.D.**, Hettiarachchi M., Jayathilaka K.A.P.W., Liyanage C., 2012. Iodine content of commercially available salt products in Bope – Poddala Health Division in Galle: Need of urgent intervention for a proper programme monitoring. 9<sup>th</sup> Academic Sessions, University of Ruhuna.
- 2. De Zoysa G.E.D.**, Hettiarachchi M., Jayatilaka K.A.P.W., Liyanage C., 2012. Elimination of Iodine Deficiency Disorders (IDD) in Lanka: Does our salt industry comply with SLS guidelines for salt iodization? 125<sup>th</sup> Anniversary International Medical Congress of the Sri Lanka Medical Association.
- 3. De Zoysa G.E.D.**, Hettiarachchi M., Jayatilaka K.A.P.W., Liyanage K.D.C.E., 2014. Is the Universal Salt Iodization (USI) programme implemented in Sri Lanka effective in maintaining iodine nutrition throughout the pregnancy? 127<sup>th</sup> Anniversary International Medical Congress of the Sri Lanka Medical Association.
- 4. De Zoysa G.E.D.**, Hettiarachchi M., Jayatilaka K.A.P.W., Liyanage K.D.C.E., 2014 Effect of different iron supplements on maternal iron status: Prospective study in Bope – Poddala Health Division. Galle Medical Association, Annual Scientific Sessions.
- 5. De Zoysa G.E.D.**, Hettiarachchi M., Jayatilaka K.A.P.W., Liyanage K.D.C.E., 2015. Trimester vs. Method specific reference ranges in thyroid function tests: Are we underestimating subclinical hypothyroidism during pregnancy? Galle Medical Association, Annual Scientific Sessions.
- 6. De Zoysa G.E.D.**, Hettiarachchi M., Jayatilaka K.A.P.W., Liyanage K.D.C.E., 2016. Study on Thyroid Size and Volume during pregnancy in Bope – Poddala Health Division. 13<sup>th</sup> Academic Sessions, University of Ruhuna.
- 7. De Zoysa E.**, Hettiarachchi M., Jayatilaka K.A.P.W., Liyanage K.D.C.E. 2016. Iodine nutritional status among newborns; a preliminary study in Galle District. Galle Medical Association, Annual Scientific Sessions.

8. **De Zoysa E.**, Hettiarachchi M., Jayatilaka K.A.P.W., Liyanage K.D.C.E. 2018. Effect of maternal iodine status on neonatal iodine status: A prospective study in Galle District. 131<sup>st</sup> Anniversary International Medical Congress of the Sri Lanka Medical Association.
9. R.F. Hafeel, V.P. Bulugahapitiya, A.P. Benttota, **G.E.D. De Zoysa**. 2018. A comparative investigation on agronomic traits of popularly grown improved and traditional varieties of rice. Annual sessions of Sri Lanka Association for the Advancement of Science (SLAAS).
10. R.F. Hafeel, H.C.W.S. Erandila, V.P. Bulugahapitiya, A.P. Benttota, **G.E.D. De Zoysa**. 2018. Are the grain yields of improved and traditional varieties of rice influence by their plant traits? International Agricultural Research Symposium, Sri Lanka Agricultural Council for Research Policy (SLCARP).
11. E.H. Silva, C.M. Wickramatilake, S. Lekamwasam, L.K.B. Mudduwa, R. Ubayasiri, **G.E.D. De Zoysa**. 2018. Association between Serum Vitamin D and Body Mass Index and Mass in a Group of Community Dwellers. 16<sup>th</sup> Academic Sessions, University of Ruhuna.
12. V.P. Bulugahapitiya, R.F. Hafeel, **G.E.D. De Zoysa**, A.P. Bentota, M.G.M. Dulanthi. 2019. Nutrient Composition of Selected Improved and Traditional Rice varieties (*Oryza sativa* L.). 16<sup>th</sup> Academic Sessions, University of Ruhuna.
13. Abesekara NWBY, **De Zoysa GED** 2020. Prevalence of Geriatric Depression and Associated Factors in Institutionalized Elders: A descriptive study in Galle District. 133<sup>rd</sup> Anniversary International Medical Congress of the Sri Lanka Medical Association.
15. Rathnayake H, Lekamwasam S, Wickramathilake CM, Lenora J, **De Zoysa E**. 2020. Reference intervals and Age-Related Trends of Bone Turnover Markers in adult Women. 133<sup>rd</sup> Anniversary International Medical Congress of the Sri Lanka Medical Association.
16. R. F. Hafeel, H. C. W. S. Erandika, M. G. M. Dulanthi, V. P. Bulgahapitiya, A. P. Bentota, **G. E. D. De Zoysa**, H. M. S. Herath. 2020 Agronomic Traits and Grain Yield Performances of Traditional and Improved Varieties of Rice Cultivated during Yala and Maha Seasons International Symposium on Agriculture and Environment University of Ruhuna, Sri Lanka. Page 44

17. K.H.C.H. Kumara, R.F. Hafeel, V.P. Bulugahapitiya, A.P. Bentota, **G.E.D. De Zoysa** and H.M.S. Herath. 2020 Expression of Antiradical Power of Pigmented and Non-pigmented Rice (*Oryza sativa*L.) Varieties in Relation to their Colour Strengths Before and After Polishing. International Symposium on Agriculture and Environment 2020 University of Ruhuna, Sri Lanka. Page 146
18. Abesekara N.W.B.Y. **De Zoysa G.E.D.** 2021. Assessment of quality of sleep among institutionalized elders in Galle District: A descriptive study. 6<sup>th</sup> Annual Scientific Conference of the Sri Lankan Association of Geriatric Medicine. Page 59
19. Rathnayake H. Lekamwasam S., Wickramathilake C.M., Lenora J., **De Zoysa E.** 2021. Association of bone turnover markers with body composition and serum high sensitivity C- reactive protein levels in adult women. Faculty of Medicine Academic Sessions 2020

### **13. Resource person in Dissemination of Knowledge**

- A programme conducted at the MOH office Tangalle for nurses and midwives of the Hambantota District on screening of new born babies for congenital hypothyroidism on 31.05.2018.
- A meeting to review New Born Screening for Congenital Hypothyroidism at the Family Health Bureau on 11.07.2019
- In foundation module for the 40<sup>th</sup> and 41<sup>st</sup> batch of medical students

### **14. Fields of interests**

1. Human Nutrition
2. Medical education

### **15. Participation in workshops/ seminars/conferences/training courses**

#### **(A) Training courses**

- Certificate Course in Laboratory Animal Science organized by the Sri Lanka Association in Laboratory Animal Science and MRI at University of Sri Jayewardenepura in June /July 2016.

## **(B) Workshops**

- **Performance Indicators for Higher Education Institution** conducted by the Staff Development Centre of UOR and the QAC Council of the UGC in 2007.
- **Counselling the Undergraduate; Workshop for Academics** conducted by the student support service, Faculty of Medicine, University of Ruhuna, in September 2007.
- **Production of Computer based learning material** organized under the IRQUE – QEF project, Faculty of Medicine, Galle in January 2008.
- **One-day international workshop on Patient Registry** conducted by Galle Research Network in 2010.
- **Inaugural Foundation Sessions of Endocrine Society of Sri Lanka** in June 2015
- **Ceylon College of Physicians 5<sup>th</sup> foundation sessions** in July 2015
- **Biochemistry: Towards Academic Excellence**, a symposium organized by College of Biochemist, Sri Lanka in collaboration with Federation of Asian and Oceanian Biochemists and Molecular Biologists, in June 2016
- **Improving Student Counselling skills of Academics** conducted by the Medical Education and staff Development Unit of Faculty of Medicine, University of Ruhuna, in November 2017.

**Dr. G. E. D. De Zoysa**