

# Curriculum Vitae

**Janithra Chathurangi De Silva (MBBS, PhD)**



## **Personal Particulars:**

**Name with initials:** De Silva K.K.W.J.C

**Full Name:** Kariyawasam Kellapatha Withana Janithra Chathurangi De Silva

**Date of Birth:** 28/ 11/ 1981

**Sex:** Female

**Civil status:** Married

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**Present post** – Senior Lecturer in Community Medicine, Department of Community Medicine, Faculty of Medicine, University of Ruhuna

**Educational qualifications:**

- Bachelor of Medicine and Bachelor of Surgery (MBBS) from the University of Ruhuna, Sri Lanka (2009)
- Doctor of Philosophy (PhD), from University of Ruhuna, Sri Lanka (2019)

**Professional experiences:**

- May 2019 – up to date – Senior Lecturer in Community Medicine, Department of Community Medicine, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka
- April 2012 – April 2019 – Lecturer, Department of Community Medicine, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka
- Oct. 2011 – March 2012 – Released Medical Officer, Surgical Unit, Base Hospital, Balapitiya
- Sep. 2010 – Sep. 2011 – Intern Medical Officer at medical and surgical units, Base Hospital, Balapitiya
- May 2009 – April 2010 – Temporary demonstrator, Department of Paediatrics, Faculty of Medicine, University of Ruhuna

**Scholarships:**

- From Fudan University, Shanghai, China to participate in the Summer School on Millennium Development Goals, at the School of Public Health, Fudan University, Shanghai, China (8/7/2013 – 19/7/2013)
- DAAD scholarship to participate in the 6<sup>th</sup> Summer School on “Occupational Health Crossing Borders” at the Ludwig – Maximilian University, Munich, Germany (19/8/2013 – 30/8/2013)
- From Duke University, USA to participate in course work on qualitative research at the Duke Global Health Institute, Durham, North Carolina, USA (24/10/2013 – 16/11/2013)
- From Duke University, North Carolina, USA for a 6 month online certificate course on statistics and research methodology (2017)

**Special Training:**

- “Orientation on Management of Community Health for Medical Officers of Health, Medical Officers –Maternal and Child Health, Regional epidemiologists, Medical Officers- Public Health” at the National Centre of Health sciences, Nagoda, Kalutara, Sri Lanka – 2 ½ months residential training program

- Eleventh National Training Course in Integrating Sexual and Reproductive Health Services in Crises, conducted by the Health Emergency and disaster Management Training Centre, faculty of Medicine, University of Peradeniya
- International Conference on Birth Defects – 2014, conducted by the Human Genetics Unit, Faculty of Medicine, University of Colombo
- Completed the Certificate Course in Professional Development in Higher Education conducted by the Staff Development Centre of the University of Ruhuna in 2014
- Completed a 6 month online certificate course on statistics and research methodology conducted by the Duke University, North Carolina, USA

### **Current Research activities:**

- Nutritional status and feeding practices of children with orofacial clefts aged less than two years attending Teaching Hospital, Karapitiya

### **Previous Research:**

- A doctoral study titled “Associated Factors, Outcomes and Prevention of Birth Defects among Infants in southern Sri Lanka” (2015-2019)
- Beliefs and practices of mothers on feeding during illness
- Problems faced by the Sri Lankan female foreign domestic workers which made them to return Sri Lanka prior or later than the normal contract period

### **Publications:**

#### **Books:**

- Janithra De Silva, උපන් ආබාධ වලින් තොර නිරෝගී දරු පරපුරක් වෙනුවෙන් අපේ යුතුකම, 2018. ISBN: 978-955-1507-63-3

#### **Full papers in International Peer-Reviewed Journals**

- **De Silva, J.**, Amarasena, S., Jayaratne, K. and Perera, B., 2019. Correlates of knowledge on birth defects and associated factors among antenatal mothers in Galle, Sri Lanka: a cross-sectional analytical study. BMC Pregnancy and Childbirth, 19:35  
URL: <https://doi.org/10.1186/s12884-018-2163-9>
- Mun, M.M., **De Silva, J.**, Oliveira, J.S., De Silva, V., Malhotra, R., Wijeratne, M., Tharindra, H. and Østbye, T., 2019. Health concerns among Sri Lankan female foreign domestic worker returnees from Middle-East, 13(36), pp. 3171-3202  
URL: <http://doi.org.10.21171/ges.v13i36.2969>

## Abstracts:

- Wijesinghe, CJ, Liyanarachchi, ND, **De Silva J**, Nanayakkara NP, Darshana, ILAN. Feeding patterns during common childhood illnesses: a glimpse into a neglected aspect of childhood nutrition. Ruhuna Clinical Society Annual Academic Sessions, 2014. Matara, Sri Lanka
- **De Silva, J**, Amarasena S, Jayarathna K, Perera B. Knowledge on and correlates of birth defects, risk factors and prevention and management of birth defects among pregnant mothers in Galle. Commonwealth Medical Association; 24th Triennial conference. 14-16 October 2016, Colombo, Sri Lanka
- **Janithra De Silva**, Sujeewa Amarasena, Kapila Jayaratne, Bilesa Perera. Birth defects associated mortality- a longitudinal follow-up study in Southern Sri Lanka. 4<sup>th</sup> International Neonatology Association Conference, Ghent, Belgium, 22-24 June 2018, Ghent, Belgium
- **Janithra De Silva**, Sujeewa Amarasena, Kapila Jayaratne, Bilesa Perera. Factors related to birth defects among infants: A case-control study. 4<sup>th</sup> International Neonatology Association Conference, Ghent, Belgium, 22-24 June 2018, Ghent, Belgium
- **De Silva, J**, Amarasena S, Jayarathna K, Perera B. Outcomes of infants with structural birth defects in Galle, Sri Lanka. International Conference on Birth Defects and Disabilities in the Developing World. 23-26 February 2020, Colombo, Sri Lanka
- **De Silva, J**, Amarasena S, Jayarathna K, Perera B. Effectiveness of a health education handbook designed to increase knowledge on birth defects among Public Health Midwives in southern Province of Sri Lanka. International Conference on Birth Defects and Disabilities in the Developing World. 23-26 February 2020, Colombo, Sri Lanka
- **De Silva, J**, Amarasena S, Jayarathna K, Perera B. Factors related to growth of the infants with structural birth defects in Galle, Sri Lanka. International Conference on Birth Defects and Disabilities in the Developing World. 23-26 February 2020, Colombo, Sri Lanka

**Research grants:**

- Grant from Duke-Ruhuna collaboration for the research on “Problems faced by the Sri Lankan female foreign domestic workers which made them to return Sri Lanka prior or later than the normal contract period”
- Faculty research grant 2016 for the study on “Associated Factors, Outcomes and Prevention of Birth Defects among Infants in southern Sri Lanka”
- UGC block grant for strengthening research- 2016 for the study on “Associated Factors, Outcomes and Prevention of Birth Defects among Infants in southern Sri Lanka”

**Travel grants:**

- University of Ruhuna travel grant to attend the 4th International Neonatology Association Conference, Ghent, Belgium, 22-24 June 2018, Ghent, Belgium

**Activities/ Responsibilities:**

- Teaching medical undergraduates on Maternal and Child Health Aspects of Sri Lanka for the community medicine curriculum
- Resource person for Foundation Module for New Entrants of the Faculty of Medicine (2018, 2019)
- Visiting lecturer to the BSc Nursing and B Pharm degree programmes, 2015, 2016, 2017, 2018
- Examiner in the BSc Nursing Community Medicine Curriculum- Theory and Viva examinations (2015, 2016, 2017, 2018)
- Teaching elective students on Maternal and Child Health Aspects of Sri Lanka
- Coordinator of the Community Medicine Clerkship Programme for the medical undergraduates –2015,2016,2017,2020
- Supervision of research studies of medical undergraduates
- Faculty Coordinator for the Cultural Centre of the University of Ruhuna (2013, 2014, 2015)
- Faculty Coordinator of the Inter Faculty Literature and Dancing Competition, University of Ruhuna 2015, 2016, 2017, 2019, 2020
- Faculty Coordinator of the “Kavitha Talent” 2014 organized by the Ministry of Higher Education, 2014

- Member of the Opening Ceremony Committee of the Faculty of Medicine Academic Sessions (2017, 2018, 2019)
- Member of the Faculty Auditorium Committee (2019,2020)
- Member of the Ceremonial Committee and the Entertainment Committee of Sri Lanka University Games (SLUG), 2019
- Member of the Faculty Webpage Committee – 2020
- Committee member of the Colors Nite 2020 of University of Ruhuna
- PIC, Inauguration committee, Faculty of Medicine Annual Academic Sessions, 2020
- PIC, Inauguration committee, University of Ruhuna Annual Academic Sessions, 2021
- Committee Member – Galle Medical Association, 2021
- Additional Secretary – Ruhuna Medical Faculty Teachers’ Association - 2021
- Public Health Activities responsible as the Additional Medical Officer of Health to the university health Unit area
  - Acting as a middle level health care manager, assigned to an area of 60,000 populations.
  - Delivery of maternal and child health and family planning services.
  - Delivery of occupational & environmental health services.
  - Prevention and control of communicable and non-communicable diseases.
  - Health education, promotion and community organization.
  - Participation in School Health Services.
  - Conducting well women clinics, family planning clinics and counselling.
  - Conducting immunization clinics
  - Environmental Health Services.

### **Memberships:**

- Life Member of the Galle Medical Association
- Life Member of National Science Foundation

### **Extracurricular activities:**

- Dancing (traditional and contemporary)
- Dancing choreography, costume designing – Choreographed the dancing items of medical students for;
  - Inter Faculty Dancing and Literature Competition (2014, 2015, 2016, 2017, 2019)
  - “Pathiba Prabha” cultural show organized by the Cultural Center of University of Ruhuna (2015, 2016)
  - Colors Nite University of Ruhuna 2018

- Welcome ceremony for new entrants to the Faculty of Medicine (2014, 2015, 2016, 2017, 2018, 2019)
  - Opening ceremony of “MedRu” medical exhibition, 2016
  - Inauguration ceremony of Galle Medical Association (2015, 2017, 2018)
  - Inauguration ceremony of Faculty of Medicine Academic sessions (2016, 2017, 2018, 2019)
  - Opening and closing ceremonies of Sri Lanka University Games (2019)
  - Costume designing for the students participated in the opening and closing ceremonies of Sri Lanka University Games (2019)
- Compeering