

Curriculum Vitae



Indike Nuwan Thotawaththa

MBBS, MSc(Community Medicine), MD (Community Medicine)
Senior registrar in Community Medicine
Postgraduate Institute of Medicine, University of Colombo

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PERSONAL INFORMATION

Name : Indike Nuwan Thotawaththa
Date of Birth : 8th of January 1982
Gender : Male
Nationality : Sri Lankan
Designation : Medical Officer of Maternal and Child Health, Matale District

EDUCATIONAL QUALIFICATIONS

MD in Community Medicine, 2025
Postgraduate Institute of Medicine
University of Colombo

MSc in Community Medicine, 2015
Postgraduate Institute of Medicine
University of Colombo

Bachelor of Medicine, Bachelor of Surgery, 2008
Faculty of Medicine
University of Peradeniya

Final MBBS
Gynecology and Obstetrics, Medicine, Pediatrics, Surgery

3rd MBBS
Community Medicine, Pharmacology, Parasitology, Pathology, Forensic Medicine
Microbiology

2nd MBBS
Anatomy, Physiology, Biochemistry

G.C.E. Advanced Level (2001)

Chemistry	Distinction Pass (A)
Physics	Distinction Pass (A)
Biology	Distinction Pass (A)
Common General Test	85%

G.C.E Ordinary Level (1997)

Sinhala	Distinction Pass (D)
Mathematics	Distinction Pass (D)
Science	Distinction Pass (D)
Art	Distinction Pass (D)
English Language	Distinction Pass (D)
Agriculture	Distinction Pass (D)
Religion	Distinction Pass (D)
Social Studies and History	Distinction Pass (D)

WORK EXPERIENCE

Medical officer of Maternal and Child Health, Regional Director of Health Services office Matale 2021- Present

Regional Epidemiologist, Regional Director of Health Services office Matale 2020 - 2021

Assistant Lecturer and post graduate trainee, Faculty of Medicine, University of Peradeniya, Sri Lanka. 2018 - 2020

Additional Medical Officer of Health: MOH office Matale. May 2014 - April 2015, December 2017 - 2018

Medical Officer Radiology: General Hospital Nuwaraeliya. May 2011 - February 2013

Released House Officer, Emergency Treatment Unit, Teaching Hospital Peradeniya. March 2011 - May 2011

Released House Officer Microbiology, Teaching Hospital Peradeniya. December 2010 - March 2011

Intern House Officer Surgery, Teaching Hospital Peradeniya, June 2010 - December 2010

Intern House Officer Pediatrics : Sirimavo Bandaranayake Specialized Children's Hospital Peradeniya. December 2009 - June 2010

RESEARCH EXPERIENCE

Completed projects:

Principal investigator: Knowledge on nutrition, the nutritional value of a mid-day meal and the effectiveness of non-fiction literature to improve knowledge on nutrition in grade 6 children in the Matale educational zone

Principal investigator: Knowledge on identification of snakes, their biting behaviors, first aid following bites and prevention among grades 12 and 13 school children in the Dambulla Educational Zone: A descriptive study

TRAINING AND QUALIFICATIONS

Workshops Participated (Medical):

13.06.2022 - 18.06.2022

Training of Trainers on Results Based Management for Inclusive Social Development conducted by Unicef

01.03.2022 - 31.03.2022

Online course on eRHMS Data Analysis and Visualization conducted by the Family Health Bureau, Sri Lanka

23.04.2022 - 25.04.2022

Training for Medical Officers of Maternal and Child Health conducted by the Family Health Bureau, Sri Lanka

03.03.2018 - 17.03.2018

Collaborative research and global health conducted by University of Hokkaido, Japan

31.10.2016 -2.11.2016

Implementation of Research Proposal Development conducted by Department of Health Services, Central Province, Sri Lanka

10.08.2016 - 12.08.2016

Training of trainers on reproductive health conducted by Family Health Bureau, Colombo, Sri Lanka

16.11.2015 - 21.11.2015

WHO Child growth standards and child growth assessment by Family Health Bureau, Colombo, Sri Lanka

10.09.2009

Training workshop on Tuberculosis conducted by Faculty of Medicine, University of Peradeniya, Sri Lanka

Workshops Participated (Other):

20.03.2019 - 22.03.2019

Workshop on Non fiction children's book writing by Room to Read Sri Lanka

15.05.2009

Wildlife gardening conducted by Postgraduate institute of science, University of Peradeniya, Sri Lanka

16.02.2009 - 20.02.2009

Orchid meristem culture, seed culture, and Anthurium leaf culture conducted by the Floriculture research and development unit of the department of National Botanic Gardens.

PUBLICATIONS

POETRY:

Akeekaru Bihidhora (An Untamed Mind) - Poetry collection – Sinhala (2019)

Glasiyarayaka Premaya (The Love of a Glacier) - Poetry collection – Sinhala (2019)

Hinipetha Pamula (Still at the Bottom of the Ladder) - Poetry collection – Sinhala (2014)

Sanda eliya saha dhiya sindhi wila – (Moonlight and the naked lake) – poetry collection – sinhala (2011)

Pradeepagarayaka Hindha – (Thoughts from a Lighthouse) – Poetry collection – Sinhala (2007)

Children's Non Fiction (Sinhala):

Nuto the Curious - Nuto gets a Puppy

Professor Poortans Amazing Adventures -Destination Heart

Professor Poortans Amazing Adventures -Expedition Nature

Professor Poortans Amazing Adventures -A Journey through Blood Stream

Professor Poortans Amazing Adventures -A Journey into the Ear

Professor Poortans Amazing Adventures -A Journey through the Respiratory System

Professor Poortans Amazing Adventures - Where do babies come from

Professor Poortans Amazing Adventures -A Journey through the Digestive Tract

Professor Poortans Amazing Adventures -A Journey into the Mouth

Rainbows on Wings - Secrets of Butterfly Life Cycle

My Body is Mine - How to protect yourself from sexual abuse

Little Covee - Basics of Covid - 19 and its Prevention

Captain Mask - How to use a mask properly and how it protects you from diseases

Dan Mata Saneepai (Now I'm Cured) – children story book on advices for children with chronic kidney disease written for the Department of Pediatrics, University of Peradeniya (2011)

Children's Fiction (Sinhala):

Ivan the imaginator
Kaluwaraya (The gloomy and the Twinkle)

Childrens Translations (English to Sinhala):

Little Wordy's Life Learning series - Little Wordy at the Concert
Little Wordy's Life Learning series - Little Wordy and Little Noodle
Little Wordy's Life Learning series - Tearful Little Wordy
Little Wordy's Life Learning series - Little Wordy's Big Sneeze
Little Wordy's Life Learning series - Little Wordy and His Troublesome Tongue

Cyril - The Lonely Cloud - Originally by the Oxford University Press
Lubna and Pebble - Originally by the Oxford University Press
The Crow and the Peacock - Originally by the Oxford University Press
The Red and The City - Originally by the Oxford University Press
Poly and The New Baby - Originally by the Oxford University Press

The tale of Peter Rabbit - Originally by Beatrix Potter
The tale of Benjamin Bunny - Originally by Beatrix Potter
The tale of Flopsy Bunnies - Originally by Beatrix Potter

Adult Non Fiction:

A wise mom and a healthy kid – Narrative Nonfiction on Pediatric Nutrition and early childhood development

Loku Lamainta witharai (Strictly For Teens) - non fiction book for adolescents to gain knowledge on sexual and reproductive health

“Pilikaa paradhana aahaara” (Healthy food habits to battle cancer) a booklet for the college of oncologists

Works translated to other languages:

Destination Nature
Journey through Blood

Nuto the Curious
Nuto Gets a Puppy
The Strange Case of Worms in the Tummy
Nuto and the Mushroom Soup
Safe and Sound the World Goes Round
The Leaf Cafe

The Disappearing Rain
My Body Is Mine - Mage Anga Mage - Translated to English and Tamil
My Body Is Mine - Mage Anga Mage - Translated to Braille

Works for Organizations

External Consultant (Creative Writing) and author - for the nonfiction book “ Our own mother supportive group “ for UNICEF , Family Health Bureau and Health Promotion Bureau

External Consultant (Creative Writing) and Script Writer - for the Sort videos on vaccine hesitancy and improving vaccine acceptance for UNICEF , Epidemiology Unit , Family Health Bureau and Health Promotion Bureau

External Consultant (Creative Writing) - for the the set of flashcards on vaccine hesitancy and improving vaccine acceptance for UNICEF , Epidemiology Unit , Family Health Bureau and Health Promotion Bureau

External Consultant (Creative Writing) and author - for the nonfiction book “leda nohedena lamai” on vaccine hesitancy and improving vaccine acceptance for UNICEF , Epidemiology Unit , Family Health Bureau and Health Promotion Bureau

External Consultant (Creative Writing) and author - for the nonfiction book on climate change for Room to Read

Language editor for the booklet on how to consume healthy food to battle with cancer for college of oncologists.

External Consultant (Creative Writing) - for the nonfiction book sexual and eproductive health platform for children “ for UNFPA and Family Planning association of Sri Lanka.

EXTRA CURRICULAR ACTIVITIES

Stage Drama:

Lyricist - Poth gulli (adaptation of the play “ Matilda “ by Roald Dahl) – Musical Drama for children by Whitelief Academy. (2017)

Script writer and Director - “ Dengue ” , Dengue awareness drama for National Health Institute, Kaluthara, Sri Lanka. (2017)

Photography:

Followed the Diploma Course : Hegoda school of photography conducted by veteran photographer Mr Lal Hegoda (2015)

Rainbows on wings – first and only photographic exhibition on Butterflies of Sri Lanka (2011)

Official Photographer – “Dolahak” (adaptation of Twelve Angry Men) – Stage drama Directed by Mr Athula Pathirana – (2011 – 2017)

Lyric writing:

Ulpatha (The Fountain) – children's song collection. Nominated for the best children’s song collection award at the state music awards 2014 (compact disk) by Ranara Acedamy – Lyricist (2013)

Theme song - Faculty of Medicine - Moratuwa

Theme song - Faculty of Medicine - University of Peradeniya

Theme song - National Children's day program 2018

Mass Media Work:

Medical

Reproductive Lessans - a nonfiction story on sexual and reproductive health for adolescents for Vidusara Newspaper march 2023 to percent (32 articles)

Baddara Malla - Series of medical articles - Dinamina National Newspaper 2020- 2021 (40 articles)

Arogya Parama Laaba – Discussion on early childhood development and Pediatric nutrition, with Radio channel “Rangiri Sri Lanka” (5 episodes) (2016)

Katha Ministry - Discussion on Early Childhood Development at V Fm Radio Network (Episod 1) 2021

Katha Ministry - Discussion on Early Childhood Development at V Fm Radio Network (Episode 2) - 2021

Arogya Parama Laba - Discussion on importance of Breast feeding in Rangiri Sri Lanka Radio Network 2020

Arogya Parama Laba - Discussion on Paediatric Nutriton in Rangiri Sri Lanka Radio Network 2020

Arogya Parama Laba - Discussion on Covid - 19 prevention in Rangiri Sri Lanka Radio Network 2020

Arogya Parama Laba - Discussion on Covid - 19 Vaccination in Rangiri Sri Lanka Radio Network 2021

Shanida Sanwadaya - Discussion on Covid - 19 prevention in Rangiri Sri Lanka Radio Network 2021

Non Medical

Article Series on culture and art - Lankaadeepa National Newspaper march 2023 to present (13 articles)

Akeekaru Bihidhora – Article series on poetry for “Rivira” National Newspaper Continued weekly 2015 – 2017 (100 articles)

Sandamal wila – Article series on poetry for “Deshaya” National Newspaper. Continued weekly 2015 – 2016 (53 articles)

Lassana samanallu (Beautiful Butterflies) – Documentary on butterflies of Sri Lanka with Heritage Television Network (2014)

Sihinayaki Re - Resource person - Musical program by Sri Lanka Rupawahini corporation 2019

Sihinayaki Re - Resource person - Musical program by Sri Lanka Rupawahini corporation 2021

Liviseri Premaya - Discussion on Children's Literature in Charana television Network 2022

Kavi Dahayata Gee Dahayak - Discussion on Children's Literature in Charana television Network - 2019

Book Mark - Resource person - Program on the poetry book “Glasiyarayaka premaya” by Sri Lanka Rupawahini corporation 2021

Pothai Hithayi -

Prema Thatakaya - Documentary on Veteran Lyricists of Sri Lanka. Episode on veteran lyricist Mr Rathnasri Wijesinghe in Lak Handa Radio Network 2020

Prema Thatakaya - Documentary on Veteran Lyricists of Sri Lanka Episode on veteran lyricist Lution Bulathsinhala in Lak Handa Radio Network 2020

Prema Thatakaya - Documentary on Veteran Lyricists of Sri Lanka Episode on veteran lyricist Kularathna Ariyawansa in Lak Handa Radio Network 2020

Prema Thatakaya - Documentary on Veteran Lyricists of Sri Lanka Episode on veteran lyricist Kumaradasa saputhanthree in Lak Handa Radio Network 2020

Prema Thatakaya - Documentary on Veteran Lyricists of Sri Lanka Episode on veteran lyricist Mahagama Sekara in Lak Handa Radio Network 2020

Prema Thatakaya - Documentary on Veteran Lyricists of Sri Lanka Episode on veteran lyricist Premakeerthi de Alwis in Lak Handa Radio Network 2020

Other:

Field experience on Butterflies of Sri Lanka (species, life cycles and conservation) since 2008

Memberships in Societies**University Level:**

Editor: “ Thotupola “ Arts Magazine, Students’ Union , Faculty of Medicine , University of Peradeniya (2003 – 2007)

President: Arts and cultural sub committee, Students’ Union, Faculty of Medicine , University of Peradeniya (2004 - 2005)

Member: Publicity and Media committee of 7th medical exhibition (11th to 18th of August 2003) held at Faculty of Medicine , University of Peradeniya, Sri Lanka

Member: Food and Entertainment committee of 7th medical exhibition (11th to 18th of August 2003) held at Faculty of Medicine , University of Peradeniya, Sri Lanka

Public Relations Officer: Buddhist Society, Students Union , Faculty of Medicine , University of Peradeniya (2003 - 2004)

Member: “ Hanthana Conservation Society, University of Peradeniya (2003 – 2008)

School Level:

Captain: Junior Chess team (1995- 1998)

Captain: Senior Chess Team (1999 – 2001)

Secretary: School Science Association (1997- 1998)

President: English Literary Association (1997 – 1998)

President: Chess club (1999 – 2000)

Editor: Interact Club (1998 – 1999)

Secretary: Interact Club (1999 – 2000)

Deputy House Captain: Lavoisier House (1999- 2000)

Member of Senior Prefect Board (1999-2000)

Other:

Member: Editorial committee, Newsletter of Consultant Community Physicians of Sri Lanka

President: Young Past Pupils' Association, Govt. Science College Matale, Sri Lanka (2016- 2018)

Coordinating officer: The school equipment donation program for 800 affected school children from the flood at Kelaniya, Sri Lanka. Organized by Young Past Pupils' Association, Govt. Science College Matale, Sri Lanka

Founder and Planning officer: The special monthly education program on maternal nutrition held by MOH office Matale to reduce low birth weight rate in Matale MOH area

AWARDS AND NOMINATIONS

Winner - State literary award for best children's story book 2024

Nominated for Best Poetry Writer – Godage National Literacy awards 2020 for the poetry collection “ Glasiyarayaka premaya “

Nominated for Best Poetry Writer – Godage National Literacy awards 2015 for the poetry collection “ Hinipetha Paamula “

Nominated for Best Children song Lyricist – State National Musical awards 2014 for the song “Samanala Siththaru (Painters of butterfly wings) ”

Desired fields

Pediatric nutrition,
Early childhood development,
Tobacco and alcohol prevention
Health Education and Community Empowerment

Relevant Skills

Language Proficiency :

English : Reading, Writing and Speaking
Sinhala : Reading, Writing and Speaking
Tamil : Speaking

Expertise in Microsoft office Package
Google Platforms
Drawing and Painting
Photography
Specialized in Macro and wildlife photography
Presentation and compering skills

Non related referees

Dr Prabhath Ranasinghe
MBBS, MSc, MD (Community Medicine)
Consultant Community Physician (Provincial Epidemiologist)
Provincial Department of Health services
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Prof. Samath D. Dharmaratne (MBBS, MSc, MD),
Associate Professor (Community Medicine) &
Consultant Community Physician,
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