



## PROFILE

I am a keen and an enthusiastic personality who is eager to gain more knowledge and experience in the fields of healthcare, education, and research and to work in teams to become a competent and compassionate healthcare professional and to deliver a quality service to my employer.

## EDUCATIONAL QUALIFICATIONS

### Faculty of Medicine, University of Colombo [2013 – 2021]

Bachelor of Medicine and Bachelor of Surgery (MBBS) – First Class honours

Merit Rank – All Island 9th

- Clinical Sciences Stream – First Class
- Applied Sciences Stream – First Class
- Community Medicine Stream – First Class
- Behavioural Sciences Stream – First Class
- Basic Sciences Stream - First Class
- Distinctions in Anatomy, Biochemistry, Parasitology, Psychiatry, Gynaecology and Obstetrics.

‘Help-Quit’ Course conducted by the Centre for Combating Tobacco - 2020

Electives Programme – Acquiring Knowledge on Radiation Oncology in ICON Cancer Centre, Mater Private Hospital, Springfield, Australia with Special Reference to Breast, Prostate Cancer and Palliative Care - 2019

Diploma in English - Cambridge English Level 3 Certificate in ESOL International (Advanced) - Grade A, 2014

### Visakha Vidyalaya, Colombo 05 [2005-2013]

General Certificate of Examination – Advanced Level, 2013

Biology - A      Chemistry - A  
Physics - A      General English - A  
Z- Score 2.4949    All Island Rank - 21

**General Certificate of Examination – Ordinary Level, 2014**

•Tamil – B

**General Certificate of Examination – Ordinary Level, 2010**

•9 A’s including English Literature

## RESEARCH EXPERIENCE

- Medical Undergraduate Research Programme, Community Medicine Stream, Faculty of Medicine, Colombo – Conducted a research on “Knowledge, attitude and practices of reading nutrition labels in ready-to-eat solid snacks among employees at the Ministry of Megapolis, Battaramulla, Sri Lanka”, 2018 – presented as a poster at the 4<sup>th</sup> Annual Research Symposium of the Faculty of Allied Health Sciences, University of Ruhuna, Sri Lanka, 2021
- Assisted in sample collection in a Research project on Co-inheritance of alpha-thalassemia among patients with beta-thalassemia done by Dr. Sachith Mettananda, Consultant Paediatrician and Senior Lecturer of Colombo North Teaching Hospital and University of Kelaniya, Sri Lanka, 2017

## POORNI SHA VINDHYA FERNANDO

### CONTACT ME



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poornisfernando@gmail.com



30<sup>th</sup> November 1994



948350289 V

Female

Single

Sri Lankan

Visakha Vidyalaya, Colombo 05  
(2005 – 2013)

Holy Family Convent, Wennappuwa  
(2000-2005)



### SKILLS

- Effective language and communication skills in English and Sinhala media
- Information Technology Skills
- Planning and Organizing skills
- Leadership skills
- Ability to work in teams



## LEADERSHIP EXPERIENCE

- Vice Secretary, Organizing Committee of the Annual Medical Faculty Concert – ‘Ninnada’ 2019
- Media Coordinator, National Committee of the Catholic Students’ Movement, 2018 -2019
- President, Catholic Medical Students’ Society, Faculty of Medicine, University of Colombo, 2017-2018
- Vice President, Sri Lanka University Catholic Students’ Movement – Colombo Region, 2016-2017
- Student Representative for the 2013 AI Batch, Faculty of Medicine, Colombo 2014-2015,
- Member, Young Zoologists’ Association, 2014 (a Non- Governmental Youth Organization based at the National Zoological Gardens at Dehiwala, Sri Lanka)
- Member, Young Christians Society at Sacred Heart Church, Rajagiriya, 2011
- Secretary, Organizing Committee of the Annual Batch Get together, Visakha Vidyalaya, 2013
- Member, Nature Club, Visakha Vidyalaya, 2005- 2013
- Member, English Broadcasting Unit, Visakha Vidyalaya, 2011-2012
- Senior Prefect, Prefect’s Guild of Visakha Vidyalaya, 2011-2012
- Secretary, Prefect’s Guild of Visakha Vidyalaya, 2011
- Vice President, Information Technology Society, Visakha Vidyalaya 2010



## SPORTS

- Represented the Medical Faculty Badminton team in inter-faculty and Law-Med sport encounters, 2015 to 2018
- Medical Faculty Colours for Badminton, 2015 to 2018
- Engaged in Chess and Swimming at Visakha Vidyalaya, Colombo 05



## AWARDS AND ACHIEVEMENTS

- Represented the Medical Faculty Team, University of Colombo that won the First place in the 15<sup>th</sup> Inter Medical Physiology Quiz held at Kuala Lumpur, Malaysia, 2017
- Represented the Medical Faculty Team, University of Colombo that won the First Place at the Inter Medical School Diabetes Quiz organized by the College of Endocrinologists in Sri Lanka, 2016
- ‘Best All Rounder’ at Visakha Vidyalaya, Colombo, 2013
- President’s Award of the Environmental Pioneer Program (EPP) conducted at schools by the Central Environmental Authority, Battaramulla, 2012
- First Prize for ‘Oratory English’- Junior Division, 2010
- Australian National Chemistry Quiz – All Island Fourth Best Performer, 2010
- Represented Visakha Vidyalaya at the National Environmental Pioneer Camps 2009, 2010 and 2012
- Third Place, All Island Essay Competition (Sinhala), 2008



## NON-RELATED REFEREES

### **Dr. Asela Mendis**

Department of Forensic Medicine and  
Toxicology

Faculty of Medicine,  
University of Colombo.

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### **Dr. Dushyanthi Jayawardene**

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Faculty of Medicine,

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## VOLUNTEERING EXPERIENCE

- Was a part of the interactive group discussion under the Theme, “Lifestyle related Diseases” for the participants of *Nippon Maru* Ship for World Youth visited Sri Lanka, 2018
- Volunteered at '*Wassana Diyawara*' – the annual charity program organized by the Buddhist Brotherhood of Faculty of Medicine, Colombo, 2018
- Volunteered at a Medical camp held at St. Sebastian Church, Kochchikade, 2018
- Volunteered at a Medical Camp held at St. Anne's Church, Kelaniya, 2018
- Organized a Charity program to care for the elderly at St. Joseph's Home for the Aged at Katuneriya, 2018
- Organized a 2-day Charity program at Nikawaratiya village that included a medical camp, awareness programmes on drug abuse, health practices and a motivational program for school children, 2017
- Participated in a 2 day Charity program held at Alagollawa village that included seminars and motivational programmes for School children, 2016
- Volunteered for the Media Subcommittee of Commonwealth Heads of Government Meeting (CHOGM) held in Sri Lanka, 2013
- Volunteered at the Commonwealth Heads of Government Meeting (CHOGM), Youth Forum held in Sri Lanka, 2013
- Participated in the charity run for cancer patients organized by the Rotaract Club of Colombo Uptown 'Run for their Lives', 2013
- Carried out a project titled 'Conservation of Gin Pol (*Nypa fruticans*) in Gin Oya, Nainamadama, Sri Lanka' to conserve a community of endangered mangroves, 2010, 2011

I declare that the above particulars are true and accurate to the best of my knowledge

Date 05.09.2021

M. P. S. Fernando