

CURRICULUM VITAE

Dr. Ranjith W. Pallegama BDS (Sri Lanka), PhD (Japan)



Senior Lecturer in Physiology

Department of Basic Sciences

Faculty of Dental Sciences

University of Peradeniya

Peradeniya, 20400

Sri Lanka

Email: ranjithwp@pdn.ac.lk

Official - 94-81-2397558

Mobile - 94-71-4460907

(Updated: June 2016)

1. Personal Details

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| I. Name in full: | RANJITH WASANTHA PALLEGAMA |
| Name with Initials: | R.W.PALLEGAMA |
| II. Sex: | Male |
| III. Nationality: | Sri Lankan |
| IV. Date of Birth: | 29 th December 1969 |
| V. Family Status: | Married with a child (17+ yrs old daughter) |

2. Contact Information

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| I. Present Official Address: | Department of Basic Sciences, Faculty of Dental Sciences,
University of Peradeniya, Peradeniya 20400, Sri Lanka |
| II. Personal Address: | 50C, Kapuwatta Walauwwa Watta, Pilapitiya,
Kiribathkumbura 20442, Sri Lanka |
| III. Office Phone: | 94-81-2397558
Fax: 94-81-2388948 |
| IV. Mobile Phone: | 94-71-4460907 |
| V. E-mail address: | ranjithwp@pdn.ac.lk (Preferred mode of contact) |

3. *Educational Qualifications*

- I. **First Degree** *B.D.S. (Bachelor of Dental Surgery) (Honors)*
From the Faculty of Dental Sciences, University of Peradeniya, Sri Lanka - in 1997
- II. **Postgraduate Degrees** *Ph.D. (Doctor of Philosophy)*
From the Department of Masticatory Function Rehabilitation, Graduate School, Tokyo Medical and Dental University, Tokyo, Japan - in 2005

4. *Employment Record*

	Duration	Designation	Affiliation
I.	1997.08.19- 1999.06.25	Temporary Lecturer	Department of Basic Sciences, Faculty of Dental Sciences, University of Peradeniya, Sri Lanka
II.	1999.06.26- 2005.10.02	Lecturer	-do-
III.	2005.10.03- 2011.03.17	Senior Lecturer II	-do-
IV.	2011.03.18- to date	Senior Lecturer I	-do-
V	2015,10,18 to date	Director, Staff Development Center, University of Peradeniya (Part-time)	Staff Development Center, University of Peradeniya

5. *Overseas Training*

	Duration	Designation	Affiliation
I.	2001.10.01- 2005.09.30	Graduate Student	Department of Masticatory Function Rehabilitation, Graduate School, Tokyo Medical and Dental University, Tokyo, Japan

6. *Visiting Appointment*

	Duration	Designation	Affiliation
I.	2007, 2010 to 2015	Visiting Senior Lecturer and Examiner	Faculty of Allied Health Sciences, University of Peradeniya, Sri Lanka

7. My Teaching Specialties Include

My teaching includes following disciplines (to undergraduate and postgraduate students and professionals):

- I. Pain Physiology and Pain Psychology
- II. Basic Oral Physiology and Applied Oral Physiology (Masticatory function rehabilitation Oral Somatosensory Mechanisms)
- III. General Physiology and Applied General Physiology (Homeostasis, Body Fluids including Blood, Cardiovascular Physiology, Gastrointestinal function, Endocrinology, Reproductive Physiology, Neurophysiology, Immunology, Special Senses)
- IV. Biostatistics
- V. Research Methodology
- VI. Curriculum Development

8. Memberships in Professional Associations

- I. Life member of the Physiological Society of Sri Lanka (PSSL)
- II. Member of the International Association for the Study of Pain (IASP) since 2007
- III. Member of the Neuropathic Pain Special Interested Group (NeuPSIG) and Orofacial Pain of IASP since 2008
- IV. Founder member of Sri Lanka Association for the Study of Pain (SLASP) since 2008
- V. Life member of Sri Lanka Dental Association (SLDA)
- VI. Member of International Association for Dental Research in 2004 to 2005 (as a student member)

9. Current Positions

- I. Senior Lecturer (Grade 1) of the Faculty of Dental Sciences, the University of Peradeniya
- II. Director, Staff Development Center, University of Peradeniya since October 2015
- III. Editorial Board Member of Sri Lanka Dental Journal (The only Dental Journal published in Sri Lanka) from 2006
- IV. Member of the Core-group for the Development of the Curriculum, the Faculty of Dental Sciences since 2010
- V. Member of the Internal Quality Assurance Unit of the University of Peradeniya since 2016
- VI. Founder Chairman of the Ethics Review Committee of the Faculty of Dental Sciences since 2015
- VII. Convener of the committee making by-laws for the new 5-year BDS curriculum since May 2016
- VIII. Chairman of the Technical Program Committee of the Peradeniya University International Research Sessions (iPURSE), 2016.
- IX. Member of the Faculty Land and Building Committee (since 2007)

10. Positions Held

Under the University of Peradeniya

- I. Head, Division of Physiology, Department of Basic Sciences, Faculty of Dental Sciences, University of Peradeniya (since 2011 to 2013)
- II. Member of the Unit for the Development of Dental Education since 2007 – 2015
- III. Secretary of the Research and Ethics Review Committee, Faculty of Dental Sciences since

- 2008 till February 2011
- IV. A member of the Arts Council, University of Peradeniya nominated by the Faculty (2006-2007)
 - V. A member Nominated by the Vice-Chancellor to the Arts Council, University of Peradeniya in (2011-2012)
 - VI. Member of Student Welfare and Advisory Committee (2007-2008 and 2015-2016)
 - VII. Faculty Representative to ADPC, University of Peradeniya (2013 April to 2015 July)
 - VIII. Faculty representative to the Senate, University of Peradeniya (2012 July to 2015 July)
 - IX. Member of the Organizing Committees of the Peradeniya University Research Sessions from 2008, till 2011 and 2015 and 2016
 - X. Member of the Panel of Co-Editors of the Peradeniya University Research Sessions 2007, 2008, 2010, 2011 and 2012
 - XI. Member of the organizing committee of the General Convocations of the University of Peradeniya from 2007 to 2015; and leading the subcommittee on photography and videography from the year (2007) under the Arts Council
 - XII. Senior Treasurer (Advisor) of Students Union of Faculty of Dental Sciences (2007-2008)
 - XIII. A student Mentor in the years 2006, 2008, 2011 and 2013
 - XIV. Senior Student Counselor in 2014
 - XV. Chairman of the Faculty Academic and Planning Committee in 2013
 - XVI. Convener of the Printing and Photography Committee, which is developing a separate unit of for Photography and Printing in the Faculty of Dental Sciences (this will be formally established with gaining space in the new building of the Faculty of Dental Sciences) from 2007 to 2013
 - XVII. Proposal writer for the University Development Grant submitted by the Faculty of Dental Sciences
 - XVIII. Member of the University Sub-committee for Preserving the Institutional Memory
 - XIX. A member of many technical evaluation committees and valuation committees of the University of Peradeniya since 2011
 - XX. A member of several selection panel for the promotion and selection

Outside associations, organizations, institutions and trade unions

- XXI. Founder Secretary of the Sri Lanka Association for the Study of Pain (2008-2009)
- XXII. Vice-President (2009- 2015) and the Acting Secretary (2010-2012) of the Sri Lanka Association for the Study of Pain, which is the Sri Lankan Chapter of the International Association for the Study of Pain (IASP).
- XXIII. Member of the Board of Basic Medical Sciences of the Post Graduate Institute of Medicine, University of Colombo, Sri Lanka
- XXIV. Member of the specialty board in Physiology, Post Graduate Institute of Medicine, University of Colombo, Sri Lanka
- XXV. Secretary of the Sri Lanka Dental Association- Kandy Branch (2006-2007)
- XXVI. Member of the Management Committee of the Forum of Ethical Review Committees of Sri Lanka
- XXVII. A member of the MCQ core-group in Basic Sciences, Post Graduate Institute of Memory, University of Colombo
- XXVIII. *The Secretary of the Peradeniya Dental Faculty Teachers Association in 2011-2013 and 2013-2014*
- XXIX. President of the Peradeniya Dental Faculty Teachers Association in 2015 and 2016
- XXX. The Joint-Secretary of Federation of Peradeniya University Teachers Association in 2012-2013
- XXXI. A reviewer of the Project Proposals and Sites for the Quality and Innovation Grants in the Sri Lankan university system in the HETC project of the Ministry of Higher Education

11. Workshops Attended

- I. A teaching methodology workshop of 6-week duration conducted by the Staff Development Center (SDC) of the University of Peradeniya for the new academic staff.
- II. A workshop on establishing National Guidelines (Ethics) for Animal Research
- III. Two-day workshop on Curriculum Revision
- IV. "Pain Psychology for Non-psychologists" on 29th August 2010 at the 13th World Congress on Pain in Montreal Canada
- V. Several Workshops on curriculum revision and IT in teaching
- VI. A workshop series on preparing Standard Operating Procedures for Research Ethics Review Committees
- VII. Workshops on proposal writing and site evaluations of study programs organized by the HETC project of the Ministry of Higher Education
- VIII. A workshop on MCQ development organized by the Post-Graduate Institute of Medicine (PGIM)
- IX. A course on Human Subject Protection in Research
- X. Two one-day workshops on Sri Lanka Qualification Framework implementation organized by the HETC of the UGC.
- XI. 3-day workshop on prevention of ragging and gender based violence in the university system organized by the UGC

12. Awards and Grants

- I. Presidential Awards for Excellence in Research 2004 (National Awards)
- II. Presidential Awards for Excellence in Research 2005 (National Awards)
- III. National Research Council Merit awards for research in 2013 (National Awards)
- IV. 2000 Peradeniya University Research Grants (A competitive grant)
- V. 2007 Peradeniya University Research Grants (A competitive grant)
- VI. 2010 International Association for the Study of Pain Education Grant (US\$ 9600) for pain education in Sri Lanka (A highly competitive grant, where only 15 grants were awarded for all the developing countries)
- VII. Number of travel awards

13. Current Research Activities

- I. Somatosensory and affective states influencing the memory for pain and pain sensation- as the Principal Investigator
- II. Many collaborative research with other academics
 - a. On QOL of cancer patients
 - b. Influence of pain catastrophizing on usage of analgesics
 - c. Evaluation of self-perceived competencies and patient centeredness of Sri Lankan Medical Students

14. Post Graduate Teaching

- I. I have successfully supervised one MPhil Degree
Name: TD Dissanayake
University of Peradeniya
Title of the thesis: "Effectiveness of transcutaneous electrical nerve stimulation and interferential therapy on myofascial pain syndrome patients with myofascial trigger points in upper trapezius and influence of pain catastrophizing on treatment response"
- II. Two more students are working on their research proposals for registration of MPhil degrees under my supervision

15. **Manuscripts completed for submission**

- I. Significance of catastrophizing on the treatment response to different combinations of physiotherapy interventions in patients with of myofascial trigger points in the upper trapezius: A secondary analysis of data

16. **Publications**

A. **Books and Education CDs**

1. Pallegama R and Jayalath T (eds). Pain management: Current Concepts Part I . Kandy: Sri Lanka Association for the Study of Pain. 2010. (ISBN: 978-955-0559-00-8)
2. Pallegama R, Jayalath T, Pinto V (Eds). Pain management: Current Concepts Part II. Kandy: Sri Lanka Association for the Study of Pain; 2011. (ISBN: 978-955-0559-01-5)
3. Pallegama R, Jayalath T, Pinto V (Eds). Management of Pain: Resource CD for Primary Care Doctors and Nurses. Kandy: Sri Lanka Association for the Study of Pain; 2011. (ISBN: 978-955-0559-02-2)
4. Pallegama RW. The handbook of Digital Dental Photography. Kandy Sri Lanka. 2014 (ISBN: 978-955-41336-1-7)
5. Better Oral Health for Better Quality of Life. U.B. Dissanayake, R.W. Pallegama. (Published in Sinhala language). Kandy. 2009. (ISBN: 978-955-817-38-2-7)
6. Pallegama RW and Thattil RO. Basic Statistics for Dental Students. Kandy Sri Lanka. 2014 (ISBN 978-955-41336-0-0)
7. Pallegama RW and Thattil RO. Research Methodology Simplified: A Textbook for Students of Health Sciences with Instructions for Self-Learning and Practice. Kandy Sri Lanka. 2016 (ISBN 978-955-41336-2-4)

B. **Book Chapters**

- I. Pallegama RW. (2010). Pain: an Overview. In Pallegama R and Jayalath T. (ed). *Pain management: Current Concepts Part I*. Kandy: Sri Lanka Association for the Study of Pain.
- II. Rajapakse T, Wijeratne D and **Pallegama R.** (2010). Pain: Psychological Correlates. In Pallegama R and Jayalath T. (ed). *Pain management: Current Concepts Part I*. Kandy: Sri Lanka Association for the Study of Pain.
- III. Wijeratne T, Pallegama R and Wijeratne D. (2011). Assessment of Pain. In Pallegama R, Jayalath T and Pinto V. (ed). Pain management: Current Concepts Part II. Kandy: Sri Lanka Association for the Study of Pain.

- IV. Pallegama R. (2014). Memory, Teaching and Photography. In Arunasiri H and Samarakoon A (ed.). "Anantha Wu Derana Sara". Senkadagala Photo Circle and the Department of Fine Arts, University of Peradeniya. Kandy

Editorships of proceedings

- I. Co-editor of the Proceedings of the Peradeniya University Research Sessions, Volume 12. 2007
- II. Co-editor of the Proceedings of the Peradeniya University Research Sessions. Volume 13. 2008
- III. Co-editor of the Proceedings of the Peradeniya University Research Sessions, Volume 15. 2010
- IV. Co-editor of the Proceedings of the Peradeniya University Research Sessions, Volume 15. 2013
- V. Proceedings of the Second Annual Scientific Sessions of Sri Lanka Association for the Study of Pain. 2010

Editing periodicals

- VI. Editing two newsletters of the Physiological Society of Sri Lanka (PSSL) in 2015 as the editor of the PSSL

C. Peer Reviewed Research Papers

- I. **Pallegama RW**, Mendis BRRN, Thattil RO. Profile of English among dental students. Sri Lanka Journal of Medicine. 1999; 8(2): 44-50
- II. **Pallegama RW**, Sitheequ MAM, Kumarasiri PVR. Changes in cardiovascular and respiratory functions and body temperature in response to protracted dynamic activity of muscles of mastication. Sri Lanka Dental Journal. 2000; 29 (1): 36-42.
- III. **Pallegama RW**, Ranasinghe AW, Weerasinghe VS, Sitheequ MAM. Influence of masticatory muscle pain on electromyographic activities of cervical muscles in patients with myogenous temporomandibular disorders. J Oral Rehabil. 2004 May; 31(5): 423-9.
- IV. **Pallegama RW**, Aridome, K, Baba K, Ohyama T. Patients' preference for acrylic resin major connector analogues formulated for titanium alloy removable partial dentures. J Med Dent Sci. 2005 Jun; 52(2): 123-8.
- V. **Pallegama RW**, Ranasinghe AW, Weerasinghe VS, Sitheequ MAM. Anxiety and personality traits in patients with muscle related temporomandibular disorders. J Oral Rehabil. 2005 Oct; 32(10): 701-7.
- VI. **Pallegama RW**, Namano S, Aridome K, Baba K, Purnaveja S, Ohyama T. Do patients have a preference for major connector designs? J Contemp Dent Pract. 2006 Nov 1; (7)5:71-09.
- VII. **Pallegama RW**, Ranasinghe AW, Weerasinghe VS, Sitheequ MAM. Use of electromyography in predicting muscle pain related to temporomandibular disorders. Sri Lanka Dental Journal 2006; 36 (3): 138-145.
- VIII. Baba K, Aridome K, **Pallegama RW**. Management of bruxism-induced complications in removable partial denture wearers using specially designed dentures: a clinical report. The journal of Craniomandibular practice. 2008 Jan; 26(1):71-76.

- IX. Arambawatta AKS, **Pallegama RW**, Nanayakkara D. Variation in enamel thickness of human premolars. Sri Lanka Dental Journal. 2008; 38 (02): 60-68.
- X. Fonseka M, Wijerathne KM, **Pallegama RW**, Wettasinghe KA. In vivo evaluation of the accuracy of four different Electronic Apex Locators (EALs) in working length estimation. Sri Lanka Dental Journal. 2010; 40(1): 16-24.
- XI. Ariyawardana A, **Pallegama R**, Sitheequ M, Ranasinghe A. Use of single- and multi-drug regimens in the management of classic (idiopathic) trigeminal neuralgia: an 11-year experience at a single Sri Lankan institution. J Investigative Clinical Dentistry. 2012 May; 3(2): 98-102.
- XII. Ariyasinghe S and **Pallegama R**. Predictors of academic performance of first year dental undergraduates in Sri Lanka: a re-evaluation following curriculum changes. European Journal of Dental Education. 2013 Feb ;17(1):57-62.
- XIII. Jayatilake JAMS, **Pallegama RW** and De Alwis EADJS. Hand Hygiene and Dental Students/ Surgeons. Sri Lanka Dental Journal. 2013; 43 (2): 81-87.
- XIV. **Pallegama RW**, Ariyawardana A, Ranasinghe AW, Sitheequ M, Glaros AG, Dissanayake WP, Idirimanna KS, and Jayasinghe RD. The Sinhala Version of the Pain Catastrophizing Scale: Validation and Establishment of the Factor Structure in Pain Patients and Healthy Adults. Pain Medicine. 2014 Oct;15(10):1734-42.
- XV. Rajapakse RMAR, **Pallegama RW**, Jayasooriya PR, Siriwardena BSMS, Attygalla AM, Hewapathirana S, Weerasinghe JU, Dias DK, Tilakaratne WM. A Retrospective analysis to determine factors contributing to the survival of patients with oral squamous cell carcinoma. Cancer Epidemiology. 2015 Jun; 39(3):360-6.
- XVI. Mudiyanse RM, **Pallegama RW**, Jayalath T, Dharmaratne S, Krupat E. Translation and validation of patient-practitioner orientation scale in Sri Lanka. Educ Health (Abingdon). 2015 Jan-Apr;28(1):35-40.
- XVII. Mudiyanse RM, **Pallegama R**, Marambe K. Students' Perceptions of Teacher Feedback and the Educational Environment as Measured by DREEM in a Medical Faculty in Sri Lanka. J Med Sci Clin Res. 2015;3(6):6100-6106.
- XVIII. Mudiyanse RM, de Silva SL, **Pallegama R**. Impact of Training Courses on Participant's Patient Centred Attitudes. J Med Sci Clin Res. 2015; 3(9):7595-7598.
- XIX. Senarathna DKVP, Jayasinghe RD, Sitheequ MAM, **Pallegama RW**, Nanayakkara S, Athauda SB. Hepatic and Hematological Effects of Antiepileptic Treatment in Patients with Trigeminal Neuralgia- A Retrospective Study. Sri Lanka Dental Journal. 2015; 45 (1): 4-13.
- XX. Mudiyanse RM, **Pallegama RW**, Wijesooria P. Calculation of the Rate of Unaccountable Fluid Loss; an Indicator of Severity of Leaking Fluids from Blood Vessels. SAS J Med. 2015; 1(3):86-92.
- XXI. Dissanayaka TD, **Pallegama RW**, Suraweera HJ, Johnson MI, Kariyawasam AP. Comparison of the Effectiveness of Transcutaneous Electrical Nerve Stimulation and Interferential Therapy on the Upper Trapezius in Myofascial Pain Syndrome: A Randomized Controlled Study. Am J Phys Med Rehabil. 2016 Mar 4. [Epub ahead of print]. PMID: 26945216
- XXII. Thilakumara IP, Jayatilake JA, **Pallegama RW**, Ellepola AN. Denture-induced stomatitis and associated factors in a group of patients attending a university dental hospital in Sri Lanka. J Investig Clin Dent. 2016 Mar 16. doi: 10.1111/jicd.12211. [Epub ahead of print] PMID: 26991538
- XXIII. **Pallegama RW**, Ariyasinghe S, Perera ED, Treede RD. Influence of Catastrophizing and Personality Traits on Recalled Ratings of Acute Pain Experience in Healthy

Young Adults. Pain Medicine (In Press). Manuscript number: PME-OR-Jul-15-482.R2. ID: pnw123.

- XXIV. Nileema AJSP, Nuwan DMJ, **Pallegama RW**, Jayasinghe RD. Development of a Brief Inventory for quality evaluation of panoramic radiographs. (In Press). Manuscript number: SLDJ/2015/12. 2016; 46(2).
- XXV. Kageyama I, Yoshimura K, Satoh Y, Nanayakkara CD, **Pallegama RW**, Iwasaki SI.. Proposal for research and education: joint lectures and practicals on central nervous system anatomy and physiology. J Physiol Sci. 2015 Nov 30; [Epub ahead of print] PMID: 26621026

D. Peer Reviewed Presentations at National/International Symposia

- I. **Pallegama R**, Aridome K, Baba K, Ohyama T. A within-subject preference assessment of major connector designs for Ti-6Al-7Nb alloy having equal rigidity to Co-Cr major connectors. 8th International Conference for Japan-Thailand, co-university program for Dentistry. The prosthetic group conference. Bangkok, Thailand. 2004; Pg.34-42.
- II. **Pallegama RW**, Ariyasinghe S and Perera HAED. Influence of Personality Traits on the Attitudes Towards the Teaching Program and the Academic Performance of Dental Undergraduates. Proceedings of the Peradeniya University Research Sessions, 2007; Vol.12 (I): Pg. 126-127.
- III. Wimaladharma WMGIK, **Pallegama RW**, Wettasinghe KA and Wijerathne KM. Filling of Simulated Lateral Canals with Different Obturation Techniques. Proceedings of the Peradeniya University Research Sessions, 2007; Vol.12 (I): Pg.118-119.
- IV. **Pallegama RW**, Ariyasinghe KSN, Perera HAED and Gunarathne MMNN. Factors influencing the memory of previous pain experiences. Proceedings of the Peradeniya University Research Sessions, 2008; Vol.13 (I): Pg.126-127.
- V. Fonseka MCN, Wijeratne KM, Wettasinghe KA and **Pallegama RW**. In vivo evaluation of the accuracy of first bound length and four different electronic apex locators in working length estimation. Proceedings of the Peradeniya University Research Sessions, 2008; Vol.13 (I): Pg.135-136.
- VI. Jayatilake JAMS, Weerasinghe IE and **Pallegama RW**. Effects of socioeconomic status and maternal education on mothers' knowledge on primary dentition in Yatinuwara MOH area. Proceedings of the Peradeniya University Research Sessions, 2008; Vol.13 (I): Pg.128-129.
- VII. **Pallegama RW**, Dissanayake UB, Jayatilake JAMS, Perera HAED and Tennakoon TMPB. Job satisfaction among the non-academic staff of the University of Peradeniya. Proceedings of the Peradeniya University Research Sessions, 2008; Vol.13 (I): Pg.137-138.
- VIII. **Pallegama RW**, Ariyawardena SPAG, Ranasinghe AW, Sitheequ MAM and Glaros A. Validation of the Sinhala Version of Pain Catastrophizing Scale. Proceedings of the Peradeniya University Research Sessions, 2009; Vol.14 (I): Pg.94-96.
- IX. Wijeratne KM, **Pallegama RW**, Kahawaththe KMCP and Indeewaree JKA. Comparison of the technical quality of root canal obturation done by an experienced dental surgeon and final year dental students. Proceedings of the Peradeniya University Research Sessions, 2009; Vol.14 (I): Pg. 97-99.
- X. **Pallegama RW**, Ariyasinghe S, Perera HAED. Students' Attitudes Towards Language Proficiency and Their Academic Performance. Proceedings of the Peradeniya

University Research Sessions, 2009; Vol.14 (I): Pg 424-425.

- XI. **Pallegama RW.**, Ariyasinghe KSN, Perera HAED. Influence of psychological factors on experience and memory of acute pain. Proceedings of the Peradeniya University Research Sessions, 2010; Vol.15 (I): 37-39.
- XII. Wimaladharma WMGIK, Abeypala GAKK, Anandamoorthy T, **Pallegama RW.** Association between patients satisfaction and technical quality of removable partial dentures. Proceedings of the Peradeniya University Research Sessions, 2010; Vol.15 (I): 49-51.
- XIII. Pallegama LN, **Pallegama RW**, Sitheequ MAM, Weerasinghe VS, Ranasinghe AW. Bite Force Transducer: A Device made to measure and control bite force of human subjects in recording EMG activity of muscles of mastication. Proceedings of the Annual Research Sessions, University of Peradeniya. December 2000; pg.193.
- XIV. Arambawatta AKS, **Pallegama RW**, Nanayakkara D, Chandrasekara M. Maxillary and mandibular arch dimensions of the Sinhalese of Sri Lanka. Sri Lanka Dental Association. Annual Scientific Sessions, Proceedings and Abstracts, June 2000; pg.26.
- XV. Baba K, Pallegama R, Aridome K, Yamazaki M. Management of sleep bruxism in partially edentulous patients. Sino-Japanese Conference on Stomatology, 2005; Abstracts of papers.
- XVI. Arambawatta AKS, Nawaratnam B, **Pallegama RW**, Nanayakkara D. Variation in enamel thickness of human premolars, Sri Lanka Dental Association (Kandy Branch) Annual Scientific Sessions. April 2007; Pg.12.
- XVII. Dissanayaka UB and **Pallegama RW.** Quality of Manuscripts Reporting Original Research Submitted to the Sri Lanka Dental Journal. Conference Manual of 75th Anniversary Annual Scientific Sessions of Sri Lanka Dental Association. 2008; Pg.62-63.
- XVIII. Abeysuriya C, Dissanayake UB, Rajaratne SA, **Pallegama RW**, Amaratunga EAPD. Association between over expression of p53/Cyclin D1/Bcl-2 and histopathological features of Bryne's malignancy grading in Oral Squamous Cell Carcinomas (OSCCs). Sri Lanka Dental Association 77th Year Annual scientific sessions, June 2009; Pg.26.
- XIX. Ariyawardana SP, **Pallegama RW**, Sitheequ MA, Jayasinghe R, Ranasinghe A. Single versus multidrug therapy for trigeminal neuralgia: a retrospective study. 13th World Congress on Pain, International Association for the Study of Pain, Montreal Canada, 2010; Abstract CD. Presentation Number: PM 107.
- XX. Jayasooriya P, Dissanayake U, **Pallegama R.** Effectiveness of Oral Health Education Program conducted for a Sample of Sri Lankan School Teachers. Conference Manual and Book of Abstracts. 32nd Asia Pacific Dental Congress. Colombo Sri Lanka, May 2010 ; Pg. 131.
- XXI. Abeysuriya C, Dissanayake UB, Rajaratne SA, **Pallegama RW**, Amaratunga EAPD. Prognostic Significance of Bcl2, Cyclin D1, and P53 Expression with reference to Time of Recurrence and rate of survival of patients with oral squamous cell carcinoma. Conference Manual and Book of Abstracts. 32nd Asia Pacific Dental Congress. Colombo Sri Lanka. May 2010 ;Pg.137.
- XXII. Rajapakse RMAR, **Pallegama RW**, Jayasooriya PR, Siriwardena BSMS, Dias DK, Attygalla AM, Hewapathirana S, Ekanayake MKB, Weerasinghe JU, Tilakaratne WM. A retrospective Analysis to determine factors influencing the management of patients with oral squamous cell carcinoma. Conference Manual and Book of Abstracts. 32nd Asia Pacific Dental Congress. Colombo Sri Lanka. May 2010 ;Pg.138.
- XXIII. Hewapathirana HLI, Jayalath WATA, **Pallegama RW.** Pattern of stroke subtypes in Kandy: a hospital based study. The book of Abstracts of The Kandy Society of

- Medicine, 33rd Annual Academic Sessions, February 2011; Pg. 47.
- XXIV. HLI Hewapathirana, WATA Jayalath, **RW Pallegama**. Presence of modifiable vascular risk factors of stroke: a hospital based study. The book of Abstracts of The Kandy Society of Medicine, 33rd Annual Academic Sessions, February 2011; Pg. 44.
- XXV. Jayawardana RADWU, Fernando DAT, Priyadarshani WDMD, Lakmali PKGT, Jeewani NPN, Kumari WAKD, Nadaraja T, Amunugama ARMSS, Rajaratne AAJR, Liyanage E and **Pallegama RW**. Evaluation of Awareness of physiotherapy and Identification of the most vulnerable region to injury among school level hockey players in Kandy educational zone. Proceedings of the Peradeniya University Research Sessions, 2011; Vol.16: Pg.58.
- XXVI. Thilakumara IP, Jayasooriya PR, Jayatilake JAMS, Abeypala GAKK, Liyanage RLPR and **Pallegama RW**. Denture induced stomatitis and associated factors in patients attending the Dental Hospital, Peradeniya Sri Lanka. Proceedings of the Peradeniya University Research Sessions, 2011; Vol.16: Pg.69.
- XXVII. Jayasinghe JAVP and **Pallegama RW**. Dental practitioners views on adequacy of undergraduate training in dental Laboratory technology. Proceedings of the Peradeniya University Research Sessions, 2011; Vol.16: Pg.70.
- XXVIII. Medawala RMSHB, Sitheequ MAM, Ranasinghe AW, **Pallegama RW**, Ratnayake DRDL, Jayasinghe RD. Effectiveness of occlusal splint therapy on disc interference disorders of the temporomandibular joint- A retrospective study. The program and abstracts of 25th Annual Academic Sessions of College of Dentistry and Stomatology of Sri Lanka, 2012; Pg. 49-50.
- XXIX. Gunarathne TGNS, **Pallegama RW**, Nanayakkara Saman. Influence of pain catastrophizing on analgesic consumption among pain free allied health science undergraduates. Book of Abstracts of the Peradeniya University Research Sessions, 2012; Vol.17: Pg.109.
- XXX. Dissanayaka TD, Kariyawasam A, **Pallegama RW**, Suraweera HJ, Dassanayake T. Immediate effectiveness of transcutaneous electrical nerve stimulation (tens) in treating trigger points of the upper trapezius in myofascial pain syndrome: A preliminary study. Book of Abstracts of the Peradeniya University Research Sessions, 2012; Vol.17: Pg.110.
- XXXI. Thilakumara IP, Jayasooriya PR, Jayatilake JAMS, Abeypala GAKK, **Pallegama RW**. Factors associated with denture induced stomatitis: A comparative study. Book of Abstracts of the Peradeniya University Research Sessions, 2012; Vol.17: Pg.114.
- XXXII. Weerasekara RMIM, Cader F, **Pallegama RW**, Banneheka BMHSK. Awareness about spinal cord injuries among school athletes of the Kandy educational zone. Book of Abstracts of the Peradeniya University Research Sessions, 2012; Vol.17: Pg.282.
- XXXIII. Mahadevan Jeyasuthan, Gunatilaka Sanjeewa, Thevarajah Vaitheky, **Pallegama Ranjith**. An assessment of nurses' awareness of radiation exposures associated with diagnostic imaging investigations. Abstract proceedings of the International Conference on Global Public Health, Colombo Sri Lanka, 2012; Pg.54.
- XXXIV. Mudiyanse RM, **Pallegama RW**. Rate of unaccountable fluid loss as an indicator of fluid leak in DHF patients. Proceedings and Abstracts of the 34th Annual Academic Sessions of the Kandy Society of Medicine, 2012; Pg. 38.
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- XLI. Thilakumara IP, Anandamoorthy T, Jayasinghe JAVP, Pallegama R. Factors associated with patients' use and satisfaction with complete dentures. Proceedings of the Peradeniya University International Research Sessions, 2015; Vol.19:Pg. 202.
- XLII. **Pallegama RW**, Sitheeque MAM, Kumarasiri PVR. Cardiovascular responses to experimental chewing. Proceedings and Abstracts of Annual research session of the University of Peradeniya. 1999; Pg 47.
- XLIII. **Pallegama RW**, Weerasinghe VS, Ranasinghe AW. Masseter and temporalis electromyography in normal dentulous subjects. The book of Abstracts of the Kandy Society of Medicine, February 2000; Pg.28.
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- L. **Pallegama RW**, Ariyasinghe S, Nanayakkara D, Perera HAED. Students' Attitudes Towards Language Proficiency Influence Their Academic Performances. Annual Scientific Sessions of the Sri Lanka Dental Association (Kandy Branch). April 2007; Pg.14.
- LI. **Pallegama RW**, Ariyasinghe KSN, Amarasena JKC. Curriculum Revision of the First Year

Teaching Programme of the Faculty of Dental Sciences. Proceedings of the Annual Meeting of the Physiological Society of Sri Lanka, 2007; Pg. 17.

- LII. **Pallegama RW**, Ariyawardana SPAG, Ranasinghe AW, Sitheequ MAM and Glaros A. Development and Validation of the Sinhala Version of Pain Catastrophizing Scale. 3rd Congress of ASEAPS and NeuPSIG. Bali, Indonesia. April 2009.
- LIII. **Pallegama RW**, Ariyawardan SPAG, Ranasinghe AW, Sitheequ MAM, Glaros A. Pain related catastrophizing and personality traits in a sample of Sri Lankan chronic pain patients. A preliminary study. Annual Scientific sessions of the Sri Lanka Association for the Study of Pain. December 2009.
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- LV. **Pallegama RW**, Ariyasinghe S, Perera ED, Treede RD. Influence of pain catastrophizing and personality traits on memory of acute pain experience in healthy young adults. 14th World Congress on Pain, International Association for the Study of Pain, Milan, Italy. 2012; PT361.
- LVI. Jayasinghe R, Senarathne V, Sitheequ M, Nanayakkara S, **Pallegama R**, Athauda S. Hematological and hepatic effects of antiepileptic treatment in trigeminal neuralgia – A retrospective study. 37th Asia Pacific Dental Congress. Suntec. Singapore. April 2015; Po 78.
- LVII. **Pallegama R**. Current status and future challenges in teaching neurophysiology in Sri Lanka. Proceedings of the 120th Annual Meeting of the Japanese Association of Anatomists and the 92nd Annual Meeting of the Physiological Society of Japan. March 2015; S23-5.
- LVIII. **Pallegama RW**, Sitheequ MAM. Changes in Cardiovascular and respiratory functions and body temperature in response to experimental gum chewing and their relationship to muscle fatigue. College of Dentistry and Stomatology of Sri Lanka. 14th Annual Academic Sessions, December 1999.
- LIX. Fonseka MCN, Wijerathne KM, Wettasinghe KA, **Pallegama RW**. Evaluation of the accuracy of four different electronic apex locators in working length estimation. IFEA – 8th World Endodontic Congress, Athens Greece. October 2010.
- LX. Mudiyanse RM, Pallegama RW, Olupeliyawa A, Marambe KN, Chandratilake C, Krupat E. Patient centeredness of Medical graduates in Sri Lanka as measured by Patient practitioner orientation scale (PPOS). Proceedings 3rd SEARAME and 2nd FOSME conference, Colombo Sri Lanka. November 2014; P. 65.

17. *Guest Lectures/Symposia*

Contribution to Symposia as a Guest Speaker

1. Sleep Bruxism: Pathophysiology and Clinical Significance. Sri Lanka Dental Association-Annual Scientific Sessions. June 2007. Conference Manual
2. Why general practitioner should know more about pain? Sri Lanka Dental Association-Annual Scientific Sessions. Book of Abstracts. June 2009.
3. The Symposium on “Orofacial Pain: Dilemma of management”. Sri Lanka Dental Association (Kandy Branch), Annual Scientific Sessions. The Program and Abstracts. 2009.
4. Interactive Joint Symposium with KSM on Orofacial Pain: Psychophysiology of pain on 13th February 2010, at 32nd Annual Academic Sessions, The Kandy Society of Medicine, 2010

5. Oral Somatosensory Mechanisms and its Clinical Correlates. 7th Annual Conference of Sri Lanka Academy of Aesthetic and Cosmetics Dentistry. 23rd & 24th October 2010, Colombo Sri Lanka
6. Clinical Applications of Current Pain Concepts. Joint International Conference and 80th Anniversary Annual Scientific Sessions of the Sri Lanka Dental Association. 27th June to 1st July 2013, Colombo Sri Lanka
7. Resource person at students' workshops on Research Projects and Presentations on 22nd January 2015 and 29th July 2015

18. My Participation as a Resource Persons

1. I was a resource person (teaching and evaluation) for the induction program conducted for probationary academic staff conducted by the Staff Development Center of the University of Peradeniya (This is a six-week long program including one-theory and one-skills teaching sessions done by participating new academic staff)
 - 1.1. 2010
 - 1.2. 2012
 - 1.3. Two Programs in 2013 January to March and August to October
 - 1.4. Two Programs in 2014 (February to April and September to October)
 - 1.5. Two Programs in 2015 (from April to May) and from October to December)
 - 1.6. 2016 program is in progress (I am involved as the Director of the SDC and also as a resource person) (May to July)
2. Clinical Photography workshop in 2009 conducted by the Sri Lanka Orthodontic Society, Colombo in November 2009
3. Workshop on Temporomandibular Disorders organized by Sri Lanka Orthodontic Society Colombo July 2010
4. Pain Management workshop for primary care doctors and nurses at District General Hospital Nuwaraeliya in July 2010
5. Pain Management workshop for primary care doctors and nurses at District General Hospital Dambulla in August 2010
6. Pain Management workshop for primary care doctors and nurses at Teaching Hospital Kandy in September 2010
7. Clinical Photography workshops organized by the Sri Lanka Academy of Aesthetic and Cosmetic Dentistry in 22nd September 2010
8. Pain Management workshop for primary care doctors and nurses at Base Hospital Gampaha in 29th September 2010
9. Contribution to a one-day workshop for general dental practitioners on 10th June 2012 at the OPA auditorium, Colombo
10. Pain Management workshop for primary care doctors and nurses at Teaching Hospital Anuradhapura- March 2011
11. Pain Management workshop for primary care doctors and nurses at Base Hospital Polonnaruwa- April 2011
12. Pain Management workshop the Medical students of the final year (Peradeniya Medical Faculty)- 11th October 2011
13. Pain Management workshop the Nursing Students of the final two years (NTS -Kandy)- 1st March 2012
14. A resource person (One of the 3-member international panel) at the Workshop on Episodic Pain Memory, 14th World Congress on Pain, 2012, Milan, Italy
15. Pain Management workshop the Allied Health Science Students of the Physiotherapy, Nursing, Radiotherapy,

16. Pain Management workshop the Dental Students of the final two-years (Dental Faculty, University of Peradeniya march 9th, 2013
17. A resource person in the workshop conducted by the Faculty of Allied Health Sciences University of Peradeniya on Students' Grading (Standard Setting)
18. Resource Person on a workshop titled "Current Concepts in pain management" organized by the College of Dentistry and Stomatology, Sri Lanka on 17th August 2013 in Colombo
19. Resource person at the workshop conducted by the College dentistry and Stomatology on "Clinical Photography and Clinical Records" on 7th June 2014 in Colombo
20. Resource person for the Curriculum Development workshop conducted at Horizon Campus, Colombo on 28th August 2015
21. Resource person for the Curriculum Development workshop conducted at SAITM on 30th October 2015
22. Resource person for the PG trainees Short Course in Research Methodology" organized by the Post-Graduate Unit of the Faculty of Dental Sciences
23. Resource person for the curriculum Development Workshop conducted for the Academic Staff Members of the Department of Botany, of the University of Peradeniya organized by the Head of the Department on 18th December 2015
24. Resource Person at the Workshop on Ethical Issues in Research and the Ethics Review Process conducted by the Ethics Review Committee of the Faculty of Dental Sciences for the researchers and post-graduate trainees of the Faculty

Workshops Organized by Me

25. Essentials and strategies in Curriculum Revisions, I was a resource person (moderator) as well at the Hotel Tourmaline, Kandy (a 2-day workshop), which was supported by IRQUE, UGC
26. Pain education workshop series organized for Primary Care Doctors and Nurses in the country using a competitive pain education grant from the International Association for the Study of Pain (IASP) during the period 2010 to 2013
27. Workshop on ethics review process of the Faculty of Dental Sciences targeting younger researchers of the Faculty in July 2015
28. Number of workshops/training programs organized for the academic and nonacademic staff members of the University system as the Director of the Staff Development Center of the University of Peradeniya since October 2015.

Acting as a Chairperson in Research/Scientific/Academic Conferences

29. Chairperson (in two sessions) of the 32nd Asia Pacific Dental Congress, 12th to 16th May 2010, Colombo
30. Chairperson at the FDI/CDA/SLDA Joint International Conference & 80th Anniversary Annual Scientific Sessions of the Sri Lanka Dental Association 28th to 30th June 2013, Colombo Sri Lanka
31. Chairperson at the Annual Scientific Session of the Sri Lanka Dental Association (Kandy Branch) on 13th October 2013

Acting as a referee/judge in Research/Scientific/Academic Conferences

32. 32nd Asia Pacific Dental Congress
33. The Annual Scientific Sessions of the Sri Lanka Dental Association (Kandy Branch) on 17th January 2016, Kandy

19. *Published Scientific Communications/Reviews (within the discipline)*

- I. Pallegama RW. Pain: An update for General Dental Practitioners. *The General Dental Practitioner*, 2010; 27: 35-38
- II. Pallegama RW. Cardiopulmonary resuscitation (CPR): A basic life support mechanism to be used in the dental clinic. *Mirror and Probe Magazine 2000 (Millennium Edition)*; XVII: 27-29.
- III. Pallegama R. Measurement of Orofacial Pain: A Broader Perspective. *Sri Lanka Dental Journal*. 2011; 41: 39-45. (Featured Article)

20. *International Conferences Attended*

- I. Participation as a member of the two-member Sri Lankan delegate at the Joint Meeting of the 120th Annual Meeting of The Japanese Association of Anatomists the 92nd Annual Meeting of The Physiological Society of Japan, from March 21- 23 2015, in Kobe, JAPAN
- II. IASP 2012 14th World Congress, Milan, Italy. Presented research and participated as a resource person for a topical workshop
- III. Participation at 13th World Congress on Pain in Montreal Canada in 2010- presented two abstracts
- IV. Participation at the 3rd Congress of the Association of South East Asian Pain Societies (ASEAPS) in Bali, Indonesia 2009 as the Sri Lankan Delegate- presented an abstract
- V. Chief referee of oral and poster presentations at the 32nd Asia Pacific Dental Congress held in Colombo, 2010
- VI. Participation at the first International Congress on Mastication held in Yokohama, Japan in 2002
- VII. Participation at the 82nd General Sessions of the International Association for Dental Research (IADR) in Hawaii 2004 as a student member- presented an abstract

21. *Organizing conferences*

- I. Organizing 1st Annual Scientific Sessions of Sri Lanka Association for the Study of Pain (SLASP) in December 2009 in Kandy Sri Lanka as the Secretary of the Association
- II. Organizing the 2nd Annual Scientific Sessions of Sri Lanka Association for the Study of Pain (SLASP) on 17th December 2010 in Kandy, Sri Lanka, as Vice-President and the Acting Secretary of the association
- III. Organizing the 3rd Annual Scientific Sessions of Sri Lanka Association for the Study of Pain (SLASP) on 17th December 2010 in Kandy, Sri Lanka, as Vice-President and the Acting Secretary of the association
- IV. Member of the Organizing Committee of the Peradeniya University Research Sessions from the year 2007 to 2016
- V. Organizing the Annual Sessions of the Sri Lanka Dental Association, (Kandy Branch) in 2007
- VI. Organizing the Regional Sessions of the Physiological Society of Sri Lanka in 2015

22. Extra-Curricular Activities (Photography)

22.1. Digital Infrared Photography

- A pioneer in introducing a special photography technique called Digital Infrared photography to Sri Lanka

22.2. Book Chapter

- Pallegama R. 2010. Digital Infrared Photography, Beyond the human eye: In Gunasekara U.G. (ed). Prabhalekhana Sanhitha . (pp 85-91). Colombo: Sri Lanka National Photographic and Art Society.
- Pallegama R. 2014. Memory, Teaching and Photography. In Arunasiri H and Samarakoon A. (ed). Berty Gunasekara: an eternal legend. (pp 223-230). Colombo: Senkadagala Photo Circle and the Department of Fine Arts, University of Peradeniya.

22.3. Written Communications:

- Pallegama RW. Henry Cartier-Bresson. Kandy Alliance Bulletin. 2010; 32: 3-5.
- Pallegama RW. Invisible Spectrum. Kandy Alliance Bulletin. 2010; 31: 6-8.

22.4. Resource Person in Workshops and Presentations:

- Interactive presentation on Digital Infrared Photography on 26th June 2010 at the Auditorium of the Debug Computers Ltd, Organized by Senkadagala Photo Circle.

22.5. Solo Photography exhibitions:

- Solo Photography exhibitions held on '**Beautiful Japan**' in 2007 at the Faculty of Dental Sciences, University of Peradeniya parallel to the Third Country Training Program (TCTP).
- 'Invisible Spectrum' Digital Infrared Photography in February 2010 at Alliance Française de Kandy, Kandy.
- 'Invisible Spectrum' Digital Infrared Photography in February 2010 at Department of Fine Arts, University of Peradeniya in August 2010.
- Became the Gold Prize winner in an international photography competition organized by Japan Times and held in Tokyo in 2005.

Dr. Pallegama Ranjith Wasantha BDS (Hons), PhD (Japan)

E-mail: ranjithwp@pdn.ac.lk, rwpallegama@gmail.com

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