

S.P. Suhashini Marian Silva MSc, BSc (Hons)
Head of the Department of Biomedical Sciences/
Senior Lecturer in Biomedical Sciences,
Faculty of Health Sciences,
CINEC Campus, Malabe
Sri Lanka.

Contact no: 0775654769

Email: susymarian@gmail.com
suhashini.silva@cinec.edu



- Head of the Department of Biomedical Sciences, CINEC Campus, Malabe, Sri Lanka
- Senior Lecturer in Biomedical Sciences, CINEC Campus, Malabe, Sri Lanka
- Deputy head of the Department of Biomedical Sciences, CINEC Campus, Malabe, Sri Lanka
- Lecturer in Biomedical Sciences, CINEC Campus, Malabe, Sri Lanka
- Assistant Lecturer/ Demonstrator in Biomedical Sciences, CINEC Campus, Malabe
- Former Trainee Medical Scribe- Internal Medicine (Family practice), MedSource(Pvt) Ltd, Colombo, Sri Lanka

Professional qualifications

- October 2019 to present – More than 5 years of lecturing experience at the Department of Biomedical Sciences, Faculty of Health Sciences, CINEC Campus, Malabe, Sri Lanka
- January 2024 onwards – Head of the Department of Biomedical Sciences/ Senior Lecturer Gr. II in Biomedical Sciences
- August 2023 – December 2023 – Deputy Head of the Department of Biomedical Sciences/ Senior Lecturer Gr. II in Biomedical Sciences
- August 2022- July 2023 – Deputy Head of the Department of Biomedical Sciences/ Lecturer in Biomedical Sciences
- February 2021- July 2022 - Lecturer in Biomedical Sciences
- October 2019- January 2021- Assistant Lecturer/ Demonstrator in Biomedical Sciences
- October 2016- April 2017 - Trainee Medical Scribe- Internal Medicine (Family practice), MedSource (Pvt) Ltd, Colombo
- February 2015 – July 2015 - Training on Molecular Diagnostics, Gene Tech Molecular Diagnostics Colombo -08

Educational qualifications

- 2017- 2019 - Master of Science in Biochemistry & Molecular Biology, Faculty of Medicine, University of Colombo, Sri Lanka (Full time program)
Research Title: Lipid metabolism in different adipose tissues in pregnant women – A preliminary study.
Registration number: M.Sc./2017/12
Specialized areas – Biochemistry, Molecular Biology, Molecular techniques
- 2020 - Completed Teacher's training program organized by Faculty of Humanities and Education, CINEC Campus, Malabe.
- 2016 - Bachelor of Science (Hons) in Biomedical Science, Faculty of Science, University of Wolverhampton –United Kingdom
Research Title: Investigating the natural immune response of B cell epitopes of NS1 protein of Dengue virus serotype 1
Class: Second Class upper division
Awarded the batch top
- 2013 – 2015 – Pearson BTEC Higher National Diploma in Biomedical Sciences
Grade: Overall Distinction grade

Administrative Experience

- 2024 – Head of the Department of Biomedical Sciences, CINEC Campus, Malabe
- 2023 – Chairperson Internal Quality Assurance Cell, Faculty of Health Sciences, CINEC Campus
- 2022 – Deputy Head of the Department of Biomedical Sciences, CINEC Campus, Malabe
- 2021 Higher Diploma Coordinator, Faculty of Health Sciences, CINEC Campus
- 2020-2021 Examination Coordinator- Batch 4, Faculty of Health Sciences, CINEC Campus
- 2020 -2021 Introduction to Biomedical Sciences, Laboratory Safety, Cell Biology and Personality development module coordinator, Faculty of Health Sciences, CINEC Campus

Responsibilities and Duties as a Lecturer

- Conducting lectures, laboratory practicals and tutorials in Laboratory Safety, Biochemistry, Molecular Biology, Molecular Techniques in Life Sciences, Human Genetics and personality development modules.
- Setting and conducting examinations and paper marking.

Teaching Experience and curriculum development

- I have been working as a lecturer in the department of biomedical sciences and I'm involved in conducting lectures, practicals, tutorials and conducting main examinations.
- I have been involved in the curriculum development for the Higher Diploma in Biomedical Sciences which is to be offered by the department of Biomedical Sciences, Faculty of Health Sciences, CINEC Campus.

Research Interest

1. Investigating Lipid metabolism in different adipose tissues in pregnant women
2. Extraction of RNA from adipose tissues
3. Genes involved in alteration of lipid metabolism
4. Molecular pharming

Completed Research Projects

1. Carried out a research project on "Lipid metabolism in different adipose tissues in pregnant women – A preliminary study" at the faculty of Medicine, University of Colombo.
2. Investigating the Natural Immune Response against the B cell epitopes of NS1 protein of Dengue virus serotype 1 at the General Sir John Kotalawela Defence University Ratmalana.
3. Carried out a research project on "Let's Lead to a future free of Birth Defects".
4. Awareness programme on Down syndrome disease.
5. Awarded a "Merit" for the completion of an online course on Proposal & research writing (AuthorAID).

Undergraduate Supervision

Main Supervisor the following research projects of undergraduate students of Department of Biomedical Sciences, Faculty of Health Sciences, CINEC Campus.

1. Madampe, S.,N., Weerasooriya, M.S., Lakshika, W.A.C., Kariyawasam, S.D.R., and **Silva, S.P.S.M.**, Prevalence of primary dysmenorrhea and its impact on the quality of life among undergraduate female students in non-state universities in Colombo district, Sri Lanka
2. I. A. Salwathura, D. Y. N. de Silva, M. A. D. Dias, H.A. H. Heshani, M. P. A. P. M. Pathirana, U. M. K. Ratnayake and **S.P.S.M. Silva** (2022) Impact of COVID 19 on Digital HealthLiteracy among non-state university students in Colombo district Sri Lanka – Ongoing
3. S.K. Wijethunga, C.S. Alwis, K.R. Kularathna, N Jayawicrama, U Hathurusinghe, A.S.N. Fernando and **S.P.S.M. Silva** (2022) Prevalence of Computer Vision Syndrome among non-state university students in Colombo district, Sri Lanka – Ongoing
4. S.C. Sooriyaarachchi, H.S. Wijesekara, A.Y. Randeniya, R.C. Fernandopulle and **SPSM Silva** (2024) Utility of Urine testing in the assessment of Maternal health in a hospital setting – Completed successfully
5. P.S. Rathnayake, H.H. Madhushika, H. Prabodha, S.L. Weerakoon, U.M. Kumari, R.C. Fernandopulle and **SPSM Silva** (2024) Comparison of Placental morphology and Lipid Profile in Normal Weight and Overweight Pregnant Women : A Preliminary Study – Completed Successfully
6. G.T.R. Silva, M.K.D.S.P Perera, W.A.S.N. Fernando, M.A.D.C. Pushpakumara, K.G.Y.K. Basnayake, L.B.R. Samanjana, R.C. Fernandopulle and **S.P.S.M. Silva** (2024) Comparison of morphology and Zinc concentration in umbilical cord tissues of gestational diabetes and non-gestational diabetes pregnant women - A preliminary study – Ongoing
7. S W.A.C. Keshara, Y.T. Priyanjalee, S. Haripriya, M.I.B.Aadhila, K.J.B Chathurangi, K.W.M. Wickramarathna and **S.P.S.M. Silva** (2024) Development of a Natural, Sustainable and Economically Viable Cell Stain from Sweitenia macrophylla bark – Ongoing

Co-supervised the following mini researches of undergraduate students of Department of Biomedical Sciences, Faculty of Health Sciences, CINEC Campus.

1. Welgama, W.D.P., Wickramarathne, D.V., Deshan, H.M.N., Pannila, M.B.P. Analysis of Neutrophil-Lymphocyte Ratio in Full Blood Count Reports in Patients Confirmed with Fever.
2. Abesinghe, A.H.M.A.N, Edirisinghe, S., Vithushan, J., Nitharshani, R.D. Pilot Study of Variation of Neutrophil Counts in Full Blood Counts in Relation to The Age; Sri Lankan Perspective.

Scientific Publications

Research Articles

Madampe SN, Weerasooriya MS, Lakshika WAC, Kariyawasam SDR, Fernandopulle RC, **Silva SPSM**. (2022). Prevalence of Primary dysmenorrhea and its influence on the daily activities of undergraduate female students in in Colombo district Sri Lanka, CINEC Academic Journal 2022, 5(2) 45-51

Review Articles

Silva SPSM and Siridewa K, (2021) Molecular Pharming: A New Approach for a Healthy Future by a Vast Development in the Pharmaceutical Industry, Current Trends in Biotechnology and Pharmacy,15 (3) 315-324

Research Abstract Presentations

1. Oral presentation

Silva SPSM, Senanayake H, Thoradeniya ST. PRE-PREGNANCY BODY MASS INDEX IS ASSOCIATED WITH HIGHER RATES OF LIPOLYSIS IN HUMAN ADIPOCYTES: AN EX VIVO ANALYSIS. Sri Lanka Association for Laboratory Animal Science (SLALAS) Seventh Annual Scientific Sessions and International Conference 2019/2020. Free paper No 01

2. Oral presentation

Silva SPSM, Chandrasekaran NV, Senanayake H, Kajan M, Thoradeniya ST. DEEPADIPOSE TISSUE DEPOT: THE MOST METABOLICALLY ACTIVE DEPOT IN BOTH NORMAL WEIGHT AND OVERWEIGHT PREGNANT WOMEN. Sri Lanka Association for the Advancement of Science Proceedings of the 75th Annual Sessions – 2019. 106/A.

3. Oral presentation

Welgama WDP , Wickramaratne DV, Deshan HMN, Pannila MBP, De Silva GWBP, **Silva SPSM**, Baragamaarachchi RY. ANALYSIS OF NEUTROPHIL- LYMPOCYTE RATIO IN FULL BLOOD COUNT REPORTS IN PATIENTS CONFIRMED WITH FEVER. CINEC Student Research Symposium 2020, 48

4. Oral presentation

Abesinghe AHMAN, Edirisinghe S, Vithushan J, Nitharshani RD, **Silva SPSM**, Baragamaarachchi RY. PILOT STUDY OF VARIATION OF NEUTROPHIL COUNTS IN FULL BLOOD COUNTS IN RELATION TO THE AGE; SRI LANKAN PERSPECTIVE. CINEC Student Research Symposium 2020, 49

5. Oral presentation

Madampe SN, Weerasooriya MS, Lakshika WAC, Kariyawasam SDR, Fernandopulle RC, **Silva SPSM**, PREVALENCE OF PRIMARY DYSMENORRHEA AND ITS IMPACT ON THE DAY-TO-DAY ACTIVITIES AMONG UNDERGRADUATE FEMALE STUDENTS IN NON-STATE UNIVERSITIES IN COLOMBO DISTRICT SRI LANKA. . CINEC Student Research Symposium 2021.

6. Poster presentation

Silva SPSM, Chandrasekaran NV, Senanayake H, Kajan M, Thoradeniya ST. ADIPOCYTE SIZE IS ASSOCIATED WITH ELEVATED RATES OF LIPOLYSIS AND EXPRESSION OF HORMONESENSITIVE LIPASE (HSL) GENE IN PREGNANT WOMEN. 132nd Anniversary International Medical Congress of the Sri Lanka Medical Association. AB277.

7. Poster presentation

Silva SPSM, Chandrasekaran NV, Senanayake H, Kajan M, Thoradeniya ST. AN OPTIMIZED PROTOCOL FOR EXTRACTION OF RNA FOR THE ANALYSIS OF EXPRESSION OF HORMONE- SENSITIVE LIPASE GENE IN ADIPOSE TISSUES OF PREGNANT WOMEN. Colombo Medical Congress 2020. PP A15

8. **Silva SPSM**, Is pre-pregnancy BMI sufficient to assess consequences of maternal obesity? Postgraduate Research Communication Day, Research and Higher Degrees Committee (RHDC), Faculty of Medicine, University of Colombo, 2019.

9. Pushpakumara P.D., Henry J., **Silva S.P.S.M**, Printha V., Jeewandara C., Malavige G.N., Premaratne P.H., Goonasekara C. L. (2016) Potential non-structural protein 1 (NS1) epitopes as diagnostic markers for type detection of dengue. NSF Research Summit, Colombo.

10. Oral Presentation

Salwathura IA, Dias AD, De Silva DYN, Rajanayake RMMUMK, Pathirana MPAPM, Madhushika HAAH, Silva SPSM. Impact of COVID-19 on Digital Health Literacy among non-state university students in Sri Lanka. CINEC International Research Symposium 2023.

Research Awards

Awarded the **Dr. Sharmini Jayasekara award for the best oral communication at the Seventh Annual Scientific Sessions and International Conference 2019/2020** of Sri Lanka Association for Laboratory Animal Science (SLALAS).

Awarded the Best Oral Presentation for the Research titled **“The Impact of Maternal BMI during Pregnancy on Placental Dimensions and Neonatal Outcomes : A Preliminary Study”** at the 5th CINEC International Research Symposium Proceedings (CIRS) 2024. I was the supervisor of this Research Project.

National Services

- Represented as the guest speaker for a career guidance webinar of MEDICAID project organized by the Rotaract club of CINEC campus in 2021.
- Awarded a merit for a social service project organized by the Help Age Sri Lanka.
- Participated for the masterminds quiz competition 2013- Lions Club of Moratuwa.

Memberships

- January 2023 to present - Chairperson of the Internal Quality Assurance Cell, Faculty of Health Sciences, CINEC Campus, Malabe, Sri Lanka
- Life member of Sri Lanka Association for the Advancement of Science (SLAAS) Membership number: 1097 1/D
- January 2021 to present - Member of the Ethics Review Committee, CINEC campus, Malabe, Sri Lanka
- March 2023 to present - Member of Curriculum Evaluation and Development Committee, CINEC Campus, Malabe, Sri Lanka
- June 2024 to present – Mentor of the Athenapandian (Pvt), Ltd