ANNUAL REPORT

2025-2026

PLAN OF ACTION

2026-2027

B. P. KOIRALA INSTITUTE OF HEALTH SCIENCES

Dharan, Sunsari, Nepal

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9. FACULTY OF MEDICINE

9.1 DEPARTMENT OF ANAESTHESIOLOGY AND CRITICAL CARE

FACULTY MEMBERS

Dr. Krishna Pokharel	:	Professor & Head
Dr. Balkrishna Bhattarai	:	Professor
Dr. Birendra Prasad Sah	:	Professor
Dr. Ashish Ghimire	:	Professor
Dr. Sindhu Khatiwada	:	Professor
Dr. Asish Subedi	:	Professor
Dr. Siddhartha Koirala	:	Additional Professor
Dr. Jagat Narayan Prasad	:	Additional Professor
Dr. ParineetaThapa	:	Associate Professor
Dr. Purna Kala Gurung	:	Associate Professor
Dr. Yogesh Dhakal	:	Associate Professor (Ongoing fellowship in Pain Medicine at Singapore)
Dr. Prakash Maden Limbu	:	Associate Professor
Dr. Yojan Trikhatri	:	Associate Professor
Dr. Sabin Bhandari	:	Assistant Professor

TECHNICAL STAFFS:

Mr. Santosh Kumar Singh	:	Technologist (OT)
Mr. Chandra Man Shrestha	:	Technologist (OT)
MrManoj Kumar Choudhary	:	Technologist (OT)
Mr. Shravan Prasad Gupta	:	Technologist (OT)
Mr. Madhav Baral	:	Technologist (OT)
Mrs. Bina Kumari Pandey	:	Technologist (OT)
Mr. Anantram Majhi	:	Technologist (OT)
Mr. Mukesh Kumar Sah	:	Technologist (OT)
Mr. Gopi Yadav	:	Technologist (OT)
Mr. Sanod Kumar Deo	:	Technologist (OT)
Mr. Chandra Shekhar Thakur	:	Senior Graduate Technicians (OT)

Mr. Ranjan Kumar Pathak	:	Senior Graduate Technicians (OT)
Mr. Binod Kumar Choudhary	:	Senior Graduate Technician (OT)
Mr. Tulanand Choudhary	:	Technician (OT)
Mr. Ranjit Jha	:	Technician (OT)
Mr. Shambhu Das	:	Technician (OT)
Mr. Pradeep Yadav	:	Technician (OT)
Mr. Shubhash Shah	:	Technician (OT)

NURSING STAFFS OT:

Ms. Usha Limbu	:	Senior Staff Nurse
Ms. Anjana Mahato	:	Staff Nurse
Ms. Yunisha Dahal	:	Staff Nurse
Ms. Nisha Kumari Sah	:	Staff Nurse
Ms. Sabina Bardewa	:	Staff Nurse

NURSING STAFFS ICU/ SICU:

Ms. Krishna Kumari Gupta	:	Nursing Incharge ICU
Ms. Shanta Pata	:	Nursing Incharge SICU
Ms. Debu Adhikari		

ADMINISTRATIVE STAFFS:

Mr. Ram Sharan Mainali	:	Senior Administrative Assistant
Mrs. Ramwati Devi Yadav	:	Helper (Level 3)

Number of MCH Residents/Residents/Medical Officer/Nursing Staff/other Health staffs

S.No.	Particulars	Number
1	DM Residents	2
2	Junior Residents	
	1st Year	11
	2nd Year	10
	3rd Year	10
3	Medical Officers	3
4	Nursing Incharge/Supervisor	3
5	Nursing Staff Members	106
6	Helper/Health Aid	17

1. ACADEMIC ACTIVITIES

Undergraduate Teaching Program

Class	SIS	Labex	Seminar	PBL	CBL	SGD
MBBS	14		4		126	20
BDS	4					

Postgraduate Teaching Program

SN	Class	No
1	Seminar	83
2	Journal Presentation	18
3	Case Presentation	40
4	Tutorial	15
5	Weekly Assessment Test	10
6	Internal Assessment with Theory, VIVA and OSPE/OSCE	03

2. CLINICAL SERVICES

Table 1: Statistics of patient care provided in Operation Theater Pre anesthetic clinic (PAC) and pain clinic

FY 2082/83	Routine OT	Emergency OT	Gynae & Obstetrics (Routine)	Gynae& Obstetrics (Emergency)	Pain Procedure	Pain OPD	PAC	MECT Modified ECT	Manipulation MUA	EHS (Paying)	Grant Total
Total	3972	1514	707	3777	294	600	12034	47	28	4342	27315

T 2: Statistics of patient care provided in ICU/ DICU/ / ISOLATION/ VIP / CTVS ICU

FY 2082/83	Total Patients	Male/ Female	Admission	Transfer In	Transfer Out	Expired	LAMA	Discharge	Refer	Remaining
Total	1389	759/ 630	826	563	780	211	263	12	6	2
Yearly Census of Dialysis service (Ward: ICU)										
FY 2082/83	**Total Dialysis**	**Free Dialysis**	**Non-Free Dialysis**							
Total	268	87	181							

Table 3: Statistics of patient care provided in SICU (Shrawan 1, 2082 to Ashad 32, 2083)

FY 2082/83	Total Patients	Male/ Female	Admission	Transfer In	Transfer Out	Expired	LAMA	Remaining
Total	414	210/204	293	121	218	44	74	55
Ward: Surgical ICU								
Previous remaining	**Male**	**Female**	**Total**					
3	210	204	414					

3. RESEARCH ACTIVITIES

Postgraduate Student Research Activities

Thesis Projects Thesis of Batch 2024

Name of Residents	Name of Guide	Name of Co-Guide(s)	Title of thesis
Anup Bimali	Prof. Dr. Balkrishna Bhattarai	Prof. Dr. Krishna Pokharel Prof. Dr. Ashish Ghimire Dr. Jagat Narayan Prasad Dr. Parineeta Thapa	Effect of preoperative anxiety on early postoperative recovery outcome and sleep quality of patient undergoing laparoscopic Surgery.
Asmita Shrestha	Prof. Dr.Sindhu Khatiwada	Prof.Dr. Balkrishna Bhattarai Dr. Siddhartha Koirala Dr. Parineeta Thapa Dr. Yojan Trikhatri	Preemptive analgesic role of ketamine in patient undergoing laparoscopic cholecystectomy.
Isworbabu Karki	Dr. Jagat Narayan Prasad	Prof. Dr. Birendra Prasad Sah Prof. Dr. Asish Subedi Dr. Purna Kala Gurung Dr. Yogesh Dhakal	The role of ultrasonographic lung aeration score in the prediction of post operativepulmonary complications: An observational study.

Name of Residents	Name of Guide	Name of Co-Guide(s)	Title of thesis
Prapti Khatri	Dr. Purna Kala Gurung	Prof. Dr. Birendra Prasad Sah Prof. Dr. Ashish Ghimire Dr. Prakash Maden Limbu Dr. Sabin Bhandari	Evaluation of success rate of flexometallic endotracheal intubation with standard technique: A prospecrive observational study.
Prosess Shrestha	Prof. Dr. Birendra Prasad Sah	Prof. Dr. Sindhu khatiwada Prof. Dr. Asish Subedi Dr. Jagat Narayan Prasad Dr. Parineeta Thapa	Comparative evaluation of glottic view and intubating conditions with using a pillow or ahead ring during direct laryngoscopy.
Roshan Bakhati	Prof. Dr. Krishna Pokharel	Prof. Dr. Balkrishna Bhattarai Dr. Siddhartha Koirala Dr. Yogesh Dhakal Dr. Sabin Bhandari	Measurement of skin to hyoid distance by USG and prediction of difficult laryngoscopy.
Subodh Basnet	Prof. Dr. Asish Subedi	Prof. Dr. Krishna Pokharel Prof. Dr. Sindhu Khatiwada Dr. Purna Kala Gurung Dr. Prakash Maden Limbu	Effect of preoperative anxiety on intrathecal morphine induced pruritus in woman undergoing caesarean Section: A prospective cohort study.
Uday Singh	Dr. Parineeta Thapa	Prof. Dr. Balkrishna Bhattarai Prof. Dr. Krishna Pokharel Dr. YogeshDhakal Dr. Yojantrikhatri	Comparison between suprainguinal vs infrainguinal fascia iliacacompartment block for ease of positioning during subarachnoid block in patients with proximal femur fracture: A Quasi experimental study.
Amit Kumar Shrestha	Prof. Dr. Ashish Ghimire	Prof. Dr. Birendra Prasad Sah Prof. Dr. Sindhu Khatiwada Dr. Siddhartha Koirala Dr. Purnakala Gurung	Analgesic efficacy of femoral nerve block orsupra-inguinal fascia iliaca compartment block before positioning for spinal anaesthesia in patients undergoing hip surgeries.
Anil Shah	Dr. Siddhartha Koirala	Prof. Dr. Ashish Ghimire Prof. Dr. Asish Subedi	Effect of varying time intervals between fentanyl and propofol

Name of Residents	Name of Guide	Name of Co-Guide(s)	Title of thesis
		Dr. Jagat Narayan Prasad Dr. Prakash Maden Limbu Dr. Sabin Bhandari	administration for induction of anaesthesia: a prospective observational study.

Faculty Research Activities

Ongoing Research Projects

S.No.	Principal Investigator	Title
1	Dr. Sindhu Khatiwada	Pre-emptive epidural analgesia in patients undergoing major abdominal surgeries.
2	Dr. Sindhu Khatiwada	Infraorbital nerve block with or without external nasal nerve block for analgesia in children undergoing cleft lip repair under general anesthesia.
3	Dr. Asish Subedi	1. Effect of altitude on postdural puncture headache after caesarean delivery: a prospective, multi-centre cohort study. 2. Prevention of persistent pain with lidocaine infusions in breast cancer surgery (PLAN): a multicenter randomized controlled trial.
4	Dr. Jagat Narayan Prasad	Analysis of hospital services indicators at B. P. Koirala Institute of Health Sciences: A five-year (2021- 2025) retrospective study.
5	Dr. Sabin Bhandari (COI)	1. ASPIRE-AF: Anticoagulation for stroke prevention in patients with recent episodes of atrial fibrillation (occurring transiently with stress) A multinational RCT. 2. Rehabilitation practice and association with outcomes in critically ill invasively ventilated patients (Report): an international multicenter observational study.

4. DEPARTMENTAL PUBLICATION

Published Articles

1. Kafle N, Bhattarai B, Khatiwada S, Shah BP, Bajracharya J. Prediction of acute post-operative pain from the pain associated with venous cannulation: A prospective observational study. *Birat Journal of Health Sciences* 2025; 10 (3): 6-10.

2. Gautam A, Bhattarai B, Ghimire A, Prasad JN, Thapa P, Dhakal Y. Ultrasonographic assessment of right internal jugular vein dimensions following passive legs elevation versus hepatic compression: a cross-sectional study. *BMC Anesthesiol* 25, 280 (2025).
3. Khanal N, Jaisani MR, Dongol A, Acharya P, Yadav AK, Subedi A, Kattel B, Rai S. Transdermal diclofenac versus oral paracetamol-ibuprofen combination for postoperative pain following surgical extraction of mandibular third molar: a randomized controlled trial. *Ann Med Surg (Lond).*2025;87:8309-17.
4. Subedi A. Quadratus lumborum block for refractory chronic postsurgical neuropathic pain. *J AnaesthesiolClinPharmacol*. 2025;41:757-58.
5. Subedi A, Thapa P, Schyns-van den Berg AM. Preoperative higher depression scores are associated with risk of hypotension following spinal anesthesia for cesarean delivery. *Biopsychosocial Science and Medicine* 87(5):p 349-352, June 2025.
6. Maharjan R, KC S, Budhathoki CB, Bhattarai BK, Thapa P. Prediction of postoperative pain intensity with self anticipated pain score prior to elective surgery: A prospective observational study. *Nepal Med Jor*. 2025;8(1):103-108.
7. Shah DB, Subedi A, Prasad JN, Limbu PM, Koirala S. Incidence, risk factors and outcomes of intraoperative pain during non-elective caesarean section under spinal anaesthesia: a prospective observational study. *J Anesth*. Published online April 5, 2026.
8. Shrestha S, Subedi A, Pokharel K, Koirala S, Dhakal Y. Effect of preoperative anxiety on acute post-spinal low back pain after cesarean delivery: a prospective cohort study. *J Anesth*. Published online July 31, 2026.

5. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS

Organized by the department:

1. Organized 35 days Basic Comprehensive Critical Care Course for Nurses from 18 January, 2026 to 20 February, 2026 at BPKIHS, Dharan, Nepal
2. CME on Antimicrobial Therapy in ICU on 28th June, 2026 at BPKIHS, Nepal.

Attended by the faculties:

1. CME on Blood Transfusion organized by Blood Donation Committee, BPKIHS on 2nd August 2025. Prof. Dr. Sindhu Khatiwada: Speaker on the topic "Massive Blood Transfusion in ICU"
2. Eastern Critical Care Conclave held by the Department of Critical Care, Birat Medical College and Teaching Hospital on 7-8 November, 2025 at Itahari, Sunsari, Nepal.
    a. Prof. Dr. Balkrishna Bhattarai: Chaired a session

   b. Prof. Dr. Krishna Pokharel: Chaired a session and served as a panelist
   c. Prof. Dr. Ashish Ghimire: Chaired a session
   d. Prof. Dr. Sindhu Khatiwada: Chaired a session
   e. Dr. Siddhartha Koirala: Chaired a session
   f. Dr. Sabin Bhandari: Presented a topic and moderated a panel discussion
3. POCUS Workshop in the Eastern Critical Care Conclave 2.0, on 7-8th November 2025, at Itahari organized by Birat Medical college, Biratnagar.
   a. Prof. Dr. Sindhu Khatiwada: Resource faculty
   b. Dr. Sabin Bhandari: Resource faculty
4. Workshop on Hemoperfusion therapy in the Eastern Critical Care Conclave 2.0, on 7-8th November 2025, at Itahari organized by Birat Medical college, Biratnagar
   a. Dr. Sabin Bhandari: Resource faculty
5. Dr. Parineeta Thapa: Speaker on the topic "Newer drugs, techniques and equipment in anesthesia" in "IOM Current 2025" organized by Department of Anaesthesiology, Institute of Medicine, Kathmandu on 22nd November 2025.
6. AMR Update held on 29th November, 2025 at BPKIHS, Dharan, Nepal
   a. Prof. Dr. Sindhu Khatiwada: Panelist
   b. Dr. Sabin Bhandari: Moderated a session
7. MBBS Curriculum Review Workshop with the theme "Competency Based Medical Education for Tomorrow's Doctor" organized by MBBS Curriculum Review Committee, BPKIHS from 9th to 11th December 2025.
   a. Prof. Krishna Pokharel: Coordinated the program
   b. Prof. Dr. Balkrishna Bhattarai: Attended
   c. Dr. Parineeta Thapa: Moderator
8. Curriculum draft workshop for basic sciences, January 2025, Pokhara Academy of Health Science, Pokhara. Prof Dr. Krishna Pokharel: contributed as a resource person and speaker on the topic "CBME Curriculum Development, Experience at BPKIHS"
9. Two days Team Cleft Course (Smile train) held on 8th -9th January 2026 at B & B Hospital, Lalitpur. Dr. Purnakala Gurung: Attended.
10. Train the trainer workshop on Clinical Nutrition at Kathmandu, Nepal in January 24, 2026. Dr. Sabin Bhandari: Attended
11. 9th Symposium cum Talk Show organized by Parikrama Students Family at BPKIHS, Dharan, Feb 20-21, 2025
12. Prof. Dr. Krishna Pokharel: Keynote speaker and panelist

13. Workshop on Technology Enhanced CBME" organized by Sri Balaji Vidyapeeth, Puducherry, India from 2nd to 6th Feb 2026
    a. Prof. Dr. Krishna Pokharel: Attended
    b. Dr. Parineeta Thapa: Attended
14. 25th Annual Conference of Society of Anaesthesiologists of Nepal (SANCON 2026) on 13–14 February, 2026 at Pokhara Event Center, Pokhara.
    a. Prof. Dr. Krishna Pokharel: Scientific Program Chairperson
    b. Prof. Dr. Balkrishna Bhattarai: Organizing Committee Member and Presented thematic session on "Mind behind the Monitor: Human Intelligence in Anesthesia." Presented thematic paper titled "The silent superpower: Human factors that keep patient safe"
    c. Prof. Dr. Ashish Ghimire: Organizing Committee Member and Chairperson in Difficult Airway session & Research presentation
    d. Prof. Dr. Sindhu Khatiwada: Organizing Committee Member
    e. Prof. Dr. Asish Subedi: Organizing Committee Member and Chairperson
    f. Dr. Siddhartha Koirala: Organizing Committee Member and Chairperson in Regional Anaesthesia Session & Research presentation
    g. Dr Prakash Maden Limbu: Organizing Committee Member and Attended as speaker on "Lower limb blocks: it's time for motor sparring"
15. Annual Scientific Programme of BPKIHS March 2025. Prof. Dr. Balkrishna Bhattarai: contributed as a judge
16. Second Live Operative Workshop organized by Department of Urology at 27th-28th March 2025. Dr. Purnakala Gurung: contributed as Faculty
17. Brain Death Declaration, Donor Management and organ donation process held on April 5-10, 2026 at Medicity Hospital, Kathmandu, Nepal. Dr. Sabin Bhandari: attended.
18. Hands on workshop on Ultrasound guided Regional Anaesthesia SANCON 2026, Pokhara
    a. Prof Dr. Ashish Ghimire: Faculty instructor
    b. Dr. Siddhartha Koirala: Faculty instructor
    c. Dr. Prakash Maden Limbu: Faculty instructor
19. Anticipated Difficult airway management workshop on 15th February 2026, Fulbari, Pokhara.
    a. Prof. Dr. Ashish Ghimire: Faculty instructor
    b. Dr. Siddhartha Koirala: Faculty instructor
20. Workshop "Problem Based Learning (PBL) and Small Group Discussion (SGD)" organized by Health Professions Education Department, BPKIHS on 11th and 12th February 2026. Dr. Parineeta Thapa: Faculty

21. Workshop "Advanced Teachers Training Program on Essentials of Student Assessment" organized by Health Professions Education Department, BPKIHS on 27-28th April, 2026. Dr. Parineeta Thapa: Faculty
22. Teachers Training Program on "Foundations of Health Professions Education: Curriculum, Teaching, Assessment and Mentoring" organized by Health Professions Education Department, BPKIHS on 22nd to 26th March, 2026
    a. Prof. Dr. Balkrishna Bhattarai: Resource faculty
    b. Dr. Parineeta Thapa: Faculty
    c. Dr. Sabin Bhandari: Attended
23. Advanced Nutrition Course held on 17-18 April, 2026 at Singapore. Dr. Sabin Bhandari: Attended
24. IARS Annual Meeting Montreal, Canada, from 1–3 May 2026. Prof. Dr. Subedi presented the research work titled "Intraoperative Pain and Its Pathways to Chronic Postsurgical Pain After Cesarean Delivery: A Mediation Analysis."
25. MBBS Curriculum Review Workshop with the theme "Competency Based Medical Education for Tomorrow's Doctor" organized by MBBS Curriculum Review Committee, BPKIHS May 2026.
    a. Prof.Dr. Krishna Pokharel: Coordinated the program
    b. Dr. Parineeta Thapa: attended
26. Critical Care Conclave 2026 on 5-6th June 2026 at BPKIHS
    a. Prof. Dr. Balkrishna Bhattarai: Chaired a session and panelist in a discussion
    b. Prof. Dr. Sindhu Khatiwada: Chaired a session
    c. Dr. Sabin Bhandari: Presented a topic and resource faculty in preconference workshop.
27. RRT workshop held on 13th June, 2026 at Tribhuvan University Teaching Hospital, Kathmandu, Nepal. Dr. Sabin Bhandari: attended.
28. 14th Annual "Best of Brussels" (BOB) Symposium on Critical Care and Emergency medicine, Pune, July 3–5, 2026.
    a. Prof. Dr. Krishna Pokharel: Attended
    b. Dr. Jagat Narayan Prasad: Attended

6. SPECIAL APPOINTMENTS

Prof. Dr. Krishna Pokharel

- Dean, Examinations, BPKIHS from 2079/09/13 to 2082/09/12
- Co-ordinator, MBBS Curriculum Review and Revision Committee
- Hospital Infection Control Committee, BPKIHS
- Advisor, Parikrama Students Family

- Member, Diasater management committee

Prof. Dr. Balkrishna Bhattarai

- Chair, Suggestion and Grievance Hearing Committee of BPKIHS

Prof. Dr. Ashish Ghimire

- Chairperson, Wheelchair and Trolley Committee of BPKIHS

Prof. Dr. Asish Subedi:

- Dean, Research, B.P. Koirala Institute of Health Sciences, on 26 December 2025.
- Member Secretary, Research Committee, B.P. Koirala Institute of Health Sciences, on 29 December 2025.
- Member, Operation Theatre (OT) Users' Committee.
- Member, MBBS Curriculum Revision Committee, B.P. Koirala Institute of Health Sciences.

Dr. Siddhartha Koirala:

- Member, Emergency Advisory Committee, BPKIHS

Dr. Jagat Narayan Prasad:

- Hospital Director, BPKIHS from 2079/04/15 to 2083/01/18.

Dr. Parineeta Thapa:

- Member, Health Professional Education Department, BPKIHS
- Member, Institutional Review Committee, BPKIHS
- Member, MBBS Curriculum Review Committee, BPKIHS
- Member, Department Research Unit, Department of Anaesthesiology and Critical Care, BPKIHS

Dr. Yogesh Dhakal:

- Member, Stroke Team, BPKIHS

Dr. Prakash MadenLimbu:

- Member, Disaster Management Team, BPKIHS

Dr Sabin Bhandari

- Coordinator, ICU BPKIHS
- Coordinator, Critical Care Outreach Team BPKIHS
- Coordinator, Brain Death and Organ Donation Committee BPKIHS
- Member, Cleanliness Audit Team BPKIHS
- Member, Research Training Group BPKIHS
- Member, Hospital Incident Command Centre BPKIHS
- Member, Antibiotic Stewardship Committee BPKIHS

7. QUALITY IMPROVEMENT

- **Clinical audits:** Every 14 days
- **Mortality meetings:** Once a month and presentation in the director's office every 3 monthly
- **Infection control:** Specimen of ICU/SICU/OT regularly and meetings with microbiology for IPC
- **SOP development:** Development of protocols and implementation in ICU
- **Patient safety:** Conduct morbidity and mortality review regularly in ICU, CNE to nurses every wednesday
- **Accreditation activities:** CME regularly, once a year

8. PLAN OF ACTION

- OT extension for CTVS in ICU complex.
- To start high dependency unit / step down ICU for immediate care of postoperative patients and step down of patients in ICU and SICU.
- To start fellowship in pain management.
- To procure equipment for pain management clinic: cryoablationmachine, PRP machine, portable ultrasound, whole body skeleton model, PCA pumps.
- To procure equipment for skill lab- whole body mannequin, intubating mannequin, automated resuscitator, blue phantom, high fidelity simulators (full body simulators, eg. SimMan 3G plus), part-task trainers (eg. AirSim Advance, TruNerve Block).
- To procure various equipment for difficult airway and standby difficult airway cart.
- To procure various equipments for operation theaters and ICU- fluid warmer, syringe pumps, infusionpumps, ultrasound machine with ECHO probe, cardiacoutput monitors, SCD pumps.
- To accommodate volunteers from the Overseas Critical Care Emergency Medicine and Anaesthesia
- Network (OCEAN), UK for mutual benefit.

9.2 DEPARTMENT OF HUMAN ANATOMY

FACULTY MEMBERS

Dr. Sarun Koirala	Professor & Head
Dr. Shamsher Shrestha	Professor
Dr. Sandip Shah	Additional Professor
Dr. Geeta Yadav	Additional Professor
Dr. Prabhakar Yadav	Additional Professor
Dr. Presha Baral	Associate Professor
Dr. Churamani Pokhrel	Associate Professor
Dr. Samyog Mahat	Assistant Professor

Mr. Saroj Yadav Assistant Professor

Technical and Administrative Staff:

Ms Sushma karki : Technician
Mr Satya Narayan Uraw : Helper
Ms Dinesh Pandit : Helper

Residents

S.No.	Particulars	Number
1	2nd Year	1

1. DEPARTMENT PROFILE

a. Vision

-To be an excellent center in anatomical sciences education for producing competent health professionals who serve the nation's healthcare needs.

b. Mission

-To impart comprehensive, integrated anatomical knowledge to undergraduate and postgraduate students of MBBS, BDS, Nursing, and Allied Health Sciences programs, that strengthens the foundation of medical sciences.

c. Core Functions/Goals

-To deliver structured, clinically correlated, integrated anatomy education to MBBS, BDS, Nursing, and allied Health Sciences Students through modern pedagogical methods.
- To strengthen postgraduate training in Anatomy, producing skilled teachers, researchers and academicians.
-To promote and conduct research in human/animal gross, anthropometric, embryology, histology & neuroanatomy to contribute to medical science.

- To collaborate with clinical departments for integrated, competency-based teaching that bridges sciences with clinical practice.

2. DEPARTMENTAL ACHIEVEMENTS & SUMMARY

- Conducting research and research publications, active involvement in UG, PG and various allied courses.
- Received the Best Department Award MBBS in Basic Science, 2025
- The Department Organized and Conducted: IBRO ASSOCIATE SCHOOL on Bridging Neuro anatomy and Experimental Animal Research for Advancing Neuroscience in Nepal, 5-9th June, 2026.

3. ACADEMIC ACTIVITIES

Undergraduate Teaching

- Teaching hours

A. UG Teaching Programme Hours				
		SIS	Labex	UNCLE/Tutorial Hour
1	MBBS 1st year	57	28x3x2=168	2x2=4
	MBBS 2nd Year	78	33x3x2=198	2x2=4
2	BDS 1st Year	31	16x3=48	2x2=4
	BDS 2nd Year	47	29x3=87	2x2=4
3	B. Sc Nursing 1st year	31	18x3=54	
	B. Sc. Nursing 3rd Year	8	2x3=6	
4	Bachelor of Midwifery (BMS) 1st year	40	7x3=21	
5	B. Sc Laboratory (BMLT)	45	18x3=54	
6	B. Sc Radio Imaging (BMIT)	45	18x3=54	
7	B. Sc. Perfusion Technology (BPT)	120	350	16

- *3rd year, MBBS elective posting*

Postgraduate Teaching:
Postgraduate students are involved in teaching-learning activities and research. All PG students must attend all UG classes (including SIS and LABEX) conducted by faculty from the Human Anatomy Department. The students dissect the cadavers and prepare specimens for teaching, examination and the museum. They also do embalming on the fresh cadavers. They also present their research papers in scientific sessions and conferences, thus encouraging research activities besides thesis topics.

- Residents Teaching /Case presentations/Seminars
- Journal Club -3
- Presentation -6
- Thesis -1
- LABEX - 90

4. RESEARCH ACTIVITIES

Post Graduate Student Research Activities

Thesis Projects Ongoing

Name of Residents	Name of Guide	Name of Co-Guide(s)	Title of thesis
Dr. Vivek Vikram Sah	Dr. Sandip Shah	Dr. Sarun Koirala Dr. Nishant Mishra Department of Radiology	Anthropometric study of the cranial parameter using computer tomography (CT) scan and manual method to establish cephalic index of a sample population in eastern Nepal

Faculty Research Activities

Ongoing Research Project:

S.N.	Principal Investigator	Title
1	**Prof. Dr. Sarun Koirala**	Professional profile and gender representation of anatomy faculties working in medical schools in Nepal
2	**Prof. Dr. Sarun Koirala**	Assessment of participants perception of continuing medical education and its relevance in utilization of clinical practice
3	**Dr. Sandip Shah**	Perception of whole-body donation among medical students at BPKIHS (non-funded)
4	**Dr. Sandip Shah**	Educational, ethical and cultural influences on whole body donation perceptions among medical students of BPKIHS: a mixed methods study (non-funded)
5	**Dr. Sandip Shah**	Using assessment trends for early detection of students needing additional curricular support (SNACS) among medical students at BPKIHS, Nepal: a retrospective study on academic performance (non-funded)
6	**Dr. Sandip Shah**	Students' perception on near peer teaching in health professional education at B. P. Koirala Institute Health Sciences (non-funded).
7	**Dr. Prabhakar Yadav**	Suitability of cadavers prepared by saturated salt solution versus conventional method for surgical training: A retrospective comparative observational study
8	**Dr. Samyog Mahat**	Mapping superficial vein variants in the cubital fossa: A Descriptive study among medical undergraduates of BPKIHS, Nepal

Completed Research Projects of faculties:

S.No.	Principal Investigator	Title
1	**Dr. Sandip Shah:**	Expectations of first year undergraduate medical students towards human cadaveric dissection.

DEPARTMENTAL PUBLICATIONS

- Shah S, Panchadcharam H, Ananthakrishnan N. Global trends on curriculum models in undergraduate medical education: a comparative analysis and strategic adaptations for competency-based medical education in Nepal. *JNMA. 2026; 64* (300): 514- 523.

- Shah S, Jha GP, Mandal BK, Prabhakar VK, Gupta P. Relevance of learning anatomy for clinical practice: perception of undergraduate medical students of BPKIHS. Eur J Anat. 2026;30(4):515-520. Doi:10.52083/Rgdn7471.

- Raut T, Jain N, Keshwar S, Singh V, Yadav G, Agrawal SK. Diagnosis of chronic oral ulcer: Knowledge and practice among Dental Undergraduates in a Tertiary Care Hospital of Koshi Provice. JBPKIHS 2025; 8(2): 4-10.

Published Chapter in a book

S. N.	Author(s)	Title of Chapter	Editor(s)	Book title	Publisher	ed./ Year
1	Abdel Meguid, E.*, Welsh, M., Nation, H., Bassey-Linus, R., KALKIŞIM, Ş., **Koirala, S.,** Meyer, A.	Developing Inclusive Visual Tools for Teaching Diversity and Inclusion in Anatomy	Leonard Shapiro	Diversity, Equity and Decolonial Discourse in Biomedical Sciences: Vol II - Towards equity in anatomical and medical education – Considerations for Curriculum revision.	Springer, Nature	Vol. II, 2026

5. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS ATTENDED

Professor Dr. Sarun Koirala

- 2nd Society of Nepalese Anatomist, Nepal Army Institute of Health Sciences,**11 CPD,** 8-9th May, Kathmandu, 2026
- MD/MS curriculum development and validation workshop, Madan Bhandari Academy of Health Sciences, 5-6th April, 2026
- MBBS curriculum review workshop, BPKIHS, 9-11 Dec, 2025
- 8th IASCBC & 3rdMalaysian Anatomical Association Conference (MAAC) 14-15th August, Malaysia, 2025
- 72nd National Conference of Anatomical Society of India, DMCH, **12 CPD,** 14-16th Nov, India, 2025
- Evidence-Based Anatomy- Meta-Analysis Workshop resource person, **12 CPD**, DMCH, India, 2025
- Speaker-CME Digital renaissance in medical education: for simulation-based practice, 26th March, 2025

Prof. Dr Shamsher Shrestha

- Attended the Second International Conference of the Society of Nepalese Anatomists (i SONACON 2026) as a chairperson, 8-9th May 2026, Nepal.

Dr. Sandip Shah

- Participated as an expert for the MBBS curriculum development workshop at Madan Bhandari Academy of Health Sciences, Nepal, Jan 7- 9th 2026.
- Participated as an expert for the essentials of medical education for faculty members workshop, 16-22 November, 2025.

- Participated as a speaker for the Digital renaissance in medical education: for simulation-based practice, 26th March, 2025.
- Attended simulation faculty development course conducted by Dundee Institute for Healthcare Simulation, University of Dundee, March 16-17th, 2026 at BPKIHS
- Program Coordinator of IBRO Associate School, 5-9th June, 2026.
- Attended as a guest speaker at the 2nd International Conference of the Society of Nepalese Anatomists, 8-9th May, 2026, at NAIHS, Nepal

Dr. Geeta Yadav

- Advanced Teachers Training Program, Essentials of Students Assessment, BPKIHS, 27-28th April, 2026.
- Bridging neuroanatomy and experimental animal research for advancing neuroscience, Department of Human Anatomy, BPKIHS, Nepal, 5-9th June 2026

Dr. Prabhakar Yadav

- 13th Merck Foundation Africa Asia Conference 2026, 18-19th June 2026, Online
- Basic Teachers Training, BPKIHS, March, 2026

Dr Presha Baral

- Attended workshop on 'Introduction to Animal Research: Transitions from Basic to Clinical', 6-7th June 2026, BPKIHS, Dharan, Nepal

Dr. Samyog Mahat

- Bridging neuro-anatomy and experimental animal research for advancing neuroscience, Department of Human Anatomy, BPKIHS Nepal, 5- 9 June, 2026
- Basic teachers training, BPKIHS, March, 2026

Mr. Saroj Yadav

- Bridging neuro-anatomy and experimental animal research for advancing neuroscience, Departmental of Human Anatomy, BPKIHS, Nepal 5-9th, June, 2026

6. SPECIAL APPOINTMENTS

Prof. Dr Shamsher Shrestha

- Appointed as a Chief Hostel Warden
- Appointed as a spokesperson of BPKIHS
- Appointed as an Academic Committee member

Dr. Sandip Shah

- Appointed as a core member of the Health Professions Education core member of BPKIHS (Effective from 1st January 2026)
- Appointed as a member of the Research Committee of BPKIHS (Effective from 1st January 2026)

7. SWOT ANALYSIS

Strengths:	**Weaknesses:**
▪ Experienced and dedicated faculty with expertise in gross anatomy, histology, embryology and Neuroanatomy.	▪ Ageing laboratory infrastructure and equipment (The dissection hall needs to be upgraded to modular type for teaching-learning purposes). ▪ Limited availability of cadavers.

▪ Well-established MBBS, BDS, allied health sciences courses and postgraduate anatomy programs. ▪ Active involvement in research, publications, workshops and symposia. ▪ Cadaver-based dissection facility. ▪ Experienced postgraduate supervision. ▪ Strong integration with clinical departments. ▪ Soft cadavers preparation facility for skills lab for teaching-learning relevant surgical techniques.	▪ Limited research funding and laboratory support. ▪ No/Insufficient use of digital anatomy tools (AI and 3D anatomy software). ▪ Heavy teaching workload with references to different courses credit hours. ▪ Non- upgraded anatomy museum with lack of modern facilities and histology laboratories (esp. numbers related to microscopes for teaching purposes, various models and slides) ▪ No Learning Management System (LMS) integration and e-learning resources and continuous
Opportunities: ▪ Expansion to a well-equipped skill lab for surgical anatomy and simulation workshops. ▪ Faculty development through international fellowships and conferences. ▪ Gaining various national/international grants for workshops and symposiums. ▪ National and international research collaborations. ▪ Interprofessional education and clinical anatomy training. ▪ Establishment of a centre for clinical anatomy and medical education research. ▪ Integration of AI and simulation into anatomy education. ▪ Up gradation of genetic lab with human resources too. ▪ Upgrading the museum with modern facilities for teaching purposes and for the public too.	**Threats:** ▪ Budget constraints and economic instability affecting infrastructure development ▪ Competition from other institutions with advanced digital anatomy facilities ▪ Chances of brain drain of skilled faculty to other institutions or abroad ▪ Rapid technological changes requiring continuous investment ▪ Increasing curriculum load with increase in number of programs ▪ Rising maintenance costs of anatomy laboratories and museums ▪ Changes in national regulatory requirements and accreditation standards
Assessment. ● Non-allocation of a small seed amount to manage small expenses for daily teaching-learning activities and other costs.	

8. PLAN OF ACTION

- To procure microscopes, models, histology slides, charts, articulated bones for UG/PG students for teaching learning activities.
- Upgrading Dissection hall with modern facilities and system.
- Upgrading anatomy museum for teaching learning purpose
- Continuing to strengthen research activities in the department.
- To add technical expert manpower in the fields of cytogenetic, bone preparation, microanatomy,
    a. museum curator and modeler.
- Upgradation of existing histology laboratory of the department with addition of photography

a. microscope, tissue processing machine and freezing microtome.

- Cytogenetic labs have to be updated in order to establish molecular cytogenetic both for experimental as well as clinical research work. A window for genetic counseling is also planned to be established.
- To send the technical, teaching staff and faculty for specialized training to run the abovementioned instruments and laboratories.
- To strengthen the departmental library.
- To update the records of all existing instruments, equipment's, models, laboratory materials etc. for strengthening the record keeping system.
- To implement academic calendar for PG-MS, M.Sc. students in the department.
- To prepare more facilities for soft cadavers' preparation and establish a wet cadaveric skill laboratory**.**

9.3 DEPARTMENT OF BASIC AND CLINICAL PHYSIOLOGY

FACULTY MEMBERS

Dr. Nirmala Limbu	Professor & Head
Dr. Dilip Thakur	Professor
Dr. Rita Khadka	Professor
Dr. Karishma Rajbhandari Panday	Additional Professor
Dr. Amrendra Jha	Associate Professor
Dr. Priza Subedi	Associate Professor
Dr. Shital Gupta	Associate Professor
Mrs. Dil Maya Limbu	Assistant Professor
Dr. Rekha Limbu	Assistant Professor
Mr. Devraj Yadav	Assistant Professor

STAFF MEMBERS

Mr. Nabin Kafle	Yoga Instructor
Mr. Shyam Sundar Chaudhary	Sr. Graduate Technician
Mrs. Manju Lamsal	Sr. Computer Operator
Sita Dhakal	Foreman

1. DEPARTMENT PROFILE

a. Vision: To be a center of excellence in Physiology education, research, and electrodiagnostic services, fostering scientific inquiry, clinical integration, and lifelong learning to contribute to the development of competent, compassionate, and socially responsible health professionals.

b. Mission: To provide competency-based and student-centered teaching and learning in Physiology at undergraduate and postgraduate levels; promote innovative, relevant, and interdisciplinary research; and deliver quality electrodiagnostic laboratory services, while integrating physiological knowledge with clinical practice and advancing healthcare and biomedical education.

c. Core Functions:

- Teaching-Learning (Academic): Undergraduate and postgraduate education
- Research: Faculty, postgraduate and undergraduate research
- Electrodiagnostic laboratory services: EEG, EMG-NCV, VEP and AFT

2. DEPARTMENTAL ACHIEVEMENTS

Experienced and skilled faculty members actively contributed to departmental academic activities and additional institutional responsibilities.

- **Revision of the Physiology curriculum in alignment with the Competency-Based Medical Education (CBME) curriculum.**
- **One-week Yoga training programme** organized on the occasion of the **International Day of Yoga 2026**, promoting awareness of yoga and its relevance to health and well-being.

3. ACADEMIC ACTIVITIES

Undergraduate Teaching 2025 to 2026

a. **Undergraduate Programs**

Courses	**No. of SIS**	**No. of LABEX**	**PBL**	
			Resource Session	**LABEX**
1st Year MBBS	43	21	10	4
1st Year BDS	43	16	6	0
2nd Year MBBS	53	12	8	2
2nd Year BDS	53	-	-	-
1st Year B. Sc. Nursing	38	8	-	-
1st Year B. Sc MIT	35	-	-	-
3rd Year B. Sc. Nursing	6	-	-	-
B. Sc. PT	43	21	-	-
BMS	53	-	-	-
1st B. Sc. MLT	33	12	-	-

-

- **Teaching hours**

Programme	Teaching Hours(Theory)	Teaching Hours(Practical)	**PBL Resource Session**	PBL LABEX
1st Year MBBS	43 Hours	21 × 3 =63 Hours	10 Hours	4 × 3 =14 Hours
1st Year BDS	43 Hours	16 × 3 = 48 Hours	6 Hours	0
2nd Year MBBS	53 Hours	12 × 3 = 36 Hours	8 Hours	2 × 3= 6 Hours

2nd Year BDS	53 Hours	-	-	-
1st Year BSc. Nursing	38 Hours	8 × 2 = 24 Hours	-	-
1st Year B. Sc. MLT	33 Hours	12 × 2 = 24 Hours	-	-
1st Yea B. Sc. MIT	35 Hours	-	-	-
1st Year B. Sc. PT	43 Hours	12 × 3 = 63 Hours	-	-
2nd Year B. Sc. PT	53 Hours	-	-	-
1st Year B. Sc. BMS	53 Hours	-	-	-
3rd Year B. Sc. Nursing	6 Hours	-	-	-

4. CLINICAL SERVICES

CLINICAL SERVICES/REPORTING

SN	Clinical Service	Faculty Members and Instructor Assigned
1.	**EEG**	Prof. Dr. NirmalaLimbu Dr.PrizaSubedi
2.	**NCV and EMG**	Prof. Dr.Dilip Thakur Dr.PrizaSubedi Dr. Shital Gupta
3.	**VEP**	Prof. Dr. NirmalaLimbu Dr. KarishmaRajbhandariPanday
4.	**AFT**	Prof. Dr. Rita Khadka
5.	**Yoga Life Style Clinic**	Mr. NabinKafle (Yoga Instructor)

a. **Clinical Lab Services**

SN	Tests	Number of tests
1.	EEG	563
2.	NCV	748
3.	EMG	-
4.	VEP	-
5.	AFT	-

b. **Patient Care Services Provided by Yoga and Lifestyle Clinic**

i. Number of patients attended in Yoga and Lifestyle clinic: 334

ii. Number of patients attended in yoga session at Psychiatric ward: 226

5. RESEARCH ACTIVITIES

Undergraduate Students Research Activities (if any)

Name of Students	Name of Guide	Title of Research
Suman Raj Basnet and Roshan Kumar	Dr. Karishma Rajbhandari	Effect of Integrated Yoga Module on Perceived Stress: A Study using Medical Student Stressor Questionnaires (MSSQ) among First Year MBBS at BPKIHS

Post Graduate Student Research Activities

Thesis Projects Completed

- **Completed thesis (B-2023)**

Name of Junior Resident	Chief Guide	Co-guides	Title of thesis
Dr. Sachin Kumar Gaurav	Prof. Dr. Dilip Thakur	Prof. Dr. Nirmala Limbu Dr. Karishma R Pandey Dr. Amrendra Jha	Effects of Isha Kriya Meditation in Electroencephalography and General Well-being in Health Professional Students at BPKIHS

Faculty Research Activities

Ongoing Research Projects

S.No.	Principal Investigator	Title
1	**Rekha Limbu**	a. Study of prevalence and pattern of peripheral neuropathy in patients with alcoholic liver disease b. Assessment of autonomic function by heart rate variability in patients with alcoholic liver disease.
2.	**Dr. Karishma Rajbhandari**	Pattern and Prevalence of Cardiovascular Autonomic Neuropathy (CAN) in Alcoholic LiverDiseases Patients in B. P. Koirala Institute of health Sciences, Nepal: A cross-sectional study

DEPARTMENTAL PUBLICATION

1. Khadka R. Risk of Sudden Cardiac Death in Patients with Angina with no Evidence of Cardiac or Other Diseases: Need Special Attention. JBPKIHS. 2026; 8(2):1-3.

Published book

S.N.	Author(s)	Book title	Publisher	ed./ Year	Page no.	ISBN
1	Dr. Karishma Rajbhandari	A guide book on Human Physiology for Bachelors in Midwifery Sciences	Dipesh Raj Panday	1st ed./ 2026	*320*	9789937-1-9732-8

6. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS

CONFERENCES

Attended/ organized by Faculties

Prof. Dr. Nirmala Limbu

- Attended workshop on "8th NNI EEG-EMG-AFT & Neuromuscular Ultrasound" organized by National Neuroscience Institute (NNI), Singapore on Oct 30 to Nov 2, 2025

Prof. Dilip Thakur

- Invited as a speaker in IBRO Associate School on "Bridging Neuroanatomy and Experimental Animal Research for Advancing Neuroscience in Nepal" scheduled on June 05-09, 2026 at BPKIHS, Dharan
- Invited as a chairperson at Purbanchal University International Conference (PUICON-2026) "Envisioning the Himalayan Future; Pathways to sustainability and development" scheduled Feb 12-13, 2026 at Gothgaun, Morang

Dr Rita Khadka

1. Published a new issue of Journal of B.P. Koirala Institute of Health Sciences: Issue 8(2), 2025 on July 15, 2026 as the Editor-in-Chief of JBPKIHS with the Editorial team of JBPKIHS.

2. Organized National Inter-Medical School Medical Quiz (Mediquiz 2026) as **the Chair Person** of the organizing Committee on May 8-9, 2026 at BPKIHS conducted by BPKIHS Blood Donation Committee; also served as a member of the Question review sub-committee.

3. Organized a webinar on "Integrated Teaching & Learning in Competency based Undergraduate Medical Curriculum" on March 30, 2026 in association with South Asian Medical Education Sub-Committee and Physiological Society of Nepal (PSN), being the president of PSN.

4. Organized a webinar on "Plagiarism in research: An Ethical Issue" on 22nd February, 2026 in association with South Asian Research Sub-Committee on behalf of Physiological Society of Nepal (PSN), being the president of PSN.

5. Delivered a speech as an invited Speaker on the topic "**Horizontal and Vertical Integration in Competency Based Medical Education**" in a workshop on" Competency Based Medical Education in Physiology and Emerging Role of Artificial Intelligence" organized by Maharajgunj Medical Campus, Institute of Medicine, Kathmandu on May 12, 2026.

6. Delivered an online speech as a Plenary Speaker on "**Effect of yoga on cardiovascular autonomic activity and reactivity in essential hypertensive patients**" at the International Conference 'Lifestyle Management and Health in Modern Era' (MCAIntCon2026) organized by the Dept of Physiology, Yoga, Physical Education & Nutrition; Midnapore College (Autonomous), Midnapore, West Bengal, India from Mar 11-12, 2026.

7. Delivered a speech as a Keynote Speaker on "**Cardiovascular Autonomic and Respiratory Adjustment in high Altitude Dwellers**" at the 22nd joint International Conference 2026 of the International Academy of Cardiovascular Sciences (IACS), India Chapter and the Society for Nitric Oxide and Allied Radicals (SNOAR) held from Feb 5-7, 2026 at HIMSR, New Delhi.

Dr. Karishma Rajbhandari

- Organized Webinar on "Plagiarism in Research- an Ethical Issue" Physiological Society of Nepal and South Asian Center of Excellence in Physiology Education and Research (SACE-ER) on 2026" 22nd February
- Attended Training on "Foundations of Health Professions Education: Curriculum, Teaching, Assessment & Mentoring" organized by Health Research Capacity Building Committee BPKIHS on 22-26 March 2026
- Attended Webinar on "Integrated Teaching & Learning in Competency Based Undergraduate Medical Curriculum" Physiological Society of Nepal and South Asian Center of Excellence in Physiology Education and Research (SACE-ER) on 2026" 30th March

- Attended Workshop on "Basic Health Research Methodology" organized by Research Committee BPKIHS on 19-21 April 2026
- Attended IBRO Associate School on "Bridging Neuroanatomy and Experimental Animal Research for Advancing Neuroscience" organized by Department of Human Anatomy BPKIHS on 5-9 June 2026

Dr. Priza Subedi

- Attended IBRO Associate School on "Bridging Neuroanatomy and Experimental Animal Research for Advancing Neuroscience" organized by Department of Human Anatomy BPKIHS on 5-9 June 2026 as a Guest Speaker.

Dr. Shital Gupta

- Attended webinar on "Plagiarism in Research- an Ethical Issue" Physiological Society of Nepal and South Asian Center of Excellence in Physiology Education and Research (SACE-ER) on 2026" 22nd February
- Attended Webinar on "Integrated Teaching & Learning in Competency Based Undergraduate Medical Curriculum" Physiological Society of Nepal and South Asian Center of Excellence in Physiology Education and Research (SACE-ER) on 2026" 30th March

Mrs. Dil Maya Limbu

- Participated in the 1-week yoga workshop on celebrating "International yoga day 2026" 21st April, 2026 – 27th April, 2026

Dr. Rekha Limbu

- Attended 8th NNI EEG-EMG-AFT & Neuromuscular Ultrasound Workshop, Singapore from 30th October to 2nd November 2025
- Organized workshop and resource person on Basic Health Research Methodology at HPE Training Hall, Room 304, BPKIHS from 19th April to 21st April 2026
- Attended Advanced Teacher's Training Program on Essentials of Student Assessment conducted by the Department of Health Professions Education, BPKIHS at HPE Training Hall, Room 304 from 27th April to 28th April,2026

7. HONOR/MILESTONE ACHIEVEMENTS/AWARD

Dr Rita Khadka

1. Served as one of the Judges for two different sessions **an Oral session** and **a Poster session** at the 22nd joint International Conference 2026 of the International Academy of Cardiovascular Sciences (IACS), India Chapter and the Society for Nitric Oxide and Allied Radicals (SNOAR) held from Feb 5-7, 2026 at HIMSR, New Delhi.

2. Served as one of the Judges for29th Annual Scientific Program of BPKIHS organized at BPKIHS, Dharan on Sep 21-23, 2025.

3. Chaired the Inaugural session of a workshop on" Competency Based Medical Education in Physiology and Emerging Role of Artificial Intelligence" organized by Maharajgunj Medical Campus, Institute of Medicine, Kathmandu on May 12, 2026.

4. Chaired the Inaugural and Closing ceremony of National Inter-Medical School Medical Quiz (Mediquiz 2026) on May 8-9, 2026 at BPKIHS conducted by BPKIHS Blood Donation Committee.

5. Chaired online Plenary sessions at the International Conference 'Lifestyle Management and Health in Modern Era' (MCAIntCon2026) organized by the Dept of Physiology, Yoga, Physical Education & Nutrition; Midnapore College (Autonomous), Midnapore, West Bengal, India from Mar 11-12, 2026.

6. Chaired an Oral session at the 22nd joint International Conference 2026 of the International Academy of Cardiovascular Sciences (IACS), India Chapter and the Society for Nitric Oxide and Allied Radicals (SNOAR) held from Feb 5-7, 2026 at HIMSR, New Delhi.

Karishma Rajbhandari

1. Received Award to attend IBRO Associate School on "Bridging Neuroanatomy and Experimental Animal Research for Advancing Neuroscience" organized by Department of Human Anatomy BPKIHS on 5-9 June 2026

8. SPECIAL APPOINTMENTS

Prof. Dr. Nirmala Limbu:

1. Head of the Department,
2. Member of Academic Committee
3. Convener of Research Forum Meet
4. Core group member of Health Professions Education Department

Prof. Dr. Dilip Thakur

1. Serving as a Co-coordinator of Niyamawali (Rules) Amendment (Faculties and Staff)
2. Serving as a Chairman of the Accommodation committee.

Dr Rita Khadka

1. Appointed as the Convener of Publication of Annual Report 2025-2026 and Plan of Action 2026-2027 of BPKIHS
2. Appointed as the Editor-in Chief of the Journal of B. P. Koirala Institute of Medical Sciences (JBPKIHS) on Feb 1, 2026 for a period of 3 years
3. Appointed as a Member of the Waste Management Team of BPKIHS in Aug 2024 for a period of 2 years.
4. **Member of Editorial Review Board, MGM Journal of Medical Sciences**
5. **Appointed as the President of** Physiological Society of Nepal (PSN) in Nov 2025 for a period of 4 years
6. **Appointed as an advisor** of South Asian Association of Physiologists (SAAP) in Jan, 2025 for a period of 2 years.
7. Appointed as one of the members of the Research and Publication subcommittee of South Asian Association of Physiologists in Jan 2025 for the period of two years.
8. One of the Peer-reviewers of the following journals
   a. Springer Nature's following journals
      i. Scientific report,
      ii. International Urology and Nephrology,

iii. Emerging themes in Epidemiology,
iv. Discovery Medicine,
v. BMC Psychology,
vi. Artery research,
vii. Journal of Cardiothoracic surgery

b. Frontiers
c. Academia
d. Plos one
e. Wiley Publication
   i. Journal of Clinical hypertension,
   ii. Neurology research,
f. Pakistan Journal of Physiology

Dr. Karishma Rajbhandari

1. Executive member of Physiological Society of Nepal (PSN)
2. Managing Editor of South Asian Association of Physiologist (SAAP) Journal of Integrative Physiology
3. Member of South Asian Association of Physiologist (SAAP) Research and Publication Subcommittee

Dr. Priza Subedi

1. Re-appointed as an undergraduate hostel warden for a period of two years.

Dr. Shital Gupta

1. Appointed as Program coordinator, MBBS Phase 1.

Dr. Rekha Limbu

1. Appointed as Deputy PBL Coordinator, MBBS Phase 1 with effect from 26th January 2026 for a period of two years
2. Nominated as a member of Research Committee with effect from 1st January 2026 for a period of three years
3. Member of editorial board to prepare and publish Annual report 2024-2025

9. SWOT ANALYSIS

Strengths ● Skilled and experienced faculty actively contributing to academic, research, and institutional activities. ● Basic infrastructure and equipment for electrodiagnostic services. ● Functional electrodiagnostic services, including EEG, NCV/EMG, VEP, AFT ● Yoga and lifestyle services providing structured yoga practice. ● Active research engagement at Faculty, Postgraduate, and Undergraduate levels.	**Weaknesses** ● Inadequate technical and supporting manpower. ● Outdated, inadequate, or non-functional equipment for undergraduate and postgraduate teaching-learning activities. ● Inadequate infrastructure and maintenance of the Yoga Clinic and Lifestyle Hall.
Opportunities ● Scope for skill-based training and capacity-building programmes. ● Opportunities for interdepartmental, institutional, and external collaborations. ● Potential to establish fellowship and PhD programmes. ● Integration of yoga-based wellness packages into BPKIHS community health services. ● Potential for large-scale research projects to establish normative data and baseline physiological parameters.	**Threats** ● Risk of compromising the quality of undergraduate and postgraduate teaching-learning activities due to inadequate resources and equipment. ● Risk of disruption or discontinuation of electrodiagnostic services due to dependence on a single technical staff member. ● Risk of compromising the quality and continuity of yoga and lifestyle services due to inadequate infrastructure and lack of supporting staff for cleaning and maintenance of the Yoga Hall.

10. PLAN OF ACTION

- **Strengthen teaching-learning infrastructure**
  Advocate for and facilitate the procurement, upgradation, and maintenance of essential undergraduate and postgraduate teaching-learning equipment and resources in coordination with Institute management, to support quality education.
- **Strengthen human resources and electrodiagnostic services**
  Advocate for adequate technical and supporting staff, with particular emphasis on ensuring uninterrupted electrodiagnostic laboratory services and effective maintenance of departmental facilities.
- **Strengthen Yoga and Lifestyle services**
  Improve the infrastructure and maintenance of the Yoga Clinic and Lifestyle Hall and develop structured yoga and wellness packages for integration into institutional and community health services.

9.4 DEPARTMENT OF BIOCHEMISTRY

FACULTY MEMBERS:

Dr. Madhab Lamsal	: Professor & Head
Dr Rajendra Kumar Chaudhari	: Additional Professor
Dr Seraj Ahmed Khan	: Additional Professor
Dr. Binod Kumar Lal Das	: Additional Professor
Mr. Kisundeo Mehta	: Associate Professor
Dr. Shrijana Shrestha	: Associate Professor
Dr. Bijaya Mishra	: Associate Professor
Dr. Punam Jha	: Assistant Professor
Mr. Basanta Gelal	: Assistant Professor
Mr. Sunil Pandey	: Assistant Professor
Mr. Santosh Kumar Yadav	: Assistant Professor

TECHNICAL STAFF MEMBERS:

Mr. Raj Kishor Chaudhary	Chief Technologist
Mr. Shyam Tamang	Senior Technologist
Mr. Rajaram Yadav	Senior Technologist
Mr. Rajendra Mohan Chaudhary	Technologist
Mr. Subodh Prasad Gupta	Senior Graduate Technician
Mr. Ishwor Prasad Deo	Senior Graduate Technician
Mr. Keshab Nepal	Senior Technician
Mr. Kushesor Das	Senior Technician
Mr. Binod Kumar Yadav	Graduate Technician
Mr. Raghab Mishra	Senior Technical Assistant
Mr. Milan Kumar Chaudhary	Technical Assistant

ADMINISTRATIVE STAFF MEMBERS:

Mr. Pushkar Bhandari	: Senior Administrative Assistant
Mrs. Deepa Rai	: Senior Foreman
Mrs. Pabitra Dhakal	: Senior Foreman

Number of PhD Scholar/Residents/M. Sc. Students

S.No.	Particulars	Number
1	PhD Scholar	1
2	Junior Residents	
	1st Year	-
	2nd Year	1
	3rd Year	2
3	M. Sc. Students	
	1st Year	2
	2nd Year	1
	3rd Year	2

1. ACADEMIC ACTIVITIES

Undergraduate Teaching

- Teaching hours

Undergraduate level: MBBS, BDS, B.Sc (MLT), B.Sc (Nursing), B. Sc. (MIT), B Sc. (Midwifery), B. Sc. (Perfusion Technology)

BATCH	No. of SIS & UNCLES	No. of LABEX	No. of PBL	No. of SEMINARS
1st year MBBS	54	22 (x 2 batch)	04	-
2nd year MBBS	45	12 (x 2 batch)	04	-
3rd year MBBS	-	-	-	05
4th year MBBS	09	-	CBL-3, SGD-1	04
5th year MBBS	-	-	-	04
1st year BDS	46	12	01	-
2nd year BDS	28	01	-	-
1st year B.Sc. Nursing	54	12	-	-
3rd year B.Sc. Nursing	06	12	-	-
1st year B.Sc. MIT	54	-	-	-
1st year B.Sc. MLT	54	12		
2nd year B.Sc. MLT	48	16		
3rd year B.Sc. MLT	16	8		2
4th year B.Sc. MLT	17	6	Research:3	
1st year B.Sc. Midwifery	34	10		
1st year B.Sc. Perfusion Technology	54	22		
2nd year B.Sc. Perfusion Technology	45	12		
1st Year B. Sc. (Midwifery)	45	12		

Postgraduate Teaching

Teaching hours

Post-graduate level: PhD (Biochemistry), M Sc (Biochemistry), MD (Biochemistry)

A. PG (MD/M.SC.) TEACHING:

a. Topic presentation 84
b. Case presentation 13
c. Journal Club 27
d. Seminar 03
e. Faculty SGD 14
f. Practical 37
g. CME 06
h. Trainings attended 04
i. Thesis
   I. Completed 04
   II. Ongoing 02
j. Conference attended 01

- Biochemistry laboratory postings: Clinical, Emergency and Special Laboratory Tests (immunoassays)
- Inter-departmental postings: Microbiology, Pathology and Molecular Laboratory
- Laboratory visits: Provincial Public Health Laboratory (PPHL), Koshi, Biratnagar
- All PG students volunteered in 29th Annual Scientific Program 2025 in BPKIHS

2. HOSPITAL SERVICES

Department of Biochemistry provides the hospital services by routine Biochemistry laboratory, Emergency Laboratory and Special Biochemistry laboratory. Following test parameters are available in our laboratories.

Special (Immunoassay) test done in Biochemistry Central Lab in year 2082/083

SN	Test Name	Total
1	ACTH	323
2	Aldosterone	131
3	Alpha Fetoprotein (AFP)	1568
4	AMH	664
5	Anti CCP Antibody	3322
6	Anti-DS DNA	1239
7	Anti TPO Antibody	3648
8	Antinuclear Antibody (ANA)	4431
9	Beta hCG	2506
10	CA 125	1804
11	CA 19-9	2289
12	CEA	2406
13	Cortisol	1964
14	DHEA-S	110
15	Direct Renin	110
16	Estradiol	451
17	FSH	1558
18	FT3	48605
19	FT4	48610
20	Insulin	268
21	IPTH (Paratharmone)	4362
22	LH	1276
23	LH, Prolactin, FSH (Combined)	68
24	LH/FSH (Each)	119
25	Progesterone	224
26	Prolactin	2621
27	Prostate Specific Antigen(PSA)	1364
28	Serum Electrophoresis	82
29	Testosterone	807
30	TFT	24221
31	TGA	122
32	Thyroglobulin (Tg)	478
33	TSH	34164
34	Vitamin B12	14052
35	Vitamin D	27929
TOTAL		**237896**

Routine Biochemistry test done in Biochemistry Central Lab in year 2082/083

SN	Test Name	Total
1	24 Hours Urine For Protein	1739
2	24 Hours Urine Calcium	45
3	ADA	2119
4	Albumin	1868
5	Alkaline Phosphatase (ALP)	379
6	ALT (SGPT)	1378
7	Amylase Serum	8578
8	Bilirubin Conjugated / Total (Each)	626
9	Blood Urea	121173
10	C3	1007
11	C4	1006
12	Calcium	11818
13	Cholinesterase	128

14	CPK Total (NAC)	7886
15	CPK-MB	6008
16	Creatinine	122564
17	CRP (Quantitative)	7320
18	CSF RE/ME	105
19	Direct Billirubin	1990
20	Fasting Blood Sugar	34259
21	Fluid R/E (Pleural Fluid, Ascitic Fluid, Joint Fluid)	2259
22	Gamma GT.	2275
23	Glucose (GTT) (4 Samples)	808
24	Glucose (Random)	70174
25	Glucose (GCT)	3288
26	Glycosylated Haemoglobin (HbA1c)	22907
27	Ionised Calcium	6271
28	Iron	191
29	Iron Profile(Serum Iron, Ferritin, TIBC, Transferrin)	2708
30	Iron/UIBC	5308
31	Lactate dehydrogenase (LDH)	4387
32	Lipase	8166
33	Lipid Profile	39908
34	Liver Function Test (LFT)	65309
35	Liver Function Test.	263
36	Magnesium	3604
37	Microalbumin	174
38	Phosphorus	4481
39	Potassium (K)	56807
40	PP Blood Sugar	29267
41	Protein in Spot Urine	9
42	Quantitative CRP (Hs CRP)	568
43	Total Cholesterol	52
44	Total Cholesterol	3
45	Serum Creatinine	1
46	Serum Electrolytes (Na^+, K^+)	54592
47	Serum Ferritin	6297
48	Serum HDL Cholesterol	6
49	Serum LDL Cholesterol	8
50	Serum Lithium	230
51	Serum Triglyceride (Tag)	52
52	SGOT/SGPT	1366
53	Sodium (Na)	56818
54	TIBC	72
55	Total Billirubin	2021
56	Total Protein	276
57	Transferrin	2204
58	Troponin I (Qualitative)	5951
59	Uric Acid	19641
60	Urinary ($Na^+K^+Cl^-$)	372
61	Urinary Protein Creatinine Ratio	388
60	Urine Albumin/Creatinine Ratio	920
61	Urine Amylase	1
62	Urine Creatinine	8
63	Urine Phosphorous	7
64	Urine Uric Acid	13
Total		**965746**

3. RESEARCH ACTIVITIES

Undergraduate Students Research Activities (completed)

Name of Student	Name of Guide	Name of Co-Guide	Title of thesis
Mr. Sanihang Phago	Mr. Santosh Kumar Yadav	Mr. Basanta Gelal	Co-relation of Thyroid Profile with Renal and Electrolyte Parameters in Hypothyroid Patient Visiting Tertiary Care Hospital
Ms. Preety Kumari Verma	Mr. Basanta Gelal	Mr. Santosh Kumar Yadav	Assessment of Lipid Ratios in Thyroid Dysfunction Patients Attending Tertiary Care Center of Eastern Nepal.
Mr. Suman Kumar Yadav	Mr. Sunil Pandey	Dr. Punam Jha	Relationship between Serum Parathyroid Hormone (PTH), Vitamin D, Calcium and Phosphorus Concentration in Patients Visiting at BPKIHS, Dharan Nepal
Mr. Manoj Kumar Sah	Mr. Basanta Gelal		Relationship Between Thyroid Function Test and Liver Function Test Parameters in Suspected Thyroid Dysfunction Patients attending BPKIHS
Ms. Paruhang Rai	Dr. Punam Jha	Dr. Binod Kumar Lal Das	Correlation of FSH, LH and Prolactin with Thyroid Hormone in the Reproductive Age Group women
Ms. Ruchi Gharti Magar	Mr. Santosh Kumar Yadav		Correlation of Hypothyroidism with Type 2 Diabetes Mellitus

Post Graduate Student Research Activities

Thesis Projects Ongoing

Name of Resident	Name of Guide	Name of Co-Guide(s)	Title of thesis
Mr. Basanta Gelal	Prof. Dr. M. Lamsal	Dr. BK Lal Das Prof. Dr. NK Bhatta Prof. Dr. P Rijal Prof. Dr. NR Bhattarai	Iodine Nutriture and Thyroid Function Status in Pregnant Women and Their Newborns
Dr. Arati Pandey	Dr. Rajendra Kumar Chaudhari	Dr. Seraj Ahmed Khan Dr. Avinas Rai Dr. Punam Jha Mr. Basanta Gelal	Evaluation of Serum Ferritin in Hypothyroid Patients Attending BPKIHS.
Mr. Pradip Karki	Dr. Binod Kumar Lal Das	Dr. Seraj Ahmed Khan Dr. Shrijana Shreshta Mr. Sunil Pandey Dr. Sagun Khanal Dr. Rajan Sah	Association of HbA1c Levels with Haematological Parameters and Components of Metabolic Syndrome in Patients with Type-1 Diabetes Mellitus

Thesis Projects Completed

Name of Residents	Name of Guide	Name of Co-Guide	Title of thesis
Dr. Richa Karki	Dr. Rajendra Kumar Chaudhari	Dr. Pramendra Prasad Gupta Dr. Shrijana Shrestha	Evaluation of Liver Enzymes in Metabolic Syndrome Subjects Visiting BPKIHS
Dr. Sabita Nepal	Dr. Seraj Ahmed Khan	Dr. B Mishra Mr. S Pandey Dr. R Maskey	Serum Ischemia Modified Albumin as a Potential Marker of Complications in DM patients
Ms. Rachana Puri	Dr. Binod Kumar Lal Das	Dr. Navin Kumar Pandey Dr. Punam Jha Mr. Basanta Gelal Dr. Narayan Raj Bhattarai	Status of Vitamin D level and Vitamin D Receptor Gene Polymorphism (FOKI) in Hypertensive Patient Visiting BPKIHS
Ms. Sony Limbu Subba	Prof. Dr. Madhab Lamsal	Mr. KD Mehta Mr. Santosh Kumar Yadav Dr. Shyam Prasad Kafle	Dislipidimia in Obese School Going Children of Dharan Sub-Metropolitan City

Faculty Research Activities

Ongoing Research Projects

SN	Principal Investigator	Title
1.	Dr. Shrijana Shrestha	Assessment of Serum Uromodulin With Conventional Biochemical Parameters of Renal Function in Type-2 Diabetes Mellitus.
2.	Dr. Shrijana Shrestha	Diagnostic use of Adenosine Deaminase Isoenzyme in Tuberculosis Pleural Fluid
3.	Mr. Kisun Deo Mehta	The effect of Low Carbohydrate Diet and Intermittent Fasting in Diabetic Patients Attending at BPKIHS Hospital.
4.	Dr. Bijaya Mishra	Assessment of Holotranscobalamin Status in Pregnant Women Attending Antenatal Care at a Tertiary Care Hospital in Eastern Nepal
5.	Dr. Bijaya Mishra	Impact of an Education Intervention on Phlebotomy Knowledge, Attitude, and Practice among Laboratory Professionals and Nursing Staffs in a Tertiary Care Center of Eastern Nepal.

Completed Research Project

SN	Principal Investigator	Title
1.	Dr. Bijaya Mishra	Newborn Screening for Congenital Hypothyroidism in a Tertiary Care Centre of Eastern Nepal. Funded by Nepal Health Research Council (NHRC).

DEPARTMENTAL PUBLICATION

1. **Das BK**, Khattri B, Karkee RJ, **Yadav SK, Jha P, Lamsal M**. Biochemical Composition and Demographic Distribution of Kidney Stones: A Hospital-Based Cross-Sectional Study in Eastern Nepal. BMC Nephrology. 2026 May 18.
2. **Khan SA, Das BK, Lamsal M**. Effect of Option Number on Psychometric Quality of Single-Answer MCQS in Medical Exams. South-East Asian Journal of Medical Education. 2025 December 31;19(2).
3. **Khan SA, Mishra B**. Thyroid hormones and Thyrotropin status in Nepalese Postmenopausal women. Indian Journal of Medical Biochemistry (Accepted).
4. Niraula A, **Das BK**, Sherchand O, **Mishra B, Choudhary RM**, Tamang S. Spectrum of Preanalytical Laboratory Errors in Clinical Biochemistry Laboratory in a Tertiary Care Center in Nepal. Kathmandu Univ Med J. 2025;93(5):48-53.
5. Acharya M, **Das BK, Lamsal M**, Khattri B, Karkee RJ, Sinha S, Baral N. Evaluation of Serum Prostate Specific Antigen in Elderly Men with Type 2 Diabetes. Journal of Rapti Academy of Health Sciences. 2025;2(2):40-4.

4. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS

a. Attended/ organized by Faculties

Dr. Binod Kumar Lal Das

- Resource person for Basic Research Workshop
- Resource person for PG Foundation Course

Dr. Seraj Ahmed Khan:

- Attended Advanced Teacher's Training Workshop on "Essentials of Students Assessment" Organized by Department of Health Professions Education, B.P. Koirala Institute of Health Sciences, Dharan, Nepal on April 26-27, 2026.

Dr. Bijaya Mishra

- Speaker on "Newborn Screening in Nepal- laying the foundation for national screening framework" - closed country meeting and CME organized by Bench to Clinic Research Center in collaboration with International Federation of Clinical Chemistry (IFCC) and International Society of Neonatal Screening (ISNS), 7–8 November 2025, Kathmandu.
- Panelist on "Screening and Diagnosis" session, IndoUS Bridging Rare Summit 2025, 2–4 November 2025, Virginia, dc, USA.
- Invited speaker- Neurodevelopmental Disorder and Reproductive Health, a Biochemist's Perspective, IBRO Associate School, on "Bridging Neuroanatomy and Experimental Animal Research for Advancing Neuroscience in Nepal" 5-9th June 2026, B.P. Koirala Institute of Health Sciences.
- Participated at the 6th Nepalese Association for Clinical Chemistry National Conference, 30-31 May 2026, Lalitpur, Nepal.
- Resource person- "A Guide to Informed Consent, Conflict of Interest and Authorship", Workshop on Basic Health Research Methodology, 19-21 April 2026, BPKIHS.
- Attended Technology Based CBME Workshop, Sri Balaji Vidyapeeth, SBV, 2-6 February 2026, Pondicherry, India.
- Resource Person- "Foundation Course and ComPLEAT Module"- MBBS Curriculum Review Workshop, 9-11 Dec 2025, BPKIHS.

- Moderator, panel discussion- "AMR Burden in Clinical Settings of a Tertiary Care Centre: a BPKIHS perspective," 29 November 2025, BPKIHS.
- Invited speaker: Neurodevelopmental Disorder and Reproductive Health, 1-6 august 2025, IBRO School, Kathmandu, Nepal.
- Poster presentation on "Newborn Screening for Congenital Hypothyroidism in a Tertiary Care Center of Nepal at the 29th Annual Scientific Program, 26-29 November 2025, B.P. Koirala Institute of Health Sciences, Dharan.

Mr. Basanta Gelal

- Participated in 6th annual Conference of Nepalese Association for Clinical Chemistry (NACC CON) 2026 held on May 30-31, 2026 at Hotel Square, Lalitpur, Nepal.
- Invited speaker at the Continuing Medical Education (CME) Program Titled "The Diagnostic Bridge: Interpreting Laboratory Analysis to Clinical Outcomes and Public Safety, organized by B.Sc. MLT students, held on 24th April 2026 at the Auditorium Hall, BPKIHS, Dharan.
- Attended Teacher Training on "Foundation of Health Professions Education: Curriculum, Teaching, Assessment and Mentoring" Organized by Department of Health Professions Education, B.P. Koirala Institute of Health Sciences, Dharan, Nepal on March 22-26, 2026.
- Participated in 29th Annual Scientific Programme (ASP) 2025 of B.P. Koirala Institute of Health Sciences, Dharan, Nepal on November 26-28, 2025.
- Participated in CME on newborn screening in Nepal: Early Diagnosis Matters Organized by Bench to Clinic Research Center in Collaboration with International Federation of Clinical Chemistry (IFCC) and International Society of Neonatal Screening (ISNS) on November 8, 2025.

Mr. Santosh Kumar Yadav

- Participated in a Three-Day Workshop on "Basic Health Research Methodology" organized by Health Research Capacity Building (HRBC) Committee, B.P. Koirala Institute of Health Sciences, Dharan, from 19-21 April, 2025.

b. Presentation done by Residents (if any)

SN	Name of Presenter	Title	Program Name/Date/Place
1.	Dr. Richa Karki	29th Annual Scientific Program (ASP 2025)	**Case Report:** The metabolic dysregulation of Gestational Diabetes Mellitus
2.	Ms. Soni Limbu Subba	29th Annual Scientific Program (ASP 2025)	**Research Topic:** Vitamin D and hs- CRP level evaluation in Covid-19 patient
3.	Dr. Aarti Pandey	6th NACC Conference 2026	**Case report:** Refractory Anti-Mi 2 Positive Dermatomyositis with Pulmonary and Gastrointestinal Complications following COVID 19 infection

5. HONOR/MILESTONE ACHIEVEMENTS/AWARD

Dr. Bijaya Mishra: Travel Scholarship to attend INDOUS Bridging Rare Summit 2025, 2-4 November, 2025

Mr. Basanta Gelal: Life Member and Executive Committee of Nepalese Association of Clinical Chemistry (NACC), Kathmandu, Nepal.

6. SPECIAL APPOINTMENTS

Prof. Dr. Madhab Lamsal

- Chair person, IRC, BPKIHS
- President, Nepalese Association for Clinical Chemistry (NACC), Kathmandu, Nepal
- Convener, 29th Annual Scientific Program, BPKIHS (26-26-28 November, 2025)
- Organizing chairperson, 6th Nepalese Association for Clinical Chemistry Conference (NACCCON26), Lalitpur, Nepal, (30-31 May, 2026)
- Participant and Resource Person, MBBS CBME Curriculum Workshop, BPKIHS, (11-12 December, 2025)
- Resource Person, Advance Workshop on Assessment and Examination Evaluation, Madan Bhandari Academy of Health Sciences, Hetauda, Nepal (13-14 May, 2026)
- Resource Person, Koshi Province Public Health Laboratory Service Review Meeting and Workshop, Biratnagar, Nepal (20-21, June, 2026)
- Editor in Chief, Association for Clinical Chemistry and Laboratory Medicine Journal (ACCLM), an Official Journal of Nepalese Association for Clinical Chemistry, Kathmandu, Nepal
- Reviewers of Several National and International Journals.
- External examiners for UG, PG (MSC, MD & PhD Examinations of different Universities and Institutes of Nepal.

Dr. Rajendra Kuamr Chaudhari

- Appointed as Lab Coordinator of CLS from 1st Jestha 2082 to 25th Shrawan, 2083.
- Working as Lab Medicine Coordinator for MBBS program from 17th September 2024 till date
- Convener of the subcommittee to prepare Standard Operating Procedure (SOP) for merging Emergency and Routine lab into Central Lab and brought into operation with effect from December 18, 2025 (3rd Poush 2082).
- Appointed as external examiner in MD biochemistry university examination in Nepal
- Member Organizing Committee of 29th ASP 2025
- Member of Emergency Advisory Committee, BPKIHS
- Life Member of Association of Medical Biochemist of India (AMBI)

Dr. Binod Kumar Lal Das

- Member of Planning, Evaluation and Monitoring Committee
- Member of Curriculum Review Committee
- Member of Research Capacity Building Committee
- Member of Health Professional Education Department
- Examiner of PG (M. Sc.) Examination in Manmohan College and Institute of Medicine, Kathmandu
- Examiner of B. Sc. MLT PUFoMAS
- Member Organizing Committee of 29th ASP 2025

Dr. Seraj Ahmed Khan

- Member of Emergency Advisory Committee, BPKIHS
- Member of Grievances Committee
- Member of Planning, Evaluation and Monitoring Committee

- Deputy lab coordinator of Collection and emergency unit for last one year
- Member of Service Rate Revision Committee of BPKIHS
- Invitee Member of 47th Senate of BPKIHS
- Member of Niyamawali Sansodhan Committee of BPKIHS
- Member Organizing Committee of 29th ASP 2025

Dr. Bijaya Mishra:

- Member, Research Committee, BPKIHS
- Member, MBBS Curriculum Review and Revision Committee, BPKIHS
- Life Member and Executive Committee Member, Nepalese Association for Clinical Chemistry, NACC
- Member, International Society for Neonatal Screening
- Board member, Rare Diseases Society Nepal
- Organizing Committee Member, 6th Annual Conference of Nepalese Association for Clinical Chemistry (NACCCON) 30-31 May 2026, Kathmandu.
- Organizing Committee Member, Workshop on Basic Health Research Methodology, 19-21 April 2026, BPKIHS.
- Organizing Committee Member, MBBS Curriculum Review Workshop, 9-11 Dec 2025, BPKIHS.
- Organizing Committee Member, 29th Annual Scientific Programme (ASP) 26-28 November 2025, BPKIHS.

Dr. Punam Jha

- Appointed as Organizing Committee Member and Member of Scientific Sub-Committee of the 6th Annual Conference of Nepalese Association for Clinical Chemistry (NACC CON) 2026 held on May 30-31, 2026 at Hotel Square, Lalitpur, Nepal.
- Appointed as a Member Secretary of Departmental Research Unit (DRU) of Department of Biochemistry, BPKIHS with effect from May 2026.

Mr. Basanta Gelal

- Appointed as Editor of the Annals of Clinical Chemistry and Laboratory Medicine (ACCLM), an Official Journal of Nepalese Association for Clinical Chemistry from 2025 to present
- Appointed as Organizing Committee Member and Member of Scientific Sub-Committee of the 6th Annual Conference of Nepalese Association for Clinical Chemistry (NACC CON) 2026 held on May 30-31, 2026 at Hotel Square, Lalitpur, Nepal.
- Appointed as Editor of the Journal of B.P. Koirala Institute of Health Sciences (JBPKIHS), the Official Journal of B.P. Koirala Institute of Health Sciences for the three years' tenure (2023 January-2026 January).
- Appointed as Organizing Committee Member of the Annual Scientific Programme (ASP) 2025 of B.P. Koirala Institute of Health Sciences, Dharan, Nepal on November 26-28.

Mr. Santosh Kumar Yadav

- Appointed as Organizing Committee Member of the Annual Scientific Programme (ASP) 2025 of B.P. Koirala Institute of Health Sciences, Dharan,

7. PLAN OF ACTION

a. Short-term planning:

- Upgrading existing UG and PG labs.
- Procuring instruments and reagents for UG and PG activities.
- Upgrading departmental library.
- Renovating animal room for research activities.
- Renovation of existing Central biochemistry Laboratory and shifting to larger accommodation.
- Strengthening of quality control and quality assurance program in clinical chemistry.
- Organizing workshops related to clinical biochemistry.
- Procurement of Essential clinical laboratory instruments related to centrifugation, electrolyte analysis, HbA1c analyzer, and automated electrophoresis apparatus.

b. Long-term planning:

- Procurement of fully automated modular/integrated biochemistry and immunoassay analyzer.
- Setting up of a molecular biology lab and establishment of a molecular diagnostic center within three years.
- Identifying core areas of national priority based research involving biochemistry and other collaborating departments/ organizations and carrying out those activities.
- Organizing international conferences in clinical biochemistry.
- Providing in-service/summer/winter training to faculty/staff/students on the fields related to their specialties.
- Continuing in-house running of the PhD program by upgrading the infrastructural facilities in the department and establishing interdepartmental integrated core facilities.
- Strengthening the laboratory service & Emergency Lab and provide quality lab service through introduction of smart card service.
- Extension of laboratory services addressing the need of super-specialty and sub-specialty clinical services.

9.5 DEPARTMENT OF CARDIOLOGY

FACULTY MEMBERS

Dr. Naveen Kumar Pandey	: Additional Professor and Head
Dr. Rajan Thapa	: Assistant professor
Dr. Bhuwan Thapa	: Senior Resident (DM)
Dr. Pawan Chaurasiya	: Senior Resident (DM)
Dr Abinash Karki	: Senior Resident (DM)

Technical and Administrative staffs:

Mrs. Geeta Acharya	: Clerk
Mrs. Amita Limbu	: Sister in- Charge (Cath Lab)
Mrs.Samana Baral	: Senior Staff Nurse
Miss Pushpa Acharya	: Staff Nurse
Mrs. Divya Khadka	: Staff Nurse
Mrs. Maiya Shrestha	: Senior ANM

Mrs Ranjita Sangraula	: Senior ANM
Mr. Md. Reja Hawari (Dhobi)	: Technologist
Foreman/Helper	:Mr. Raj Kumar Chaudhary
	:Mrs. Kabita Tamang
	:Mr. Birendra Safi
	:Mrs. Poonam Kumari Yadav

1. ACADEMIC ACTIVITIES

The Cardiology department trains doctors in Post-Doctoral Program (DM) in Cardiology. The DM residents take care of patients' directly in the Cardiology ward, Coronary Care Unit (CCU), Cardiology OPDs and also attend to consultations from other departments in the hospital. The DM Cardiology residents are also acquired to do presentations independently to colleagues during morning sessions. They participate in interdepartmental academic activities & are also encouraged to do research, publications & presentations in various scientific forums. They are also required to do a prospective study during their post-doctoral training. The routine academic activities of the students are as follows:

Weekly Academic Schedule:

Days/Time	**Topics:**
Monday (8-9 am)	Journal club
Tuesday (8-9 am)	Case presentation
Wednesday (8-9 am)	Clinical Meeting, and Topic Review
Thursday (8-9 am)	Cardiology Seminar/Cath. Meeting
Thursday (8-9 am)	PG Bedside Teaching (if present)
Friday (8-9 am)	Departmental Meeting/Grand Round

2. CLINICAL SERVICES

Routine in-patient services are provided to patients admitted in the Cardiology ward, Coronary care Unit (CCU), Initial clinical evaluation of the patient, diagnostic work-up, clinical decision-making and therapeutic interventions are carried out under the supervision of the faculty members. Analysis of the signs and symptoms, clinical decision-making and minor intervention procedures are taught to the interns, house physician & Junior's Resident when posted. In addition, an opinion on cardiac problems for patients admitted under other specialties is provided via routine and urgent consultations. Though our department is small, we are incessantly trying to give quality services and will leave no stone unturned for betterment of cardiology service in the future.

Routine patients care services provided by Department of Cardiology:

1.	Specialty Clinic OPD	5 days per week
2.	Emergency service on call	7 days per week
3.	ECG	7 days per week
4.	Echocardiography	5 days per week
5.	Cath.	7 days per week
6.	Stress Echo & TEE	5 days per week
7.	TMT/Holter/ABPM	5 days per week
8.	Pacemaker Clinic/Programming	5 days per week

A. Non- Invasive Cardiology

I. ECHOCARDIOGRAPHY:

General:

Adult Echo	16,914
Pediatric Echo	743
Academic Echo	384
Fetal Echo	68
TEE	18
Total:	**18,127**

II. TMT:

Total: 441

III. ECG:

Total: 43216

IV. ABPM/Holter:

ABPM	1
24hrs ECG Holter	309

V. Bubble contrast, pericardial tapping 15

B. Interventional Cardiology

Diagnostic Coronary Angiography	853
Percutaneous Coronary Angioplasty	194
PTMC	0
Right Heart Cath	1
Left Heart Cath	0
Renal Angiography	5
Peripheral Vascular procedure	1
ASD closure	1
Pericardiocentesis	6
Permanent Pacemaker Implantations	17
Temporary Pacemaker Implantations	30
Pacemaker Programming	105
Cinefluoroscopy	14
Total:	**1227**

C. OPD Services

OPD (New + Old) **22698**

D. Total Admission (Inpatients)

Cardiology Ward	760
CCU	426
Grand Total:	**1186**

3. RESEARCH ACTIVITIES

a. Research Project completed

Name of Principal Investigator	Title of the Research
Prof. Dr. Prahlad Karki Dr. Naveen Kumar Pandey	Effectiveness of Echocardiographic screening of pregnant women during antenatal care: a cluster randomized crossover trial

b. Postgraduate & DM Research Activity: Completed

Name of Resident	Name of Guide	Name of Co-Guide	Title of Research
Dr. Rajan Thapa	Prof. Dr. Prahlad Karki	Dr. Naveen Kumar Pandey	Association of coronary artery disease with conventional cardiovascular risk factors, based on coronary angiography: A cross sectional study
Dr. Sanjay Shrestha	Prof. Dr. Prahald Karki	Dr. Naveen Kumar Pandey	Prevalence of anemia in acute coronary syndrome in a tertiary care center in Nepal
Dr. Pawan Chaurasia	Dr. Naveen Kumar Pandey	Dr. Jeet Prasad Ghimire	Atherogenic index of plasma in Acute coronary syndrome patients in BPKIHS: cross sectional study
Dr. Bhuwan Thapa	Dr. Naveen Kumar Pandey	Dr. Jeet Prasad Ghimire	Exercise TMT test in detecting asymptomatic CAD in patients with Type 2 Diabetes Mellitus
Dr. Bhuwan Thapa	Dr. Naveen Kumar Pandey	Dr Rajan Thapa	Pattern of arrhythmias in ACS patients in BPKIHS
Dr. Pawan Chaurasia	Dr. Naveen Kumar Pandey	Dr Rajan Thapa	Patterns of nocturnal dipping in patients undergoing ambulatory blood pressure monitoring in BPKIHS

Postgraduate & DM Research Activity: Ongoing

Dr Abinash Karki	Dr. Naveen Kumar Pandey	Dr Rajan Thapa	Association between ECG and Coronary angiography findings in patients with STEMI

PUBLISHED ARTICLES

- Shrestha S, Pandey NK, Jaiswal LS, Gyawali A, Pandey B, Thapa R, Ghimire JP, Thapa B, Chaurasia P. A Rare Case of Dislodged Chemoport Catheter Entrapment in the Pulmonary Artery. Case Reports in Vascular Medicine. 2025;2025(1):9100288.
- Pandey, N. K. Shrestha, S., & Jaiswal, L. S. (2026). Prevalence of Anemia in Patients of Acute Coronary Syndrome: A Descriptive Cross-Sectional Study from Tertiary Care Centre of Eastern Nepal. Journal of National Heart and Lung Society Nepal, *5*(1), 17-23.

- Thapa, B., Pandey, N. K., Thapa, R., Chaurasia, P., & Karki, A. (2026). Pattern of Arrhythmias in Acute Coronary Syndrome Patients Presenting at B. P. Koirala Institute of Health Sciences, Nepal. Nepal Mediciti Medical Journal, 7(1), 15-19.

4. OTHER ACTIVITIES

a. Visiting Faculty

Prof Thomas Pilgrim: Swiss cardiovascular Center, Bern, Switzerland

b. Community Services: As per Institute Schedule

5. PLAN OF ACTION

To develop the following

- Pediatric Cardiology
- Cardiac Electrophysiology
- Separate Cardiac Center

Equipment's to be procured

- Portable Echo machine -2
- TMT machine -2
- Manual Defibrillator with transcutaneous pacing machine-2
- ICU and ward grade monitors-16
- Infusion Pumps-12
- Hospital grade pulse oximeter-4
- 24 hours holter Machine -3
- 24 hours ABPM-3
- Cathlab-1

9.6 DEPARTMENT OF CARDIOTHORACIC AND VASCULAR SURGERY (CTVS)

FACULTY MEMBERS

Dr. Bijay Sah	Associate Professor/ In-charge
Dr. Lokesh Shekher Jaiswal	Associate Professor (On leave from 01/02/2082)

STAFF MEMBERS

Uday Shanker Singh	Cardiac Perfusionist
Mr. Pramod Pandit	Cardiac Perfusionist
Sweta Yadav	Computer Clerk
Padam Prasad Khatiwada	Foreman

1. DEPARTMENT PROFILE

VISION

Cardiothoracic and Vascular Surgery (CTVS) outstanding patient care, quality education, innovative research, and advanced surgical services that improve cardiothoracic vascular surgery services.

MISSION

- Provide community-based, safe, ethical, and evidence-based cardiothoracic and vascular surgical care.
- Deliver comprehensive perioperative services, including cardiac surgery, thoracic surgery, and vascular surgery.
- Educate and train undergraduate students in B.Sc. Perfusion Technology and postgraduate/super specialty trainees in M.Ch. CTVS.
- Promote clinical research, innovation, and continuous improvement in patient care.
- Ensure multidisciplinary teamwork for optimal patient outcomes.
- Extend community awareness and preventive cardiothoracic and vascular health services.
- Maintain high standards of professionalism, patient safety, and compassionate care.

CORE FUNCTIONS

- Diagnosis and management of cardiac, thoracic, and vascular diseases including emergency.
- Open-heart surgery, thoracic surgery, and vascular and endovascular surgical management.
- Rheumatic and non-rheumatic heart valve repair and replacement, including aortic valve replacement (AVR), mitral valve replacement (MVR), and double valve replacement (DVR).
- Major congenital cardiac surgery, including atrial septal defect (ASD) and ventricular septal defect (VSD) repair etc.
- Thoracic surgery, including thoracotomy, lung, mediastinal, esophageal, and chest-wall procedures.
- Peripheral vascular surgery and vascular access procedures.
- Cardiopulmonary bypass and clinical cardiac perfusion services.
- Extracorporeal membrane oxygenation (ECMO) and cell-saver support when required.
- Teaching, training, and academic activities for the M.Ch. CTVS and B.Sc. Perfusion Technology programs.
- Clinical research and publication.
- Quality assurance, patient safety, and infection prevention.
- Continuing Medical Education (CME).

2. DEPARTMENTAL ACHIEVEMENTS & SUMMARY

During the reporting period, the Department of Cardiothoracic and Vascular Surgery (CTVS) functioned as a separate clinical department and continued to provide comprehensive cardiac, thoracic, and vascular surgical services. The department operated with one faculty member and two clinical cardiac perfusionists while managing a substantial clinical workload. A total of 8115 patients were addressed during the given period through OPD, OT, Emergency and ICU Care.

Major services included open-heart surgery, valve repair and replacement procedures, thoracic surgery, vascular surgery procedures, and related perioperative care, emergency care, outpatient services and four separate ICU care units. The department also supported undergraduate education through the four-year B.Sc. Perfusion Technology program and continued academic activities related to the M.Ch. CTVS program, although no M.Ch. students were enrolled during the reporting period. During the year, 6,660 OPD visits were recorded, including 6,000 new patients and 660 follow-up visits, compared with 2,932 total OPD visits in the previous year.

A total of 570 surgical procedures were recorded, compared with 221 in 2024–2025. The department also continued clinical postings, seminars, laboratory and cardiac operating-theatre exercises, internal

assessments, and annual assessments for B.Sc. Perfusion Technology students. Research protocols of students were prepared and submitted through the Departmental Research Unit (DRU) and Institutional Review Committee (IRC) processes.

Major challenges included increasing patient load with limited manpower (ONE FACULTY HAD TO WORK FOR ONE YEAR ALONE), shortages of advanced surgical equipment and consumables, limited ICU and operating-theatre availability, financial constraints affecting timely treatment, and the need for continuing faculty development and advanced training in areas such as ECMO, cell salvage, heart-lung machine technology, echocardiography, and ultrasonography.

In response, the department requested additional faculty recruitment and promotion, strengthened multidisciplinary teamwork and standardized clinical protocols, optimized operating-theatre scheduling, conducted training and simulation-based education, and promoted infection prevention, quality assurance, patient safety, clinical research, collaboration, and CME activities.

3. ACADEMIC ACTIVITIES

UNDERGRADUATE TEACHING

Teaching Hours

Programme	Teaching Hours (Theory)	Teaching Hours (Practical)
M.Ch. CTVS	No student currently enrolled	—
MD/MS	No resident posted	—
MBBS	No student posted	—
BDS	No student posted	—
B.Sc. Perfusion Technology – 1st Year	375 hours	400 hours
B.Sc. Perfusion Technology – 2nd Year	375 hours	400 hours
B.Sc. Perfusion Technology – 3rd Year	270 hours	600 hours
B.Sc. Perfusion Technology – 4th Year	Internship	Internship

Clinical Postings and Academic Activities

Programme/Year	SIS / Clinical or Lab Activity	Other Academic Activities
B.Sc. Perfusion Technology – 2nd Year	Basic Perfusion Science – 29; Cardiac Surgery – 45	ICU and Critical Care Posting
B.Sc. Perfusion Technology – 3rd Year	Clinical Perfusion Technology – 26; Applied Perfusion Technology – 20; Advanced Perfusion Technology – 20	OT, ICU and Cath Lab Posting

POSTGRADUATE TEACHING

- MDGP residents have had 15-day clinical rotations through the ward, OPD, and OT since the last 2 months.
- Journal Club/Research-topic discussions were conducted according to the DRU schedule.

- Basic research training and basic surgical skills training were conducted twice yearly for residents and faculty.
- Thesis/research guidance was provided to undergraduate and postgraduate trainees.

OTHER TEACHING ACTIVITIES

- Strengthen the advanced surgical training center (dry and wet skills laboratory) for undergraduate students, postgraduate trainees, senior residents, and faculty.
- Strengthen departmental library facilities and procure relevant books, journals, and CDs.
- Arrange B.Sc. Perfusion Technology student postings at Shahid National Heart Centre, Kathmandu, for further learning, skills development, exposure, and collaboration.
- Develop linkages with regional, national, and international teaching institutions and hospitals.
- Expand and strengthen departmental faculty rooms, doctors' rooms, classrooms, and library facilities.

4. CLINICAL SERVICES

Clinical Service	Total New Patients (2025–26)	Total Follow-up (2025–26)	Total Patients (2025–26)	Total Patients (2024–25)
CTVS OPD	6,000	660	6,660	2,932
IPD Ward	275 IPD Service	50	325	250
IPD ICU	118	-	-	NA
Emergency Call + OT	864+84	64	1012	NA
Surgical Procedures	570	—	570	221
Specialty (EHS) Services	300	51	351	353

5. COMMUNITY SERVICES

- The department will continue to provide patient-care services and participate in health camps in teaching districts in accordance with institute guidelines and subject to manpower availability.
- Plans include broadening cardiac, thoracic, vascular, and endovascular service; strengthening integrated CTVS surgical emergency services; and improving ward infrastructure and patient-care facilities.

6. RESEARCH ACTIVITIES

Undergraduate Student Research Activities

Name of Student	Guide	Co-Guide(s)	Title of Research
Sumana Shrestha – 4th-year B.Sc. Perfusion Technology Internship Student, Batch June 2023	Dr. Bijay Sah, Associate Professor and Departmental Officiating In-charge (Chief Guide)	Uday Shanker Singh, Cardiac Perfusion Teacher/Deputy Coordinator; Mr. Pramod Pandit, Perfusionist	Correlation of cardiopulmonary bypass time and aortic cross-clamp time with perioperative lactate level and postoperative lactate in patients undergoing cardiac surgery under cardioplegic arrest.

Name of Student	Guide	Co-Guide(s)	Title of Research
Manika Paudel – 3rd-year B.Sc. Perfusion Technology Student, Batch February 2024	Dr. Bijay Sah, Associate Professor and Departmental Officiating In-charge (Chief Guide)	Dr. Jagat Narayan Prasad, Additional Professor/Cardiac Anesthesiologist; Uday Shanker Singh, Cardiac Perfusion Teacher/Deputy Coordinator; Mr. Pramod Pandit, Perfusionist	Association between nadir hematocrit during cardiopulmonary bypass with intraoperative perfusion parameters and postoperative extubation time in adult cardiac surgery.

Faculty Research Activities – Ongoing Research Projects

S. N.	Principal Investigator / Guide	Title
1	Dr. Lokesh Shekher Jaiswal	A comparative prospective analysis of Del Nido cardioplegia and St. Thomas Hospital cardioplegia solution in adult cardiac surgery.
2	Dr. Lokesh Shekher Jaiswal	Preoperative level of high-sensitivity troponin in patients undergoing cardiac surgery under cardioplegic cardiac arrest and its association with postoperative left ventricular dysfunction and 30-day mortality.
3	Dr. Bijay Sah	Impact of delayed presentation on functional recovery and quality of life in acute limb ischemia (ALI) at a tertiary care center of Eastern Nepal.

Faculty Research Activities – Completed Research Projects

S. N.	Principal Investigator	Title
1	Dr. Lokesh Shekher Jaiswal	Endovenous laser ablation versus open ligation and stripping of the great saphenous vein: a prospective observational study.
2	Dr. Bijay Sah	Single-vessel injury of forearm: repair versus ligation.
3	Dr. Bijay Sah	Clinical profile of patients with mediastinal mass at a tertiary care center of Eastern Nepal.
4	Dr. Bijay Sah	Outcome of patients undergoing emergency thoracotomy at a tertiary care center of Eastern Nepal.
5	Dr. Bijay Sah	Analysis of CTVS services at a tertiary care center of Eastern Nepal.

DEPARTMENTAL PUBLICATION

Jaiswal LS, Neupane D, Pandey NK, Prasad JN. Intermediate-term outcomes following heart valve surgery in rheumatic heart disease: a retrospective single-center analysis from Eastern Nepal. Journal of Indian College of Cardiology. 2026;16(2):70-76. doi: 10.4103/jicc.jicc_88_25.

7. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS

S. N.	Faculty/Participant	Programme / Activity	Date / Place / Role
1	Dr. Bijay Sah	72nd Indian Association of Cardiovascular and Thoracic Surgery Conference	26 February–1 March 2026; Faculty
2	Dr. Bijay Sah	Basic Health Research CME, BPKIHS	28 April 2026
3	Dr. Bijay Sah	Basic Surgical Research Skill Course	21 June 2026; Presenter and Faculty
4	Dr. Bijay Sah	Surgical Skills Course, BPKIHS	10 July 2026; Presenter and Speaker
5	Uday Shanker Singh	Basic Teachers Training Workshop, 16th Continuing Professional Development (CPD): Foundations of Health Professions Education: Curriculum, Teaching, Assessment & Mentoring	22–26 March 2026; Department of Health Professions Education, BPKIHS

8. HONOR/MILESTONE ACHIEVEMENTS/AWARD

Dr Lokesh Shekhar Jaiswal received FRCS-UK Precious Award

9. SPECIAL APPOINTMENTS

Dr. Bijay Sah served as Departmental Officiating In-charge during the reporting period,

10. QUALITY IMPROVEMENT

- Standardization of clinical protocols and multidisciplinary teamwork.
- Optimization of operating-theatre scheduling and resource utilization.
- Strengthening of infection prevention, quality assurance, and patient-safety measures.
- Regular training, workshops, and simulation-based education for healthcare professionals.

11. INFRASTRUCTURE & EQUIPMENT

- The new Modular Cardiac Operating Theatre will be utilized for cardiac surgical services.
- The department identified the need for pharmacy medicines, advanced surgical equipment and consumables, including endovenous laser ablation (EVLA) fiber, vascular grafts, major surgical and medical items, ICU-related equipment, ward monitoring and management equipment, and perfusion-related facilities and supplies.
- Departmental proposals for equipment/instrument procurement included CTVS operating-room instruments, CTVS ward monitoring and management equipment, CTVS ICU-related instruments and equipment, and perfusion-based facilities and other items.

12. SWOT ANALYSIS

Strengths	Weaknesses
• Established CTVS clinical services; multidisciplinary teamwork; cardiac, thoracic and vascular surgical capabilities; B.Sc. Perfusion Technology teaching; research and academic activities.	• No Promotion, Limited manpower; high patient load; shortages of advanced equipment/consumables; limited ICU and OT availability; limited opportunities for advanced subspecialty training.
Opportunities	**Threats**
• Expansion of cardiac, thoracic, vascular and endovascular services; strengthening of M.Ch. CTVS education; collaboration with regional, national and international institutions; faculty development and advanced training; expansion of research and CME.	• Department Collapse, Increasing patient demand; resource and financial constraints; shortages of specialized equipment and consumables; limited ICU/OT capacity; continued dependence on availability of specialized manpower.

13. PLAN OF ACTION

Teaching and Learning Activities

- Strengthen the advanced surgical training center (dry and wet skills laboratory) for undergraduate students, postgraduate trainees, senior residents, and faculty.
- Strengthen departmental faculty rooms, doctors' rooms, classrooms, and library facilities.
- Procure relevant books, journals, and other academic resources.
- Arrange B.Sc. Perfusion Technology student postings at National Heart Centre, Kathmandu, for further learning, skills development, exposure, and collaboration.
- Build linkages with regional, national, and international teaching institutions and hospitals.
- Conduct regular Teaching Program Implementation Committee (TPIC) meetings.
- Obtain structured feedback from undergraduate, postgraduate, and super specialty students regarding teaching and learning activities and clinical postings.

Faculty Development and Future Academic Development

- Promote faculty development and advanced subspecialty training in ECMO, cell salvage, heart-lung machine technology, echocardiography, and ultrasonography.
- Work toward strengthening the M.Ch. CTVS/related super specialty training program.

Patient Care

- Broaden the range of cardiothoracic, vascular, and endovascular procedures according to institutional capacity and national need.
- Develop integrated CTVS surgical emergency services.
- Improve ward management and patient-care infrastructure, including beds, monitors, patient cupboards, and privacy/roof curtains.

Community Services and Other Plans

- Continue participation in health camps and services in teaching districts according to institute guidelines and manpower availability.
- Work toward establishing a dedicated cardiac modular operating theatre for CTVS.
- Explore feasibility of heart-lung transplantation.
- Organize a conference/symposium on vascular repair.

- Restart/strengthen the B.Sc. Perfusion Technology course and academic activities as applicable.
- Develop endovascular services.

Research

- Continue ongoing faculty and undergraduate research projects and support completion and dissemination of approved research.
- Encourage research publications, academic presentations, and CME activities.

Future Requirements of Equipment/Instruments

- Operating-room instruments.
- Ward monitoring and management equipment.
- ICU-related instruments and equipment.
- Perfusion-based training, facilities and other required items.
- Endovenous laser ablation (EVLA) fiber, vascular grafts, and other major surgical and medical consumables.

9.7 CLINICAL PHARMACOLOGY AND THERAPEUTICS

FACULTY MEMBERS

Dr. Deependra Prasad Sarraf	: Additional Professor & Head
Dr. Kadir Alam	: Additional Professor (non-medical)
Dr. Kumud Chapagain	: Associate Professor
Dr. Dillisher Rai	: Associate Professor
Dr. Ramayan Prasad Kushwaha	: Associate Professor
Dr. Dipesh Raj Panday	: Associate Professor
Dr. Namita Kumari Mandal	: Associate Professor

STAFF MEMBERS

Mr. Bhupendra Kumar Yadav	: Sr. Graduate Technician (Lab)
Mr. Badri Narayan Pandit	: Administrative Assistant
Mr. Harka Bahadur Pakhrin	: Sr. Foreman
Mrs. Anju Subba	: Helper (Level 4)

Number of Residents

S.No.	Junior Residents	Number
1	1st Year	1
2	2nd Year	1
3	3rd Year	2

1. DEPARTMENT PROFILE

a. Vision: To be a center of excellence in pharmacology education, research, and rational use of medicines, contributing to quality healthcare.

b. Mission:

i. Deliver high-quality undergraduate and postgraduate education in pharmacology.
ii. Promote innovative and ethical research to advance medical science.
iii. Foster rational prescribing and safe use of medicines.
iv. Provide expert pharmacology and toxicology services to support patient care and public health.

c. Core Functions:

i. Undergraduate and postgraduate teaching and training.
ii. Research and scholarly activities in pharmacology and therapeutics.
iii. Clinical pharmacology, therapeutic drug monitoring, and pharmacovigilance program.
iv. Drug information center, rational medicine use, and continuing professional development.
v. Academic and administrative collaboration.

2. DEPARTMENTAL ACHIEVEMENTS & SUMMARY

- Major achievements (Awards, Recognition, New services, Innovations, International collaborations): During the reporting period, the Department of Clinical Pharmacology and Therapeutics continued to strengthen its commitment to excellence in teaching, research, and service. The department maintained high standards in undergraduate and postgraduate education through competency-based teaching, practical skill development, and assessment innovations. Faculty members actively contributed to national and international scientific publications, conference presentations, and research collaborations. The department also continued to provide expert support in clinical pharmacology, pharmacovigilance, and rational use of medicines, contributing to quality patient care and institutional academic and administrative activities. The department achieved consistent academic performance with successful completion of teaching schedules, practical sessions, postgraduate training, and examination responsibilities. Faculty members secured research grants, reviewed research papers, published peer-reviewed articles, and participated in national and international academic conferences. Continuing professional development programs, seminars, and workshops were regularly organized to enhance knowledge and promote evidence-based practice.

- **Key statistics:**
  Undergraduate students taught: 460
  Postgraduate residents supervised: 4
  Research publications: 5
  Ongoing/completed research projects: 11
  Seminars/CME/workshops conducted: 1
  Conference presentations: 3

- **Major challenges:** The department faced challenges including increasing academic workload, limited research funding, constraints in laboratory resources, and balancing teaching, research, and clinical service responsibilities. Delays in procurement of equipment also affected some academic and research activities.
- **Solution taken against challenges:** To address these challenges, the department optimized faculty workload through improved scheduling and collaboration, strengthened interdisciplinary research partnerships, actively pursued external research funding opportunities, expanded the use of digital learning resources, and prioritized efficient utilization of available laboratory facilities. Regular faculty development activities and continuous quality improvement initiatives further supported the department in maintaining high academic standards and service delivery.

3. ACADEMIC ACTIVITIES

Undergraduate Teaching

- Teaching hours

Programs	Teaching Hours (Theory)	Teaching Hours (Practical)
MBBS	130	90
BDS	100	54
B.Sc. Nursing	58	6
BMS	58	6
B.Sc. MLT	58	6
B.Sc. MIT	17	9
B.Sc. PT	130	90

Postgraduate Teaching

- Seminars: 29
- Journal Club: 8
- Thesis: 3

4. RESEARCH ACTIVITIES

Post Graduate Student Research Activities

Thesis Projects Ongoing

Name of Residents	Name of Guide	Name of Co-Guides	Title of thesis
Dr. Shree Krishna Karki	Dr. Dipesh Raj Panday	Dr. Deependra Prasad Sarraf Dr. Vijay Srivastav Dr. Madhab Prasad Lamsal	Correlation between Serum Acetylcholinesterase and Atropine Requirement in patients of Organophosphorus Poisoning brought to emergency of Tertiary care center in Eastern Nepal
Dr. Sailu Aryal	Dr. Ramayan Prasad Kushwaha	Dr. Deependra Prasad Sarraf, Dr. Dhanratna Shakya	Assessment of adverse drug reactions of olanzapine in patients visiting psychiatry OPD at BPKIHS: a cross-sectional study.

Thesis Project Completed

Name of Residents	Name of Guide	Name of Co-Guides	Title of thesis
Dr. Rakesh Pandey	Dr. Dillisher Rai	Dr. Robin Maskey, Dr. Deependra Prasad Sarraf	Prescribing pattern of antibacterial according to the WHO AWaRe classification in patients admitted at medical wards of BPKIHS

Faculty Research Activities

Ongoing Research Projects

S. No.	Principal Investigator	Title
1	Dr. Deependra Prasad Sarraf	A point prevalence survey on antibiotic prescribing patterns in a tertiary care hospital in Eastern Nepal

S. No.	Principal Investigator	Title
2	Dr. Deependra Prasad Sarraf	Assessment of Drug Utilization Patterns and Prescribing Rationality among Inpatients Using WHO Prescribing Indicators at BPKIHS: A retrospective study
3	Dr. Deependra Prasad Sarraf	Assessment of drug utilization pattern in hypertension and type 2 diabetes mellitus using the WHO core drug use indicators: a cross sectional study at a tertiary care center in Eastern Nepal.
4	Dr. Deependra Prasad Sarraf	Evaluation of completeness and legibility of handwritten prescription: a hospital based cross-sectional study at a tertiary care hospital in Eastern Nepal
5	Dr. Deependra Prasad Sarraf	Assessment of Personal Financial Literacy among Healthcare Professionals at a Tertiary Care Teaching Hospital in Eastern Nepal.
6	Dr. Ramayan Prasad Kushwaha	Health risk knowledge about secondhand smoke exposure, protective practices, and smoking initiation susceptibility among medical and dental students: A cross-sectional study from Nepal.
7	Dr. Dipesh Raj Panday	Knowledge, Attitude and Practices of Complementary and alternative Medicine Among Medical Students in a Tertiary Care Institution in Nepal.
8	Dr. Dipesh Raj Panday	Exploring the Use and Perception of Lifestyle Drugs among Future Healthcare Professionals in a medical college of Eastern Nepal
9	Dr. Dipesh Raj Panday	Adherence to Antihypertensive Medication and its associated factors among Hypertensive Patients in a Tertiary Care Hospital of Eastern Nepal.
10	Dr. Namita K. Mandal	Self-Treatment in Dysmenorrhea: Drug Pattern and Outcomes – A Descriptive Cross-Sectional Study at B.P. Koirala Institute of Health Sciences, Eastern Nepal.

Completed Research Projects

S.No.	Principal Investigator	Title
1.	Dr. Dipesh Raj Panday	Risks and Benefits of HRT among women visiting Gynaecological ward of Eastern Nepal.

DEPARTMENTAL PUBLICATION

i. Yadav S, Rauniar GP, **Sarraf DP,** Panday DR, Shrestha V. Clinical Profile and Antimicrobial Prescription Pattern in Patients Undergoing Cholecystectomy at a Tertiary Care Hospital. Nepal Med Coll J 2026; 28: 68-74.

ii. Singh A, Rauniar GP, **Sarraf DP** et al. Therapeutic Drug Monitoring and Adverse Drug Reactions of Lithium in Patients Diagnosed with Bipolar Affective Disorder at a Tertiary Care Center in Eastern Nepal. Nepal Med Coll J 2026; 28: 13-7.

iii. Pramila Sinha, **Ramayan Prasad Kushwaha**. Evaluating Knowledge about Cancer Warning Signs among Outpatient Visitors of Koshi Hospital, Morang, Nepal. Janaki Medical College Journal of Medical Science. 2026;14(2):72-81.

iv. **Mandal NK,** Bhandari R, Rauniyar GP, Mandal MK. Drug Poisonings among Patients Presenting to the Emergency Department of a Tertiary Care Center in Eastern Nepal: An Observational Study. JNMA J Nepal Med Assoc. 2025 Nov;63(291):828-833.

5. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS/DEPUTATIONS

Dr. Deependra Prasad Sarraf:

i. Attended "CME under Continuing Professional Development program on blood transfusion services" held at BPKIHS, Dharan, Nepal on August 2, 2025.
ii. Attended "two months' online certificate program on pharmacovigilance" from August 2 to October 4, 2025 held at Chennai, India.
iii. Deputed as External Examiner by Kathmandu University, Dhulikhel to conduct MBBS 2nd year Pharmacology Practical annual examination at Kathmandu Medical College, Duwakot, Bhaktapur, Nepal on 31st August to 6th September, 2025.
iv. Deputed as Subject expert by Purbanchal University, Medical section, Gothgaun, Sunsari to conduct interview for assistant professor (MD Pharmacology) at Purbanchal University, Medical section, Gothgaun, Sunsari, Nepal on September 6, 2025.
v. Attended online program (webinar) on "Role of Pharmacovigilance and Materiovigilance in Patient Safety." held on 19/09/2025 by AIIMS Patna, India.
vi. Attended online workshop on "Gamification in Medical education" held on 20/09/2025 by AIIMS Patna, India.
vii. Attended an online workshop on "Simplifying Bioassay" held on 3rd October, 2025 organized by Indian Pharmacologists United Network, India.
viii. Delivered a lecture on "Pharmacovigilance and Patient safety" to newly appointed staff nurses in the Orientation program, BPKIHS on October 7, 2025
ix. Attended webinar "Introduction to the CIOMS Working Group XII report on Benefit-risk balance for medicinal products", held on the 23rd of October 2025 organized by Council for International Organizations of Medical Sciences (CIOMS), Geneva, Switzerland.
x. Deputed as Subject expert by Purbanchal University, Medical section, Gothgaun, Sunsari to conduct interview for associate professor (MD Pharmacology) at Purbanchal University, Medical section, Gothgaun, Sunsari, Nepal on 1st November, 2025.
xi. Attended workshop on "Antibiotic stewardship program, hospital infection prevention and control" organized by "The Fleming Fund country grant for Nepal held on 13th November 2025 at BPKIHS.
xii. Presented a paper in "4th National Conference of National Association of Pharmacology and Therapeutics (NAPTICON 2025)" held at PSG Institute of Medical Sciences and Research, Coimbatore, India on 28-29 November, 2025.
xiii. Participated in "MBBS Curriculum review workshop" held at BPKIHS on December 9-11, 2025.
xiv. Deputed as External Examiner by Kathmandu University, Kathmandu to serve as an External Examiner (Practical/Clinical and Viva-Voce) for the Pharmacology subject of the I MBBS University Examination at Nobel Medical College, Biratnagar on February 13-17, 2026.
xv. Attended "BPKIHS Sleep conclave" organized by Department of Pulmonary, Critical Care and Sleep Medicine, BPKIHS and held on February 21, 2026.
xvi. Participated as resource person in "Pharmacovigilance symposium" held at Nobel Medical College, Biratnagar, Nepal on May 10, 2026.

xvii. Participated as participant in the webinar on "Collaborate and Connect: Networking Strategies for Health Professions Educators" organized by University Center for Health Profession Education, Sri Devaraj Urs Academy of Higher Education and Research, Kolar, India on May 27, 2026.

xviii. Participated as resource person in workshop of IBRO Associate School "Bridging Neuroanatomy and Experimental Animal Research for Advancing Neuroscience" organized by Department of Anatomy, BPKHS on 5 -9 June 2026.

xix. Deputed as External Examiner by Institute of Medicine, Kathmandu to conduct MBBS 2nd year Pharmacology-XVI Practical supplementary examination at Nepal Army Medical College, Kathmandu on June 21-23, 2026.

Dr. Kadir Alam:

i. Nominated as Inspection Committee member for inspecting collage from Medical \Education Commission to inspect at Bachelor of Pharmacy Collage from 30th July 2025 to1st August 2025.

ii. Nominated as external examiner at Purbanchal University for Bachelor of Pharmacy clinical Pharmacology III exam on 9th December 2025.

iii. Nominated as examiner in Nepal Pharmacy Council Licensing exam from 23-25th January 2026.

iv. Nominated as external examiner at Purbanchal University for Master of Pharmacy clinical Pharmacy I exam on 8th February 2026.

v. Nominated as external examiner at Purbanchal University for Master of Pharmacy Hospital Pharmacy I exam on 10th February 2026.

vi. Nominated as examiner in Nepal Pharmacy Council Licensing exam from 25-29th March 2026.

Dr. Kumud Chapagain

i. Nominated as External Examiner by Tribhuvan University to conduct MBBS 2nd year Pharmacology Supplementary Examination at KIST Medical College, Imadol, Kathmandu on 25th August 2025.

ii. Participated as resource person for the Teachers Training workshop "Foundation for Health Professionals Education: Curriculum, Teaching, Assessment and Mentoring" held at BPKIHS from 20 – 26 March 2026.

iii. Participated as resource person for the workshop - Basic Health Research Methodology held at BPKIHS from 19 – 21 April 2026.

iv. Served as a Quiz Master in the 6th National Inter-Medical School Quiz held at BPKIHS on 8-9 May 2026.

v. Participated as Guest Speaker of IBRO Associate School "Bridging Neuroanatomy and Experimental Animal Research for Advancing Neuroscience" organized by Department of Anatomy, BPKHS on 5 -9 June 2026.

vi. Nominated as External Examiner by Tribhuvan University to conduct MBBS 2nd year Pharmacology Supplementary Examination at IOM, Maharajgunj, Kathmandu on 22nd June 2026.

vii. Participated virtually as an invited speaker and resource person at the workshop – Everything Drugs in Contemporary Medicine, Rational Prescription, Molecular Mechanisms and Health Impacts, held in Fortaleza, Ceara, Brazil on 26th June 2026.

viii. Attended and Participated as a Poster Presenter at the 20th World Congress of Basic and Clinical Pharmacology held at Melbourne, Australia, on 12 – 17 July 2026.

Dr. Dillisher Rai:

i. Nominated as External Examiner by Karnali Academy of Health Sciences Jumla to conduct MBBS 2nd year Pharmacology annual Examination at KAHS, Jumla on 9th &10th September 2025.
ii. Participated in a workshop of IBRO Associate School "Bridging Neuroanatomy and Experimental Animal Research for Advancing Neuroscience" organized by Department of Anatomy, BPKHS on 5 -9 June 2026.

Dr. Ramayan Prasad Kushwaha:

i. Participation in a workshop "Foundations of Health Professions Education: curriculum, teaching, assessment and mentoring" held on 22-26 March 2026.

Dr. Namita Kumari Mandal

i. Attended and Participated as a Poster Presenter at the held at the B.P Koirala Institute of Health Sciences (BPKIHS), Dharan Nepal
ii. Participated in training on "Professional development on Essentials of education Technology for Faculty members": 7- 11 April, 2025
iii. Participated in workshop on 'Advanced teacher's training program on Essentials of student Assessment: 27-28th April,2026

6. SPECIAL APPOINTMENTS

Dr. Deependra Prasad Sarraf:

i. Appointed as a member of "Hospital Pharmacy and Therapeutic Committee", BPKIHS.
ii. Appointed as member of "Planning, Evaluation and Monitoring Committee", BPKIHS.
iii. Appointed as member of "Vehicle Repair and Maintenance Committee", BPKIHS.
iv. Appointed as member of "Suggestions and Grievance Hearing Committee", BPKIHS.
v. Appointed as Coordinator of "Minimum Service Standard Evaluation Team", BPKIHS.

Dr. Dillisher Rai:

i. Appointed member of IRC, BPKIHS.
ii. Appointed member of Procurement committee, BPKIHS.

Dr. Ramayan Prasad Kushwaha:

i. Appointed as Deputy Coordinator of MBBS internship program.

Dr. Namita Kumari Mandal

i. Appointed as Deputy Coordinator of MBBS Phase I Program.

7. SWOT ANALYSIS

Strengths	**Weaknesses**
• Experienced and dedicated faculty with expertise in medical education, research, and clinical pharmacology. • Well-established undergraduate and postgraduate teaching programs. • Active involvement in research, publications, and institutional academic and administrative activities.	• Limited research funding and advanced laboratory facilities. • Increasing teaching and administrative workload affecting research productivity. • Delays in procurement of laboratory equipment.

• Strong commitment to rational use of medicines, pharmacovigilance, and evidence-based practice. • Collaborative environment with clinical and basic science departments.	
Opportunities • Expansion of interdisciplinary and international research collaborations. • Development of clinical pharmacology, pharmacovigilance, and therapeutic drug monitoring services. • Increased access to competitive research grants and capacity-building programs. • Integration of digital learning technologies, simulation-based education, and e-learning platforms. • Strengthening collaborations with national and international academic institutions	**Threats** • Financial constraints affecting academia and research activities. • Rapid advancements in biomedical sciences requiring continuous faculty development and resource upgrades. • Competition for research funding and retention of skilled faculty. • Regulatory and procurement delays impacting academic and research activities.

8. PLAN OF ACTION

Teaching Learning activities:

- Strengthen competency-based medical education through innovative teaching methods, simulation, and e-learning.
- Enhance student assessment, feedback mechanisms, and practical skill development.
- Expand continuing medical education, seminars, and workshops.

Faculty Developmental activities

- Promote faculty participation in national and international training programs, conferences, and workshops.
- Encourage faculty development in medical education, research methodology, and digital teaching technologies.
- Foster academic leadership and mentorship.

Future requirements of Equipments/Instruments

- Upgrade pharmacology practical laboratory facilities and audiovisual teaching resources.
- Procure equipment for clinical pharmacology, pharmacovigilance, and research laboratories.
- Strengthen access to research software, Computer Assisted Learning software, and laboratory instruments.

Research

- Increase externally funded research projects and interdisciplinary collaborations.
- Enhance publication of high-quality research in indexed journals.
- Strengthen postgraduate research and promote translational and clinical pharmacology research.

Patient Care

- Expand clinical pharmacology, drug information, pharmacovigilance, and medication safety services.

- Strengthen collaboration with clinical departments to promote rational prescribing and patient safety.

9.8 DEPARTMENT OF DERMATOLOGY AND VENEREOLOGY

FACULTY MEMBERS:

Dr. Dhan Keshar Khadka : Additional Professor & Head (From 10 December 2025
Dr. Sudha Agrawal : Professor& Head (until 9 December 2025)
Dr. Nidhi Shah : Additional Professor
Dr. Prajwal Pandey : Associate Professor
Dr. Aliza Paudyal : Senior Resident

Nursing and Administrative Staffs:

Kabita Guragain : Sr. ANM
Gayatri Chaudhary : Sr. ANM
Sapana Kanaujiya Chaudhary : Computer Clerk
Hari Dev Mandal : Sr. Foreman
Sabita Karki : (Helper Level 2)
Mira Dhungana : Helper

Number of MCH Residents/Residents/Medical Officer/Nursing Staff/other Health staffs

S.N.	Particulars	Number
1	Junior Residents	
	1st Year	4
	2nd Year	4
	3rd Year	4

1. DEPARTMENT PROFILE

a. Vision

To become a leading center for quality dermatology care, education, training, and research in Nepal, providing accessible and compassionate skin care to all patients.

b. Mission

To provide safe, affordable, evidence-based, and patient-centered dermatological care; to train competent and compassionate dermatology professionals; and to promote research and innovation for better skin health in Nepal.

c. Core Functions

- Comprehensive patient care
- Undergraduate and postgraduate teaching and training
- Clinical and community-based research
- Community outreach and prevention of skin diseases
- Development of specialized dermatology services
- Quality improvement and patient safety
- Continuous development of human resources, infrastructure, and technology

2. DEPARTMENTAL ACHIEVEMENTS & SUMMARY

A. MAJOR ACHIEVEMENTS AND RECOGNITION

The department of Dermatology and Venereology, B.P. Koirala Institute of Health Sciences (BPKIHS), has played a pioneering role in Dermatology education, postgraduate training, research, and specialized clinical services in Nepal. It was the first department in Nepal to initiate a postgraduate MD program in dermatology and std, contributing significantly to the development of specialist dermatologists in Nepal and beyond. The department has a long-standing tradition of providing comprehensive services in clinical and surgical dermatology, sti and leprosy, pigmentary and pediatric dermatology, allergy and contact dermatitis, geriatric dermatology, dermoscopy and trichoscopy, trichology, immunodermatology, aesthetic dermatology, phototherapy, and laser and light-based dermatology.

During 2025–2026, the department achieved notable academic and professional recognition. Dr. Anusha Bista, Dr. Barsa Agrawal, and Dr. Sital Khanal secured first prize in the pg quiz competition at the 20th SODVELONCON, reflecting outstanding academic performance. Dr. Anusha Bista received the best thesis award for 2025 from SODVELON, recognizing the scientific quality and contribution of postgraduate research. Mr. Utsav Sitaula received the best oral paper presentation award in the undergraduate category at the BPKIHS scientific session, highlighting the department's commitment to fostering research and scientific presentation among students. Prof. Dr. Sudha Agrawal received international leadership recognition from the international league of dermatological societies (ILDS) in 2026, acknowledging her contribution to international dermatology leadership.

B. KEY STATISTICS

The department manages a high and diverse patient volume, provides undergraduate and postgraduate training, and undertakes multiple clinical, community-based, and postgraduate research projects. Faculty, residents, and students regularly contribute to scientific presentations and academic activities.

C. MAJOR CHALLENGES

Major challenges include high patient volume, limited human and technical resources, equipment maintenance and replacement needs, and constraints in teaching, research, and clinical infrastructure.

D. SOLUTIONS TAKEN/PROPOSED

To address these challenges, the department has requested prioritized procurement, repair and replacement of essential equipment, strengthening of specialized services.

3. ACADEMIC ACTIVITIES

a.UG Teaching Activities

S.No.	MBBS	
1	SIS	22
2	Seminar	2
3	CBL	10 weeks
4	SGD	10

b. PG Teaching Activities

PG Teaching program	
Seminar	Once a week
Journal Presentation	Once a week
Case Presentation	Twice a week
Tutorial (Case Conference)	Once a week
Dermato-pathology Conference	Once a week

Small Group Discussion	Once a week
Weekly Assessment Test (Formative)	Daily
Internal Assessment with Theory, VIVA & OSPE/OSCE	In 2nd & 3rd year (Total=2)

4. CLINICAL SERVICES

Clinical Services	Total New Patients (2025-26)	Total Follow Up (2025-26)	Total Patients (2025-26)	Total Patients (2024-2025) (For comparison)
OPD	36,671	12,960	49,631	48,461
IPD	-	-	284	271
EHS	5469	1718	7187	8273

Specialty Clinic

S N	Name of the Clinic	Day and time to Run the clinic	Total
1.	STD	Sunday (10 AM-1.00 PM)	1076
2.	Pigmentary clinic	Monday (2.00 PM -5.00 PM)	685
3.	Allergy Clinic	Tuesday (2.00 PM -5.00 PM)	736
4.	Leprosy clinic	Wednesday (2.00 PM -5.00 PM)	575
5.	Geriatric Dermatology Clinic	Thursday (2.00 PM -5.00 PM)	1083
6.	Pediatrics & Adolescent Dermatology Clinic	Monday (2.00 PM -5.00 PM)	1741
7.	PUVA		682
	Total		**6578**

Minor OT and OPD Procedures including Dermatosurgery Cosmetology Clinic (Sunday, Monday & Tuesday 2-5 PM)

S/N	Procedure	2025-2026
1	No of skin biopsies and /or excision	1046
2	Electrocautery	928
3	Radiocautery	729
4	Paring and enucleation	146
5	Molluscum needling	161
6	Intralesional steroid	2636
7	Nail avulsion/biopsy	67
8	Chemical cautery	672
9	Podophyllin Application	12

S/N	Procedure	2025-2026
10	Dressing	200
11	Stitch out	879
12	Intramuscular injections	1459
13	Incision and Drainage	83
14	Slit skin smear for AFB	148
16	Platelet-rich plasma therapy/Platelet fibrin therapy	312
15	Comedone Extraction	9
16	Iontophoresis	47
17	Chemical peeling	19
18	Derma Roller/Microneedling	218
19	MDA	-
20	Nd-Yag Laser	17
21	IPL	-
22	BOTOX	54
23	Diode Laser	53
24	Others (Scar revision, Foreign body exploration, Split ear repair)	16
25	Tzanck Smear	5
26	Gram Stain	3
27	KOH	226
	Grand Total	**10,196**

5. COMMUNITY SERVICES

Health Camp

Date	Place	Team Members who attended	No. of Patient served	Organized by
31st January 2026	Dharan, Ward Number 20	Dr.Aliza Paudyal	20	Rotary Club of Dharan Foothills and the Rotary Club of Dharan
21st March 2026	Inaruwa, Sunsari	Dr. Sagar Suyal	100-110	Rotaract Club of Dharan Ghopa

- **Screening**

Date	Place	Team Members who attended	No. of Patient served	Organized by
26th December 2025	Bharaula swastha chowki	Dr.Rishav Dr. Manish	65-75	Screening campaign of leprosy
11th March 2026	Maya Ghar Nepal, Itahari	Dr. Shital	50-55	Screening of skin disease
2nd July 2026	Pakali swastha chowki	Dr Shital Dr Manish	60-70	Screening campaign of leprosy

- **Rural outreach**

Date	Place	Team Members who attended	No. of Patient served	Organized by
27th May 2026	Yasok bazar, Pachthar	Dr. Aliza Paudyal	150	Rural Outreach Program

6. RESEARCH ACTIVITIES

Undergraduate Students Research Activities (Completed)

Name of Students	Name of Guide	Title of thesis
Santosh Rijal (B – 2022)	Prof. Dr Sudha Agrawal (Guide) & DrAlizaPaudyal (Co-Guide)	Understanding Non-Adherence to Treatments in Chronic Skin Conditions: A Multidimensional Analysis of Patient, Treatment, Disease, and Healthcare System Factors
Sahil Aryal (B – 2022)	Prof. Dr Sudha Agrawal	Nurturing Tomorrow's Skin: Exploring Parental Knowledge and Practices Regarding Child Skin Care
Chahana Pathak & Usha Mandal (B – 2022)	Dr. Dhan Keshar Khadka	Pattern, Source of Drug Information, and Reasons for Self-Medication among Dermatology Patients in Tertiary Care Centre at Eastern Nepal
Nisha Kshetri & Manisha hapa	Dr. Nidhi Shah	Correlation between stress level and hair fall among undergraduate students of B. P. Koirala

Name of Students	Name of Guide	Title of thesis
(B – 2022)		Institute of Health Sciences: a crosssectional study

Undergraduate Students Research Activities (ongoing)

Name of Students	Name of Guide	Title of thesis
Akash Chaudhary & Basant Raj Bist (B – 2023)	Prof. Dr Sudha Agrawal	Skin Hygiene Practices, Dermatological Health, and Barriers to Personal Hygiene among Adolescents with Hearing or Visual Impairment in Boarding Schools
Suvash Yadav & Vinay Kumar (B – 2023)	Prof. Dr Sudha Agrawal	Association between dietary habits,sleep deprivation ,and acne severity in young adults: A cross sectional study
Anita Sharma, Ritseh Kr. Sah, Riya Roy &Shivanand Pandey (B – 2023)	Dr. Dhan Keshar Khadka	Prevalence of Acne Vulgaris and its association with junk food and dairy products consumption among medical students
Preezal Thapa, Ayush Gautam, Aakriti Kumari Adhikari & Bandana Mugrati (B – 2023)	Dr. Prajwal Pandey	Prevalence and Pattern of Self-Medication for Skin Diseases Among Patients Attending a Tertiary Care Dermatology Outpatient Department: A Cross-Sectional Study

Post Graduate Student Research Activities

Thesis Projects Ongoing

Name of Residents	Name of Guide	Name of Co-Guide(s)	Title of thesis
Dr. Harsh	Prof. Dr Sudha Agrawal	------	Exploring the impact of Hypogonadism in Male Leprosy patients: A cross-sectional Hospital Based Study
Dr. Shital Khanal	Dr Dhan Keshar Khadka/ Dr. Nidhi Shah (On Leave)	--------	Knowledge and opinions among Nepalese doctors regarding HLA screening to prevent severe cutaneous se drug reactions.
Dr. Nisha Bhattarai	Dr Dhan Keshar Khadka	-------	Thesis topic-assessment of severity, autoimmune etiology and its impact on quality of life of patients of chronic spontaneous urticaria.
Dr. Rishav Shrestha	Prof. Dr Sudha Agrawal	Prof Dr Dhan Ratna Shakya	Quality of Life and Psychological Effects of Acne vulgaris: The Role of Isotretinoin Treatment
Dr. Asmita Timilsina	Dr. Prajwal Pandey	Prof Dr Sudha Agrawal	Longitudinal Changes in Hematological Parameters and

Name of Residents	Name of Guide	Name of Co-Guide(s)	Title of thesis
			Perceived Stigma During Multidrug Therapy for Leprosy: A Prospective Cohort Study
Dr. Manish Lakhey	Dr DhanKeshar Khadka/ Dr. Nidhi Shah	------	Efficacy of low-dose isotretinoin in acne Vulgaris, its impact on Acne Scarring and associated risk factors for scar severity
Dr. Nirav Tyagi	Prof. Dr Sudha Agrawal	Dr Arun Kumar Singh & Dr. Sanjeev Kumar Mishra	Atopic Dermatitis in children and adolescents: psychological comorbidities and multidimensional impact on caregivers"
Dr. Sagar Suyal	Dr. Dhan Keshar Khadka	Prof. Dr. Madhab Lamasl	Vitamin D level and its association with melasma severity using MASI score

Thesis Projects Completed

Name of Residents	Name of Guide	Name of Co-Guide	Title of thesis
Dr. Anusha Bista	Prof. Dr Sudha Agrawal	DrPrajwal Pandey	A Clinico-epidemiology and Dermoscopy features of paederus dermatitis: An observational study.
Dr. Barsha Agrawal	Prof. Dr Sudha Agrawal	-------	Utility of Dermoscopy in hypopigmented or depigmented skin conditions: A cross-sectional study.
Dr. Pragya Gautam	DrDhanKeshar Khadka	Prof. Dr. Paricha Upadhaya	A Study on correlation of Tzanksmear with histopathology in pemphigus vulgaris.

Faculty Research Activities

Ongoing Research Projects

S.No.	Principal Investigator	Title
1	Prof. Sudha Agrawal	Long-Term Efficacy and Safety of Repeated Botulinum Toxin Type A for Facial Wrinkles: A Real-World Study of 100 Cases With 5–15 Years of Follow-Up
2	DrAliza Paudyal	Assessment of Methotrexate Toxicity in Dermatology Patients: A Retrospective Study of Clinical Outcomes and Risk Factors

Completed Research Projects

S.No.	Principle Investigator	Title
1	Prof. Sudha Agrawal	Clinical efficacy and safety of Rituximab in Pemphigus: An experience in a tertiary care hospital
2	Prof. Sudha Agrawal	Use of mobile teledermatology in the management of moderate to severe acne by isotretinoin

3	Prof. Sudha Agrawal	Clinico-epidemiology, trichoscopy and quality of life study of patients with Androgenetic alopecia in a tertiary care hospital
4	Prof. Sudha Agrawal	Exploring Hypopigmented Skin Disorders Through Polarized and UV Dermoscopy
5	Dr. Dhan Keshar Khadka	Outcome of adverse drug reaction in patient admitted in Dermatology Ward
6	Dr. Dhan Keshar Khadka	Morphological spectrum and outcome of severe adverse drug reaction in a tertiary hospital of eastern Nepal.

DEPARTMENTAL PUBLICATION

1. **Agrawal S,** Singh NK, Neupane S, Pokharel DB, et al. NEXTODERM: Consensus on Dermatophytosis Diagnosis and Management in Nepal. *Dermatology Research and Practice.*2025;2025:1347872.
2. **Paudyal A**, Regmi P, **Agrawal S**. Kerion in Disguise: Avoiding Surgical Misdiagnosis in Adolescent Scalp Lesions. Clin Case Rep. 2026 May 29;14(6):e72827. doi: 10.1002/ccr3.72827.

7. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS

a. Attended/ organized by Faculties

- **Prof. Dr. Sudha Agrawal** participated as chairperson in NEXTODERM: Consensus on Dermatophytosis Diagnosis and Management in Nepal and as a panelist in Challenges in Real-World Nepalese Practice on 13 February 2026 in Hotel Ramada by Wyndham.
- **Prof. Dr. Sudha Agrawal** participated as chairperson in a CME entitled From Kerion to Recalcitrant Tinea: Clinical Challenges and Antifungal Stewardship held on 19th September 2025 in Soaltee Hotel, Itahari
- **Prof. Dr. Sudha Agrawal**: Participated as a Chairperson & panelist in the CME entitled Decoding Acne: A Science-Based Approach to Acne held on 26th June, 2026 in Zoom platform.
- **Dr. Dhan Keshar Khadka** participated as chairperson in NEXTODERM: Consensus on Dermatophytosis Diagnosis and Management in Nepal and as a panelist in Challenges in Real-World Nepalese Practice on 13 February 2026 in Hotel Ramada by Wyndham.
- **Dr. Dhan Keshar Khadka** participated as chairperson in a CME entitled From Kerion to Recalcitrant Tinea: Clinical Challenges and Antifungal Stewardship held on 19th September 2025 in Soaltee Hotel, Itahari
- **Dr. Dhan Keshar Khadka** attended workshop of Antimicrobial Stewardship program Hospital infection prevention and control on 27th kartik 2082, HPE hall, BPKIHS, Dharan
- **Dr. Dhan Keshar Khadka** Participated as a panelist in the CME entitled Acne uncovered: From Diagnosis and Effective Treatment held on 17TH July, 2026 in Zoom platform
- **Dr Aliza Paudyal** participated as Moderator in NEXTODERM: Consensus on Dermatophytosis Diagnosis and Management in Nepal and as a panelist in Challenges in Real-World Nepalese Practice on 13 February 2026 in Hotel Ramada by Wyndham.
- **Dr Aliza Paudyal** participated as speaker in a CME entitled From Kerion to Recalcitrant Tinea: Clinical Challenges and Antifungal Stewardship held on 19th September 2025 in Soaltee Hotel, Itahari

- **Dr Aliza Paudyal** Participated as a panelist in the CME entitled Decoding Acne: A Science-Based Approach to Acne held on 26th June, 2026 in Zoom platform.
- **Dr Aliza Paudyal Participated** as a panelist in the CME entitled Acne uncovered: From Diagnosis and Effective Treatment held on 17TH July, 2026 in Zoom platform
- **Dr. Aliza Paudyal** attended 20th SODVELONCON 2026 on 6th -7th March 2026, Lalgadh Mahottari.
- **Dr. Aliza Paudyal** presented case on 20th SODVELONCON 2026 on 6th -7th March 2026, Lalgadh Mahottari title" Xeroderma Pigmentosum with Multiple Basal cell carcinoma in a child from hilly region of Nepal: A rare case report"
- **Dr. Aliza Paudyal** presented case on Plus Poster presentation in Annual scientific program on 26th Nov 2025 BPKIHS title" Xeroderma Pigmentosum with Multiple Basal cell carcinoma in a child from hilly region of Nepal: A rare case report"
- **Dr Aliza Paudyal**: Attended workshop on "Basic Research and Methodology Training " (19th to 21st April) organized by Research Committee, BPKIHS, Dharan
- **Dr Aliza Paudyal**: Attended workshop on " Advanced teachers training program on Professional Development on Essentials of Student Assessment" (27th and 28th April 2025) organized by Institutional Review Committee, BPKIHS, Dharan

b. Presentation done by Residents

S.No.	Name of Presenter	Title	Program Name/Date/Place
1	Dr. Barsha Agrawal	Utility of Dermoscopy in hypopigmented or depigmented skin conditions: A cross-sectional study.	20thSODVELONCON 2026 on 6th -7th March 2026, LalgadhMahottari
3	Dr. Anusha Bista	A Clinico-epidemiology and Dermoscopy features of paederus dermatitis: An observational study.	20thSODVELONCON 2026 on 6th -7th March 2026, LalgadhMahottari
4.	Dr. Pragya Gautam	Lupus vulgaris with Lymphangiectasia of external genitalia Secondary to Pulmonary Tuberculosis: A rare Case Report	29th Jan- 1st Feb dermacon 2026
5	Dr. Pragya Gautam	A study on role of Tzanck smear in diagnosis of pemphigus vulgaris Syphilis: a great mimicker - case report	Plus Poster presentation in Annual scientific program on 26th Nov 2025BPKIHS
4	Dr. Shital Khanal	Poster presentation at Sodvelon: Co-existence of linear morphea and lichen planopilaris, a rare dual autoimmune phenomenon.	20thSODVELONCON 2026 on 6th -7th March 2026, Lalgadh Mahottari
5.	Dr. Manish Lakhey	Severe Hypertriglyceridemia presenting as eruptive Xanthoma	20thSODVELONCON 2026 on 6th -7th March 2026, LalgadhMahottari
6	Dr. Pragya Gautam	Presented e-poster on topic"A study on role of Tzanck smear in diagnosis of pemphigus vulgaris" Syphilis: a great mimicker - case report	Plus Poster presentation in Annual scientific program on 26th Nov 2025BPKIHS

S.No.	Name of Presenter	Title	Program Name/Date/Place
7	DrPragya Gautam	Lupus vulgaris with Lymphangiectasia of external genitalia Secondary to Pulmonary Tuberculosis: A rare Case Report	Plus Poster presentation in Annual scientific program on 26th Nov 2025BPKIHS
8	Dr. Shital Khanal	Co-existence of linear morphea and lichen planopilaris, a rare dual autoimmune phenomenon.	Plus Poster presentation in Annual scientific program on 26th Nov 2025BPKIHS
9	Dr. Rishav Shrestha	Disseminated Superficial Granulomatous Pyoderma	Plus Poster presentation in Annual scientific program on 26th Nov 2025BPKIHS
10	Dr. Nisha Bhattarai	Atrophia Maculosa Varioliformis Cutis	Plus Poster presentation in Annual scientific program on 26th Nov 2025BPKIHS

8. HONOR/MILESTONE ACHIEVEMENTS/AWARD

1. **Prof. Dr. Sudha Agrawal was honored** with the 2026 International League of Dermatological Societies (ILDS) Certificate of Appreciation in the International Leadership category, in recognition of her outstanding contributions to international dermatology, dermatology education, research, and leadership.
2. **Utsav Sitaula** 4th Year won the first prize in oral presentation, and his colleague Parva Lamsal entitled Knowledge and Practices of Skin Care Among Elderly Patients in a Tertiary Hospital of Nepal: Gaps and Opportunities for Improvement, under the supervision of **Prof Dr Sudha Agrawal**
3. **Dr. Anusha Bista** received the Best Thesis Award at the 20th SODVELON, held on 28–29 March 2026, for her postgraduate thesis entitled "Clinico-Epidemiology and Dermoscopic Features of Paederus Dermatitis: An Observational Study. The thesis was conducted under the supervision of **Prof. Dr. Sudha Agrawal and Dr. Prajwal Pandey.**
4. **Dr. Anusha Bista**, Dr Barsa Agrawal and Dr Shital Khanal: won 1st Prize in Quiz held on 28th -29th March (20th National Conference of SODVELONCON)

9. SPECIAL APPOINTMENTS

1. PROF DR. SUDHA AGRAWAL

a. Ambassador, World Congress of Dermatology (WCD 2027)
b. Chairman: SARAD Academy, South Asian Regional Association of Dermatologists
c. Advisor, South Asian Regional Association of Dermatologists (SARAD)
d. Member, International Committee of E-health and Telehealth
e. Member of the Board of Studies in Dermatology &Venereology (Banaras Hindu University)
f. Advisor – Nepal Journal of Dermatology, Venereologists & Leprologists
g. Reviewer - Nepal Journal of Dermatology, Venereologists&Leprologists
Indian Journal of Dermatology & Venereology and Leprology
International Journal of Dermatology
J Cosmetic Dermatology

h. Head –Department of Dermatology & Venereology **until (9/12/2025)**
i. Coordinator- Postgraduate teaching-learning program
j. Member-Hospital Infection Control Committee (HICC)
k. Member- Tumor Board Team, BPKIHS
l. Chairman – Departmental Research Unit, Dermatology, BPKIHS **until (9/12/2025)**

2. DR. DHAN KESHAR KHADKA

a. HOD –Department of Dermatology & Venereology From **(10/12/2025)**
b. Assistant Dean – Examination Section, BPKIHS
c. Coordinator-Post graduate teaching-learning program
d. Member: Telemedicine Services of BPKIHS
e. Member – Departmental Research Unit, Dermatology, BPKIHS
f. Member – Editor board of the Journal of BPKIHS
g. Member- Tumor Board Team, BPKIHS
h. Member-OT Users Committee

3. DR. NIDHI SHAH

a. Member – Departmental Research Unit, Dermatology, BPKIHS
b. Member- Editor board of the Journal of BPKIHS

4. DR. PRAJWAL PANDEY

a. Member – Medical Board Committee, BPKIHS

10. . QUALITY IMPROVEMENT

- **Clinical Audits:** Regularly review clinical practices and patient outcomes to identify gaps and improve the quality of care.
- **Mortality Meetings:** Complicated cases, serious adverse events, and mortality cases with dermatological or systemic involvement are reviewed through appropriate institutional morbidity and mortality meetings. These reviews help identify potentially preventable factors, improve clinical decision-making, and promote learning among faculty, residents, and other healthcare professionals.
- **Infection Control:** Follow infection prevention and control practices to reduce healthcare-associated infections and ensure a safe environment for patients and staff.
- **SOP Development:** Develop, update, and implement standard operating procedures for important clinical and departmental activities.
- **Patient Safety:** Promote safe, respectful, and patient-centered care by identifying risks, preventing errors, and improving clinical processes.
- **Accreditation Activities:** Maintain required standards and participate in hospital accreditation and quality improvement activities through regular monitoring, documentation, and compliance.

- **INFRASTRUCTURE & EQUIPMENT**
  - New equipment-1 Computer Set Received
  - Maintenance-None
  - Laboratory improvements-None
  - IT improvements-None

11. SWOT ANALYSIS

● **Strengths** ➢ All specialty dermatology clinics are fully operational. ➢ High patient volume with comprehensive tertiary care services. ➢ Strong undergraduate and postgraduate teaching. ➢ Active research and scientific publications. ➢ Well-established referral center serving patients from across Nepal and neighboring regions of India. ➢ Excellent multidisciplinary collaboration.	● **Weaknesses** ➢ Inadequate faculty positions. ➢ Delayed faculty promotion. ➢ Infrastructure requiring renovation. ➢ Limited advanced laboratory support. ➢ Need for maintenance of existing nonfunctioning instruments (IPL, CO2 Laser, iontophoresis, trichoscopy etc)
● **Opportunities** ➢ Center of Excellence in Dermatology. ➢ International collaborative research. ➢ Advanced laboratory diagnostics. ➢ Expanded laser and aesthetic services. ➢ Hair transplantation. ➢ Fellowship training programs. ➢ Digital dermatology and artificial intelligence applications	● **Threats** ➢ Increasing patient load without proportional manpower. ➢ Less Manpower ➢ Faculty migration. ➢ Budget limitations. ➢ Rapid technological changes requiring continuous investment.

12. PLAN OF ACTION

Teaching

- **Teaching Learning Activities as per plan**

Faculty Training for the development of skills in subspecialties in

- Dermato surgery and Aesthetics
- Dermato immunology
- Pediatric Dermatology
- Dermato pathology
- Community dermatology
- Geriatric dermatology

Equipment to be added to the department

- Hand-held cryosurgery unit
- Audiovisual aid
- Co2 fractional LASER
- Long Nd-YAG laser
- Dermoscope and videodermoscope
- Water jet hydra dermabrasion with or without pneumatic antioxidant-rich serum

- Micro-needling Pen
- Intradermal patch test kit
- Excimer laser
- VISIA Skin Analysis System
- Radiofrequency Microneedling (MNRF)
- HIFU machine face body lifting skin tightening rejuvenation
- Melanocyte culture unit
- Dermal filler
- Melanocyte non-cultured

Research

The following research topics are being planned to be conducted in the department:

1. Changing traits in atopic dermatitis
2. The Burden of Steroid Modified Tinea In Eastern Nepal.

Patient Care Services

- To strengthen the ongoing patient care services
- To strengthen the specialty clinics
- To strengthen the Aesthetic Dermatology services
- To strengthen the Dermato-surgery services

9.9 DEPARTMENT OF FORENSIC MEDICINE AND TOXICOLOGY

FACULTY MEMBERS

Prof. Dr. Shivendra Jha	Professor & Head of the department
Dr. Bikash Sah	Additional Professor
Dr. Abhishek Karn	Additional Professor
Dr. Sharmistha Dhoubhadel	Senior Resident/Lecturer

STAFF MEMBERS

Technical and Administrative Staffs:

1)	Mr. Pam Prit Sah	Technologist
2)	Mr. Navin Kumar Shah	Technologist
3)	Mr. Ugra Narayan Yadav	Technologist
4)	Mrs. Rama Devi Katuwal	Clerk
5)	Mr. Jaya Prakash Uraw	Helper 5
6)	Mr. Nirmal Dhungel	Formen
7)	Mr. Ram Prasad Uraw	Helper 1

Number of MCH Residents/Residents/Medical Officer/Nursing Staff/other Health staffs

S.No.	Particulars	Number

1	Junior Residents	3
	1st Year	1
	2nd Year	1
	3rd Year	1
2	Technologist	3
	Mr. Pam Priti Sah	1
	Mr. Navin Kumar Shah	1
	Mr. Ugra Narayan Yadav	1

1. DEPARTMENT PROFILE

a. Vision

1. To be a premier center of excellence in Forensic Medicine and Toxicology in eastern Nepal.
2. To integrate medicine, law and ethics in training future medical professionals.
3. To serve as a model medicolegal center providing support to the community through teaching, research and service.

b. Mission

1. Deliver competency-based medical education aligned with national guidelines.
2. Use modern teaching methods including case-based learning (CBL), simulation labs, demonstrate-observe-assist-perform (DOAP) sessions.
3. Instill medical ethics, jurisprudence and social accountability in undergraduate and postgraduate medical students.
4. Extend medico-legal services to society through outreach and expert consultation.
5. Encourage research in forensic pathology, toxicology and medico-legal services in this region.
6. Organize training, workshops and CME programs for medical officers, judicial officers and police for capacity building.

c. Core Functions

1. **Medicolegal Services:**
    - Medico-Legal Autopsies: Conducting postmortem examinations in cases of unnatural or suspicious deaths.
    - Clinical Forensic Medicine Services: Medicolegal examination and documentation of injuries in living individuals, sexual assault cases, age-estimation cases, etc. for legal purposes.
    - Medico-Legal Documentation: Preparing medicolegal reports and opinions for courts and law enforcement agencies.
    - Crime scene visits: In cases requested by the Nepal police.
    - Court Testimony: As medicolegal expert witnesses in judicial proceedings.

- Formulation Expert Opinions: In special case-files forwarded by the honorable court of law.
- Interdisciplinary Collaboration**:** Work with law enforcement, judiciary and other medical specialties.

2. **Education:** Educating undergraduate and postgraduate medical students on forensic medicine, toxicology, medical ethics and jurisprudence to produce future medical professions well-informed about the medicolegal responsibilities.
3. **Research and Development:** Undertaking research in forensic pathology, toxicology, medical ethics and medico-legal practices.

2. DEPARTMENTAL ACHIEVEMENTS & SUMMARY

- **Major achievements:** The Department of Forensic Medicine and Toxicology, even when functioning under basic facilities, has made significant strides in medical education and medico-legal services. Among its major achievements is recognition of Prof. Dr. Shivendra Jha, HOD of the department, as a Keynote Speaker in 2nd International Conference on Forensics, Security and Law, under theme: 'Recent advancements in Forensic Sciences and National Security' organized by the Amity Institute of Forensic Sciences, Noida, India. The department also successfully conducted a 7 days Clinical Medicolegal Training and 10 days Medicolegal Autopsy Training for the Medical Officers of Madhesh Province organized in association with the Province Health Training Center, Ministry of Health and Population Madhesh Province Government.
- **Key statistics:** The department conducted 552 medicolegal autopsies, managed a large number of clinical forensic medicine cases including 152 medicolegal injury examination and documentation, 64 sexual assault examination and documentation of survivors, 41 sexual assault examination and documentation of accused, 16 medicolegal age estimation cases, 120 final cause of death and expert medicolegal opinions, 18 miscellaneous medicolegal cases and was involved in numerous crime scene visits and court testimonies. The department was also involved in teaching, training and evaluating undergraduate (MBBS, BDS, BScNurs and BScMLT) students and postgraduate (MD Forensic Medicine & Toxicology, MD Pathology and MD General Practice and Emergency Medicine) batches consistently in medico-legal responsibilities.
- **Major challenges:** Despite these accomplishments, the department faces major challenges such as resource constraints in basic equipment and devices, facilities, manpower and training gaps in modern forensic technologies.
- **Solution taken against challenges:** The department has shown resilience by utilizing limited resources, maximizing existing facilities, assigning multi-role responsibilities to faculties and staff, leveraging postgraduate students' involvement in the departmental activities and faculties pursuing self-driven learning. These grassroots solutions have allowed it to sustain medicolegal services, teaching and research.

3. ACADEMIC ACTIVITIES

Undergraduate Teaching

- Teaching hours

Program	Teaching Hours (Theory)	Teaching Hours (Practical)
MBBS	101 Hours	46 Hours
BDS	48 Hours	37 Hours
BSc. Nursing	10 Hours	----------

B.Sc. MLT	15 Hours	4 Hours

- Elective postings (Ten Days)

Class	CBL	SGD
MBBS 4th year	As per the case availability during posting	1 hour per day
MBBS 5th year	As per the case availability during posting	1 hour per day

Postgraduate Teaching

- Residents Teaching/Case presentations/Seminars: 20 per month
- Journal Clubs: 2 per month
- Thesis: One thesis per resident

Other Teaching Activities

- Teaching and training postgraduate students during their posting in the department:
  - Junior Residents from Department of Pathology
  - Junior Residents from Department of General Practice and Emergency Medicine
- Resource and evaluation of seminars of MBBS 3rd year students.
- Teaching and guiding research work of MBBS 3rd year students.

4. HOSPITAL/MEDICO-LEGAL SERVICES

S.N	Perform	No. of Case
1.	Medicolegal Autopsies Performed	552
2.	Age Estimation Cases	16
3.	Injury Examination and Reporting	152
4.	Sexual Assault Examination (Survivor)	64
5.	Sexual Assault Examination Reports (Accused)	41
6.	Final Cause of Death and Expert Medicolegal Opinions	120
7.	Miscellaneous	18

5. RESEARCH ACTIVITIES

Undergraduate Students Research Activities (if any)

Name of Students	Name of Guide	Name of Co-Guide	Title of thesis
Muskan Parveen, Ram Udgar Yadav, Ashutosh Kumar	Prof. Dr. Shivendra Jha	Dr. Bikash Sah	Gifted after death: Unwrapping student's attitude towards organ donation through a forensic lens
Asim Bhandari, Nabaraj Kumar Dev, Prajwal Raj Majhi, Shashank Kashyap	Prof. Dr. Shivendra Jha	Dr. Abhishek Karn	Seasonal, demographic and medicolegal determinants in drowning deaths at a tertiary care center in eastern Nepal
Prashant Sapkota, Nabin Sapkota, Bibek Bariyar	Prof. Dr. Shivendra Jha	Dr. Abhishek Karn	Pattern of injuries and associated factors in autopsied cases of road traffic accidents at BPKIHS, Dharan

Post Graduate Student Research Activities

Thesis Projects Ongoing

Name of Residents	Name of Guide	Name of Co-Guide(s)	Title of thesis
Dr. Aalok Thakur	Prof. Dr. Shivendra Jha	Dr. Bikash Sah Dr. Abhishek Karn	Frequency and type of artefacts in cases autopsied at BPKIHS.
Dr. Soni Mahaseth	Prof. Dr. Shivendra Jha	Dr. Bikash Sah Dr. Abhishek Karn	Morphological characteristics of ligature mark and associated injuries in hanging and strangulation cases brought for autopsy at BPKIHS

Thesis Projects Completed

Name of Residents	Name of Guide	Name of Co-Guide	Title of thesis
Dr. Birendra Mandal	Prof. Dr. Shivendra Jha	Dr. Bikash Sah Dr. Abhishek Karn	Neck injuries in death due to mechanical asphyxia brought for autopsy at BPKIHS.
Dr.Ashmita Bhattarai	Dr. Abhishek Karn	Prof. Dr. Shivendra Jha Dr. Bikash Sah	Pattern of injuries in cases brought for clinical Medicolegal examination at BPKIHS, Dharan.
Dr.Nischal Bhattarai	Dr. Bikash Sah	Prof. Dr. Shivendra Jha Dr. Abhishek Karn	Thoracoabdominal injuries in cases brought for autopsy at BPKIHS.

Faculty Research Activities

Ongoing Research Projects

S.No.	Principal Investigator	Title
1.	Prof. Dr. Shivendra Jha	Autopsy Insights into Atherosclerosis: Unveiling the Effects on Coronary Arteries and Abdominal Aorta.
2.	Dr. Bikash Sah	Development of validation of methods for determination of common poisons and Drugs by GG-MS and GG-MS/HS.
3.	Dr. Abhishek Karn	Menstruation and Suicide: A Forensic Approach to Female Suicide Based on Medicolegal Autopsy Data.

Completed Research Projects

S.No.	Principal Investigator	Title
1.	Dr. Bikash Sah	Profile of Poisoning in Postmortem Cases brought for Toxicological Analysis at Tertiary Care Center of Eastern Nepal- A Six-Year Retrospective Study

DEPARTMENTAL PUBLICATION

1. Sah SK, **Karn A,** Panjiyar PC, Joshi H. Pattern of Skull Fracture in Central Southern Region of Nepal. JMCJMS. 2025;13 (2):93-8
2. Yadav SK, Yadav R, Yadav A, **Karn A.** Comparative Ultrasonographic Assessment of Splenic Length in Non-Pregnant and Pregnant Women. Nepal J Health Sci. 2025;5(2):24-29.

6. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS

a. Attended by Faculties:

i. Prof. Dr. Shivendra Jha, was the Keynote Speaker in 2nd International Conference on Forensics, Security and Law, under theme: 'Recent advancements in Forensic Sciences and National Security' organized by the Amity Institute of Forensic Sciences, at Amity University, Noida, India from 20th to 21st March 2025.

ii. Prof. Dr. Shivendra Jha attended a workshop on 'Technology enhanced CBME' at Sri Balaji Vidyapeeth, Puducherry from 2nd to 6th February 2026.

iii. Prof. Dr. Shivendra Jha attended MELECON (Medicolegal Conference) with the Theme: Strengthening Forensic Medicine for Justice and Public Health in Nepal, at Hotel Yellow Pagoda, Kathmandu from 16th to 18th August 2025.

iv. Dr. Bikash Sah attended and presented paper on 'Profile of Poisoning in Postmortem Cases brought for Toxicological Analysis at Tertiary Care Center of Eastern Nepal- A Six-Year Retrospective Study' at the Annual Meeting in Auckland, New Zealand, 23rd November 2025 to 27th November 2025.

v. Dr. Abhishek Karn attended MELECON (Medicolegal Conference) with the Theme: Strengthening Forensic Medicine for Justice and Public Health in Nepal, at Hotel Yellow Pagoda, Kathmandu from 16th to 18th August 2025.

vi. Dr. Sarmistha Dhoubhadel attended the 'Basic Teachers' Training' organized by the Department of Health Professionals Education at BPKIHS from 26th March to 30th March 2026.

vii. Dr. Sarmistha Dhoubhadel attended a training 'Orientation on Gender Based Violence (GBV) analysis Supplemental Materials on Health Response to MBBS Faculty Members' organized by Transcultural Psychosocial Organization (TPO) Nepal at Country Villa, Nagarkot, Nepal from 16th June to 18th June 2026.

b. Organized by Faculties:

i. A 7 days Clinical Medicolegal Training for the Medical Officers of Madhesh Province in collaboration with Province Health Training Center, Ministry of Health and Population Madhesh Province Government from 19th May to 25th May 2026.

ii. A 10 days Medicolegal Autopsy Training for the Medical Officers of Madhesh Province in collaboration with Province Health Training Center, Ministry of Health and Population Madhesh Province Government from 25th May 2026 to 4th June.

7. SPECIAL APPOINTMENTS

i. Prof Dr. Shivendra Jha was appointed as the Co-ordinator of Planning, Inspection and Evaluation Committee, BPKIHS 6th April 2026

ii. Dr. Abhishek Karn was appointed as:
   a. Joint editor of Journal of BPKIHS 2025
   b. Member of Institutional Review Committee (IRC), BPKIHS

c. Member of Annual Scientific Program Committee 2025, BPKIHS
d. Member of Annual Report 2025 and Plan of Action 2026, BPKIHS

8. INFRASTRUCTURE & EQUIPMENT

- **New equipment**
  - A cold-room facility is being established in the mortuary with a storage capacity of 20 bodies, ensuring proper preservation and dignified handling of deceased individuals.
  - Two steel racks/shelves have been provided in the mortuary for safe and organized viscera storage, ensuring systematic handling of specimens maintaining chain-of-custody.
- **Maintenance**
  - Basic maintenance of cold chamber facilities was done.
- **Laboratory improvements**
  - No laboratory improvements were undertaken, leaving existing facilities unchanged and reliant on basic resources.
- **IT improvements**
  - No IT upgrades were implemented, resulting in continued dependence on manual filing-recording and limited digital support for medicolegal services.

9. SWOT ANALYSIS

Strengths: • Experienced faculties with medicolegal expertise. • Regular involvement in medicolegal autopsy services, clinical forensic medicine services, testimony in court of law, formulation of expert opinions and interdisciplinary collaboration. • Strong academic foundation in teaching forensic medicine, medical ethics, jurisprudence and toxicology.	**Weaknesses** • Resource constraints in basic equipment, devices, facilities, manpower and training gaps in modern forensic technologies. • Training gaps in modern forensic technologies.
Opportunities • Scope for international collaborations. • Potential to introduce digital medicolegal documentation systems. • Expansion of simulation-based training for students. • Research opportunities in forensic pathology, toxicology and medico-legal practices. • Community outreach programs to enhance medicolegal literacy.	**Threats** • Increasing medicolegal workload without proportional resource expansion.

10. PLAN OF ACTION

- **Teaching Learning activities**
  - Expansion and upgradation of museums for students.
  - Introduce competency-based modules with case-based learning and simulation exercises.

  - Strengthen practical exposure through structured autopsy demonstrations and medico-legal case documentation.
  - Conduct interdisciplinary sessions with law and police departments to bridge medico-legal understanding.
- **Faculty Developmental activities**
  - Organize faculty training workshops on modern forensic technologies and digital medico-legal documentation.
  - Encourage participation in national and international conferences.
  - Promote continuous medical education (CME).
  - Support research mentorship programs to guide junior faculty.
- **Future requirements of Equipments/Instruments**
  - Renovation of mortuary
    - Two sets of complete autopsy instruments
    - Replacement of autopsy saw
    - Replacement of autopsy-table
  - Establish a basic forensic radiology section with basic imaging equipment.
  - Establish a basic toxicology laboratory with basic analytical instruments.
  - Upgradation of forensic pathology laboratory.
  - Establishment of a digital forensic laboratory.
    - Forensic digital photography.
    - Computerized age estimation.
    - Computerized superimposition.
  - Upgrade facilities with simulation mannequins for medicolegal training.
  - Introduce digital medicolegal record systems.
- **Research**
  - Focus on medicolegal cases, poisoning trends, injury patterns and medico-legal documentation quality**.**
  - Collaborate with national and international institutes for advanced medicolegal research.
  - Encourage student led projects in forensic medicine and toxicology.
  - Publish findings in indexed journals to enhance academic visibility.
- **Patient Care**
  - Strengthen clinical forensic medicine services.
- **Specify if there is any other plan**
  - Appoint dedicated technical staff for routine checks, maintenance and repairs of cold-chambers and cold-room to minimize downtime, along with a standby technical team to respond promptly in case of urgent needs to ensure uninterrupted functionality and reliability of mortuary preservation facilities.
  - Build interdisciplinary collaborations with judiciary, police and public health sectors.
  - Explore digital forensic medicine education platforms for remote learning and training.

9.10 DEPARTMENT OF GASTROENTEROLOGY AND HEPATOLOGY

FACULTY

Dr. Bickram Pradhan : Professor &Head of Department
Dr. Dennis Peeyush : Associate Professor
Dr. Prashant Subedi : Assistant Professor

DM RESIDENTS

Dr. Rajesh Kumar Mandal : 3rd Year
Dr. Prakash Sapkota : 2nd Year
Dr. Anil Shah : 1st Year

Nursing Staffs:

Ms. Sujata Basnet : Sr. Staff Nurse
Ms. Yasoda Bhattarai : Sr. ANM
Ms. Durga Neupane : Sr. ANM

Administrative Staffs:

Ms. Yuta Shrestha : Senior Clerk
Mr. Rajkumar Chaudhary : Helper 3
Mr. Ghanashyam Dhami : Helper
Ms. Chitra Magar : Helper

1. CLINICAL SERVICES

Service	Number
Gastroenterology and Hepatology OPD	21182
Diagnostic and therapeutic Upper GI endoscopy	2355
Diagnostic and therapeutic Colonoscopy	580
ERCP	480
PEG	5
EVBL	150
Esophageal dilatation	10
Percutaneous Liver biopsy	35
Trans-jugular liver biopsy	15
Urea Breath test (UBT)	1125

2. RESEARCH ACTIVITIES

ONGOING RESEARCH

1. Prakash Sapkota, Denis Piyush, Prashant Subedi, Rajesh Mandal, Bickram Pradhan Prognostic Value Of Liver Frailty Index In Predicting Outcomes In Patients With Decompensated Chronic Liver Disease.
2. Prakash Sapkota, Bickram Pradhan, Denis Piyush, Prashant Subedi, Rajesh Mandal treatment outcomes of Levofloxacin compared to Clarithromycin based therapy in Helicobacter pylori infection, A Comparative Study.

3. Bickram Pradhan, Denis Piyush, Prashant Subedi, Prakash Sapkota, Rajesh Mandal, anil shah, Impact of type of Major papilla on outcome of ERCP.
4. Anil shah, Denis Piyush, Bickram Pradhan Study Of Non-Invasive Predictors Of Gastroesophageal Varices In Patients With Cirrhosis Of Liver

DEPARTMENTAL PUBLICATION

- Mandal, R. K., Peeyush, D., Subedi, P., Sapkota, P., & Pradhan, B. (2026). Clinical and Demographic Profile of Inflammatory Bowel Disease Patients in a Tertiary Center in Eastern Nepal. Journal of Advances in Internal Medicine, 15(1), 24-28.
- Mandal RK, Peeyush D, Subedi P, Sapkota P, Pradhan B. Endoscopic Retrograde Cholangiopancreatography Management of Choledocholithiasis, Acute Cholangitis and Acute biliary Pancreatitis in a Patient with Sickle Cell Disease: A Case Report. Med. J. Pokhara A. Health Sci. 2025;8(2):44-46.
- Mandal, R. K., Peeyush, D., Subedi, P., Tiwari, P., & Pradhan, B. (2025). A study on epidemiological and clinical profile of Acute Pancreatitis in a Tertiary Care Center in Eastern Nepal. Journal of Advances in Internal Medicine, 14(1), 45-48.
- Clinical profile and outcomes in hepatic encephalopathy of patients with liver cirrhosis in tertiary care centre-Thesis

3. PLAN OF ACTION:

Infrastructure & Equipment:

- Addition of new scopes (gastroscopes, colonoscopes and duodenoscope) and accessories to cope with the increasing number of patients referred for endoscopy procedures.
- Annual servicing of endoscopy towers, monitors, and scopes.
- Expand procedure rooms or patient holding areas if needed.
- Expansion of endoscopy services including Endoscopic ultrasonography.
- Expansion of ERCP service to include cholangioscopy and laser lithotripsy.

Specialty clinics:

The department plans to start the following specialty clinic subject to availability of adequate man power and OPD space.

- Liver clinic
- IBD clinic

Human resource training:

The department has a plan to enhance skills of nursing, and paramedical staff in endoscopic procedures by providing them short term training in a national center of excellence.

9.11 DEPARTMENT OF GENERAL PRACTICE AND EMERGENCY MEDICINE

Dr. Rabin Bhandari	-Professor & Head
Dr. Gyanendra Bahadur Malla	-Professor
Dr. Masum Poudel	-Professor
Dr. Rajani Giri	-Professor
Dr. Ashok Kumar Yadav	-Professor
Dr. Pramendra Prasad Gupta	-Additional Professor
Dr. Ajay Kumar Yadav	-Additional Professor
Dr. Ritesh Chaudhary	-Additional Professor
Dr. Bijaya Devi Aryal	-Additional Professor
Dr. Vijay Shrivastav	-Additional Professor
Dr. Jyoti Kumari Yadav	- Senior Resident
Dr. Mrikchhya Ghimire	-Senior Resident
Dr. Abhishek Kumar Jha	-Senior Resident

Staff Members

Mrs. Pranita Bista	-Sr. Administrative Assistant
Mr. Ganesh Kumar Rai	-Sr. Foreman
Mrs. Laxmi Shrestha	- Nursing In-Charge

Number of MCH Residents/Residents/Medical Officer/Nursing Staff/other Health staffs

S.No.	Particulars	Number
1	Junior Residents	26
	1st Year	9
	2nd Year	9
	3rd Year	8
2	Medical Officers	27
3	Nursing Incharge/Supervisor	3
4	Nursing Staff Members	65
5	Health Aid	3
6	ECG staff	3
7	Helper	17

1. DEPARTMENT PROFILE

Vision

- To develop General Practice as a discipline and service that is recognized, understood and used by government, community members, health service providers, and by the academic community.

- To graduate increasing numbers of fully trained General Practitioners to work in District Hospital posts and community-based practice.
- To retain enthusiastic faculty for teaching and research and to develop links with the local community.
- To continue to raise the standard of Emergency Medicine at BPKIHS and beyond.
- To be a premier center of excellence in integrated General Practice and Emergency Medicine in South Asia, delivering compassionate, holistic healthcare while producing socially accountable health leaders and advancing emergency and primary care standards.

Mission

- Holistic Healthcare: Provide continuous, equitable, and comprehensive outpatient and emergency medical care across all age groups and spectrums of disease.
- Socially Accountable Education: Train competent medical graduates (undergraduate MBBS) and specialists (MD GP & EM) through community-oriented and clinical curricula.
- Research & Innovation: Advance research in primary healthcare, emergency medical systems, and rural medicine to address local and national health priorities.
- Community Reach: Extend specialist care to district hospitals and primary health centers across Eastern Nepal through district teaching concepts.

Core Functions

i. Emergency & Outpatient Clinical Services

- 24/7 Emergency Department: Manages acute, life-threatening, and episodic undifferentiated conditions using the Australasian Triage System (the first implemented in Nepal).
- General OPD: Operates daily outpatient services offering a holistic approach to disease management, chronic care, and preventive medicine.

ii. Academic & Training Programs

- Postgraduate & Undergraduate Education: Conducts MD in General Practice and Emergency Medicine (MD GPEM) and undergraduate medical rotations focusing on Case-Based Learning (CBL), clinical postings, and rural health.
- Emergency & Trauma Courses: Holds regular Basic Emergency Care (BEC) courses, Primary Trauma Care (PTC) workshops, and disaster management drills for medical officers, nursing staff, and regional emergency responders.

iii. Outreach & District Teaching Concept

- Peripheral Postings: Sends postgraduate residents to peripheral hospitals (e.g., Ilam District Hospital, AMDA Damak, Phaplu Solukhumbhu, Terhathum, Katari) to ensure hands-on rural exposure while strengthening local healthcare delivery.
- Community Health: Conducts rural health camps and outreach clinics to bring essential healthcare directly to underserved populations.

iv. Research & Professional Collaboration

- Academic Research: Conducts and publishes clinical, operational, and epidemiological research in primary and acute care.

2. DEPARTMENTAL ACHIEVEMENTS & SUMMARY

The Department of General Practice and Emergency Medicine at B.P. Koirala Institute of Health Sciences (BPKIHS) in Dharan, Nepal—established in 2001—uniquely integrates primary healthcare, family medicine, and urgent emergency care under one umbrella. Department organizes Training on Basic Life Support and Primary Trauma Care on regular basis in collaborations. Department also provides an important certificate training on Basic Emergency Courses on regular basis.

Global & National Affiliations: Collaborates with national and international bodies, including the General Physicians Association of Nepal (GPAN) and WONCA (World Organization of Family Doctors) and Society of Emergency Medicine Australasia

3. ACADEMIC ACTIVITIES

Undergraduate Teaching

- Teaching hours

Programe	Teaching Hours (Theory)	Teaching Hours (Practical)
MBBS VII Semester VIII	 30hrs 29 hrs	CBL= GP=18hrs, EMG=18hrs, SGD=72 hrs CBL=84hrs, SGD=16hrs

- Clinical postings

Class	SIS	Labex	Seminar	PBL	CBL	SGD	
MBBS 4th Year							
VII Semester	30		2		**GP** 9X2groups=18 hrs **Emergency** 9X2 groups =18 hrs	8X9 =72 hrs	
VIII Semester	29		1		21 X4 Groups=84hrs	4X4 Groups=16hrs	

Postgraduate Teaching

- Twice weekly classes are held with all our JR's. There is a mix of case presentations, journal article reviews, and discussion of a relevant topic. Our JRs also attend the regular teaching program of whichever department they are posted in.
- Mortality review for emergency is held monthly.

Other Teaching Activities

1. B.Sc. MIT: class on hospital practice and emergency for second year B.Sc. MIT students.
2. House officer, Nurses
   - Two CME classes per week
   - Six-part Basic Emergency Care (BEC) Certificate for Doctors. All new HOs are required to complete this.
   - Six-part Basic Emergency Care Certificate for Nurses. All new nurses are required to complete this.
3. Mortality review in which all house officer and nurses are required to attend.

4. CLINICAL SERVICES

Clinical Services	Total New Patients (2025-26)	Total Follow Up (2025-26)	Total Patients (2025-26)	Total Patients (2024-2025)
OPD	37800	6397	44203	41438
IPD	1549	267	1816	
Emergency			43415	

5. COMMUNITY SERVICES

- **Health camps**
  Department had taken part in various health camps organized by different NGOs, INGOs, Social Services organizations, Schools and other committees in various part of Koshi Province. Where we not only do patient consultation but also taken part in various health promotional activities.

6. RESEARCH ACTIVITIES

Undergraduate Students Research Activities

Name of Students	Name of Guide	Name of Co-Guide	Title of thesis
Niraj Chapagain, Prawesh Pokharel,	Ajay Kumar Yadav	Prof. Dr. G. Malla, Prof. Dr. R. Bhandari	A Retrospective Study of Disaster – Related Casualties in the Emergency Department of Tertiary Care center in Nepal
Praveen Pandey, Sushant Shah	Ajay Kumar Yadav		Vitamin B12 Status in Patient with Type 2 diabetes Mellitus under metformin therapy- A

Name of Students	Name of Guide	Name of Co-Guide	Title of thesis
			Prospective Cross Sectional Study.
Shivam Pandey	Ajay Kumar Yadav	Prof. Dr. A. Kr. Yadav	Identifying Risk Factors for Diabetic Foot Ulcer – A Case-Control Study.
Prawesh Pokhrel,	Ajay Kumar Yadav	Prof. Dr. R. Maskey	Profile of Hypoglycemia Patients Presenting in the Emergency Department of a Tertiary Centre in Eastern Nepal
Gopal Pokhrel, Popular Pokhrel	Ajay Kumar Yadav	Prof. Dr. R Maskey.	Profile of Diabetes Kidney Disease Patients on Hemodialysis Presenting for Emergency Hemodialysis in Tertiary Care Hospital of Eastern Nepal.
Shivam Pandey, Karan Yadav, Anand Yadav	Ajay Kumar Yadav	Prof. Dr. G. Malla.	Analysis of Elderly Patients Visiting the Emergency Department of B. P. Koirala Institute of Health Sciences, Nepal - A Retrospective Study
Avinash Rai	Ajay Kumar Yadav	Prof. Dr. A. Kr. Yadav, Dr. R. Chaudhary, Prof. Dr. R Maskey, Prof. Dr. G. Malla.	Characteristics of patients with emergency attendance for severe hypoglycemia and hyperglycemia in tertiary care hospital of eastern Nepal.

Post Graduate Student Research Activities

Thesis Projects Ongoing

Name of Residents	Name of Guide	Name of Co-Guide(s)	Title of thesis
Dr. Bijay Poudel	Prof. Dr. G. Malla	Dr. Vijay Shrivastav Dr. Bijay Devi Aryal Prof. Dr. Ashok Kr. Yadav	Bisap score as a prognostic marker in acute pancreatitis in er presentation of BPKIHS.
Dr. Nabin Thapa	Prof. Dr. G. Malla	Prof. Dr. Rajani Giri	Factors associated with delayed presentation among

Name of Residents	Name of Guide	Name of Co-Guide(s)	Title of thesis
		Dr. Pramendra Psd. Gupta	patient with acute ischemic stroke at the emergency department of BPKIHS, Dharan
Dr. Santosh Kumar Chaudhary	Prof. Dr. Ashok Kr. Yadav	Dr. Ajay Kumar Yadav Dr. Pramendra Psd. Gupta	Knowledge attitude and practice regarding diabetes among diabetes patients presented to BPKIHS
Dr. Keshav Mukhiya	Prof. Dr. Masum Poudel	Dr. Bijay Devi Aryal Prof. Dr. R. Bhandari	Prevalence of Anemia in Elderly Patients Attending the General Practice Outpatient Department of BPKIHS
Dr. Krishna Kr. Singh	Prof. Dr. Masum Poudel	Dr. Ritesh Chaudhary Dr. Ajay Yadav	Hemoglobin level and hypertension among type 2 diabetes mellitus patients presenting in general out patients department of B.P Koirala Institute of Health Science."
Dr. Kaushal Adhikari	Prof. Dr. Rajani Giri	Dr. Bijay Devi Aryal Dr. Ajay Yadav	Prevalence of depression among post menopausal women presenting at GOPD of BPKIHS, Eastern Nepal
Dr. Keshav Raj Pandey	Prof. Dr. R. Bhandari	Dr. Pramendra Psd. Gupta Dr. Ritesh Chaudhary	Clinicodemographic profile of traumatic chest injury presenting to tertiary care center in province 1: A prospective observational study
Dr. Rupesh Kumar Shah	Prof. Dr. R. Giri	Prof. Dr. Ashok Kr. Yadav Dr. Ritesh Chaudhary Dr. Vijay Shrivastav	Severity of Anxiety among Hypertensive patients presenting in the venereal out-patient Department of B.P. Koirala Institute of Health Sciences
Dr. Ram Udgar Yadav	Prof. Dr. R. Bhandari	Prof. Dr. Masum Poudel Dr. Bijaya Devi Aryal Dr. Vijay Shrivastav	Comparison of AIMS65 and Glasgow-Blatchford score for predicting outcomes in upper gastrointestinal bleeding presenting to emergency department.

Thesis Projects Completed

Name of Residents	Name of Guide	Name of Co-Guide	Title of thesis
Dr. Phul Babu Yadav	Prof. Dr. Masum Poudel	Prof. Dr. Ashok Kr. Yadav Dr. Ritesh Chaudhary,	Patterns of deliberate self harm and its reasons among the patients

Name of Residents	Name of Guide	Name of Co-Guide	Title of thesis
		Dr. Ajay Kr. Yadav	presenting at the Emergency Department of BPKIHS, Dharan
Dr. Hari Bohara	Prof. Gyanendra Bdr. Malla	Prof. Dr. Rajani Giri Dr. Pramendra Psd. Gupta Dr. Bijaya Devi Aryal	Relation of admission blood glucose and in hospital clinical outcomes among patients with acute ischemic stroke patients admitted in BPKIHS
Dr. Hemanta Shrestha	Prof. Gyanendra Bdr. Malla	Prof. Dr. Rabin Bhandari Dr. Ajay Kr. Yadav Dr. Vijay Kr. Shrivastav	Heart failure in acute exacerbation of COPD patient presenting in Emergency Department of BPKIHS.
Dr. Motab Ansari	Prof. Gyanendra Bdr. Malla	Prof. Dr. Masum Poudel Dr. Pramendra Psd. Gupta Dr. Ajay Kr. Yadav	Clinical profile of spontaneous bacterial peritonitis admitted in emergency department in BPKIHS
Dr. Satish Goit	Prof. Dr. Rabin Bhandari	Prof. Dr. Rajani Giri Dr. Bijaya Devi Aryal Dr. Vijay Kr. Shrivastav	Urgency and clinical profile of emergency department visits by elderly population: A cross-sectional study.
Dr. Shambhu Shah	Prof. Dr. Rabin Bhandari	Prof. Dr. Gyanendra Bdr. Mall Prof. Dr. Ashok Kr. Yadav Prof. Dr. Naveen Kumar Pandey	Evaluation of hear score in identifying patients at risk for major adverse cardiac events (MACE) in Emergency department with chest pain
Dr. Suman Dangol	Prof. Dr. Rajani Giri	Dr. Pramendra Pd. Gupta Dr. Ritesh Chaudhary Dr. Vijay Kr. Shrivastav	Study of Vitamin D level in Hypothyroid patients presenting to GOPD in BPKIHS, Dharan
Dr. Birendra Mandal	Prof. Dr. Ashok Kr. Yadav	Prof. Dr. Masum Poudel Dr. Ritesh Chaudhray Dr. Ajay Kr. Yadav	Study of Clinico Demographic profile associated factors and outcome of road traffic accident patient attending Emergency Department of BPKIHS

Faculty Research Activities

Ongoing Research Projects

S.No.	Principal Investigator	Title
1	Dr. Pramendra Prasad Gupta	Assessing the Role of Digital Health in Addressing the Gender Related Inequalities of access to Primary Health Care

Completed Research Projects

S.No.	Principal Investigator	Title
1	Dr. Pramendra Prasad Gupta	Nutritional Status and Comorbidities among Home-Isolated COVID-19 Patients Managed Through Telemedicine: Implications for Family Medicine and Primary Care in Nepal

DEPARTMENTAL PUBLICATION

Yadav AK, Chapagain N, Pokharel P, Poudel N; Road Traffic Injuries and Contributing Factors Among Emergency Patients at a Tertiary Hospital in Eastern Nepal; Volume 14 Issue 10, October 2025.

Chaudhary R, Malla GB, Ghimire M, Yadav JK. Isolated Dextroversion in the Emergency Department of BP Koirala Institute of Health Sciences. Journal of Surgical Specialities and Rural Practice 7(1): p 34-36, Jan–Apr 2026. DOI: 10.4103/jssrp.jssrp_15_25.

Kshetri S, Bhandari R, **Gupta PP**, Yadav A, Chaudhary R, Shrivastav VK, et al. Clinical profile of hypertensive crisis presenting as urgency and emergency in an emergency department of eastern Nepal. J Gen Pract Emerg Med Nepal. 2025 Dec;12(20):5-10

Parajuli, R., Bhandari, R., **Gupta, P. P**., & Bhandari, R. (2025). Alcohol Related Acute Presentations in Emergency Department of a tertiary care center in Nepal. *Nepal Medical Journal*, *8*(1), 123–127.

Published Chapter in a book

SN	Author(s)	Title of Chapter	Editor(s)	Book title	Publisher	ed./ Year	Page no.	ISBN
1	Sankha Randeinikumara, Raman Kumar, **Pramendra Prasad Gupta,** Zainab Mohammad Anjarwal	Exploring core values in family medicine in South Asia	*Anna Stavdal, Felicity Goodyear Smith*	*Core Values in Family Medicine*	*CRC Press*	1st edition/2025	*119 - 133*	978-1-032-89328-0
2	See Chai Carol Chan, Jako Burgers, **Pramendra Prasad Gupta,** Mehmet Ungan, Karen Kinder, Ajeem Majid, Ana Luisa Neves	Understanding Digital Health in Primary Care	*Ana Luisa Neves, Liliana Laranjo*	*Digital Health for Primary Care*	*CRC Press*	1st Edition/2025	*1-9*	978-1-041-00563-6

SN	Author(s)	Title of Chapter	Editor(s)	Book title	Publisher	ed./ Year	Page no.	ISBN
3	Raman Kumar, **Pramendra Prasad Gupta**, Sankha Randeinikumara, Archana Gupta	Role of Primary Care Physicians in the Prevention and Control of Liver Disease	*Prof. Samiran Nandi*	*Preventive Hepatology*	*Taylor & Francis*	1st edi./2025	*194 - 204*	9781032559599

7. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS

Prof. Dr. Rabin Bhandari

- Invited as External Examiner in various Medical Colleges in Nepal.

Dr. Pramendra Prasad Gupta

- Participate as Expert Reviewer on reviewing the Curriculum of DM Emergency Medicine in IOM, TUTH, Kathmandu, Nepal in September 2025.
- Participated in an Executive Meeting of World Organization of Family Physician (WONCA) and WONCA WORLD CONFERENCE 2025 in Lisbon, Portugal in September 2025.
- Attended the 78th Session of WHO Regional Committee for South-East Asia which took place from October 2025 in Colombo, Sri Lanka.
- Invited as Chief Guest during the Opening Ceremony of AFPICON WB 2026 in Kolkata, WB in Jan 2026.
- Invited as Chief Guest and as a Keynote Speaker during the Opening Ceremony of AFPICON Kerala 2026 in Changanessary, Kottayam, Kerala in Jan 2026.
- Attended as Guest Speaker during the WONCA Asia Pacific Conference 2026 in Philippines on March 2026.
- Invited to Attend the WONCA Executive Meeting in Brussels, Belgium in May 2026.
- Invited as a Special Guest during the Opening Ceremony of 51st Academic Session of College of General Practitioners of Sri Lanka, GP Sri Lanka 26, in Colombo from 20th to 21st June 2026.
- Invited as a Keynote Speaker during the 51st Academic Session of College of General Practitioners of Sri Lanka, GP Sri Lanka 26, in Colombo from 20th to 21st June 2026.
- Participated as Organizing Committee Member during 1st Eastern Nepal World Hormone Day Masterclass CME 2026. 24th April 2026
- Participated as a Panelist during a Panel Discussion during BPKIHS Critical Care Conclave 2026. 5th June 2026. BPKIHS, Dharan.

Dr. Ajay Kumar Yadav

- Attended 13th Edition of Dr. Mohan's International Diabetes Update; 24th to 26th of July 2026; Chennai, India.
- Attended JPEF 14th Annual Global Diabetes Convention, 11th 12th &13th July 2026, Trivandrum, Kerla, India.
- Attended The Society for Study of Metabolic Syndrome and Diabetes (SSMSD) Me-CaRe Conclave 27th & 28th June 2026, Siliguri, West Bengal, India.
- Attended 13th Hello Diabetes Academia 19th to 21st June 2026, International Conclave, Nagpur India.
- Attended World Congress of Diabetes and Obesity, Diabetes India February 13th to 15th, 2026, Hyderabad, India.
- Attended IDF- South-East Asia, 22nd November 2025, Kathmandu, Nepal.
- Attended World Congress of Diabetes Technology and Therapeutics Conference; May 9 to 11, 2025. At Jaipur India.

Dr. Ritesh Chaudhary

- Presented a research paper at the 29th Annual Scientific Programme, 26th Nov 2025, BPKIHS, Dharan
- Attended Sleep Medicine Conclave 2026. 21st Feb 2026. BPKIHS, Dharan
- Participated in Workshop: Simulation Trauma Skill Course. 18th Mar 2026. BPKIHS, Dharan
- Participated in Workshop: The AI way-generating comprehensive resource in seconds. 2nd April 2026.
- Participated as Speaker in Workshop on Basic Health Research Methodology. 19th April 2026. BPKIHS, Dharan.
- Participated in 1st Eastern Nepal World Hormone Day Masterclass CME 2026. 24th April 2026.
- Attended BPKIHS Critical Care Conclave 2026. 5th June 2026. BPKIHS, Dharan.

Dr. Masum Poudel

- External Examiner for UG Program at Patan Academy of Health Sciences Kathmandu and other institutes in PG Exams.

Dr. Rajni Giri

- External Examiner for PG Program at KIST Medical College, Imadol. Lalitpur, Kathmandu from 5th to 8th July.

8. HONOR/MILESTONE ACHIEVEMENTS/AWARD

Dr. Pramendra Prasad Gupta

- Regional President, World Organization of Family Physician, South Asia Region 2025-2027.

- Best Research Award from Taiwan Association of Family Medicine in September 2025.
- Honorary Fellowship, College of General Practitioners of Sri Lanka in June 2026.
- Editorial Board Member of BMC Primary Care.
- Associate Editor, Journal of Diabetes and Endocrinology of Nepal.
- Reviewed few articles from BMJ, BMC Primary Care, BMC Emergency Medicine and BMC Gastroenterology, Journal of Family Medicine and Primary Care.

Dr. Ajay Kumar Yadav

- Member- International Diabetes Federation (IDF) Working Group on the Physical Activities-Implementation Committee.
- *Jothydevs Professional Education Forum (JPEF) award 2026. Award Category; Patient Empowerment Digital Engagement and Patient Education Initiatives.*
- Diabetes India Award 2026 for the best contribution in Diabetes Care Awareness & Patient Management.
- Apan Swarg Nepal International Award 2026, for the best contribution in Diabetes care Awareness in Society.

9. SPECIAL APPOINTMENTS

Dr. Pramendra Prasad Gupta

- Chairperson of the Vehicle maintenance committee of BPKIHS.
- Associate Editor in Editorial Board Member of Journal of Diabetes and Endocrinology Association of Nepal.
- Editorial Board Member of Journal of BPKIHS.

Dr. Ritesh Chaudhary

- Member Operational Officer, Hospital Incident Command Centre (Response Committee).
- Member (Central Wheelchair and Trolley Poll Steering Committee).
- Member, Dedicated Psychosocial Counselling Desk.
- Member, Research Committee.
- Member, Sub-Committee for Research Guideline Development.

Dr. Rajani Giri

- Member and Chief of Emergency advisory committee, BPKIHS, Dharan

10. QUALITY IMPROVEMENT

- We focused on the Infection Control and Patient Safety and for that we organized regular classes for medical officers, nurses and junior residents.
- We have our regular Mortality meetings time to time.

11. INFRASTRUCTURE & EQUIPMENT

Equipment & Infrastructure Upgrades

During the past fiscal year, the department maintained high operational readiness across clinical areas. To meet rising patient volume and support modern diagnostic workflows, we need point-of-care ultrasound (POCUS) , upgrading multi-para patient monitors, and procuring high-flow nasal cannula (HFNC), BiPAP Machines units for critical stabilization in the emergency department. Mannequins for training of residents,

nursing staffs, Students on quality CPR, Airway and breathing, IV Cannulations, Intubation and Primary Trauma Care.

Preventive Maintenance & Safety Standards
Sustaining clinical safety relies on establishing a structured, routine preventive maintenance calendar alongside bio-medical engineering teams. Moving from reactive repairs to scheduled calibration and timely replacement of aging resuscitation equipment will minimize downtime, reduce clinical risk, and extend hardware lifespans.

IT & Digital Health Infrastructure
Strengthening our IT architecture is essential for efficient triage and seamless patient care. Upgrading clinical workstations, integrating local triage software with the central Electronic Health Record (EHR) system, and establishing high-speed, reliable network connections across resuscitation and consultation rooms will improve clinical documentation, reduce waiting times, and enable seamless digital workflows.

12. PLAN OF ACTION

Postgraduate Training Program

- Nine residents have just been accepted at the end of the reporting period. We would like to gradually increase this number. This will depend on an increase in the capacity of the faculty to provide supervision and teaching.
- Training sites. AMDA, Mechi Zonal hospital, Phul Kumari Mahato Memorial Hospital has been a successful site for Residents placements in surgery and obstetrics, and for Rural practice training and this will be continued for 2-3 residents at a time. Trainees have good access to practical experience in these placements.
- AMDA hospital in Damak continues to be a valuable second year posting. Mechi Zonal Hospital, Bhadrapur, has been added as another posting site for our second years. Our 3rdyears have had valuable postings at Ilam District Hospital and Okhaldhunga District Hospital, Terhathum District Hospital, Katari District Hospital and Phaplu Hospital, Solukhumbhu. We are exploring additional sites as our JR numbers increase.

Development of Emergency Medicine as a discipline arising from General Practice

- Fellowship in Emergency Medicine is being started at BPKIHS from 2013.There are 4 seats in this program.
- Relationships with international colleges of emergency medicine will be further developed. Letter of support to help the programme of Fellowship is already offered by Australasian College of Emergency Medicine.

Undergraduate Teaching
Semester 7 & 8 students: We will continue to focus on clinical decision-making with an emphasis on evidence-based medicine and learning to think critically. There is less emphasis on learning facts. Examinations are also planned in this way despite some students being more comfortable with a ‘rote-learning’ style. Students have the opportunity to see previously undiagnosed patients and formulate their own management plan before discussion with a faculty member. They also begin to learn emergency management of sick patients and trauma patients.

Outpatient Services

- Build up the number of patients seen to provide good service, a good model of care, and teaching and learning opportunities for residents and students. There is still an issue about new patients going directly to other specialty clinics because of patient request. This often results in increased inter-departmental referrals.
- Chronic disease management clinic and provision of patient education materials. It is planned to start computerized audit and record keeping for chronic disease patients who attend for long-term follow-up. This could expand into research projects looking at ways to improve referral, liaison and communication in care of this expanding patient group.
- Day care OT has been seriously underutilized in the past year but this could change if there are interested APs.
- We are also providing Telemedicine Services in remote areas of eastern Nepal.

Emergency Services

Emergency continues to be busy, and the patient flows are barely manageable on busy days. Despite this, the triage system and general organization have made the unit nationally respected, and it has attracted international support.

To improve the service several things are needed.

- Regular meetings of the emergency advisory committee to be attended by seniors from the relevant departments. This would help deal with the issues that block good patient care and that cause delays. It might also foster a more cooperative approach to patient care.
- Security to be consistently maintained and the number of visitors and patient party to be limited according to the known guidelines.
- Staffing: Increases in numbers of helpers, clerical staff, and nurses are needed to improve quality of care. We have appreciated the support of the Hospital Director in providing increased numbers of house officers and this needs to continue
- Supervision: Current departmental seniors need to be more present and active in supervision and teaching.
- Additional telephone lines.
- Adequate supplies for implementation of standard precautions, in particular gloves.
- Maintenance and care of current equipment and provision of adequate O2 sats machines, etc
- More rapid and reliable laboratory service
- Better access to imaging and timely reporting.
- Implementation of computer in Emergency for patient trekking and care.

Disaster preparedness. The disaster plan needs regular review and must be known and available throughout the hospital.

Other community services and plan

There is still a long-term plan to have a continuous faculty presence at a district hospital where there is a need for a GP, and to use this as a training base for both postgraduate and undergraduate students. There has been a proposal by NESOG to develop Dhankuta hospital as a model for better obstetric care. This might open further possibilities for generalist training there.

Ongoing education and faculty development

The provision of training opportunities for faculty has been a problem. There has not been a tradition of faculty going to AIIMS for observer ships. As GP is not yet recognized as a specialty in India there is a shortage of good local courses and experiences. It has been difficult to repeat the previous trainings offered in Australia. Emergency training is developing in India now so there should be opportunities available in the future. Faculty have been encouraged to identify useful and relevant training opportunities that offer departmental or personal benefits. Training in FAST and CPAP for doctors active in emergency are possibilities but depend on provision and maintenance of equipment to be useful. Other opportunities for faculty development include becoming trainers for PTC, ALSO, ACLS, PALS, etc.

There could be a repeat of a CME day for the eastern region. One or more smaller CME sessions for GPs in a particular locality (e.g. Damak) could also be arranged.

Specify if there is any other plan

Formation and implementation of Emergency Advisory Committee in 2026 ASAP.

To support the faculties of General Practice and Emergency Medicine with the following:

- Promotion of all Additional Professors.
- Chief Guide Selection for Additional Professors.
- Rotational selection of Exam Invigilators in medical colleges and Teaching Institutes of Nepal.
- Electing department heads in General Practice and Emergency Medicine on a rotational basis as per rules of BPKIHS.
- Reformulation of qualified and energetic Emergency Security services.

International relationships

The department will continue to foster its international relationships looking to ongoing support from RACGP, PRIME(UK), World Organization of Family Doctors -Middle East & South Asia Region, University of New Mexico, Society of Academic Emergency Medicine (USA), Society of Emergency Medicine India, Society of Emergency Medicine Australasia, Emmanuel Hospital Assoc of India, International Christian Medical and Dental Assoc.

9.12 DEPARTMENT OF GASTROINTESTINAL SURGERY

FACULTY MEMBER

Dr Shailesh Adhikary: Professor and Head
Dr Barurendra Raj Yogi: Assistant Professor

Name of M Ch Residents

Dr Bed Prakash Sah: Senior Residents
Dr. Ulav Budhathiki: Senior Residents
Dr. Duryodhan Yadav: Senior Residents

Staff Members

Sweta Yadav : Computer Clerk
Padam Prasad Khatiwada: Foreman

1. ACADEMIC ACTIVITIES

A. **M Ch Teaching programme**		
	Seminar: Case Presentation Grand Rounds Journal Presentation	80 22 48 12

2. CLINICAL SERVICES

Statistics of the patient care provided

Clinical Services	Total New Patients (2025-26)	Total Follow Up (2025-26)	Total Patients (2025-26)	Total Patients (2024-2025)
OPD	684	1295	1979	
IPD (Ward)	400	Minimum 400 Patient due to hospital record mismatch		515
(EHS)Paying)	80	22	102	110

TYPES OF OPERATION

Type of Surgery	ROUTINE OT			EMERGENCY OT			DAY CARE OT		
	Major	Intermediate	Minor	Major	Intermediate	Minor	Major	Intermediate	Minor
GI Surgery	112	0	8	0	0	0	-	1	6

Procedures	Number
Endoscopy	543
Colonoscopy	225
Endoscopy Biopsy	232
Colonoscopy Biopsy	117
Sigmoidoscopy	11
Other	14
Total	1142

3. RESEARCH ACTIVITIES

A. Ongoing research projects

Name	Guide	Title
Dr. Barurendra Raj Yogi	Prof. Dr. Shailesh Adhikari	Comparison of short term clinical outcomes between laparoscopic and open colorectal surgery
Dr Bed Prakash Sah	Prof. Dr. Shailesh Adhikari	Clinical predictor of severe gag reflex during unsedated diagnostic

Name	Guide	Title
		upper GI endoscopy. A prospective observation study.

B. **Completed Research projects**

Name	Guide	Title
Dr. Barurendra Raj Yogi	Prof. Dr. Shailesh Adhikari	Association of Sarcopenia and Nutritional Status with Early Postoperative Outcome after Elective Major Abdominal Surgery: A Prospective Study
Dr Bed Prakash Sah	Prof. Dr. Shailesh Adhikari	Comparative outcomes of modified blumgart technique of pancreaticojejunostomy with modified heidelberg duct to mucosa pancreaticojejunostomy in patients undergoing pancreaticoduodenectomy.

4. DEPARTMENTAL ACHIEVEMENTS

The Department of GI Surgery has successfully organized;

A. A CME on Peri-operative management: A Joint CME of Anaesthesiology and Surgical Disciplines. 12th July 2024. B P Koirala Institute of Health Sciences
B. Scientific committee member Third International Conference of Nepalese Association of Surgical Gastroenterology. 23rd – 24th February 2024, Kathmandu, Nepal

5. CONFERENCE/WORKSHOP/SYMPOSIUM/TRAINING attended

Dr. Barurendra Raj Yogi

a. Attended and delivered a lecture as faculty during "CME and TME for colorectal carcinoma " updates on colorectal cancer 7th April 2026
b. Attended and delivered a lecture as faculty during " Colorectal liver metastasis –precision and decision symposium on Hepatopancreaticobiliary malignancy on 30th jan 2026
c. Attended HPB and GI cancer surgery summit 2026on May 9 to 10 2026
d. Attended PANCON -2026 controversies in Pancreatic disease 20th June 2026
e. Attended Birat cancer symposium 2026 advancing cancer care in Eastern Nepal 11th July
f. Attended Basic surgical skill workshop 11th 2026
g. Attended Updates on chronic pancreatitis 13th june
h. Presented a poster Liver resection for metachronous hepatic metastasis of jejunal GIST: A case with good clinical outcome. in the Third International Conference of Nepalese Association of Surgical Gastroenterology. 23rd – 24th February 2024 at Kathmandu Nepal

Dr. Bed Prakash Sah

a. Presented a poster paper on Jejunal perforation caused by trans-anastomotic pancreaticojejunostomy internal stent following pancreaticoduodenectomy in Third International Conference of Nepalese Association of Surgical Gastroenterology. 23rd – 24th February 2024 at Kathmandu Nepal

Dr. Parbatraj Regmi.

a. Presented a poster paper on Ascaris in infected pancreatic necrosum: an intraoperative surprise in Third International Conference of Nepalese Association of Surgical Gastroenterology. 23rd – 24th February 2024 at Kathmandu Nepal

6. PLAN OF ACTION

- To start laser proctology service
- To work up for feasibility of liver transplantation
- To organized conference / symposium on HPB diseases
- To develop a combined endoscopic suite

Teaching

- to strengthen the advance surgical training center (Skills lab – Dry and Wet) for all the disciplines at the institute, undergraduate, postgraduates, Senior residents and faculties
- to strengthen the departmental library facilities for M Ch programme
- to procure books, journals and CDs for M Ch programme
- to send M Ch resident to AIIMS for further learning, skills development and exposure
- to build a tie up with various regional, national and international teaching institute and hospitals
- Expansion and strengthening of departmental class room and library room

Patient care services

- to broaden the range of advanced laparoscopic procedures
- to start the liver transplant
- Integrated surgical emergency
- Adding the ICU beds for all surgical gastroenterology and its ICU services
- Creation of postoperative ward / high dependency unit
- Improvement strengthening of ward management (newer bed/monitor/patient cupboard/roof curtain
- Improvement OPD blocks / rooms (consultants PC for data entry, lab and radiological investigations viewing, USG, curtains, proctoscopes)

Community services and other services

- The department will continue to serve patients in all the teaching districts and health camps with institute guidelines as depending upon the availability of manpower.

Instrument Procurement – Proposals

GI Surgery

- Laparoscopic instruments (a) Advanced GI surgeries (b) Laparoscopic accessories
- CUSA, Cavitron ultrasound surgical aspirator, IOU, Intra operative ultrasound
- Laser Proctology

9.13 DEPARTMENT OF INTERNAL MEDICINE

FACULTY MEMBERS

1.	Professor DR. Robin Maskey	Professor & Head of Department
2.	Professor DR. Sanjib Kumar Sharma	Professor
3.	DR. Soniya Dulal	Associate Professor
4.	DR. Bhupendra Shah	Associate Professor
5.	DR. Surendra Kumar Uranw	Associate Professor (Non-Medical)
6.	DR. Avinas Rai	Assistant Professor
7.	DR. Ranjit Kumar Das	Assistant Professor
8.	DR. Sonali Nayak	Assistant Professor
9.	DR. Pradeep Katuwal	Sr. Resident
10.	Dr. Dr. Naveen Kumar Shah	Sr. Resident
11.	Dr. Ram Mohan Jha	Sr. Resident
12.	Dr. Abhishek Thapaliya	DM Resident

HOUSE OFFICERS:

1.	DR. Neha Yadav	House Officer
2.	Dr. Md. Naushad Alam Ansari	House Officer

TECHNICAL AND ADMINISTRATIVE STAFFS

1.	Suchana Chhetri (Unit -I)	Nursing Officer
2.	Geeta G.C. (UNIT -II)	Nursing Officer
3.	Rojita Shakya (UNIT -III)	Nursing Officer
4.	Anjushree Gurung (UNIT- IV)	Nursing Officer
5.	Kalpana Karki (DIALYSIS)	Nursing Officer
6.	Shital Sharma (ONCOLOGY UNIT)	Nursing Officer
7.	Manju Deula (MEDICAL -ICU)	Nursing Officer
8.	Sneha Shrestha (ART Counselor)	Sr. Staff Nurse
9.	Geeta Devi Acharya	Computer clerk
10.	Raman Subedi	Foreman
11.	Jamuna Rai	Foreman
12.	Raj Kumar Chaudhary	Helper

Number of Residents/Medical Officer/Nursing Staff/other Health staffs

S.No.	Particulars	Number
1	DM Residents (Medical oncology)	1
2	Junior Residents	
	1st Year	11
	2nd Year	12
	3rd Year	5
3	Medical Officers	2
4	Nursing In-charge/Supervisor	7
5	Nursing Staff Members	76

1. DEPARTMENT PROFILE

Vision

To achieve excellence in Internal Medicine through outstanding patient care, innovative education, impactful research, and socially accountable leadership in advancing health in Nepal and beyond.

Mission

To deliver high-quality, evidence-based and compassionate patient care; provide excellence in medical education; advance research and innovation; strengthen subspecialty services; promote community engagement and social accountability; and develop future leaders in Internal Medicine dedicated to improving health outcomes in Nepal and beyond.

Core Functions

The Department of Internal Medicine at B.P. Koirala Institute of Health Sciences (BPKIHS), Dharan, is committed to excellence in clinical care, medical education, research, and community service. The core functions of the department include:

Clinical Services

- Deliver comprehensive, patient-centered, evidence-based, and ethical medical care through outpatient, inpatient, emergency, intensive care, and consultation services.
- Provide specialized diagnostic and therapeutic services across the spectrum of adult internal medicine and its subspecialties.
- Ensure high standards of patient safety, quality assurance, infection prevention, and clinical governance.

Undergraduate Medical Education

- Provide competency-based teaching and clinical training to undergraduate students in Medicine, Dentistry, Nursing, Public Health, and Allied Health Sciences.
- Promote problem-based learning, bedside teaching, clinical reasoning, communication skills, and professionalism.
- Conduct formative and summative assessments in accordance with institutional and national academic standards.

Postgraduate Education and Residency Training

- Conduct postgraduate residency and fellowship programmes in Internal Medicine and its subspecialties.
- Supervise clinical rotations, academic discussions, journal clubs, seminars, morbidity and mortality meetings, and case presentations.
- Mentor residents to develop advanced clinical competence, professionalism, leadership, and lifelong learning

Research and Innovation

- Promote high-quality clinical, epidemiological, translational, and health systems research addressing national and global health priorities.

- Supervise postgraduate theses and undergraduate research projects.
- Encourage interdisciplinary and international collaborative research, publication in peer-reviewed journals, and translation of research findings into clinical practice and health policy.

Subspecialty Development

- Strengthen and expand subspecialty services, including Endocrinology, Cardio-renal, Neuro-medicine, Rheumatology, Infectious Diseases, Medical Oncology, Critical Care, and Geriatric Medicine.
- Facilitate multidisciplinary management of complex medical conditions through coordinated patient care

Community Engagement and Social Accountability

- Extend quality healthcare services to underserved and rural communities through outreach clinics, health camps, screening programmes, and hospice care.
- Support national disease control programmes and public health initiatives.
- Promote preventive medicine, health education, and community awareness.

Continuing Professional Development

- Organize Continuing Medical Education (CME), workshops, conferences, and faculty development programmes.
- Promote lifelong learning and evidence-based clinical practice among healthcare professionals.

Quality Improvement and Patient Safety

- Implement clinical mortality reviews, quality improvement initiatives, and evidence-based clinical guidelines.
- Strengthen patient safety systems, ethical medical practice, adverse drug reactions reporting and continuous service improvement.

Institutional and National Leadership

- Provide academic and technical leadership within BPKIHS and support national health programmes through expert consultation, policy development, guideline preparation, and capacity building.
- Foster collaboration with governmental, non-governmental, and international organizations to advance healthcare delivery, education, and research.

Academic Administration and Governance

- Participate in academic planning, curriculum development, teachers' training, faculty mentorship, examination processes, and institutional committees.
- Ensure effective departmental management, strategic planning, resource utilization, and continuous performance evaluation.

2. DEPARTMENTAL ACHIEVEMENTS & SUMMARY

The Department of Internal Medicine, B.P. Koirala Institute of Health Sciences (BPKIHS), Dharan, continued to strengthen its commitment to excellence in patient care, undergraduate and postgraduate education, research, and community engagement during the reporting period. The department maintained comprehensive inpatient, outpatient, emergency and critical care services while providing multidisciplinary, evidence-based management of complex medical conditions. Major achievements included the expansion of community based oncology services called hospice care, community based screening of non-communicable diseases, academic and research activities, successful supervision of postgraduate theses, publication of research in peer-reviewed journals, and active participation in national and international scientific conferences. The department further enhanced its global academic presence through collaborative research and capacity-building initiatives with international partners, contributing to innovation in clinical practice and public health research.

During the reporting period, the department provided specialized care to thousands of patients through outpatient consultations, inpatient admissions, intensive care services, and specialty clinics, while conducting regular undergraduate and postgraduate teaching sessions, seminars, journal clubs, case presentations, and continuing medical education (CME) activities. Faculty members remained actively engaged in multidisciplinary research projects, scientific publications, and institutional committees, reinforcing the department's academic excellence.

Despite these accomplishments, the department encountered several challenges, including increasing patient load, limited human resources, constrained bed capacity, lack of equipment/machines for indoor services, growing demand for subspecialty services, and resource limitations affecting clinical, academic, and research activities. To address these challenges, the department strengthened teamwork and service coordination, optimized patient triage and workflow, promoted faculty development and evidence-based clinical practice, expanded research collaborations, and encouraged continuous quality improvement through regular clinical audits, academic reviews, and strategic planning. These initiatives have enhanced service delivery, academic productivity, and research capacity, positioning the department to continue providing high-quality patient care and medical education while pursuing excellence in clinical innovation and research.

3. ACADEMIC ACTIVITIES

Undergraduate Teaching

- Teaching hours

Programe	Teaching Hours (Theory)
MBBS	163
BDS	41
BSc. Nursing	0
B.Sc. Perfusion Tech	12

- Clinical postings

Class	SIS	Labex	Seminar	PBL	CBL	SGD	SYCS	LIF	CLIP
MBSS	163	0	0		242	42	84	50	46
BDS	41	0	0		54	0	39	0	98

Postgraduate Teaching
Weekly Teaching/Learning Schedule:

Days (8-9 AM)	**Topics:**
Monday	Journal Club/ Case Presentation/ Mortality Review
Tuesday	Resident Teaching/Case Presentations/Seminars
Wednesday	Resident Teaching /Case presentations/Seminars
Thursday	Resident Teaching/Case Presentations/Seminars
Friday	Department Meeting /Mortality Review

The Internal medicine department trains doctors in Internal Medicine. The medicine residents take care of patients directly in the medicine wards, outpatient departments (OPDs), and also attend consultations from other departments in the hospital. The residents also spend time in peripheral hospitals and in other departments of related specialty. They also take care of patients under supervision, in the Dialysis unit, Medical Intensive Care Unit, Tropical & Infectious Diseases Unit, and HIV & ART clinic. Since 2021, they have also been rotating through the departments of cardiology, pulmonology, and gastroenterology.

Medical residents are also required to give independent presentations during morning sessions. They participate in interdepartmental academic activities and are encouraged to create poster presentations and publications. They are also required to conduct a prospective study during their postgraduate training. The routine academic activities for the students are as follows:

Fellowship in Endocrinology -2 year course, Department of Internal Medicine
The Fellowship in Endocrinology is a two-year postdoctoral training programme under the Department of Internal Medicine, BPKIHS. The first batch commenced in 2021 and completed training 2023 and second batch in 2023 and completed training in 2025. The programme provides advanced clinical, academic, and research training in endocrinology, preparing specialists to deliver high-quality endocrine care.

Medical Oncology Division, Department of Internal Medicine
- The DM (Medical Oncology) programme under the Department of Internal Medicine commenced in 2025, marking the establishment of the institute's first superspecialty training programme in Medical Oncology.
- Classes for Nurses /Residents regarding Oncology have been scheduled on a regular basis.
- Interdepartmental Participation-Participation (Teaching) in Interdepartmental Oncology classes.
- Tumor Board-The Multidisciplinary Tumor Board has been started in collaboration with ASCO (American Society of Clinical Oncology)/HVO coordinator Dr. Prakash Neupane/Bhaktapur Cancer Hospital /Bir Hospital.

- Home-Based Hospice Care Service: BPKIHS launched a Home-Based Hospice Care Service in June 2025 to provide compassionate, patient-centered palliative care and supportive services for patients with advanced life-limiting illnesses in their home environment.
- A total of 19 patients received home-based hospice care, including regular follow-up visits by the healthcare team and home-based hospice care services have been provided only within the Dharan area.
- Membership in St. Jude Global Alliance**:** BPKIHS was registered as a **member organization of the** St. Jude Global Alliance (Asia Pacific Group), strengthening international collaboration in pediatric oncology and supportive cancer care.
- Membership in the National Cancer Grid, India: BPKIHS was successfully registered as a member organization of the National Cancer Grid (NCG), India, fostering collaboration in cancer care, education, research, and quality improvement.
- Collaboration with the World Federation of Hemophilia: BPKIHS established collaboration with the World Federation of Hemophilia (WFH) to receive Factor VIII and Factor IX concentrates through its Humanitarian Aid Program, improving access to life-saving treatment for patients with hemophilia.
- Collaborated with Two Worlds Cancer Collaboration (TWCC), Canada in Capacity building in Palliative and Hospice care through providing training opportunities for Nurses of BPKIHS at MNJ Cancer Institute and Kumudini Devi Palliative Care Center in Hyderabad, India.
- Voluntary supervision for the implementation of project entitled – "Integrated Palliative & Hospice Care Essentials – A Development project for Koshi Province" in joint collaboration of BPKIHS, Dharan with TWCC (Two Worlds Cancer Collaboration, Canada), Nepal Hospice Care Center (NHCC), Dharan and Ministry of Health (MoH), Koshi Province.

Medicine Update – Department of Internal Medicine

We successfully organized the "2nd Medicine Update 2022" conference under the theme "NCDs Care: Prevention, Early Diagnosis or Cure? Where Should Nepal Focus "from 22nd to 23rd April 20222 and "3rd Medicine Update 2024" conference under the theme *"Empowering Healthcare Professionals through Medical Education and Innovative Strategies."* From 31st May to 1st June 2024. Continuing our tradition, the conference aimed to promote continuous medical education by sharing knowledge and experiences from national and international experts with both medical and paramedical professionals. The goal was to develop skilled and sustainable healthcare manpower to enhance the quality of health services for the public. Experts from diverse medical fields came together to bridge the gap between theoretical principles and clinical practice. The event was attended by over 300 participants and featured 50 distinguished speakers and chairpersons from across the country and abroad.

4. CLINICAL SERVICES

Special clinical services

- Endocrine Special Clinic
- Diabetic and reproductive endocrine clinic

- Cardio-renal Medicine
- Oncology Services
- Stroke Service
- Obesity clinic
- Nephrology service
- Rheumatology Service
- Geriatric Service
- Antiretroviral Therapy Clinics
- Outreach Program (KHDC Program)
- DYF and BPKIHS ADMIT (Advanced Diabetes Management and International training) program
- Palliative and Hospice Care Program

1. Out Patient Department Services:

OPD (New + Old/General + Clinic):
(Including General, Endocrinology, diabetes, cardio-renal, nephrology, rheumatology, neurology and Geriatric patients)

2. Special OPD Services

2.1 Endocrine Special Clinic : Monday and Thursday
Special Diabetes Clinic: Friday
Reproductive Endocrine Clinic: Wednesday

2.2 **Cardiorenal Medicine OPD (Three days a week)**

2.3 Neurology

- Stroke clinic : 1st Thursday of the month
- Headache clinic : 2nd Thursday of the month
- Epilepsy clinic : 3rd Thursday of the month
- Parkinson and movement disorder clinic: 4th Thursday of the month

2.4 Nephrology Services:
Haemodialysis and Continuous Ambulatory Peritoneal Dialysis including the dialysis of sero-positive cases

2.5 HIV/ART clinic:

Showing Routine Services Provided by Department of Internal Medicine:

1.Specialty O.P.D.	5 days a week [9.00 AM – 5.00 PM]
2.Specialty paying clinic	5 days a week [5.00 PM onwards]
3.Emergency service on call	7 days a week [24 hours]
4. Hemodialysis	7 days a week
5.Peritoneal dialysis	7 days a week [24 hours]

Specialty Clinic

1. Endocrine and Diabetes Clinic:	2 days [Monday/Thursday]

2. Special Diabetic clinic 1 day (Friday)
3. Reproductive Endocrine Clinic 1 day [Wednesday 10-1pm]
4. Infectious Clinic (ART/VCT) 2 days [Tuesday, & Thursday]
5. Oncology Clinic 2 days [Wed, & Fri]
6. Geriatric Clinic 2 days [Tues, & Thurs]
7. Neurology Clinic 2 days [Tuesday & Friday]
8. Rheumatology Clinic 2 days [Tuesday & Thursday]
9. Obesity clinic 1 day [Tuesday]
10. Cardiorenal Medicine OPD 3 days [Tuesday, Wednesday & Thursday]

Clinical Services	Total New Patients (2025-26)	Total Follow Up (2025-26)	Total Patients (2025-26)	Total Patients (2024-2025) (For comparison)
OPD	73,102	4,752	77,854	62,851
IPD	6049	NA	8,138	6,105
Endocrine + Diabetic Clinic	17,100	994	18,094	15,943
Reproductive Endocrinology	47	0	47	33
Oncology Daycare	2089	NA	2089	NA
Stroke clinic	308	3	311	NA
Headache clinic	362	4	366	NA
Epilepsy clinic	271	16	287	NA
Parkinson clinic 1 & 2	347	9	356	NA
Obesity clinic	82	NA	82	NA
Haemo Dialysis Service	285	25,457	25,742	21,880
ART Services	63	611	674	NA
Hospice care Services	19	NA	19	NA

Source: *Medical Record Section, BPKIHS Dharan & Concerned Clinicians*

5. COMMUNITY SERVICES

During the reporting period, the Department of Internal Medicine, B.P. Koirala Institute of Health Sciences (BPKIHS), actively participated in a range of community-oriented health initiatives aimed at improving population health and promoting preventive medicine. Faculty members, postgraduate residents, nursing staff, and allied health professionals conducted health camps, rural outreach activities, and public awareness programs in collaboration with local health institutions and community stakeholders. The department also supported screening programs for non-communicable diseases, including hypertension, diabetes mellitus, and chronic kidney disease, facilitating early diagnosis and timely referral for appropriate management and cancer patients. Telemedicine services have been operational under the department as well.

Health education sessions focusing on healthy lifestyles, medication adherence, cardiovascular risk reduction, and disease prevention were delivered to community members. In addition, the department

contributed to school health and community education activities by promoting health awareness and encouraging preventive healthcare practices. These outreach programs strengthened the institute's commitment to community engagement, enhanced access to quality healthcare services for underserved populations, and reinforced the department's role in advancing public health through service, education, and early disease detection.

6. RESEARCH ACTIVITIES

Undergraduate Students Research Activities (if any)

Name of Students	Name of Guide	Name of Co-Guide	Title of thesis
Aarati Gautam	Prof. Dr. Robin Maskey	Not assigned	Alphabet Strategy for Diabetes Care in Diabetic clinic of BPKIHS
Dr. Hari Bohara	Dr. Bhupendra Shah	Not assigned	Admission blood glucose and clinical outcomes in patients with acute ischemic stroke admitted in BPKIHS
Prakash kumar Sah Suraj Kumar Das	Dr. Bhupendra Shah	Dr. Naveen Kumar Shah	Knowledge , attitude and practice towards epilepsy among patients and their attendants in tertiary care hospital
Swarnim Baral & Iksha Khatiwada	Dr. Avinas Rai	Dr. Surendra Uranw	Clinical profile of newly diagnosed subclinical hypothyroid patients attending OPD at BPKIHS
Sangam Subedi	Dr. Ranjit Kumar Das	Dr. Surendra Uranw	Acute undifferentiated fever in patients presenting to a tertiary care hospital BPKIHS Dharan: clinical spectrum and outcomes
Roshan Parsaila & Amod Kumar Yadav	Dr. Ranjit Kumar Das	Dr. Surendra Uranw	Co-infection of Scrub Typhus and Leptospirosis at BPKIHS Dharan

Post Graduate Student Research Activities
Thesis Projects Ongoing

Name of Residents	Name of Guide	Name of Co-Guide(s)	Title of thesis
Dr Bimal Sharma	Prof. Dr. Robin Maskey	Prof.Dr Bickram Pradhan	Prevalence of MASLD in patients with type 2 diabetes mellitus at BPKIHS
Dr. Jawed Ansari	Prof. Dr. Robin Maskey	Dr. Seraj Ahmed Khan	Clinical Profile of Addisons's disease at BPKIHS
Dr. Pradeep Kumar Kunwar	Prof. Dr. Robin Maskey	Prof. Dr. Madhab Lamsal	Clinical Spectrum and biochemical profile of TRAB positive and TRAB negative hyperthyroidism at BPKIHS
Dr. Prawesh Adhikari	Prof. Dr. Robin Maskey	Dr. Ranjit Kumar Das Dr. Rajendra K Chaudhari	The effect of thyroid hormone replacement therapy on lipid profile in patients with subclinical hypothyroidism

Name of Residents	Name of Guide	Name of Co-Guide(s)	Title of thesis
Dr. Pradip Bastola	Prof. Dr. Robin Maskey	Dr. Avinas Rai	Hypocortisolemia in patients with sepsis or septic shock at BPKIHS
Dr. Santosh Pokhrel	Prof. Dr. Sanjib K Sharma	Dr. Bhupendra Shah Dr. Sonali Nayak	The impact of Telemedicine in enhancing self care for management of chronic kidney disease
Dr. Prakash Oli	Prof. Dr. Sanjib K Sharma	Dr. Sabin Bhandari	Furosemide stress test in predicting outcome in AKI in ICU patients.
Dr. Prabin Pandit	Prof. Dr. Sanjib K Sharma	Dr. Avinas Rai	Prevalence and clustering of CKM syndrome in KHDC cohort
Dr. Rakesh Naysaur	Prof. Dr. Sanjib K Sharma	Not Assigned	Prevalence of Frailty and its association with in hospital outcome among elderly inpatients with CKD.
Dr. Ayush Bakhrel	Dr. Soniya Dulal	Dr. Sonali Nayak	Assessment of care seeking intervals and determinants of late-stage presentation among cancer patients at BPKIHS
Dr. Sijo Jose	Dr. Soniya Dulal	Prof. Rajini Giri	Comparison of the predictive performance of the multinational association for supportive care in cancer MASCC risk index and CISNE score for risk stratification among sloid tumor patients with febrile neutropenia at BPKIHS
Dr. Mankirat Rai	Dr. Soniya Dulal	Dr. Riya Singh	A comparative study of catheter related complications of PICC line versus Chemoport in cancer patients receiving chemotherapy
Dr. Manoj Tamang	Dr. Bhupendra Shah	Dr. Sonali Nayak	Clinicodemographic profile and outcomes of young stroke in university hospital of eastern Nepal
Dr. Sunil Kumar Das	Dr. Bhupendra Shah	Dr. Ranjit Kumar Das	Prevalence of Hypovitaminosis D among migraineurs visiting Internal medicine department at BPKIHS, Dharan, Nepal
Dr. Anil Thapa	Dr. Bhupendra Shah	Dr. Ujjwal P Risal	Prevalence of Nonmotor symptoms of Idiopathic Parkinson disease patients at BPKIHS

Thesis Projects Completed

Name of Residents	Name of Guide	Name of Co-Guide	Title of thesis
Dr. Anil Acharya	Prof. Dr. Sanjib Kumar Sharma	Prof. Dr. Robin Maskey Dr. Surendra Uranw	Prevalence of Acute Kidney Injury in Acute Decompensated Heart Failure

Name of Residents	Name of Guide	Name of Co-Guide	Title of thesis
Dr. Vivek Chhetri	Prof. Dr. Robin Maskey	Prof. Dr. Sanjib Kumar Sharma Dr. Surendra Uranw	Prevalence of Urinary Tract Infection among People with Diabetes Mellitus using SGLT2 inhibitor
Dr. Dhruvit Pattel	Prof. Dr. Robin Maskey	Dr. Bhupendra Shah	Prevalence of Vitamin D deficiency in patients with hypothyroidism attending outpatient department of BPKIHS Dharan
Dr. Dibasa Adhikari	Prof. Dr. Sanjib Kumar Sharma	Prof. Dr. Robin Maskey	Tele-consultation vs outpatient department care for control of hypertension and diabetes: feasibility study
Dr. Ram Mohan Jha	Dr. Soniya Dulal	Dr. Surendra Uranw	Assessment of distress among primary caregivers of cancer patients using distress thermometer
Dr. Ashok Mandal	Dr. Soniya Dulal	Dr. Bhupendra Shah	Incidence of peripheral neuropathy in cancer patients receiving chemotherapy at BPKIHS Dharan

Faculty Research Activities

Ongoing Research Projects

SN	Principal Investigator	Title
1.	Prof. Dr. Robin Maskey	Etiological Clustering of Newly Diagnosed Type 2 Diabetes Mellitus in the Nepalese Population: A Data-Driven Cross-Sectional Analysis
		Prevalence of Autoimmune disease and its association with hyperthyroidism patients attending BPKIHS Dharan.
2.	Prof. Dr. Sanjib Kumar Sharma	SNAICS (Snakes, Artificial Intelligence & Communities) - First AI to identify snakes of Nepal: Supporting healthcare providers, herpetologists and communities in snake identification and snakebite diagnosis'
		Implementation of the COmmunity HEalth System InnovatiON Project in low- and middle- income countries, COHESION – I.
		Edoxaban for Intracranial Hemorrhage Survivors with Atrial Fibrillation (ENRICH-AF).
3.	Dr. Soniya Dulal	Action Nepal study: Developing a healthcare provider education curriculum for breast cancer genetic testing and counselling in Nepal
		Challenges and Outcomes of High-risk Gestational Trophoblastic Neoplasia in a tertiary center of Eastern Nepal: A Case Series
4.	Dr. Surendra Uranw	FA5 DGD-ITM : Evidence based vector-borne disease management and elimination of visceral leishmaniasis in Nepal
		Neglected Tropical Diseases Surveillance in Nepal: a pilot study in Koshi Province
		Feasibility Evaluation of Intradermal Delivery Devices for Vaccination in Nepal
5.	Dr. Avinas Rai	Association between newly diagnosed Subclinical Hypothyroidism and Insulin Resistance in patient at BPKIHS

SN	Principal Investigator	Title
		Etiological Spectrum and Clinical outcome of Acute Undifferentiated Febrile Illness in a Tertiary care center of Eastern Nepal: A retrospective study
6.	Dr. Ranjit Kumar Das	Clinico-Haematological profile of Dengue patients admitted at B.P. Koirala Institute of Health Sciences, Dharan, Nepal
		Clinical spectrum and outcome of co-infection of Scrub Typhus and leptospirosis at BPKIHS Dharan
7.	Dr. Sonali Nayak	Etiologies and outcome of Pancytopenia in patients admitted in internal medicine department of BPKIHS
		Knowledge, attitude and practices regarding the use of morphine for the pain management among health care professional at BPKIHS, Dharan, Nepal
		Prevalence and associated risk factors of GERD in undergraduate medical students

Completed Research Projects

SN	Principal Investigator	Title
1	Dr. Surendra Uranw	Assessment of the programmatic feasibility and acceptability of RSV immunization options in low- and middle-income countries including Nepal
		Introduction of Freeze Preventive Vaccine Carriers in Sunsari and Dhankuta Districts of Koshi Province, Nepal
		Risk Factors Associated with Scrub Typhus Transmission in Hilly Areas of Sankhuwasabha District, Koshi Province: A Case–Control Study
2	Dr. Avinas Rai	Inherited Type-1 renal tubular acidosis with short stature: a rare case report from Nepal
3	Dr. Ram Mohan Jha	ActioN Nepal Study- Developing a healthcare provider education curriculum for breast cancer genetic testing and counselling in Nepal" Clinico-pathological Profiles and treatment outcomes of Cancer Patients attending B.P. Koirala Institute of Health Sciences Dharan: A hospital-based retrospective study

DEPARTMENTAL PUBLICATION

1. Khadka S, Sitaula U, Thapa R, Basnet R, **Maskey R**. Giant parathyroid adenoma mimicking gallstone disease and musculoskeletal disorders: a case report from a resource-limited setting. Ann Med Surg (Lond). 2025;87(10):6816-6821.

2. Singh DK, Rai A, **Maskey R**. Inherited type-1 renal tubular acidosis with short stature: a rare case report from Nepal. Ann Med Surg (Lond). 2025;87(12):8935-8939.
3. Gautam A, Bhattarai U, Aebischer Perone S, Rai M, Lorenz T, Basnet R, **Sharma Sk, Maskey R** et al. Telemedicine as a healthcare delivery model for crisis response during the COVID-19 pandemic in Nepal. Public Health. 2025;249:106032.

4. **Sharma SK.** NCD Risk Factor Collaboration (NCD-RisC). Obesity rises plateaus in developed nations and accelerates in developing nations. Nature. 2026;653(8114):510-518. doi:10.1038/s41586-026-10383-0.
5. Chopra VK, Wander GS, Narasimhan C, Unni G, Ali A, Reza AQM, **Sharma SK** et al. Clinical approach to heart failure with preserved ejection fraction (HFpEF) in South Asia: an expert consensus statement. Curr Cardiol Rev. 2026;22(5).
6. Meyre PB, Li Y, Rocha GLD, Shemesh E, Chong M, Roy, Karaye KM, **Sharma SK** et al. Proteomic markers enhance mortality prediction in heart failure. Eur Heart J. 2026;ehag525. doi:10.1093/eurheartj/ehag525.
7. Duong M, Islam S, Joseph P, Leong D, Grinvalds A, McCready T, **Sharma SK** et al. FEV1 is a major prognostic factor in diverse heart failure populations: findings from the Global Heart Failure registry. ESC Heart Fail. 2026;13(3). doi:10.1093/eschf/xvag128.
8. Bhaumik S, Beri D, Santra V, Maya Gopalakrishnan M, Faiz MA, Williamson PR, **Sharma SK** et al. Core outcome set for intervention research on snakebite envenomation in South Asia. Inj Prev. 2026;32:112-120.
9. Lazo-Porras M, Bernabe-Ortiz A, Damasceno A, **Sharma SK**, et al. Implementation of the community health system innovation project in three low- and middle-income countries: COHESION-I study protocol. BMJ Open. 2025;15. doi:10.1136/bmjopen-2025-109433.
10. Palmer J, **Sharma SK**, et al. Highlights 2025: illuminating health stories. Lancet. 2025;406(10522):2883-2918.
11. **Sharma SK**, Shrestha A, Tiwari A, Bhattarai U, Gautam U, Pyakurel A, Rai M. Learning ABCDE again for kidney health. Lancet. 2025.
12. **Sharma SK**, Bhattarai U, Katuwal K, Heller O, Zimmermann K, Perone SA. Ensuring continuum of care to address the hidden epidemic of high blood pressure in rural eastern Nepal. J Hypertens. 2025;43(Suppl 1).
13. **Sharma SK**, Gautam U, Bhattarai U, Shrestha A, Tiwari A, Ghimire A. Linking community to health care centers for continuum of care to address the epidemic of chronic kidney disease in rural eastern Nepal. Kidney Int Rep. 2026;4(Suppl 106045). doi:10.1016/j.ekir.2026.106045.
14. Dhakal S, Shrestha M, Gautam E, Regmi K, Dhakal S, **Sharma SK**. Prevalence and predictors of high preoperative anxiety among adults undergoing elective surgery in Eastern Nepal: a multicenter cross-sectional study. Ann Med Surg (Lond). 2026;88(7):4103-4110. doi:10.1097/MS9.0000000000005248.
15. Malik M, **Sharma SK**, Kurmi OP, Gautam G, Lohani S, Gautam U, et al. Lung health in the Terai region of Nepal. Chronic Respir Dis. 2026;23. doi:10.1177/14799731251415399.
16. Nilsson PM, Ninomiya T, Omland T, Ong SK, Oppermann K, Pajak A, **Sharma SK** et al.; Global Cardiovascular Risk Consortium. Global effect of cardiovascular risk factors on lifetime estimates. N Engl J Med. 2025;393(2):125-138. doi:10.1056/NEJMoa2415879.
17. Basnyat B, Adhikari S, Shrestha P, Budhathoki S, Hossain MS, Ahmed N, **Sharma SK** et al.; ACT-SA Collaborative Group. Azithromycin with or without cefixime for suspected or culture-confirmed uncomplicated typhoid fever in South Asia: a randomised double-blind controlled trial. Lancet Infect Dis. Accepted.
18. **Sharma SK**, Gautam A, Bhattarai U. Displaced people and kidney health. Curr Opin Nephrol Hypertens. 2026. Accepted.

19. Shilpakar R, Anuj KC, Acharya B, Chapagain S, Pandey S, Neupane P, et al. Comparison of the effectiveness of oral morphine versus oral tramadol on early pain control in opioid-naive patients with moderate cancer pain. Ecancermedicalscience**.** 2025;19:1864. doi:10.3332/ecancer.2025.1864.
20. **Jha RM**, Supratik S, Uranw S, Kumar R, **Dulal S**. Distress among primary caregivers of patients with cancer: a cross-sectional study. BMJ Support Palliat Care**.** 2026;16(4):902-9. doi:10.1136/spcare-2025-005932.
21. Adhikari N, Koirala D, Sharma R, Bhandari P, Sah NK, **Dulal S**. Multifaceted challenges of multiple myeloma: a case of renal dysfunction in a young patient. Med Rep**.** 2026;100458. doi:10.1016/j.medrep.2026.100458.
22. Supratik S, Jha R, Acharya M, Adhikari R, Gautam A, **Dulal S**. Case study of elevated alpha-fetoprotein secondary to drug-induced hepatitis mimicking germ cell tumor: a diagnostic pitfall. Ann Med Surg (Lond)**.** 2026;110:5305. doi:10.1097/MS9.0000000000005305.
23. Tunkl C, Paudel R, Thapa L, Shreyan S, Krauss A, Subedi A, **Shah B** et al. Toward improved stroke care in Nepal: insights from a qualitative study on barriers and success factors. Front Neurol. 2025;16:1562948. doi:10.3389/fneur.2025.1562948.
24. Evans RD, Sharma SK, Claure-Del Granado R, Cullis B, Burdmann EA, Franca F, **Shah B** et al. Management of acute kidney disease as part of routine clinical care in low-resource settings: The International Society of Nephrology Kidney Care Network Project. PLoS One. 2025;20(4):e0315802.
25. Joshi A, Risal UP, Sah NK, **Shah B**. Sjögren's syndrome and hepatitis C virus infection presenting as hypokalemic quadriparesis: A case report. J Int Med Res. 2025;53(12).
26. Quintanar-Solares M, Fleming JA, Musau W, Mulati F, Contreras I, **Uranw S**, Kwarteng P. RSV ready? Exploring feasibility and acceptability of RSV immunization options in low- and middle-income countries. **Vaccine.** 2026;80:128550. doi:10.1016/j.vaccine.2026.128550.
27. Roy L, **Uranw S**, Shrestha RP. Unravelling the distribution of vectors of major vector-borne diseases in Koshi Province of Nepal: A concern of expansion in diverse geo-ecological and climatic regions. PLoS Negl Trop Dis. 2026;20(5):e0013188. doi:10.1371/journal.pntd.0013188.
28. Roy L, **Uranw S**, Rai K, Cloots K, Das ML, Smitz N, Van Bortel W. Mapping the distribution of phlebotomine sand fly species with emphasis on *Leishmania* vectors in Nepal and exploring the potential of DNA barcoding for their identification. **Sci Rep.** 2025;15(1):36356. doi:10.1038/s41598-025-20276-3.
29. Bhattarai NR, Rai K**, Uranw S**, et al. Can cutaneous leishmaniasis provoke a resurgence of kala-azar in the Indian subcontinent? BMC Infect Dis. 2025;25:281. doi:10.1186/s12879-025-10664-5.
30. Malhotra S, Gupta BP, **Uranw S,** Mantri CK, Rathore APS, St John AL. Dengue disease severity in humans is augmented by waning Japanese encephalitis virus immunity. Sci Transl Med. 2025;17(814):eads9572. doi:10.1126/scitranslmed.ads9572.
31. Singh DK, **Rai A**, Maskey R. Inherited Type-1 renal tubular acidosis with short stature: a rare case report from Nepal. Ann Med Surg (Lond). 2025;87(12):8935-8939

Published Chapter in a book

S.N.	Author(s)	Title of Chapter	Editor(s)	Book title	Publisher	ed./ Year	Page no.	ISBN
1.	Robin Maskey	Role of alpha cells in diabetes		*Medicine Update 2019*	*Jaypee Brothers Medical*			
2.	Robin Maskey	Diabetes and Cardiovascular Complications and its therapeutic applications-		*Medicine Update 2020*	*Jaypee Brothers Medical*			
3.	Robin Maskey	Thyroid diet	*Nandini Chatterjee*	*Medicine Update 2025*	*Jaypee Brothers Medical*	1st/2025	*544 to 545*	978-93-6616-732-9

7. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS

Dr. Robin Maskey, Professor

1. Attended virtually ISE-ESE Webinar Hormones, Heat, and Healthcare the Endocrinologist's Role in a Changing Climate on 9 July 2026 from 12:00-13:00.
2. Chair of the Symposium lecture entitled "Second thoughts on secondary osteoporosis" at The 22nd International Congress of Endocrinology and the 99th Annual Congress of the Japan Endocrine Society 2 (Tue) - 6 (Sat) June 2026.
3. Organized and conducted the first eastern Nepal world hormone day conference on April 24th 2026 at Solatee West Inn, Itahari, Nepal.
4. Deliver talk virtually on Type 5 diabetes @ Tue Apr 7, 2026 on 7:15pm - 8:15pm
5. IDF Fellows Virtual Roundtable in April 2026.
6. Chair 2nd International Obesity Congress, to be held on 10th–11th April 2026 at the Hotel Soaltee, Kathmandu.
7. Attended virtually FA6 workshop on Outcome: Health Systems have improved their capacities to advance Sexual and Reproductive Health & Rights for All on Friday 27/02/2026@ 14h-16h.
8. TYSA 2025(All Nepal PG Torrent Young Scientist Award - as a Jury for the National Round at Hotel Yak & Yeti, Durbarmarg, Kathmandu on 16th February 2026.
9. Attended virtually World Hormone Day Stakeholder meeting on Jan 28th 2026 @ 1600 pm
10. Jury Panel for the SIMON Case Reports in Internal Medicine 2026 on Jan 24th 2026 at Kathmandu.
11. Judge during the 81st Annual Conference of the Association of Physicians of India (APICON 2026) on 1st Feb 2026 at Patna India.
12. Invited as speaker on topic type 5 diabetes at CROSS CONNECT 2026 on 6-7 February, 2026, Hyatt Centric, Kathmandu, Nepal.
13. Virtually invited as expert panelist in SEADF -SEMINARS -MADHURAM on topic Shaping Future of Type 1DMon 4th AUGUST 2026
14. Invited as Speaker on topic The Autoimmune cluster: Thyroid Autoimmunity and coexisting conditions at ITSCON 2025, Mumbai, being held on 15th & 16th August, 2025.
15. Invited as Faculty for IDF South-East Asia Regional Conference 2025.

Prof. Dr. Sanjib Kumar Sharma

1. Participated as Panelist on "Bridging evidence and policy in global health: Lessons from Southeast Asia, Mozambique, Nepal, and Peru on strengthening health systems for non-communicable diseases and neglected tropical diseases and presented 'targeting NCD and NTD (Snakebite) burden by introducing innovations within health systems' June 2026.
2. Presented KHDC model of approach to NCD in 'Workshop on Primary Health Care', WHO, Geneva, as a part of COHESION I and WHO engagement, June 2026.
3. Participated in COHESION I multicounty meeting as Team Lead, Geneva, June 2026.
4. Participated in Kidney Disease: Improving Global Outcomes (KDIGO) Controversies Conference on Technological Advancements to Support Guideline-Directed Care from November 20-23, 2025 in Madrid, Spain
5. Delivered a talk to the *Emerging Leader Program Cohort* of International Society of Nephrology 2025 on *"Bridging the Care Gap in Health: Clinics to the Community."*
6. Delivered a talk on *"Assessing the Burden of Snakebite in Nepal Applying a One Health Approach"* for the WHO South-East Asia series on prevention and control of snakebite envenoming in 2025.
7. Took Part as an expert in the Early Kidney disease detection on March 30th in Kidney Studio, World Congress of Nephrology 2026, Yokohama, Japan.
8. Presented 'Linking Community to Health Care Centers for Continuum of Care to Address the Epidemic of Chronic Kidney in Rural Eastern Nepal' in World Congress of Nephrology, 2026 Japan
9. Delivered Keynote Speech in National Conference on Medical and Healthcare Law, on 'Bridging Medicine, Ethics, and Law' Jestha 01-03: 2083, Kathmandu.
10. Delivered a talk on Targeting NCD and NTD burden by introducing innovations within health systems: Experiences from Nepal
11. Delivered a talk on "Current Obesity Scenario for Nepal" Second International Obesity Conference, Kathmandu, 2026
12. Delivered a talk on 'cardiovascular disease in Young: Population attributed risk and Prevention' in International Congress on Management of Cardiovascular Disease, 2025.
13. Presented a poster at the American Society of Nephrology 2025 on *"*Redefining strategies for screening kidney disease in low resource setting*."*
14. Organized "The experts Consultation Workshop on Selected Non-Communicable Disease Management Tools for Primary Health Care Set UP, 25th December 2025. Delivered a presentation at the European Society of Cardiology 2024, London, on *"Acting on the Hidden Epidemic of High Blood Pressure through Community-Based Intervention: A KHDC-Nepal Experience."*
15. Delivered a talk on *"Sequencing & Titration of Drug Therapy in Heart Failure"* at SIMON, Janakpur, 2025.

Dr. Soniya Dulal, Associate Professor

1. Clinical Observership through Two World Cancer Collaboration (TWCC)- MNJ Cancer Institute and Kumudini Devi Palliative Care Center in Hyderabad, India.
2. Selected to give in-person poster presentation at 2025 Conquer Cancer Scientific and Career Development Retreat (Nov 4-5, 2025) at Headquarters in Alexandria, Virginia, USA.

3. Participated in Curriculum Review Workshop, BPKIHS, Dharan [Dec 9-11, 2025]
4. Invited Faculty to participate in NCG Annual Meeting, Tata Memorial Hospital, Mumbai Aug 2, 3 - 2025
5. South-East Asia Regional Workshop on Scaling Up Services for Cancer & Implementing SEACanGrid (2024) – Contributed to regional cancer care strategy development.
6. Invited as a faculty for 7th NCHCON Conference, Kathmandu (May 2026).
7. Invited as a Faculty in SAARC Federation of Oncologists (SFON) – Nepal in "Updates in Pelvic Malignancies". [Feb, 2026]

Dr. Bhupendra Shah, Associate Professor

1. Attended the 16th International Conference of the Society of Internal Medicine of Nepal.

Dr. Surendra Kumar Uranw, Associate Professor

a. WHO/TDR Massive Open Online Courses (MOOCs) at the Swiss Federal Technology Institute of Lausanne (EPFL), Switzerland, Geneva | 17 & 18 September 2025
b. 14th European Congress on Tropical Medicine and International Health (ECTMIH), Hamburg, Germany, 28 September – 2 October 2026

2. Refresher Course in the Protection of Human Subjects for Biomedical Research Investigators and Key Personnel, Completion date: August 01, 2020, Expiration date: July 31, 2025.

3. Expert Group Meeting on Finalization of VL Strategic Plan and Roadmap (2082-2087) and Discussion on Endemicity Assessment. EDCD, Government of Nepal, March 22 & 23, 2026

4. 12th National Summit of Health and Population Scientists in Nepal, Nepal Health Research Council, Kathmandu, 10 -12 April 2025

5. European Course on Tropical Medicine and International Health (ECTMIH) 2025 Academy, Interdisciplinary Academy of Competency & Education for Global Health (iACE) at the Bernhard Nocht Institute of Tropical Medicine, Hamburg, Germany, 28th September 2025

6. 65th ITM Colloquium "Breaking Boundaries Innovations in Infectious Disease Research" Institute of Tropical Medicine, Antwerp, Belgium, 4-6 November 2025

7. ITM Alumni Meeting- Voices from the field , ITM Antwerp,Belgium, 04 November 2025

Dr. Ranjit Kumar Das, Assistant Professor

1. Simulation Integrated Mechanical Ventilation Workshop, 15th – 16th August, 2025 at Birat Medical College Teaching Hospital.

Dr. Sonali Nayak, Assistant Professor

1. SIMON in Kathmandu in Dec 2025
2. Research Methodology Training, BPKIHS Dharan, 10 to 14 April 2026

Dr. Ram Mohan Jha, Sr. Resident

1. Attended Preceptorship Course on Gastric Carcinoma organized by ESMO (European society of Medical Oncology) on 3-4th December 2025 at Singapore
2. Attended Workshop on Mechanical ventilation organized by Birat Medical college and teaching hospital , Biratnagar , Nepal
3. Attended PGCDM (Practical Guidance on Comprehensive Diabetes Management) on 31st July to 2nd August 2026 at Indore, India

b. Presentation done by Residents

S.No.	Name of Presenter	Title	Program Name/Date/Place
1.	Dr. Ayush Bakhrel	A case of Vasculitis –induced pontine stroke masquerading as Bell's Palsy in patient with SLE : A Case Report	SIMON Case Reports in Internal Medicine 2026 Hyatt Centric Hotel 24 Jan 2026
2.	Dr. Jawed Ansari	When Muscle Weakness Is Not Neuromuscular: A Case of Pituitary Macroadenoma Presenting as Proximal Myopathy	SIMON Case Reports in Internal Medicine 2026 Hyatt Centric Hotel 24 Jan 2026
3.	Dr. Ashish Joshi	Primary Hyperparathyroidism Due to a Giant Parathyroid Adenoma Associated with Sjogren's Syndrome and Distal Renal Tubular Acidosis: A Case Report	SIMON Case Reports in Internal Medicine 2026 Hyatt Centric Hotel 24 Jan 2026
4.	Dr. Bimal Sharma Marasini	The Great Pretender: Primary Osseous Hodgkin Lymphoma Mimicking Tuberculosis	SIMON Case Reports in Internal Medicine 2026 Hyatt Centric Hotel 24 Jan 2026
5.	Dr. Santosh Pokhrel	Empagliflozin-Associated Metabolic Acidosis in a Non-Diabetic Patient With Heart Failure: A Case Report	SIMON Case Reports in Internal Medicine 2026 Hyatt Centric Hotel 24 Jan 2026
6.	Dr. Prawesh Adhikari	Midline Mystery: An Unusual Urachal Seminoma Presenting as a Large Abdominopelvic Mass	SIMON Case Reports in Internal Medicine 2026 Hyatt Centric Hotel 24 Jan 2026
7.	Dr. Pratigya Bhandari	Clinico-Demography of Chronic Kidney Disease in migrant returnee, a descriptive cross-sectional study	APICON 2026 , PATNA INDIA, 24 Jan 2026
8.	Dr Ashok Kumar Mandal	Assessment of Quality of Life of Cancer Patients in Advanced Stage presenting to BPKIHS	APICON 2026 , PATNA INDIA i. Jan 2026

8. HONOR/MILESTONE ACHIEVEMENTS/AWARD

Dr. Robin Maskey, Professor

Honors and Fellowships

- **SENIOR FELLOW**: Conferred by the International Diabetes Federation (IDF) in September 2025 for outstanding global contributions to health.

- **INTERNATIONAL FELLOWSHIPS:** Holds credentials including FICP (India), FRCP (U.K.), and FACP (USA), alongside specialized fellowship training in endocrinology from Sir Ganga Ram Hospital, India.

Leadership and Institutional Milestones

- **EXECUTIVE BOARD MEMBER**: Appointed to the International Society of Endocrinology (ISE) board for the 2024–2028 term.
- **PRESIDENT/CHAIRPERSON:** Leads the Diabetes and Endocrinology Association of Nepal (DEAN as Past President, Diabetes Nepal Dharan Chapter as President and has held leadership roles in regional groups like the South Asian Federation of Endocrine Societies.
- **ACADEMIC ROLE:** Serves as Professor and Division Head of Internal Medicine (Endocrinology) & Chair Fellowship in Endocrinology, since Jan 2021at the B.P. Koirala Institute of Health Sciences (BPKIHS) in Dharan, Nepal.
- **Program Lead-** DYF Clerkship in Diabetes in USA and NEPAL.

AWARD:

- Awarded with the prestigious (BEST TEACHER) for the year 2024 in (MBBS-CLINICAL) on the basis of votes given by students of BPKIHS on the release ceremony of 27th Annual Issue of Parikrama Magazine on 19th July 2025, Saturday.

Dr. Soniya Dulal, Associate Professor

1. Health Volunteers Overseas (HVO) Golden Apple Honoree Award (2025) – Awarded by HVO, USA, in recognition of advancing global health and supporting HVO's mission.
2. Selected as touchONCOLOGY Future Leader (2026)

9. SPECIAL APPOINTMENTS

Dr. Robin Maskey, Professor

1. External Examiner of DM Diabetes and Endocrinology/ MD Internal Medicine Clinical Practical Examination / MBBS AND BDS Final Exam at Various Medical Colleges of Nepal namely TUTH, KUMS, NAMS, NAIHS ETC in 2025.
2. Member of moderation committee to moderate question paper and result publication for Final/Annual examination of all postgraduate and undergraduate programs. (2025)
3. **M**ember of Emergency Advisory Committee**,** BPKIHS (2024-2026)
4. Member of Social Service Unit, BPKIHS (2024-2026)
5. Member of Medical Board, BPKIHS (2024-2026)

Prof. Dr. Sanjib Kumar Sharma, Professor

1. Rector, BPKIHS (till 5th May, 2026)

2. Technical and Scientific Roles

b. Co-Chair, KDIG Controversy Conference: Delivering effective Kidney Care in Low resource setting (https://kdigo.org/conferences/kidney-care-in-lower-resourced-settings/

c. Country Lead, KHDC-Nepal program (Prevention, Early detection and management of **K**idney, **H**ypertension, **D**iabetes and **C**ardiovascular diseases and their risk factors) since 2006

d. International Society of Nephrology Nominating Committee 2026-2027
e. PEN Plus Project: Coordinator, Koshi Prades: Severe and chronic NCDs in the First Level Referral Hospital of Nepal
f. NCD Risk Factor Collaboration (NCD-RisC). Global Burden of Metabolic risk factors for chronic disease collaborating group network
g. Member, Global Cardiovascular Risc Consortium
h. Board of Directors, Global Snakebite Initiative (USA)
i. Steering Committee Member of various International Research group and Advocacy committee
j. Member ERADICATE – an international expert group to address the RHD specially in Africa and beyond
k. Supervisor, Master in Health Sciences Research, KU and NHRC
l. Reviewer of high impact international Medical Journals
m. Academic Life member, Research Society for the Study of Diabetes in India

Dr. Soniya Dulal, Associate Professor

1. Appointed as HVO (Health Volunteers Overseas) On-site Coordinator (Medical Oncology)
2. Appointed as a member of Health Research Capacity Building (HRCB) Committee (March 2026)
3. Appointed as Chair, Division of Medical Oncology and DM Program Coordinator at B. P. Koirala Institute of Health Sciences (BPKIHS), Dharan, Nepal
4. Scientific Head: Enhancing Skills in Hospice & Palliative Care - A Comprehensive workshop for health care provider (Inclusive of Nurses from BPKIHS & Dharan Municipality)
5. Scientific Head on 2nd Oncology Essentials Comprehensive Workshop in collaboration with Health Volunteers Overseas partnering with Nepal's Frontline Healthcare Providers (21-22 November 2025, HPE Hall, BPKIHS)

Dr. Bhupendra Shah, Associate Professor

1. Coordinator for Post Graduate Student of the Department of Internal Medicine
2. Member of Planning, evaluation and monitoring committee of BPKIHS

Dr. Surendra Uranw

1. Member, Institutional Review Committee, BPKIHS Dharan
2. Member, National Polio Expert Review Committee, Government of Nepal
3. Member, National Kala-azar Technical Working Group, Government of Nepal

Dr. Ram Mohan Jha, Sr. Resident

- Member- ESMO (European Society of Medical Oncology)
- Invited as Speaker for workshop on Basic Mechanical Ventilation and Critical care medicine Conclave organized by Department of PCCSM (pulmonary, critical care and sleep medicine), BPKIHS, Nepal

10. QUALITY IMPROVEMENT

The Department of Internal Medicine remained committed to strengthening the quality, safety, and effectiveness of patient care through a range of continuous quality improvement initiatives during the reporting period. Regular clinical audits were conducted to evaluate adherence to evidence-based

clinical practices, identify gaps in service delivery, and implement corrective actions aimed at improving patient outcomes. Mortality meetings were held periodically to review deaths in a structured, multidisciplinary manner, facilitating root cause analysis, shared learning, and the implementation of strategies to prevent avoidable mortality.

The department actively supported institutional infection prevention and control activities by promoting compliance with standard precautions, hand hygiene practices, antimicrobial stewardship principles, and hospital infection control policies. Efforts were also directed toward the development and revision of Standard Operating Procedures (SOPs) to ensure standardized, evidence-based, and consistent clinical practices across all units.

Enhancing patient safety remained a core priority through initiatives focused on improving communication, medication safety, documentation quality, incident reporting, and adherence to clinical protocols. In addition, the department actively participated in institutional accreditation and quality assurance activities, contributing to policy implementation, quality assessments, and continuous monitoring to align departmental services with national and international standards of healthcare excellence.

11. SWOT ANALYSIS

Strength ● Well-established tertiary care department with comprehensive inpatient, outpatient, emergency, and critical care services. ● Highly qualified, experienced, and multidisciplinary faculty with expertise across medical subspecialties. ● Strong commitment to undergraduate, postgraduate, and continuing medical education. ● Active involvement in clinical, epidemiological, and translational research with national and international collaborations. ● Established postgraduate in Internal Medicine, fellowship in Endocrinology and DM in medical oncology programs with regular academic activities. ● Active participation in multidisciplinary patient care, quality improvement, and infection prevention initiatives.	**Weakness** ● Shortage of faculty members and increasing clinical workload affecting academic, clinical service and research productivity. ● Limited bed capacity relative to the growing number of referrals and patient admissions. ● Inadequate nursing and allied health workforce to meet increasing service demands. ● Periodic shortages of essential equipment, consumables, and maintenance support. ● Limited protected time and dedicated funding for faculty research and scholarly activities. ● Administrative delays in procurement, recruitment, and infrastructure development. ● Increasing burden of documentation and administrative responsibilities.
Opportunities ● Expansion of subspecialty services, multidisciplinary clinics, and specialized centers of excellence. ● Strengthening national and international academic, research, and institutional collaborations.	**Threats** ● Increasing patient load without proportional expansion of infrastructure and human resources. ● Turnover of skilled/trained medical doctors and nurses resulting in workforce shortages.

• Increased opportunities for externally funded research and clinical trials. • Integration of digital health, electronic medical records, telemedicine, and artificial intelligence in clinical care and education. • Development of simulation-based education, faculty development programs, and competency-based medical education. • Enhancement of quality improvement initiatives, accreditation activities, and patient safety programs. • Expansion of community outreach, preventive medicine, and chronic disease management services.	• Financial constraints affecting service expansion, equipment procurement, and research activities. • Rising burden of non-communicable diseases alongside emerging and re-emerging infectious diseases. • Rapid technological advancements requiring continuous investment in training and infrastructure. • Competition from other tertiary healthcare institutions for skilled professionals and research funding. • Public health emergencies, epidemics, and natural disasters placing additional pressure on healthcare services.

12. PLAN OF ACTION

The Department of Internal Medicine is committed to strengthening excellence in clinical care, medical education, research, and institutional development during the upcoming academic year. The following strategic actions are planned:

Teaching Learning Activities

- Strengthen competency-based medical education (CBME) for undergraduate and postgraduate students.
- Conduct regular bedside teaching, case discussions, grand rounds, journal clubs, seminars, mortality review meetings, and multidisciplinary clinical conferences.
- Enhance case-based learning and objective assessment methods, including workplace-based assessments.
- Promote evidence-based medicine, clinical reasoning, and research methodology training.
- Integrate digital learning resources and e-learning platforms to support teaching and self-directed learning.

Faculty Development Activities

- Encourage faculty participation in national and international conferences, workshops, teachers' training, and subject related training and continuing professional development (CPD) programmes.
- Organize regular faculty development programmes on medical education, research methodology, leadership, mentoring, communication skills, and assessment strategies.
- Promote interdisciplinary collaboration, academic networking, and professional exchange programmes.
- Strengthen faculty mentorship for junior faculty members and postgraduate residents.

Future Requirement of Equipment/Instruments

- Upgrade patient monitoring systems, bedside monitor, ECG machines, infusion pumps, and emergency resuscitation equipment.

- Strengthen medical intensive care and high-dependency unit facilities with modern diagnostic and therapeutic equipment.
- Procure simulation models and audiovisual teaching aids for skills-based medical education.
- Upgrade information technology infrastructure, including computers, audiovisual systems, and digital teaching facilities.
- Improve access to advanced laboratory diagnostics and point-of-care testing facilities.
- Expand the dialysis unit to accommodate the increasing number of patients with chronic kidney disease and acute kidney injury.
- Increase the number of dialysis stations to reduce patient waiting times.
- Establish a dedicated isolation dialysis room for patients with hepatitis B, hepatitis C, and other infectious diseases.
- Strengthen water treatment facilities by upgrading the Reverse Osmosis (RO) water purification system.
- Improve patient waiting areas, counseling rooms, and caregiver facilities.
- Procure chemotherapy infusion pumps and syringe pumps with safety features.
- Establish a biological safety cabinet (Class II) for safe preparation of cytotoxic drugs.
- Install chemotherapy recliner chairs and adjustable treatment beds.
- Procure emergency crash carts, defibrillators, oxygen delivery systems, and multiparameter patient monitors.
- Ensure adequate cold-chain storage with medical refrigerators for chemotherapy agents.

Research

- Strengthen the quality of postgraduate thesis supervision and research through effective mentorship, methodological rigor, and timely completion of research projects.
- Promote faculty research by increasing competitive grant applications, fostering national and international collaborations, and encouraging publications in high-impact peer-reviewed journals.
- Promote high-quality clinical, epidemiological, translational, and implementation research aligned with national health priorities.
- Establish regular departmental research review meetings, manuscript writing workshops, and biostatistical support to improve research quality, scientific output, and translation of research into clinical practice.
- Increase externally funded collaborative research with national and international partners.
- Encourage publication in indexed peer-reviewed journals and presentation at scientific conferences.
- Strengthen research mentorship, ethics compliance, biostatistician support, and postgraduate thesis supervision.
- Foster multidisciplinary and multicentre research collaborations.

Patient care

- Enhance patient-centred, evidence-based, safe, and equitable healthcare services.
- Expand specialized clinics for chronic diseases and medical subspecialties.
- Strengthen quality improvement initiatives, clinical audits, infection prevention and control, antimicrobial stewardship, and patient safety programmes.
- Improve referral coordination, multidisciplinary case management, and continuity of care.

- Promote digital health initiatives, including electronic medical records and telemedicine services where feasible.

Other plans

- Support institutional quality assurance and accreditation initiatives.
- Strengthen disaster preparedness and emergency response capacity.
- Expand community outreach programmes focusing on prevention, screening, and health promotion for non-communicable diseases and hospice care
- Enhance partnerships with governmental agencies, professional societies, and international academic institutions.
- Promote environmental sustainability through efficient resource utilization, waste management, and green healthcare practices.

Following is plan of action:

1. Establishment of Endocrinology unit under Department of Internal medicine to provide specialized care to Endocrine related patients
2. Establishing DM in Endocrinology program at BPKIHS.
3. Skill enhancement of doctors and nurses regarding diabetic care through national and international training programs under the Endocrinology department.
4. Provide facilities of diabetes educator and counsellor in diabetic nutrition therapy in Medicine OPD under Endocrinology department.
5. Establishment of a multidisciplinary integrated diabetes foot clinic under the Endocrinology department.
6. Collaboration across hospital departments including Vascular surgeon, Orthopedic surgeon, Podiatrist, Prosthetist, Physical Medicine and Rehabilitation (PMR), Dieticians, and Psychiatrist to provide coordinated care to patients with diabetic foot under Endocrinology department.
7. Establishment of Obesity clinic in Medicine OPD under Endocrinology department.
8. To Develop curriculum for Cardiorenal Fellowship and initiate it
9. To establish Separate Cardio-Renal Division within Department of Internal Medicine
10. To Established an echocardiography Training Module for Post Graduate students of relevant field
11. To start DM Medical Oncology Program/ Fellowship program at BPKIHS
12. Establish Palliative care unit at BPKIHS
13. Expand Home based Hospice Care Service to broader areas of Eastern Nepal
14. Collaborate with Health Volunteer Overseas (HVO), USA to strengthen the Oncology educational program for Undergraduate, Post graduate and DM/ Fellowship at BPKIHS.
15. Collaborate with HVO, USA to establish Oncology Nursing Program at BPKIHS.
16. Establishment of geriatric cubicle to provide needed care to old in-patients
17. Collaboration with international geriatricians, gerontologists and international mentors to enhance and improvise research activities
18. Skill enhancement through international training program enrollment
19. To conduct Medicine, Update every 2years.

9.14 DEPARTMENT OF MICROBIOLOGY

FACULTY MEMBERS:

Dr. Ratna Baral	Professor & HOD
Dr. Basudha Khanal	Professor
Dr. Narayan Raj Bhattarai	Professor
Dr. Abhilasha Sharma	Associate Professor
Dr. Shraddha Siwakoti	Associate Professor
Dr. Dristi Halwai	Associate Professor
Dr. Rinku Sah	Associate Professor
Dr. Pratima Shah	Associate Professor
Mr. Tejendra Kumar Pandit	Assistant Professor
Dr. Sadhana Gautam	Assistant Professor

STAFF MEMBERS

Mr. Devi Bahadur Payangu	Administrative Assistant
Mr. Ganesh Prasad Sah	Senior Technologist (Technical In-charge)
Mr. Ranjit Kumar Karna	Senior Technologist
Mr. Dilip Mishra	Technologist
Mr. Bal Krishna Mehta	Technologist
Mrs. Ichchha Ghale	Senior Graduate Technician
Mr. Ram BabuYadav	Senior Graduate Technician
Mrs. Sushila Kumar Sah	Senior Graduate Technician
Mr. Indra Bhujel	Senior Graduate Technician
Mr. Sanjay Dev	Graduate Technician
Mrs. Sunita Deo	Graduate Technician
Mr. Prem Kumar Shrestha	Graduate Technician
Mrs. Sujata Gautam	Technician
Mr. Sukeshwar Thakur	Technician
Mr. Sulendra Kumar Yadav	Technician
Mr. Ganesh Khadka	Senior Technical Assistant
Mrs. Usha Sah	Technical Assistant
Mr. Anmol Kumar Yadav	Technical Assistant
Mr. Santosh Bashfor	Technical Assistant Lab
Mr. Dipesh Kumar Yadav	Lab Assistant
Mrs. Ranjita Devi Khadki	Health AID - 4 (Tech. Assistant)
Mrs. Tulsha Hingmang	Sr. Foreman
Mrs. Bimala kumari Thapa	Foreman
Mrs. Maina Maskey	Helper-3
Mrs. Nirmala Aale Magar	Helper-1
Mrs. Nitu Katuwal	Helper-1
Mrs. Sita Sigdel	Helper-1

Number of Residents

S. No	Particulars	Number
1	Junior Residents (MD)	
	1st Year	3
	2nd Year	1
	3rd Year	3
2	M.Sc. Students	
	1st Year	2
	2nd Year	2
	3rd Year	2

1. DEPARTMENT PROFILE

Core Functions-

1. Academic
    - Conducts UG and PG teaching learning activities.
2. Services:
    - Provides diagnostic laboratory services for bacteria, viruses, parasites and fungal infections.
    - Provides diagnostic laboratory services for tuberculosis (TB).
    - Provides molecular diagnostic service for Hepatitis B viral load.
    - Provides emergency laboratory services.
    - The Japanese Encephalitis (JE) diagnostic laboratory at BPKIHS serves as the reference laboratory for the eastern region of Nepal. In collaboration with WHO-IPD, it performs diagnostic testing for Japanese encephalitis, Measles, and Mumps.
    - With the help of a Hospital Infection Control Nurse, the department regularly performs surveillance activities related to health care associated infections.
    - Department conducts bacteriology of donated human milk Bank in Sanjivani Comprehensive lactation management center of BPKIHS.
    - The department routinely monitors water sources in the hospital, residential areas, and water samples sent from outside BPKIHS to test suitability of the water for drinking purposes.
    - The department has participated in AMR surveillance, coordinated with National Public Health Laboratory (NPHL) and WHO.
    - The department is also a participating laboratory of the External quality assurance programme (EQA) network with NPHL, Kathmandu (for bacteriological identification and antimicrobial susceptibility testing, HIV test, and Measles and Rubella IgM ELISA).
3. Research:
    - Conducts research in various areas of microbiology through UGs, PGs and Faculty members, and disseminates research findings through regular scientific publications.

2. DEPARTMENTAL ACHIEVEMENTS

Trainings attended by Technical Staffs:

- Hands-on training on serological diagnosis of Measles and Rubella at NPHL, Kathmandu on Feb 9-12th 2026.

- Basic Mycology culture and AFST of laboratory workers organized by NPHL, Teku, Kathmandu from 31st March to 3rd April 2026.
- Early Warning, Alert and Response System (EWARS) refresher orientation on May 19th-21 2026 at BPKIHS.
- Workshop on VPD Surveillance at BPKIHS organized by WHO on May 21 2026.
- Sample collection, procedure and accurate data management for effective management of HIV on May 26 2026.
- Orientation on CD4 rapid diagnostic tests organized by NCASC, Kathmandu in June 2026.

New Services:

- Providing service for automated Blood Culture by BD BACTEC Blood culture System.
- Providing service for automated bacterial identification and antibiotic susceptibility, yeast identification and anti-fungal susceptibility by VITEK System.
- Refrigerator (2-8^{0}C) donated by Donation committee, BPKIHS

3. ACADEMIC ACTIVITIES

Undergraduate Teaching

- Teaching hours

Programme	Teaching Hours (Theory)	Teaching Hours (Practical)	Seminar Hours
MBBS 1st Year	53	90	-
MBBS 2ndYear	38	57	-
MBBS 3rdYear	1	3	24
MBBS 4thYear	5	-	6
MBBS 5thYear	3	2	9
1st Year B.Sc. Perfusion Technology	51	-	-
BDS 1stYear	38	36	-
BDS 2ndYear	7	9	-
B.Sc. Nursing 1st Year	39	14	-
B.Sc. Nursing 3rdYear	5	2	-
B.Sc. MLT 1st Year 2nd Year 3rd Year 4th Year	 25 64 16 31	 33 48 48 48	 2 2
B.Sc. MIT	39	-	-
BMS	22	16	-

- Clinical postings

Class	CBL	SGD
4th Year MBBS	38	4

Postgraduate Teaching

- Seminars: 91
- Journal Club:11

- CME:6
- Case presentations associated with Microbiological prospects-4

4. LABORATORY INVESTIGATIONS

A. Bacteriological investigation:

Type of Investigation	Total Number
I) Bacteriological Culture and sensitivity	
Urine	23583
Blood + Bone marrow culture: conventional	4202
Blood+ Bone marrow culture: automated (BACTEC)	6727
CSF	522
Other Body fluids	2328
Eye samples for M/E, including fungal & bacterial	-
Endotracheal tube tips	27
Endotracheal aspirate	103
Sputum	2921
Pus / Wound swab	5128
Swabs (Throat, vaginal & cervical)	794
Endometrial curettage	8
Tissue biopsy	450
Stool	808
Bacteriological analysis of water	27
Human Milk	33
Environmental surveillance samples (Hospital Infection control programme) /Hand Impression	205/99
II)Staining Procedures	
Gram staining for all samples	4063

B. Parasitological Investigations:

Stool for microscopic examination	5472
Stool for occult blood	4150
Blood for malaria parasite ● Peripheral smear	977
Blood for microfilaria/Giemsa stain	101

Rapid test for Malaria	1622
Bone marrow/spleen aspirate Microscopy for LD bodies	17
rK 39 for *Leishmania donovani*	746
CSF for India Ink	85
H. Pylori Antigen Test	5480
Vibrio RDT	9
Cryptococal Antigen Test	22

C. Mycological Investigations:

KOH for fungal agents	1003
Fungal culture	363

Serological Tests:

ASLO	294
VDRL	12489
WIDAL	127
CRP	6927
RA factor	3387
Leptospira	3623
Scrub typhus	4368
HBsAg	42374
Hepatitis A	1041
Hepatitis E	1071
HCV	39663
HIV-VCT	42832
HIV-PMTCT	
JE IgM ELISA	473
Dengue Rapid tests	4551
Chikungunya Rapid tests	0
Measles IgM ELISA (Samples through WHO/IPD network)	331
Rubella IgM ELISA (Samples through WHO/IPD network)	331
D. CD4$^+$ count services:	00

E. Mycobacteriological investigations:

Slit skin smear for *Mycobacterium leprae*	207
***Mycobacterium tuberculosis* (AFB staining)**	
I. Pulmonary	8642
II. Extra Pulmonary	1439
***Mycobacterium tuberculosis* culture**	
I. Pulmonary	72
II. Extra pulmonary	48

Gene X-pert	3481

F. Molecular diagnostics (PCR):

I.	Diagnosis-Hepatitis B quantitative estimation in serum	114
II.	Research	1262

5. COMMUNITY SERVICES

Public awareness

- The Department actively participated in public awareness activities on the occasion of World AMR Awareness Week (WAAW) on 20 and 29 November 2025.
    1. A radio talk on antimicrobial resistance awareness was delivered by Prof. Dr. Ratna Baral.
    2. A presentation on antibiotic resistance awareness was delivered by the Junior Residents of the Department of Microbiology at a public school in Dharan.

6. RESEARCH ACTIVITIES

Undergraduate Students Research Activities

Name of Students	Name of Guide	Name of Co-Guide	Title of thesis
Ms. Anjali Rai B.Sc. MLT (B-2022)	Dr. Sadhana Gautam	Prof. Dr. Ratna Baral	Knowledge regarding antimicrobial resistance among poultry farmers & cloacal bacterial resistance pattern in poultry at Dharan
Ms. Madhu Kumari Mandal B.Sc. MLT (B-2022)	Dr. Dristi Halwai	Dr. Shraddha Siwakoti	Phenotypic characterization and prevalence of carbapenemase-producing *Acinetobacter species* in clinical samples at a tertiary care center
Ms. Samiksha Khadka B.Sc. MLT (B-2022)	Dr. Rinku Sah	Dr. Abhilasha Sharma	Phenotypic characterization and antibiogram of *Escherichia coli* isolated from urine sample at tertiary care hospital in eastern Nepal
Ms. Nilam Yadav Ms. Pratibha Yadav Ms. Pratima Timilsina MBBS (B-2023)	Dr. Pratima Shah		Assessment of pre-analytical and post –analytical error in urine culture reporting at B.P. Koirala Institute of Health Sciences

Post Graduate Student Research Activities

Thesis Projects Ongoing

Name of Residents	Name of Guide	Name of Co-Guide	Title of thesis
Dr. Ashutosh Kumar Sah (MD)	Prof. Dr. Basudha Khanal	Prof. Dr. Suresh Prasad Sah Prof. Dr. Rabin Maskey Dr. Shraddha Siwakoti	Bacteriological profile and antibiotic susceptibility patterns of diabetic foot infections at BPKIHS, Dharan, Nepal
Mr. Rabindra Kumar Prajapati (M.Sc.)	Prof. Dr. Narayan Raj Bhattarai	Prof. Dr. Basudha Khanal Prof. Dr. Ratna Baral Prof. Dr. Sindhu Khatiwada Dr. Abhilasha Sharma	Extended Spectrum B-Lactamase Producing clinical isolates of *Escherichia coli* and *Klebsiella pneumoniae* from ICU at BPKIHS
Mr. Ajit Pajiyar (M.Sc.)	Prof. Dr. Ratna Baral	Prof. Dr. Narayan Raj Bhattarai Dr. Shraddha Siwakoti	Bacteriological profile, antimicrobial susceptibility, and biofilm formation of clinical isolates causing pyogenic skin infections at BPKIHS.
Shantanu Sahay Mishra (MD Pediatrics and Adolescent Medicine)		Prof. Dr. Basudha Khanal	Clinico-etiological profile of seizure disorders in children at BP Koirala Institute of Health Sciences
Dr Richan Bastola (DM Neonatology)		Prof. Dr. Ratna Baral	Reduction in contamination of donated human milk in Sanjivani comprehensive lactation management center of BPKIHS, a quality improvement initiative

Thesis Projects Completed

Name of Residents	Name of Guide	Name of Co-Guide	Title of thesis
Dr. Jagriti Dhungana (MD)	Prof. Dr. Basudha Khanal	Mr. Tejendra Pandit	Catheter associated urinary tract infection among

Name of Residents	Name of Guide	Name of Co-Guide	Title of thesis
		Prof. Dr. Sindhu Khatiwada	patients in the internal care unit of BPKIHS: Incidence, microbiological profile, antibiotic susceptibility pattern & outcome.
Dr. Swati Tuladhar (MD)	Prof. Dr. Basudha Khanal	Prof. Dr. Narayan Raj Bhattarai Dr. Soniya Dulal	Pattern of infections in cancer patients of BPKIHS.
Dr. Dristi Bashyal (MD)	Prof. Dr. Ratna Baral	Dr. Rinku Sah Dr. Pratima Shah Dr. Bhawani Khanal	Surgical site infection among patients at the surgery unit of BPKIHS, Microbiological profile.
Dr. Amrita Jha (MD)	Prof. Dr. Ratna Baral	Dr. Dristi Halwai Dr. Nidhi Shah	Clinico-epidemiological study of dermatophytic fungal infections at BPKIHS.
Dr. Prakash Aryal (DM Pulmonology)		Prof. Dr. Basudha Khanal	Novel prognostic risk prediction score in post procedural pulmonary complications (PPPC) in patients undergoing interventions for pleural diseases.
Dr. Neelam Kumari MD, Dept. of Pediatrics)		Prof. Dr. Basudha Khanal	Clinical outcome of severe sepsis in children at a tertiary hospital in Eastern Nepal.
Dr.Yogesh Yadav (MD, Dept. of Orthopaedics)		Prof. Dr. Basudha Khanal	A study on microbial profile of common isolates from open fractures of the extremities and their antimicrobial sensitivity pattern.
Dr. Saideep Ghimire (MDHA, School of Public Health and Community Medicine)		Dr. Abhilasha Sharma	Quality Control in the central sterile supply department of a tertiary care teaching hospital: A cross-sectional study.
Mr. Uday Sharma (M.Sc.)	Prof. Dr. Narayan Raj Bhattarai	Prof. Dr. Basudha Khanal Dr. Abhilasha Sharma Prof. Dr. Robin Maskey	Prevalence of Scrub Typhus among acute febrile illness at BPKIHS.

Name of Residents	Name of Guide	Name of Co-Guide	Title of thesis
		Dr. Shipra Chaudhary	
Mr. Mohan Yadav (M.Sc.)	Prof. Dr. Narayan Raj Bhattarai	Prof. Dr. Basudha Khanal Dr. Shraddha Siwakoti Prof. Dr. Sudha Agrawal Dr. Surendra Uraw	Application of molecular tools to detect leprosy cases and sub-clinical infection in their household contact.

Faculty Research Activities

Ongoing Research Projects

S.No.	Principal Investigator	Title
	Prof. Dr. Narayan Raj Bhattarai (CO-I)	1. FA5 DGD-ITM 2022-2026, Evidence-based vector borne disease management and elimination of visceral leishmaniasis in Nepal. 2. CL Transmission Assessment in Dolpa, Karnali Province of Nepal 3. Strengthening visceral leishmaniasis surveillance in Nepal: A pilot study in Koshi Province (KASPIP) 4. Neglected Tropical Disease Surveillance in Nepal: a pilot study in Koshi Province of Nepal

Completed Research Projects

S.No.	Principal Investigator/ Co-Investigator	Title
1.	Prof. Dr. Basudha Khanal (CO-I)	Azithromycin and cefixime combination versus azithromycin alone for the out-patient treatment of clinically suspected or confirmed uncomplicated typhoid fever in South Asia; a randomized controlled trial

DEPARTMENTAL PUBLICATION

1. Aroni-Soto A, Monsieurs P, Goovaerts O, Choukri K, **Khanal B**, Adriaensen W, Dujardin JC, Barrett MP, Domagalska MA. Multi-drug tolerance in Leishmania persister-like cells *Commun Biol*. 2026 Jun 12. doi: 10.1038/s42003-026-10456-w. PMID: 42286211.
2. Yin M, Hao X, Ding Y, Cao Y, Cai Y , Kitsaran S, Chua HH, Bory S, Ponnampalavanar SS, Anunnatsiri S, Mazlan MZ, Dhiloo AK, Plongla R, Hoon Kwa A, Mahmood SF, Roman AD, Thwaites L, Tho PV, Wu S, Chotiprasitsakul D , Wong KJ, Wijaya H, Abad CL,Khalid MOR, Mamun GMS , Rajahram GS, GuterresH, Hon HN, PhamNT , Tran VG, Karkey A, Gunasekara S, L Hamers RL, Sinto R, Lubis IND , WangM, MoniM, LiuPY, Xiao Y, **Khanal B**, PriyaNL, Doi Y, Honda H, Baljin B, Asli R, Gurjav U, Lowell Ling L, Dhungana A, Hsu LY, Paterson DL, (Kafle SP, Corporate author) on behalf of ACORN-HAI investigators. Severe healthcare-associated

infections and antimicrobial resistance in an Asian Surveillance Network (ACORN-HAI): a multicentre, prospective cohort study *Lancet Infect Dis* 2026.

3. Ling CL, Roberts T, Wannapinij P, Hopkins J, Soeng S, Davong V, Vongsouvath M, Manivanh L, Nkrumah NO, Opintan JA, Dankwah T, Okine EN, Morgan Tetteh FK, Korang Labi KA, Saharman YR, Margono D, Karuniawati A, Karyanti MR, Ibrahim RF, Susilo A , Ulfah M,, Sinto R, Hamers RL, Nyamwaya BM, Gachoki JW, Njuguna JM, Wasike J, Lungai B, " Hussein W, Akech SO," Feasey N", Bilima S, Kaphika J, Kululanga D, Karkey A, Dongol S, Kunwar N, Shrestha B, **Khanal B, Sharma A** et al. Laboratory assessment and quality monitoring tools for antimicrobial resistance surveillance in LMIC: a cross-sectional analysis of the ACORN-LAP. *Lancet Microbe*. Accepted on June 11 2026.
4. Limato R et al, On the behalf of the G-ASET Development and Implementation group in Asia, **Khanal B**, Sharma SK, **Bhattarai NR**, **Baral R**, kafle SP, Dahal P. Factors influencing antimicrobial stewardship Implementation in healthcare facilities in four countries of Southeast Asia: a mixed-method study (2022-23). Article in press, *The Lancet Regional Health-Southaeast Asia*.
5. Hopkins J, (**Khanal B**, Corporate author) ACORN investigators et al Prospective characterization of drug-resistant bloodstream infections in Africa and Asia (ACORN2): a surveillance network assessment *Lancet Microbe*2026 Jan;7(1):101228 doi: 10.1016/j.lanmic.2025.101228. Epub 2025 Dec 8.
6. Boodman C, Edouard S, van Griensven J, Koirala KD, **Khanal B**, Rijal S, **Bhattarai NR**, El Safi S, Phe T, Lim K, Lutumba P, Chappuis F, Yansouni CP, Tsoumanis A, Barbé B, van Esbroeck M, Verdonck K, Boelaert M, Gupta N, Fournier P-É, Bottieau E. *Coxiella burnetii* and *Bartonella* species serology of febrile patients with an established infectious or inflammatory diagnosis in Sudan, Nepal, and Cambodia. *Microbiol Spectr*2025 Nov 4;13(11):e0167525.
7. **Khanal B**, Shrestha LB, **Sharma A, Siwakoti S.** Bloodstream infections: trends in etiology and antimicrobial resistance in 10 years in Eastern Nepal. *BMC Infect Dis*. 2025 Aug 8;25(1):1001.
8. Kafle S, K C B, Sobir FZ, Sharma AK, **Bhattarai NR**. Laryngeal leishmaniasis presenting with hoarseness in a child from the highland of Nepal: A rare diagnostic challenge. ID Cases. 2026 Apr 7;44:e02560.
9. **Bhattarai NR**, Rai K, Uranw S, Khadka DK, **Khanal B,** Dahal G, Pradhan S, Dhakal S, Monsieurs P, de Gooyer T, Cloots K, Hasker E, Van der Auwera G. Can cutaneous leishmaniasis provoke a resurgence of kala-azar in the Indian subcontinent? BMC Infect Dis. 2025 Feb: 10.1186/s12879-025-10664-5. PMID: 40012028; PMCID: PMC11866896.
10. Marasini S, Lamsal M, Lal Das BK, Chaudhari RK, Baral M, Jha P, **Bhattarai NR**, Rai K, Karki P, Proprotein convertase Subtilisin/Kexin type 9 (PCSK9) gene polymorphism in hypercholesterolemic Nepalese subjects, IHJ Cardiovascular Reports, Volume 9, Issue 2, 2025, Pages 23-27, ISSN 2950-4678.
11. Boodman C, Edouard S, van Griensven J, Koirala KD, **Khanal B**, Rijal S, **Bhattarai NR**, El Safi S, Phe T, Lim K, Lutumba P, Chappuis F, Yansouni CP, Barbé B, van Esbroeck M, Verdonck T, Boelaert M, Fournier PÉ, Bottieau E. Evidence of Coxiella burnetii and Bartonella species infections among patients with persistent febrile illness in four low- and middle-income countries. Clin Microbiol Infect. 2025 Aug;31(8):1389-1393.

7.CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS

a. Attended/ organized by Faculties

Prof. Dr. Basudha Khanal

- Delivered a talk on Antimicrobial utilization at BPKIHS: Report of Point Prevalence Surveys in the CME organized by Dept of Microbiology and NACM and in the seminar jointly organized by PSRN, BPKIHS and Dept of Microbiology on the occasion of World AMR Awareness week (WAAW) on 20 Nov 2025 and 29 Nov 2025 respectively
- Chaired an oral session of Annual Scientific Programme of BPKIHS on 26 Nov 2025
- Participated in ACT South Asia study Final results dissemination and networking on 9th December 2025 Organized by OUCRU Nepal
- Co-organized CMC-NACM international conference on Microbiology and infectious diseases and delivered a presidential address as (President, Nepalese Association of Clinical Microbiologist (NACM) on February 20-21 ,2026 in Bharatpur, Chitwan
- Delivered a talk on "Blood Stream Infections trends: microbiological spectrum and antimicrobial susceptibility" during the same CMC-NACM conference.

Prof. Dr. Narayan Raj Bhattarai

- Attended 3rd Steering committee meeting of FA5 project, 25 August, 2025 at Hotel Himalaya, Kupondole, Kathmandu, Nepal.
- Meeting with NTD, Chief, EDCD, for analysis of various samples collected for CL transmission assessment in Dolpa, Karnali, 20th May, 2026, Kathmandu, Nepal.
- Participated in 3-Day online workshop on "RNA-Seq Analysis: From Raw Reads to Biological Insight conducted by Discovery Boulevard in collaboration with Bruhaspathi Institute of Biosciences from July 11-13, 2026.

Prof. Dr. Ratna Baral

- Attended Provincial Level Workshop on Containment of Poliovirus at Biratnagar on 3rd Nov 2025.
- Chaired an oral session of Annual Scientific Programme of BPKIHS on 26th Nov 2025
- Presented a talk on "Bugs of Environment and Hand Hygiene compliance of Health care workers at B.P. Koirala Institute of Health Sciences (BPKIHS): where we are?" oral session of Annual Scientific Programme of BPKIHS on 26th Nov 2025.
- Resource person on training on basic Mycology culture and AFST of laboratory workers organized by NPHL, Teku, Kathmandu from 31st March to 3rd April 2026.
- Organized CME as Program Coordinator with coordination with B.Sc MLT Students on Laboratory week and also participated as an Resource person on CME on Diagnostic Bridge: Interpreting Laboratory analysis to clinical outcomes and public safety on 24th April 2026.
- Co- Chair in CME: 'Advance in cervical screening' organized by Birat Medical college and teaching Hospital on 3rd February 2026.
- Participated in the workshop on Curriculum Review Workshop MBBS on 9th to 10th Dec 2025 at BPKIHS.
- Attended Workshop: VPD Surveillance at BPKIHS organized by WHO on 21th May 2026.

Dr. Abhilasha Sharma

- Participant in workshop "Foundations of Health Professions Education: Curriculum, Teaching, Assessment and Mentoring" Conducted by the Department of Health Professions education, BPKIHS. 22nd – 26th March, 2026.
- Participant in CMC-NACM International conference on Microbiology and Infectious diseases at Chitwan Medical College on 20-21st February, 2026.

Dr. Shraddha Siwakoti

- Attended Provincial Level Workshop on Containment of Poliovirus at Biratnagar on 3rd Nov 2025.
- Delivered a Presentation on "Antimicrobial Resistance Overview" in the CME organized by Dept of Microbiology and NACM and in the seminar jointly organized by PSRN, BPKIHS and Dept of Microbiology on the occasion of World AMR Awareness week(WAAW) on 20 Nov 2025 and 29 Nov 2025 respectively
- Delivered a Presentation on "Acute Undifferentiated Febrile Illness" at CMC-NACM International Conference on Microbiology & Infectious Diseases at Chitwan Medical College on 20-21st February, 2026.
- Attended Workshop: VPD Surveillance at BPKIHS organized by WHO on May 21 2026.

Dr. Dristi Halwai

- Attended AMR Update organized by Department of Microbiology, BPKIHS, Dharan
- Served as Panelist in "Decode Tuberculosis: Diagnostics, Dilemmas & Clinical Decision" organized by PSRN students chapter, BPKIHS, Dharan on 28th march 2026.

Dr. Pratima Shah

- Participated in a workshop on 'Advanced Teachers' Training Program on Essentials of Student Assessment 'on 27th-28th April, 2026.

Dr. Sadhana Gautam

- Attended Provincial Level Workshop on Containment of Poliovirus at Biratnagar on 3rd Nov 2025.

b. Presentation done by Residents (if any)

S.No.	Name of Presenter	Title	Program Name/Date/Place
1.	Dr. Jagriti Dhungana Dr. Swati Tuladhar Dr. Drishti Bashyal	AMR updates on Paper: Efforts from BPKIHS	CME on AMR Update 2025 on 29th Nov 2025 at auditorium, BPKIHS
2.	Dr. Dev Jha	Conceptual Difference Between the Diagnostic Role of AFB Smear and CBNAAT: Which one of Choose	Decode TB: Diagnosis and Clinical Decisions on 28th March 2026 at auditorium, BPKIHS
3.	Dr. Jagriti Dhungana Dr. Swati Tuladhar Mr. Uday Sharma	Thesis Presentation	CMC-NACM International Conference on Microbiology & Infectious Diseases at Chitwan Medical College on 20-21st February, 2026.

8. SPECIAL APPOINTMENTS

Prof. Dr. Basudha Khanal

- Expert in the interview for the promotion of the faculty members in Microbiology, Purwanchal University, 30 April 2026
- External examiner, MD Microbiology Exams, TUTH, Tribhuvan University May 2026

- External examiner, MD Microbiology Exams, KIST Medical College, Tribhuvan University May 2026

Prof. Dr. Narayan Raj Bhattarai

- Invited as an expert to support field visit of Epidemiology and diseases control division, Ministry of Health at Okhaldhunga, Nepal for mass screening of Kala-azar from 2082/09/01 to 2082/09/04

Prof. Dr. Ratna Baral

- Expert in the interview for the promotion of the faculty members in Microbiology, Purwanchal University, 30 April 2026
- Coordinator of B.Sc. MLT program of BPKIHS
- Member Educational Audit of BPKIHS

Dr. Abhilasha Sharma

- Member of Institutional review committee (IRC), BPKIHS
- Coordinator "Cleanliness audit committee, BPKIHS" – From 1st April 2026

Dr. Shraddha Siwakoti

- Member of Question Review Committee for MEDIQUIZ Nepal8-9th May 2026
- Editor of Journal of BPKIHS-From 20th March, 2026.

Dr. Rinku Sah

- Member of Medical Board, BPKIHS

Dr. Pratima Shah

- Deputy Coordinator, Problem Based learning (PBL), MBBS Phase 1 (upto7thJan 2026)

9. INFRASTRUCTURE &EQUIPMENT

New equipment

1. BD BACTEC System- System for automated Blood Culture
2. VITEK System- Automated system for bacterial identification and antibiotic susceptibility, yeast identification and anti-fungal susceptibility

10. PLAN OF ACTION

- Continuation of academic, services and research activities.
- Further up gradation of tuberculosis lab as a regional tuberculosis laboratory for culture, and drug sensitivity testing for 1st line and 2nd line drugs and molecular diagnostics in collaboration with National Tuberculosis Center, Kathmandu.
- Up gradation of serological diagnostics by automated CLIA system.
- Introduction of various newer rapid devices for the diagnosis of Infectious diseases
- Evaluation of Measles, Rubella and JE lab by WHO consultant and putting effort towards accreditation or serological diagnostics.
- HCV genotyping and utilization of real time PCR platform for diagnosis and research of various agents of infectious diseases particularly MTB, HPV, Chikungunya, Scrub typhus, viral load measurement of HIV.
- Strengthening of all aspects of Hospital Infection Control Activities that is Surveillance, training of health care providers and update of Hospital Infection Control Guidelines
- Establishment of anaerobic culture laboratory.

- Activate the antibiotic stewardship committee (AMSP).
- To promote laboratory diagnostic stewardship.

9.15 DEPARTMENT OF OBSTETRICS AND GYNECOLOGY

FACULTYMEMBERS

DR. Achala Thakur	Professor and HOD
Dr. Pappu Rijal	Professor
Dr. Pritha Basnet	Professor
Dr. Manisha Chhetry	Additional Professor
Dr. Baburam Dixit Thapa	Associate Professor
Dr. Ramesh Shrestha	Associate Professor
Dr. Anamika Das	Associate Professor
Dr. Manoj Kumar Sah	Associate Professor
Dr. Surya Prasad Rimal	Associate Professor
Dr. Tulasa Basnet	Associate Professor
Dr. Deepa Shah	Associate Professor
Dr. Jyotsna Yadav	Associate Professor
Dr. Archana Kumari Sah	Assistant Professor
Dr. Nita Yadav	Assistant Professor
Dr. Dipendra Prasad Yadav	Assistant Professor
Dr. Binod Chaudhary	Assistant Professor
Dr. Shrijana Chaudhary	Senior Resident
Dr. Miki Shah	Senior Resident
Dr. Noor Jahan	Senior Resident

STAFF MEMBERS

Mr. Dipesh Luitel	: Administrative Assistant
Ms. Harimaya Ranapaheli	: Foreman (Level 1)

NUMBER OF RESIDENTS/MEDICAL OFFICER/NURSING STAFF/OTHER HEALTH STAFFS

S.No.	Particulars	Number
1.	**Junior Residents**	**26**
	First Year	11
	Second Year	11
	Third Year	4
2.	Nursing Staffs	124
3.	Health aids/ Helpers	55

1. **DEPARTMENTAL ACHIEVEMENTS & SUMMARY**
   - **MAJOR ACHIEVEMENTS:**
     - **Initiation Of Gynae-Oncology Fellowship Programme**

   - **KEY STATISTICS:**
     - General Obstetric and Gynaecology services
     - Speciality Services (Urogynecology, Gynae-Oncology, Infertility, High Risk Pregnancy)
     - Fellowship In Gynae-Oncology

- **MAJOR CHALLENGES:**
  - Difficulty In Retaining Faculty Members And Senior Residents
  - Timeworn Existing Infrastructure
  - Referral Of Patients Requiring Radiation Therapy And Assisted Reproductive Technology Despite Availability Of Skilled Manpower
  - Lack Of Regular Supply And Maintenance Of Instruments/ Equipments

- **SOLUTION TAKEN AGAINST CHALLENGES:**
  - Regular Mentorship And Guidance By Senior Faculty Members
  - Encouraging Positive And Supportive Work Environment
  - Providing Opportunities For Skill Development And Training
  - Lobbying With Administration About The New Building Under Construction, Service Expansion And Ensuring Smooth Delivery Of Services

2. ACADEMIC ACTIVITIES

UNDERGRADUATE TEACHING

PROGRAM	TEACHING HOURS(THEORY)	TEACHING HOURS(PRACTICAL)
Mbbs	Phase 1: • First Year: 0 • Second Year: 2 Phase Ii: • Vth Semester: 22 • Vith Semester: 17 • Viith/ Viiith Semester: 0 • Ixth Semester: 40	Phase 1: • First Year: 12 • Second Year: 24 Phase Ii: • Vth Semester: 68 • Vith Semester: 50 • Viith/ Viiith Semester: 30 • Ixth Semester: 70

CLINICAL POSTINGS

Class	SIS	Seminar	CBL	SGD	CLIP	LIF	SYCS
1st year	-	-	-	-	1/week	-	-
2nd year	-	-	-	-	2/week	-	-
3rd year	Vth: 15 VIth: 14	Vth: 3 VIth: 1	Vth: 5/week VIth: 5/week	Vth: 1/week VIth: 1/week	-	Vth: 1/week VIth: 1/week	-
4th year	-	-	-		-	-	1/week
5th year	30	5	5/week	1/week	-	1/week	-

*Labor Room Posting: 5 Days/ Week For 2 Weeks In Fourth Year.

POSTGRADUATE TEACHING

Case Presentation	2days/Week
Seminar	2days/Week
Journal Presentation	1 Day/Week
Perinatal Mortality Review	1/Month
Maternal Mortality Review	After Every Maternal Death
Thesis Protocol Presentation	One In 1st Year
• Maternal And Perinatal Death Surveillance And Response (Mpdsr) Training	1 In 1st Year
• Safe Abortion Services Training	1 In 2nd Year
Postings	Nicu- 2 Weeks In 1st Year Icu- 2weeks In 2nd Year Radiation Oncology- Bharatpur Posting 1week In 3rd Year

CLINICAL POSTINGS OF JUNIOR RESIDENTS FROM:

- Department Of General Practice And Emergency Medicine: 3 Months
- School Of Public Health And Community Medicine: 1 Month

OTHER TEACHING ACTIVITIES

- **CME: 1**

3. **CLINICAL SERVICES**

CLINICAL SERVICES	TOTAL NEW PATIENTS (2025-26)	TOTAL FOLLOW UP (2025-26)	TOTAL PATIENTS (2025-26)	TOTAL PATIENTS (2024-2025)
OPD	38,543	29,789	68,332	66,773
IPD	10,707			
EMERGENCY	3680			
SURGICAL PROCEDURES	ROUTINE OBSTETRICS: 3751 ROUTINE GYNAE SURGERIES: 1733 OPEN GYNAECOLOGY SURGERIES: • MAJOR: 336 • MINOR: 755 LAPAROSOPY: • MAJOR: 335 • MINOR: 186 VVF: 15 SAS: 547 IUI: 45 EHS: • OBSTETRICS: 106 • GYNECOLOGY: 112			
Speciality Services	2980	979	3959	3973
Outreach Clinics	82			

4. **COMMUNITY SERVICES**

- **HEALTH CAMPS**
  - A Total of 10 health camps were conducted during this year In Different Places Of Koshi Province Including Community Level Health Camps For Cervical Cancer Screening Using Hpv Dna And V.I.A

- **RURAL OUTREACH**
  - Weekly Telemedicine Service

- **SCREENING PROGRAMS**
  - Daily Cervical Screening Services (V.I.A) In Opd
  - Screening Health Camps in Collaboration with Different Governmental and Non-Governmental Organisations

- **TRAINING PROGRAMS**
  - Four-Day Orientation Training on Reproductive Health Morbidity for Nursing Staffs of The Province at BPKIFS (Total 4)
  - Facilitators: Prof. Dr. Pritha Basnet, Dr. Ramesh Shrestha, Dr. Anamika Das, Dr. Manoj K. Sah, Dr. Tulasa Basnet, Dr. Sarada Khadka (Surgery)

- Six-Day Training on Cervical Cancer Screening and Prevention (Tier 2) At BPKIHS (Total 4)
  - Facilitators: Prof. Dr. Pappu Rijal, Dr. Ramesh Shrestha, Dr. Anamika Das, Dr. Manoj K. Sah, Dr. Surya Prasad Rimal, Dr. Deepa Shah, Dr. Jyotsna Yadav, Dr. Archana K. Sah, Dr. Miki Shah

- **PUBLIC AWARENESS**
  - Participation In Various Public Health Awareness Campaigns in Collaboration with Different Governmental and Non-Governmental Organisations:
    - Cervical Cancer Screening and Prevention
    - Menstrual Hygiene
    - Menopause

5. **RESEARCH ACTIVITIES**

UNDERGRADUATE STUDENTS RESEARCH ACTIVITIES

NAME OF STUDENTS	NAME OF GUIDE	TITLE OF THESIS
Murat Kahar Nirajan Yadav Janhvi Mani Tripathi	Dr. Jyotsna Yadav	Fetomaternal Outcome in Case of Preeclampsia in Tertiary Care Centre, Nepal
Preeti Gupta Shiv Narayan Yadav	Dr Binod Chaudhary	Prevalence , Indication And Outcomes Of Cesarean Section In Obstetric Patients at BPKIHS- A Retrospective Study

POST GRADUATE STUDENT RESEARCH ACTIVITIES

THESIS ONGOING

NAME OF RESIDENTS	NAME OF GUIDE	NAME OF CO- GUIDES	TITLE OF RESEARCH
Alina Mandal	Prof. Dr. Achala Thakur	Dr. Manisha Chhetry Dr. Surya Prasad Rimal	Role Of Bishop Score In Predicting Mode Of Delivery In Induced Nulliparous Women: A Prospective Observational Study
Alka Yadav	Prof. Dr. Pritha Basnet	Dr. Ramesh Shrestha Dr. Deepa Shah Dr. Rajendra Kumar Chaudhary (Department Of Biochemistry)	Screening Of Diabetes In Pregnancy With 75 Gm Oral Glucose Tolerance Test: A Prospective Longitudinal Study
Bhagwati Poudel	Dr. Surya Prasad Rimal	Prof. Dr. Pritha Basnet Dr. Jyotsana Yadav	Risk Factors Associated With Via Positive Women: A Tertiary Care Center Based Case-Control Study
Bipin Adhikari	Prof. Dr. Pappu Rijal	Dr. Anamika Das Dr. Jyotsana Yadav	Risk Scoring In Pregnancy Using Modified Coopland's Scoring System: A Prospective Observational Study At BPKIHS
Indra Kumar Chaudhary	Prof. Dr. Achala Thakur	Dr. Ramesh Shrestha Dr. Manoj Kumar Sah	Maternal And Fetal Outcome With Abnormal Liquor Volume: A Prospective Observational Study
Komal Gupta	Prof. Dr. Pappu Rijal	Dr. Anamika Das Dr Tulasa Basnet	Maternal And Neonatal Outcome In Women With Advanced Maternal Age At BPKIHS: A Observational Study
Mansi Sharma	Dr Tulasa Basnet	Prof Dr. Achala Thakur Dr Manoj Kumar Sah	Comparison Of Preoperative And Post Operative Post Void Residual Urine Volume In Women Undergoing Surgery For Pelvic Organ Prolapse At BPKIHS: A Observational Study
Nabina Chaudhary	Prof. Dr. Pritha Basnet	Dr. Surya Prasad Rimal Dr Tulasa Basnet	Lower Urinary Tract Symptoms In Post Menopausal Women: A Prospective Observational Study
Pratima Lamichhane	Dr. Manoj Kumar Sah	Prof. Dr. Pappu Rijal Dr. Deepa Shah Prof. Dr. Madhavlamsal (Department Of Biochemistry)	Analysis Of Liver Function Test In Hyperemesis Gravidarum: A Descriptive Cross: Sectional Study
Samik Raj Singh	Add. Prof. Dr. Manisha Chhetry	Dr. Deepa Shah Dr. Archana Kumari Sah Dr Nishant Mishra (Department Of Radiology)	Clinico –Epidemiological Profile Of Patient Diagnosed With Uterine Fibroid- A Prospective Observational Study"
Sidhant Kumar Yadav	Dr Ramesh Shrestha	Dr. Manisha Chhetry Dr. Jyotsana Yadav	Chlorhexidine Alcohol Versus Povidone Iodine As Routine Gynecological Preoperative Skin Antisepsis-A Prospective Comparative Study

THESIS COMPLETED

NAME OF RESIDENTS	NAME OF GUIDE	NAME OF CO-GUIDE/S	TITLE OF RESEARCH
Kajal Panjiyar	Prof. Dr. Achala Thakur	Dr. Surya Prasad Rimal Dr. Deepa Shah	Maternal And Fetal Outcome In Twin Vs Singleton Pregnancy At BPKIHS: A Prospective Observational Study
Meghna Singh	Prof. Dr. Pritha Basnet	Dr. Ramesh Basnet Dr. Yamuna Aggrawal (Department Of Pathology)	Co-Relation Of Ca 125 With Histopathology For Prediction Of Adnexal Mass Undergoing Surgery: A Cross-Sectional Study
Prashant Yadav	Dr. Manisha Chhetry	Dr. Tulasa Basnet Dr. Jyotsana Yadav	Feto-Maternal Outcome In Rh-Negative Pregnancy: A Prospective Observational Study
Shilpa Yadav	Prof. Dr. Pappu Rijal	Dr. Anamika Das Dr. Baburam Dixit Thapa	The Prevalence Of Urinary Incontinence In Antenatal Women At A Tertiary Care Center: A Descriptive Cross-Sectional Study

FACULTIES RESEARCH ACTIVITIES

ONGOING RESEARCH PROJECTS

S. No.	PRINCIPAL INVESTIGATOR	TITLE OF RESEARCH
1.	Dr. Manisha Chhetry	Outcome Of Intrauterine Insemination (Iui) In Infertile Couples At BPKIHS: A Retrospective Study.
2.	Ramesh Shrestha	Knowledge, Attitude, And Practice On Human Papilloma Virus Vaccination For Cervical Cancer Prevention Among School Going Girls In Barahakshetra Municipality Nepal.

COMPLETED RESEARCH PROJECTS

S.NO.	PRINCIPAL INVESTIGATOR	TITLE OF RESEARCH
1.	Dr. Manisha Chhetry	Use Of Obstetric Early Warning Score For Prediction Of Adverse Maternal Outcome In Critically Ill Obstetric Population: A Prospective Single-Centre Study In Nepal
2.	Ramesh Shrestha	Surgical Treatment And Outcomes Of Female Genital Tract Malignancies At BPKIHS: A Prospective Study.

DEPARTMENTAL PUBLICATION

- **DR. RAMESH SHRESTHA**
  1. Shrestha R, Dulal S, Dahal M, Shah R, Shrestha S, Adhikari K, Et Al. A Study Of Risk Factors, Clinico-Pathological Profile And Stage-Wise Distribution Of Patients With Cervical Cancer At BPKIHS: A Descriptive Cross-Sectional Study. Nep J Obstet Gynecol. 2025;20(1):11-16. Doi: 10.70241/Njog157.
  2. Koirala D, Mishra B, Agrawal Y, Dhakal Y, Shrestha R. Giant Ovarian Cyst Presenting With Reversible Cardiac Compromise: A Case Report. International Journal Of Surgery Case Reports. 2026;00:1–5. Doi: 10.1097/Rc9.0000000000000212.
  3. Surova Study: Global Real-World Treatment Strategies And Mortality Risk Prediction In Advanced Ovarian Cancer. Ijgc. 2025;35(12):1-10. [Lead Article In December Issue, 2025,

Ijgc]. [Contributor - Surova Study Group (Appendix)]. Https://Doi.Org/10.1016/J.Ijgc.2025.102688.
4. Sah Bk, Sah Ak, Karki S, Lamichhane U, Shrestha R. Giant Fibroepithelial Stromal Polyp Of Vulva: A Case Report. Annals Of Medicine & Surgery. 2025; 87:8930–8934. Http://Dx.Doi.Org/10.1097/Ms9.0000000000004081.
5. Shah R, Mahato A, Shah R, Yadav S, Shah R, Sigdel B, Shrestha R. Ovarian Struma Carcinoid: A Rare Case Report. Indian Journal Of Gynecologic Oncology. 2025; 23:6. Https://Doi.Org/10.1007/S40944-024-00933--7

6. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS ATTENDED

- **DR. MANISHA CHHETRY**
  1. Attended 15th Safog-Nesog International Conference 2026, 17th -18th April 2026 And Presented Paper On: Use Of Obstetric Early Warning Score For Prediction Of Adverse Maternal Outcome In Critically Ill Obstetric Population: A Prospective Single-Centre Study In Nepal.
  2. Participated In "Simulation Faculty Development Workshop", In Collaboration With The University Of Dundee, Scotland At BPKIHS, March 2026

- **DR. RAMESH SHRESTHA**
  1. Attended Workshop On "Advanced Teachers' Training Program On Essentials Of Student Assessment" Conducted By The Department Of Health Professions Education (Hpe), BPKIHS At Hpe Hall, BPKIHS On 27th To 28th April, 2026 (11.5 Cpd).
  2. Oral Paper Presentation On The Title "Sentinel Lymph Node Mapping Using Nir- Icg Fluorescence Imaging In Gynaecological Malignancy At BPKIHS" In The Safog-Nesogcon 2026 Held From 17th-18th April 2026 At Hotel Yak And Yeti, Kathmandu, Nepal.
  3. Attended Pressurised Intraperitoneal Aerosol Chemotherapy (Pipac) Training Including Indications, Technical Aspects, And Occupational Health Safety Operating Procedures Held In National Cancer Centre Singapore From 11 To 12 March, 2026.
  4. Attended The Singhealth Peritoneal Surface Oncology Conference & Comprehensive Management Of Peritoneal Surface Malignancy Workshop Singapore Held On 9th – 13th March 2026.
  5. Attended International Collaboration For Research Methods Development In Oncology (Credo) Workshop Organized By Tata Memorial Centre, Mumbai & National Cancer Grid Of India From 2nd To 7th March, 2026.
  6. Attended "Kolgotrg 8th Annual Meeting And Statistical Workshop" Conducted From 14.12.2025 To 18.12.2025 In Kolkata, India.
  7. Oral Paper Presentation In Neighbours Session In 32nd Annual National Conferences Of Association Of Gynaecologic Oncologists Of India (Agoicon2025) Held At Taj Taal Kutir, Kolkata From 12th-14th December, 2025.
  8. Participation As a Delegates In Colposcopy Workshop In 32nd Annual National Conferences Of Association Of Gynaecologic Oncologists Of India (Held At Tata Medical Center, Kolkata On December 11, 2025) In Association With Preventive Oncology And Public Awareness Committee Of Agoi.
  9. Attended Igcs Preinvasive Diseases Certificate Program Held On 4-5 August, 2025 At Department Of Obstetrics And Gynecology, Faculty Of Medicine, Chulalongkorn University, Bangkok, Thailand.

- **DR. TULASA BASNET**
  1. Completed Workshop On "Foundations Of Health Professions Education: Curriculum, Teaching, Assessment And Mentoring", 22- 26 March 2026, BPKIHS.

- **DR. SURYA PRASAD RIMAL**
  1. Oral Paper Presentation On The Title "Surgical Treatment And Outcomes Of Female Genital Tract Malignancies At BPKIHS: A Prospective Study" In The Safog-Nesogcon2026 Held From 17-18 April 2026 At Hotel Yak And Yeti, Kathmandu, Nepal.

  2. Attended "Kolgotrg 8th Annual Meeting And Statistical Workshop" Conducted From 14.12.2025 To 18.12.2025 In Kolkata, India.
  3. Participation As A Delegates In Colposcopy Workshop In 32nd Annual National Conferences Of Association Of Gynaecologic Oncologists Of India (Held At Tata Medical Center, Kolkata On December 11, 2025) In Association With Preventive Oncology And Public Awareness Committee Of Agoi.
  4. Attended Igcs Preinvasive Diseases Certificate Program Held On 4-5 August, 2025 At Department Of Obstetrics And Gynecology, Faculty Of Medicine, Chulalongkorn University, Bangkok, Thailand.

- **DR. ARCHANA KUMARI SAH**
  Attended Basic Research Workshop, 19 – 21 April 2026, BPKIHS

- **Dr. Nita Yadav**
  Attended 28thsccps Annual Scientific Meeting 2026, Held In Kk Women`S And Children`S Hospital, Singapore, 07 - 09 March 2026, BPKIHS

- **DR. DIPENDRA YADAV**
  Attended 15thsafog-Nesog International Conference 2026, 17-18 April 2026

- **DR. MIKI SHAH**
  1. Attended 28thsccps Annual Scientific Meeting 2026, Held In Kk Women`S And Children`S Hospital, Singapore From 07 - 09 March 2026.
  2. Completed Cervical Cancer Screening And Prevention (Tier 2) Programme Held On 2083/02/24 To 2082/02/29 At BPKIHS, Dharan
  3. Attended Basic Surgical Skill Course (Hands On Practice With Animal Tissue And Simulators) On 21stjune At BPKIHS, Dharan
  4. Completed Training On International Gynecologic Cancer Society (Igcs) Preinvasive Disease Program: Phase 1: Basic Theory And Phase 2: Advanced Theory, Phase 1 And Phase 2 Completed On:15 June 2026

- **DR. SHRIJANA CHAUDHARY**
  Completed Cervical Cancer Screening And Prevention (Tier 2) Programme Held On 2082/12/01 To 2082/12/06 At BPKIHS, Dharan

- **DR NOOR JAHAN**
  Completed Cervical Cancer Screening And Prevention (Tier 2) Programme On 2083/01/20 To 2083/01/25 At BPKIHS, Dharan

CME

Cme Attended By Department Of Obstetrics And Gynaecology On The Topic Recent On Recurrent Pregnancy Loss And Pcos Ovulation Induction Protocols Presented By Dr. Manoj Sah And Dr. Jyotsna Yadav

7. HONOR/MILESTONE ACHIEVEMENTS/AWARD

DR. RAMESH SHRESTHA

a. Shree Tilak Bhawan Award In Recognition To The Best Scientific Paper Published By Nepal Journal Of Obstetrics And Gynecologists Njog 2023-2025 At 15th Safog Conference-18th Nesog National Conference-2026 From 17th-18th April 2026 At Hotel Yak And Yeti, Kathmandu, Nepal.
b. Peritoneal Malignancies Travel Fellowship Grant To Attend Peritoneal Surface Malignancy Conference, Workshop, And Pipac Course Held In Singapore General Hospital And National Cancer Centre, Singapore From 9th-13th March, 2026.
c. National Cancer Grid Travel Fellowship Grant To Attend Credo Workshop 2026 Held In Mumbai, India From 2nd-7th March, 2026.
d. Faculty In The Cervical Cancer Precongress Workshop In The Safog-Nesogcon2026 Held On 16th April 2026 At Hotel Yak And Yeti, Kathmandu, Nepal.
e. Organising Faculty In The Safog-Nesogcon2026 Held On 16th April 2026 At Hotel Yak And Yeti, Kathmandu, Nepal.
f. Faculty In 32nd Annual National Conferences Of Association Of Gynaecologic Oncologists Of India (Agoicon2025) Held At Taj Taal Kutir, Kolkata From 12th-14th December, 2025) Along With Credit Of 10 Hours Granted By West Bengal Medical Council.

DR. TULASA BASNET

a. Faculty In Fogsi/ Icog Online Certificate Course On Urogynecology And Pelvic Floor Surgery, 17-19 September 2025

8. SPECIAL APPOINTMENTS

- **DR. PRITHA BASNET**

1. Member Of Editorial Board Of Annual Report And Plan Of Action 2026-2027
2. Member Of Question Moderation Committee Of Examination Section Of BPKIHS

- **DR. MANISHA CHHETRY**

1. Member Of Health Professionals' Education Department, BPKIHS.

- **DR. RAMESH SHRESTHA**

Executive Committee Member, Gynaecological Oncological Society Of Nepal (Goson), 2025-2027.

9. QUALITY IMPROVEMENT

- Clinical Audits: Daily
- Mortality Meetings: Once Every Month
- Infection Control: As Per Hospital Protocol
- Sop Development: As Per Hospital Protocol
- Patient Safety: As Per Hospital Protocol
- Accreditation Activities: As Per Hospital Protocol

10. INFRASTRUCTURE & EQUIPMENT

- New Equipment: Equipments For Laparoscopic Surgery
- Maintenance: Timely
- Laboratory Improvements: None
- It Improvements: None

11. PLAN OF ACTION

TEACHING LEARNING ACTIVITIES:

- Curriculum Development And Initiation Of Fellowship Program For Infertility And Reproductive Medicine.
- Continuation Of Gynae-Oncology And Urogynaecology Fellowship Programme

FACULTY DEVELOPMENTAL ACTIVITIES:

- Timely And Regular Professional Growth Through Timely Promotions And Healthy Working Environment
- Provision Of Providing Regular And Uninterrupted Research Grant
- Provision Of Providing Annual Global Grant In Order To Present Research Work At National And International Forum

FUTURE REQUIREMENTS OF EQUIPMENTS/ INSTRUMENTS:

- To Start Infertility And Reproductive Medicine Services With Establishment Of Ivf Lab.
- To Start 3d And Robotic Surgery
- To Establish Genetic Lab With All Possible Genetic Testing

RESEARCH

- Strengthen Research Activities Through Regular Research Projects And Publications
- To Motivate Faculties By Providing Research Grant
- To Motivate Faculties For Presenting Research Work In National And International Forum By Providing Annual And Global Grant
- **TO IMPROVE PATIENT CARE AND ACADEMIC EXCELLENCE THROUGH COLLABORATIONS WITH OTHER CENTRES**
- **PATIENT CARE**
- **THE DEPARTMENT ENVISIONS ZERO REFERRAL WITH COOPERATION FROM MANAGEMENT AND OTHER CONCERNED DEPARTMENTS.**

9.16 DEPARTMENT OF OPHTHALMOLOGY

FACULTY MEMBERS:

Dr. Poonam Lavaju	: Professor
Dr. Sangeeta Shah	: Additional Professor & Head
Dr. Samiksha Bhattarai	: Assistant Professor
Dr. Namrata Jha	: Senior Resident

Technical Staff:

Mrs. Rajani Kumari	: Sr. Technologist
Mr. Dipendra Prasad Sah	: Sr. Technologist
Mr. Raj Kumar Baral	: Technologist
Mrs. Bhagawati Kumari Gupta	: Optometrist
Mrs. Srijana Shrestha	: Nursing Staff

Administrative Staff:

Mrs. Yuta Shrestha	: Senior Clerk
Mr. Yubraj Pokharel	: Senior Foreman

Mr. Somnath Rimal : Senior Foreman

No. of Junior Residents : 9

1. TEACHING ACTIVITIES

A. UG Teaching Programme	
4th Year MBBS (VIII Semester) Class started on 17th July, 2025	**Total numbers**
SIS	23
Seminar	2
CBL	78
SGD	16
LIF	9

	A. PG Teaching Programme	
1	**Type of classes**	**No. of classes**
2	Case Presentation	One session per fortnight
3	Clinical grand round	Three sessions per week
5	Journal Club	One session per fortnight
6	Seminar	Two sessions per week
7	Tutorial	Two sessions per month

2. CLINICAL SERVICES

Statistics of the patient care provided

General Patients	Total number of Patients (in 082/083)
In patients	258
Routine OPD	23224

Investigations	Total Number of Investigations (in 082/083)
Refraction	14232
Optometry	450
USG B Scan	174
OCT (Re-operating since 082.03.04)	1554

Operation	Total Number of Operation (in 082/083)
Major OT	189
Intermediate	119
Minor OT	82

Day	SPECIAL OPD +AFTERNOON OPD (2-5:00pm)
Sunday	Pediatric and Strabismus Clinic
Monday	Vitreo-retina and Uveitis Clinic
Tuesday	Cornea and Trauma Clinic
Wednesday	Glaucoma and Neuro-ophthalmology Clinic
Thursday	Orbit and Oculoplasty Clinic

I. Surgery

- Pediatric surgery
- Cataract surgery (Small incision cataract surgery, Phacoemulsification)
- Glaucoma surgery
- Orbit and Oculoplasty Surgery
- Amniotic membrane transplantation
- Penetrating Keratoplasty
- Ocular emergency service

3. RESEARCH ACTIVITIES

Thesis (Batch-2024)

Residents	Chief guide	Co-guides	Title of the thesis
Dr. Aashis Sapkota	Prof. Dr. Poonam Lavaju	1. Dr. Sangeeta Shah 2. Dr. Samiksha Bhattarai	Ocular Morbidities in Pre School Children in Dharan Sub-Metropolition City, Nepal
Dr. Ashish Wagle	Dr. Sangeeta Shah	1. Prof. Dr. Poonam Lavaju 2. Dr. Samiksha Bhattarai 3. Dr. Avinas Rai	Visual Outcome after Phacoemulsification in patient with type II Diabetes and Non Diabetic patient attending BPKIHS: A Comparative Study
Dr. Abhishekh Yadav	Prof. Dr. Poonam Lavaju	1. Dr. Robin Maskey 2. Dr. Sangeeta Shah	A Study of Prevalence and Factors Associated with Diabetic Retinopathy among Type II Diabetes Mellitus Patients in Dharan Sub-Metropolition City

ii. Ongoing thesis

Resident	Chief guide	Co-guides	Title of the thesis
Dr. Anusha Tripathi	Prof. Dr. Poonam Lavaju	1. Dr. Sangeeta Shah 2. Dr. Samiksha Bhattarai	Visual fatigue and chances in accommodative function among digital device users: A cross section study
Dr. Binod Tamang	Dr. Sangeeta Shah	1. Prof. Dr. Poonam Lavaju 2. Dr. Avinas Rai	A comparative Assessment of intraocular pressure in hypertensive and normotensive individuals.

4. CONFERENCE/WORKSHOP/CME/SYMPOSIUM/TRAINING

- Prof. Dr. Poonam Lavaju attended the "27th Annual Conference of the Nepal Ophthalmic Society "on 13th-15th November, 2025 at Mechi Eye Hospital, Birtamode, Jhapa.

- Dr. Sangeeta Shah attended a Conference on "Empowering training through technology and innovation," on 16th April, 2026 at Biratnagar Eye Hospital.

- Dr. Samikshya Bhattarai attended a Conference on "Empowering training through technology and innovation," on 16th April, 2026 at Biratnagar Eye Hospital.

- Dr. Samikshya Bhattarai attended the APSOPRS Master Class in Orbital Surgery, on 8th May, 2026, at Dhulikehl Hospital.

5. COMMUNITY SERVICES

Community services (Health Camps and Health Education Screening)

Community Eye Camps	Screening
Hamro English Boarding School, Itahari	**319**
Montessori Kindergarten School, Dharan-16	**113**
Barah Chetra Health Camp	**47**
Mahalaxmi Nagarpalika Health Camp, Jitpur	**359**
Kumyak Health Camp, Panchthar	**350**
Delhi Public School Eye Camp, Dharan	**150**
Grand Total	**1338**

6. PLAN OF ACTION

a. Strengthening vitreo-retinal services
b. Training of manpower faculty for specialty clinic
c. Community eye services
d. Starting further sub-specialty services and recruitment of manpower (faculties, senior residents, paramedics, etc) in the department within five years.

Equipment Required

a. Posterior Vitrectomy and Essential Instruments for Vitreo-retina Surgery
b. Cryotherapy machine
c. Instruments for intra-ocular surgery
d. Autorefractometer
e. Keratometer
f. Green Laser
g. Endoscopic DCR machine & its essentials.
h. AVF
i. Nd Yag Laser

9.17 DEPARTMENT OF ORTHOPAEDICS

FACULTY MEMBERS

Prof .Dr Raju Rijal	: Professor & Head (From:2081/11/01)
Prof .Dr.Bikram Prasad Shrestha	:Professor
Prof .DrGuru Prasad Khanal	:Professor
Prof .DrRajiv Maharjan	:Professor
Dr. Bishnu Pokharel	:Additional Professor
Dr. Amit Limbu	:Associate Professor
Dr. Amit Bikram Shah	:Associate Professor
Dr. Ashish Kumar Pandey	:Associate Professor
Dr. Jitendra Shah	:Associate Professor
Dr. Yam Bahadur Gurung	:Associate Professor
Dr. Pramod Baral	:Assistant Professor
Dr. Dipendra Mishra	:Assistant Professor

STAFF MEMBERS

Mr. Md. Mojahid Hussain	: Sr. Technologist (Physiotherapy)
Mr. Aman Malekhu Shrestha	: Sr. Orthotist/Prosthetist
Mr. Ajay Kuamar Thakur	: Technologist (Physiotherapy)
Mr. Hari Mohan Yadav	: Technologist (Physiotherapy)
Mr. Sharda Nanda Mishra	: X-Ray Technician
Mrs. Alka Twanabasu	: Physiotherapist
Mr. Nanda Kishor Mandal	: Clerk
Mr. Govinda Prasad Lamichane	: Sr. Foreman
Mr.Subh Narayan Rajdhami	: Sr. Foreman
Mr. Hem Bahadur Basnet	: Sr. Foreman
Mr. Deepak Thapa Magar	: Sr. Foreman
Mr. Gore Bahadur Ghising	: Foreman
Mrs. Pratima Pandey	: Helper (Level-4)

Number of MCH Residents/Residents/Medical Officer/Nursing Staff/other Health staffs

S.No.	Particulars	Number
1	MCH Residents	0
2	Junior Residents	27
	1st Year	9
	2nd Year	9
	3rd Year	9
3	Medical Officers	0
4	Nursing Incharge/Supervisor	0
5	Nursing Staff Members	0

1. DEPARTMENT PROFILE

a. Vision

To be a center of excellence in orthopaedic and trauma care, education, and research in Nepal, providing compassionate, evidence-based musculoskeletal care while advancing the science of orthopaedic surgery through innovation, teaching, and scholarship.

b. Mission

To deliver comprehensive, high-quality, and affordable orthopaedic and trauma services to the population of Eastern Nepal; to train competent and ethical orthopaedic surgeons at postgraduate levels; to conduct clinically relevant research that reforms clinical practice; and to extend musculoskeletal care to underserved communities through outreach and public health initiatives.

c. Core Functions

a. Provision of comprehensive orthopaedic and trauma care through OPD, IPD, Emergency, and specialty clinics
b. Undergraduate (MBBS/BDS) and postgraduate (MS) teaching and clinical training
c. Supervision of resident research, thesis work, and scholarly publications
d. Community outreach through health camps, screening programs, and rural trauma/musculoskeletal care
e. Continuing medical education, skills training, and capacity building for staff and residents
f. Quality improvement, clinical audit, and patient safety initiatives within the department

2. DEPARTMENTAL ACHIEVEMENTS & SUMMARY

During the period 16th July 2025 to 15th July 2026, the Department of Orthopaedics at BPKIHS continued to serve as a major referral center for musculoskeletal and trauma care in Eastern Nepal, managing a substantial volume of outpatient, inpatient, and emergency trauma cases, including surgical procedures spanning fracture fixation, arthroplasty, arthroscopy, and spine surgery. The department strengthened its postgraduate training program, with residents actively engaged in case-based learning, journal clubs, and thesis research under faculty supervision, and undergraduate teaching for MBBS students remained a core departmental responsibility. Faculty members contributed to peer-reviewed publications and presented

departmental work at national/international conferences, workshops, and CMEs, while also pursuing collaborative research initiatives. The department extended its community service mandate through health camps and outreach screening programs benefiting patients from underserved areas, reflecting its continued commitment to accessible musculoskeletal care. Notable achievements during this period include gait lab collaboration with Geneva University Hospital and Hand surgical skill exchange programme with National University of Singapore. The department faced challenges including staffing constraints, equipment limitations, increased patient load pressures, which were addressed through optimized duty rostering, equipment procurement requests, and process improvements. Looking ahead, the department remains focused on expanding clinical services, strengthening research output, and enhancing training infrastructure to sustain its role as a center of excellence in orthopaedic care and education.

3. ACADEMIC ACTIVITIES

Undergraduate Teaching

- Teaching hours

Programe	Teaching Hours(Theory)	Teaching Hours(Practical)
MBBS	129	104
BDS	10	72
BSc. Nursing	0	0

- Clinical postings

Class	SIS	Labex	Seminar	PBL	CBL	SGD	Elective Posting
MBBS-IX Semester	-	-	2	-	-	-	
MBBS-VIII Semester	36	-	4	-	18	79	10
MBBS-VI Semester	-	-	2	-	4		10
BDS-3rd Year	10	-	-	-	24	-	-

Postgraduate Teaching

- Residents Teaching /Case presentations/Seminars : 3 per week
- Journal Club : 1 per week
- Case Presentation : 4 per week
- Clinical Grand Round : 1 per week
- CME
- Thesis

4. CLINICAL SERVICES

Clinical Services	**Total New Patients(2025-26)**	**Total Follow Up(2025-26)**	**Total Patients(2025-26)**	**Total Patients (2024-2025)(**For comparison)
OPD	59562	10419	69981	68465
IPD	3058	0	3058	
Emergency	3058			
Surgical Procedures	2685	4550	4450	4082
Speciality Services	1971	450	2421	2303
Outreach Clinics				

- Hand And Reconstructive microsurgery subspeciality clinic
- Pediatric Orthopedic Subspeciality Clinic

5. COMMUNITY SERVICES

Health camps

- **School health**
- **Rural outreach**
- **Screening programs**
- **Public awareness**

6. RESEARCH ACTIVITIES

Undergraduate Students Research Activities (if any)

Name of Students	Name of Guide	Title of thesis
Alisha Tiwari	Prof.Dr. rajiv Maharjan	Clinicodemographic Profile of peadatric Supracondylar fracture of humerus presenting to BPKIHS
Kabita Bhusal	Prof.Dr. rajiv Maharjan	Clinicodemographic Profile of peadatric Supracondylar fracture of humerus presenting to BPKIHS
Subani Acharya	Prof.Dr. Rajiv Maharjan	Clinicodemographic Profile of pediatric Supracondylar fracture of humerus presenting to BPKIHS
Rajyashree Shahi	Dr. Pramod Baral	Clinical profile of spinal surgery in BPKIHS: A retrospective study
Krishna Lal Das	Dr. Pramod Baral	Clinical profile of spinal surgery in BPKIHS: A retrospective study
Roshan Kumar Nayak	Dr. Pramod Baral	Clinical profile of spinal surgery in BPKIHS: A retrospective study
Niraj Kumar Yadav	Prof.Dr. Bikram Prasad Shrestha	Clinic O-Demographic study of orthopedic patients attending the emergency department of BPKIHS.
Abhishek Yadav	Prof.Dr. Bikram Prasad Shrestha	Clinic O-Demographic study of orthopedic patients attending the emergency department of BPKIHS.
Anusa Tripathi	Prof.Dr. Raju Rijal	Management of geriatric orthopedic surgery At BPKIHS
Shishir Shahi	Prof.Dr. Raju Rijal	Management of geriatric orthopedic surgery At BPKIHS
Sonu Kumar Yadav	Dr. Bishnu Pokharel	Pattern of orthopedic infections in Patients admitted to the orthopedic department of BPKIHS.
Maheshwar Kumar Singh	Dr. Bishnu Pokharel	Pattern of orthopedic infections in Patients admitted to the orthopedic department of BPKIHS.

Post Graduate Student Research Activities

Thesis Projects Ongoing

Name of Residents	Name of Guide	Name of Co-Guide(s)	Title of thesis
Dr. Avinash Singh	Dr. Yam Bahadur Gurung	Prof.Dr Guru Prasad Khanal Dr. Jitendra Shah	A study on comparison of early versus late weight bearing after ankle fracture surgery: A comparative Study.
Dr. Binay Kumar Gupta	Dr. Amit Limbu	Prof. Dr. Rajiv Maharjan Dr. Amit Bikram Shah	A Study on Comparisons of outcomes on: Intramedullary headless screw versus open reduction internal fixation with mini plate and screw for displaced metacarpal Shaft fracture.
Dr. Madan Prajapati	Dr. Jitendra Shah	Prof.Dr Rajiv Maharjan	Functional outcome of AC joint dislocation fixed ustra double button and fibretape
Dr. Mahesh Shah	Dr.Bishnu Pokharel	Dr. Pramod Baral	Outcome of management of fracture- dislocation of the lower cervical spine with short segment cervical pedicle screw system
Dr. Shambhu Bastola	Dr.Bishnu Pokharel	Prof.Dr. Guru Prasad Khanal	Functional Outcome of ACL Reconstruction combined with Arnold Coker technique of lateral extra-Articular tenodesis in high risk population
Dr. Sujal Baral	Dr Ashish Kumar Pandey	Dr Yam Bahadur Gurung Dr Amit Limbu	Correlation of anthropometric parameters with quadrupled hamstring graft size in arthroscopic ACL reconstruction among males.
Dr. Vipul Rajendra Palaskar	Prof. Dr. Guru Prasad Khanal	Dr. Bishnu Pokhrel	Correlation between bone mineral density and fragility fracture in perimenopausal women using dexa scan: A cross sectional study.
Dr. Viwekanand Yadav	Dr Amit Bikram Shah	Prof. Dr. Rajiv Maharjan Dr. Yam Bahadur Gurung	Comparison of short-term functional outcome of ankle syndesmotic injury repair with suture button versus syndesmotic screw fixation.
Dr. Amit Mishra	Prof.Dr. Raju Rijal	Dr.Ashish Kumar Pandey	Comparison of proximal femoral geometry of contra lateral hip between femoral

Name of Residents	Name of Guide	Name of Co-Guide(s)	Title of thesis
			neck and intertrochanteric fractures

Thesis Projects Completed

Name of Resident	Guide	Coguide	Thesis topic
Dr. Arish Ashokan Ezhawa	Prof. Dr. Rajiv Maharjan	Prof. Dr. Guru Psd. Khanal Prof. Dr. Raju Rijal Dr. Amit Bikram Shah	Indirect Osteosynthesis For Unstable Fracture Of Distal End Of Clavicle WithEndobutton& Fiber-Tape.
Dr. Bhuwan Moktan	Prof. Dr. Raju Rijal	Prof. Dr. Rajiv Maharjan Dr. Jitendra Shah Dr. Pramod Baral	Clinical Outcome Of Mini Open Lumbar Discectomy.
Dr. Bishal Chaudhary	Prof. Dr. Bikram Psd. Shrestha	Dr. Ashish Kumar Pandey Dr. Jitendra Shah Dr. Pramod Baral	Association Between Radiolographic and Clinical Outcomes Following Distal Radius Fracture
Dr. Braham Dev Mahato	Dr. Yam Bdr. Gurung	Prof. Dr. Bikram Psd. Shrestha Dr. Amit Bikram Shah Dr. Dipendra Mishra	Comparative Clinical And Radiographic Outcomes Between Early And Delayed Wrist Mobilization After Volar- Angle Plate Fixation Of Distal Ent Radius Fracture
Dr. Chandan Kumar Gupta	Dr. Bishnu Pokharel	Prof. Dr. Bikram Psd. Shrestha Prof. Dr. Rajiv Maharjan Dr. Pramod Baral	Comparison Of ACL Reconstruction With Adjustable Versus Fixed On Femoral Side

Name of Resident	Guide	Coguide	Thesis topic
Dr. Diwakar Chaudhary	Dr. Jitendra Shah	Prof. Dr. Guru Psd. Khanal Prof. Dr. Raju Rijal Dr. Yam Bdr. Gurung	Clinical Radiological Outcome Of Supra Patellar Nailing In Proximal Third Tibia Fractures
Dr. Nishan Bhandari	Dr. Amit Bikram Shah	Prof. Dr. Rajiv Maharjan Dr. Ashish Kumar Pandey Dr. Yam Bdr. Gurung	Relation Between Post Operative Mediolateral Width Of Tibial Plateau WithThe Functional Outcome Of Knee
Dr. Prabin Neupane	Dr. Ashish Kumar Pandey	Prof. Dr. Bikram Psd. Shrestha Prof. Dr. Raju Rijal Dr. Bishnu Pokharel	A Comparative Study On Functional Outcome Between Fixation Of Patellar Fracture With Suture And Wire
Dr. Roshan Adhikari	Prof. Dr. Guru Psd. Khanal	Dr. Bishnu Pokharel Dr. Pramod Baral Dr. Dipendra Mishra	Comparative Study Between Primary Surgical Intervention And Conservative Management Of Fracture Of Base Of Fifth Metatarsal Bone

Faculty Research Activities *Ongoing Research Projects*

S.No.	Principal Investigator	Title
1	Dr. Bishnu Pokharel	Prevalence of rheumatic diseases in Dharan sub-metropolitan city, Nepal, using WHO-ILAR COPCORD questionnaire
2	Dr. Bishnu Pokharel	Glenohumeral Joint Steroid Injection versus Suprascapular Nerve Block in Patients with Frozen shoulder: A Randomized Clinical Trial Protocol

Completed Research Projects

S.No.	Principal Investigator	Title
1.	Dr. Bishnu Pokharel	Validation of the Nepali Version of the WHO-ILAR COPCORD Questionnaire for Detection of Rheumatic Diseases in Nepal: Findings from Cross-cultural Adaptation and Pilot Testing

DEPARTMENTAL PUBLICATION

1. Lamichhane S, Chaudhary P, Rijal R, Maharjan R, Kandel K. Outcome of posterior short segment fixation with implanting pedicle screw at the fractured level for treatment of thoracolumbar fracture. Journal of Orthopedics.2025;62:106-11.
2. Khadka N, Shrestha BP, Rijal R,Maharjan R, ShahJ.Functional Outcomes of Titanium Elastic Nail Fixation in Diaphyseal Fracture of Femur in Children. Nepal Orthopedic Association Journal. 2025; 11(3):27-31.
3. Sah PK, Aryal P, Chaudhary P, Shah AB, Subedi RS, Yadav D, Sharma S, Maharjan R. Functional outcomes following total hip and knee arthroplasty. International Journal of Research inOrthopaedics.2025;11(3):477-83.
4. Niraula P, Deo M, Maharjan R.Effect of the Short Segment Internal Fixation with Intermediate Inclined Angle Poly Axial Screw at the Fractured Vertebra on the Treatment of Thoracolumbar Fracture at BPKIHS Dharan. Dinkum Journal of Medical Innovations.2025;4(5):257-72.

7. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS

A. Attended/ organized by Faculties

1. Prof. Dr Raju Rijal

- National faculty for AO Alliance Seminar-Paediatric Fracture ManagementBiratnagar, Nepal from December 12-13, 2025.

2. Prof. Dr. RAJIV MAHARJAN :

- Post- Graduate (PG) Foundation Course for Research Methodology 2026 organized by BPKIHS Jun – Jul 2206: BPKIHS, Nepal
- Cadaveric Workshop on Total Knee Arthroplasty (TKA) organized by Dept. of Orthopedics, BPKIHS15 May 2026: Dharan, Nepal
- Basic Health Research Methodology workshop organized by Health Research Capacity Building (HRCB) Committee, BPKIHS 19 – 21 Apr 2026: Dharan, Nepal
- Nepal Orthopedic Association (NOA) PG Course during 31st Annual Conference of Nepal Orthopedic Association (ORTHOCON 2026) 12 Feb 2026: Birtamod, Nepal
- Total Knee Arthroplasty (TKA) CadavericWorkshopduring70th Annual Conference of Indian Orthopaedic Association (IOACON 2025) 16 Dec 2025: Guwahati, India
- IOA PG Course during 70th Annual Conference of Indian Orthopaedic Association (IOACON 2025) 15 Dec 2025: Guwahati, India
- **Post- Graduate (PG) Foundation Course** for Research Methodology 2025 organized by BPKIHS Nov –Dec 2025: BPKIHS, Nepal
- **Cadaver Knee and Hip Arthroplasty Workshop organized** by Delhi Orthopedic Association (DOA), Dr Ram Manohar Lohia (RML) Hospital and Atal Bihari Vajpayee Institute of Medical Sciences (ABVIMS) 11 Jan – 12 Jan, 2025: New Delhi, India

B. Faculty participation

a. Prof. Dr. RAJIV MAHARJAN (as Participant):

- 5thSmart Conclave on Knee and Hip Arthroplasty (ARTHROVISION 2025) – 5 Oct. 2025: N.

Delhi, India

- Current Concepts in Arthroplasty (CCA) 2025 organized by All India Institute of Medical Sciences (AIIMS) 26 – 27 Jul 2025: N. Delhi, India
- Cadaver Workshop on "Revision Total Knee Replacement (TKR)"organized by All India Institute of Medical Sciences (AIIMS) 25 Jul 2025: N. Delhi, India
- Cerebral Palsy Symposium 2025 organized by AKB Education Foundation and endorsed by Nepal Orthopedic Association (NOA) 23 Apr 2025: HRDC, Banepa, Nepal

b. **DR. AMIT LIMBU** – ATTENDED - 31ST ANNUAL CONFERENCE OF THE NEPAL ORTHOPAEDIC ASSOCIATION (ORTHOCON 2026), FEB 13-15, 2026, BIRTAMOD, JHAPA

c. Prof. Dr Raju Rijal: Presented topics on Barriers to scoliosis surgery in Low- and Middle-income countries. 2026 South and Southeast Asia cooperative meeting on spinal deformity prevention and Treatment. Kunming, China. 12-15th June 2026.

d. Prof. Dr. RAJIV MAHARJAN :

- Oralpresentationtitled*"Formulation of Research Question and Hypothesis – Let's Learn Together"*during Research Hour (Episode 2) organized by Health Research Capacity Building (HRCB) Committee, BPKIHS 29 Jul 2026: Dharan, Nepal
- Oralpresentationtitled*"Instrumentation of Osteoporotic Spine – Tips and Tricks"in*Association of Spine Surgeons of Nepal (ASSN) Session during 31st Annual Conference of Nepal Orthopedic Association (ORTHOCON 2026) 13 - 15 Feb 2026: Birtamod, Nepal
- Oralpresentationtitled*"Basic Principles of Conventional TKR and Balancing a Varus Knee"*in Hip and Knee Session by Nepal Arthroplasty Society (NAS) during31st Annual Conference of Nepal Orthopedic Association (ORTHOCON 2026) 13 - 15 Feb 2026: Birtamod, Nepal
- Oralpresentationtitled*"Challenges in Instrumentation of Osteoporotic Spine" in*Spine Session during 70th Annual Conference of Indian Orthopaedic Association (IOACON 2025) 18 - 20 Dec 2025: Guwahati, India
- Oralpresentationtitled*"Complex Total Hip Replacement – Surgical Challenges"*duringNepal Orthopedic Association (NOA) Janakpur Branch CME 29 Nov 2025: Janakpur, Nepal
- Oralpresentationtitled*"Safety profile, quality of life and patient satisfaction after orthopedic implant removal"*during29th Annual Scientific Programme of BPKIHS 26– 28 Nov, 2025: Dharan, Nepal
- Oralpresentationtitled*"Factors associated with failure of closed reduction of Type III supracondylar fracture of humerus in children"*during29th Annual Scientific Programme of BPKIHS 26– 28 Nov,2025:Dharan, Nepal
- Oralpresentationtitled *"Tips and Tricks to review a paper"* duringNepal Orthopedic Association (NOA) Morang Branch Monthly CME 8 Aug. 2025: Biratnagar, Morang
- Oralpresentationtitled*"Surgical Challenges in Complex Primary THA"*during4th Nepal Arthroplasty Society (NAS) Symposium 16 Aug. 2025: B & B Hospital, Gwarko, Lalitpur

- Oralpresentationtitled *"How to write a good abstract?"* duringNepal Orthopedic Association (NOA) Monthly CME 26 Apr, 2025: B & B Hospital, Gwarko, Lalitpur

e. DR. AMIT LIMBU – Guest speaker, "bridging neuroanatomy and experimental animal research for advancing neuroscience", 5-9th june 2026, BPKIHS, dharan

8. HONOR/MILESTONE ACHIEVEMENTS/AWARD

Dr. Amit Limbu – Fellowship in Hand And Reconstructive Microsurgery, NUHS, Singapore

9. SPECIAL APPOINTMENTS

Prof. Dr Pashupati Chaudhary- Chairperson, Ram Raja Prasad Singh Academy of Health Sciences

Dr Bishnu Pokharel:

1. Report of Pharmacy Scam BPKIHS Submitted as a chief coordinator
2. Commercial use of Golf Course BPKIHS for financial sustainability of BPKIHS, report writing ongoing
3. Coordinator- Cadaveric Skills Lab BPKIHS
4. Member – Central Wheelchair Pool, BPKIHS

10. QUALITY IMPROVEMENT

- **Clinical audits**

Daily departmental clinical audits are conducted to review surgical outcomes, complication rates, and adherence to standard treatment protocols for common orthopaedic conditions (e.g., fracture fixation, arthroplasty, and trauma management). Findings are discussed in departmental meetings, with corrective action plans documented and followed up.

- **Mortality meetings**

Perioperative and trauma-related mortality and morbidity (M&M) meetings are held every three months to review adverse outcomes, identify contributing factors, and recommend preventive measures with the Hospital administration.

- **Infection control**

The department adheres to hospital infection prevention and control protocols, including surgical site infection (SSI) surveillance, sterile technique compliance in the operation theatre, and antibiotic prophylaxis guidelines according to BPKIHS Hospital infection control protocol.

- **SOP development**

Standard operating procedures are reviewed and updated for key departmental processes, including trauma triage, pre-operative checklists, implant selection, and post-operative rehabilitation protocols.

- **Patient safety**

Patient safety initiatives include use of the WHO surgical safety checklist, correct-site surgery verification protocols, and consent and counselling practices for high-risk procedures.

- **Accreditation activities**

11. INFRASTRUCTURE & EQUIPMENT

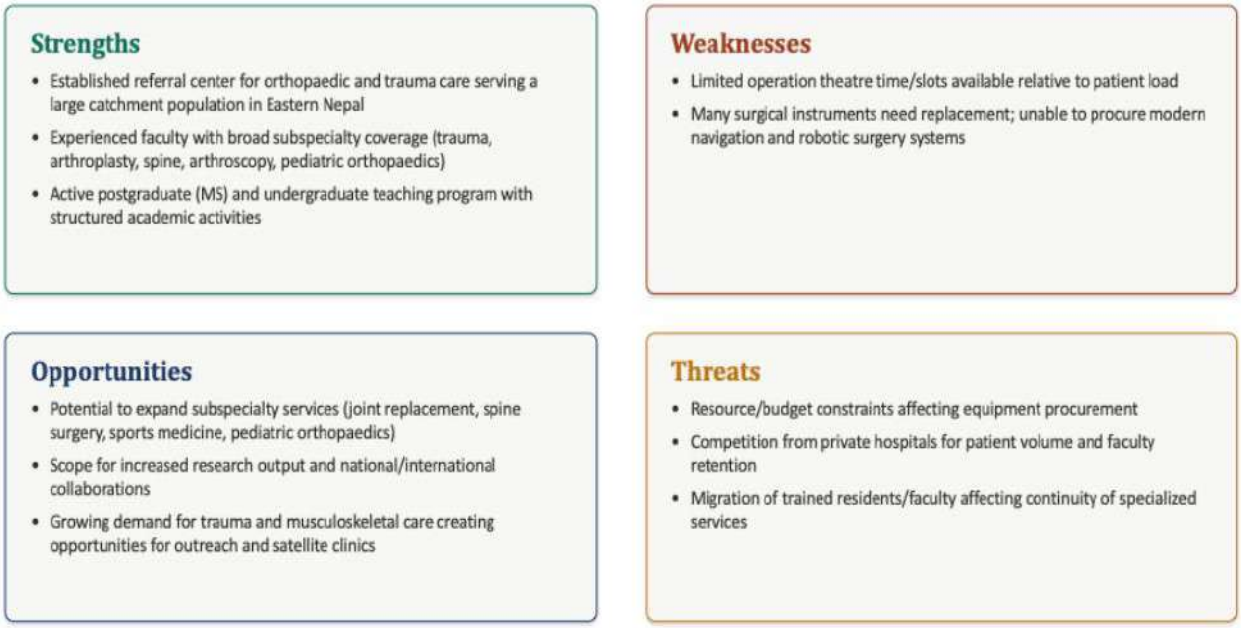
New equipment

C-arm image intensifier, Dexa scan and few surgical instruments were procured during this fiscal year.

Maintenance

Routine preventive maintenance and calibration of existing orthopaedic equipment (C-arm, drills, saws, traction apparatus) is carried out in coordination with the biomedical engineering department.

12. SWOT ANALYSIS



13. PLAN OF ACTION

Teaching Learning activities

- Strengthen case-based and problem-based learning sessions for MBBS students, with increased use of clinical simulation and skills-lab training for common orthopaedic procedures
- To continue structured postgraduate teaching through weekly seminars, journal clubs, and mortality/morbidity case discussions, with documented attendance and feedback
- Strengthen a competency-based logbook system for residents to track surgical case exposure across subspecialties (trauma, arthroplasty, spine, arthroscopy, pediatric orthopaedics).

Faculty Developmental activities

- Facilitate faculty participation in national and international conferences, workshops, and hands-on skills courses (e.g., arthroplasty, arthroscopy, spine fixation techniques)
- Encourage faculty to pursue fellowship/subspecialty training to strengthen departmental expertise in underrepresented areas
- Organize internal CMEs and faculty development sessions on medical education methodology, research methodology, and biostatistics
- Support faculty mentorship programs for junior faculty and residents to strengthen academic and research output

Future requirements of Equipments/Instruments

- Procurement of additional/upgraded C-arm image intensifier(s) to reduce OT scheduling bottlenecks
- Acquisition of arthroscopy tower and instrumentation to expand minimally invasive surgical services

- Replacement/upgradation of power tools, drills, operating table and equipment nearing end of service life
- Procurement of adequate implant inventory (trauma, arthroplasty, spine) to reduce dependency on patient-procured implants

Research

- Encourage departmental faculty for peer-reviewed publications.
- Encourage resident thesis topics aligned with locally relevant clinical questions and multi-year audit/outcome data
- Pursue collaborative/multi-center research with other departments and external institutions, including possible international collaborations

Patient Care

- Reduce outpatient and surgical waiting times through optimized OPD scheduling and OT time allocation
- Expand subspecialty clinics (e.g., dedicated arthroplasty, spine, and pediatric orthopaedic clinics) to improve continuity of care
- Strengthen trauma call and emergency response protocols to improve time-to-intervention for acute fractures and polytrauma
- Improve post-operative rehabilitation coordination with physiotherapy services for better functional outcomes

Specify if there is any other plan

- Expand community outreach and rural trauma/musculoskeletal screening camps to underserved areas
- Explore telemedicine/tele-orthopaedic consultation services for follow-up patients from remote Areas
- Establishment of trauma center and full functioning Rehabilitation center

9.18 DEPARTMENT OF ENT & HEAD AND NECK SURGERY

FACULTY MEMBER / SENIOR RESIDENT

Prof. Dr. Shyam Thapa Chettri	: Professor & Head
Dr. Deepak Paudel	: Additional Professor
Dr. Suban Bhandari	: Assistant Professor
Dr. Shudhanshu Dwiwedi	: Senior Resident

Technologist/ Technician /Administrative staff and supporting staffs

Audiologist	: Mr. Gopal Subedi
Sr. Administrative Assistant	: Mr. Santosh Kumar Acharya
Grade Technician	: Mr. Lalan Kr. Chaudhary
Helper/ Foreman	: Mr. Ramesh Kr. Magar
	: Mr. Parsuram Dangi
	: Ms. Asta Maya Rai

1. TEACHING ACTIVITIES :

Post Graduate (Junior Residents): 10

i. Seminars: Every Thursday
ii. Journal club: Every Friday
iii. Case Presentations: Every Tuesday
iv. Clinical Bed side teaching- Sunday, Monday, Wednesday

Undergraduate Level:
MBBS: SIS-38, Seminars-8
CBL-19, (Group wise) SGD-4 (Group wise):
BDS: SIS – 7
CBL-7, (Group wise):

2. HOSPITAL SERVICES

1. Patient Care : (from 16th July 2025 to 15th July 2026)
   Statistics of services provided

1. PATIENT CARE SERVICES :

Service		Achieved during (2082-083)
ENT OPD Patients		41616
Total Admissions		1364
Bed Occupancy rate		47.9%
Av. Length of hospital stay		4.1 Days
OPERATIONS		
Emergency	Major	105
	Intermediate	2
	Minor	5
	Total	**112**
Routine OT	Major	824
	Intermediate	29
	Minor	1419
	Day care OT	7
	Total	**2279**
Operation	**Grand Total**	**2391**
Audiological services:		

Name of test	Achieved during(2082-083)
PTA	2628
Impedance	400
ABR(BERA)	175
HAT	320
Speech Therapy	330

2. RESEARCH ACTIVITIES

Completed:

SN	Title	Principle Investigator
1.	Analysis of Prognostic Factors of Bell's palsy in a Tertiary Care Centre of Eastern Nepal: A Retrospective Study	Dr. Deepak Paudel
2.	Assessment of tongue motility following tongue cancer surgery and its correlation with speech intelligibility and swallowing .	Dr. Deepak Paudel
3.	Validation of Nepali Version of University of Washington Quality of Life Questionnaire for Head and Neck Cancer Patients	Dr. Deepak Paudel

PG Thesis Completed:

Name of Resident/ Student	Name of Guide	Name of Co- Guide	Title
Dr. Anil Shrestha	Prof. Dr.Shyam Thapa Chettri	Dr. Suban Bhandari	Effectiveness of Povidone iodine in comparison to clotrimazole in treatment of otomycosis in BPKIHS, Dharan
Dr. Dikshya Shrestha	Prof. Dr.Shyam Thapa Chettri	Dr. Suban Bhandari	Quality of life in post Septorhinoplasty patients in BPKIHS, Dharan
Dr. Buddhi Kumari Budha Magar	Dr. Deepak Paudel	Prof. Dr. Shyam Thapa Chettri Dr. Yamuna Agrawal	Prevalance of Lymph node metastasis in Papillary thyroid carcinoma and its associated risk factor at BPKIHS, Dharan

Thesis Protocol Submitted:

Name of Resident/ Student	Name of Guide	Name of Co- Guide	Title
Dr Kaushal Oli	Dr Deepak Paudel	Prof. Dr Shyam Thapa Chettri Prof. Dr Suresh Prasad Sah Dr. Suban Bhandari	Assessment of intraoperative indocyanine Green Imaging for parathyroid perfusion and its association with early postoperative hypocalcemia in patients undergoing total thyroidectomy at BPKIHS in eastern Nepal.
Dr Rachit Shah	Prof. Dr Shyam Thapa Chettri	Dr Deepak Paudel Dr Suban Bhandari	Study of hearing outcome after endoscopic myringoplasty/type 1 tympanoplasty
Dr Ranju Thapa	Dr Deepak Paudel	Prof. Dr Shyam Thapa Chettri	Relationship of recurrent laryngeal nerve and superior parathyroid with

Name of Resident/ Student	Name of Guide	Name of Co- Guide	Title
			tubercle of Zuckerkandl in eastern Nepal.
Dr Sachin Paudel	Prof. Dr Shyam Thapa Chettri	Dr Deepak Paudel Dr Suban Bhandari	To study the relationship between symptom severity in patients with chronic rhinosinusitis and sleep quality.
Dr Sreeram Aryal	Prof. Dr Shyam Thapa Chettri	Dr Deepak Paudel Dr Suban Bhandari	Nasal Parameters of Nepalese Audit: A Descriptive Study in BPKIHS.

Ongoing studies:

Dr. Deepak Paudel :

- The hidden cost financial toxicity Among Head & Neck Cancer patients at a territory care center in Eastern Nepal.
- Enhanced recovery after surgery (CRAS) in Thyroidectomy: A prospective Cohort study.
- Organized head and neck and Rhinoplasty Cadaveric dissection Workshop in BPKIHS .
- Annual Scientific Meeting (ASM) organized by (ANZHNCS) in Adelaide, Australia on 28-30 August 2025.

4. WORKSHOP, CONFERENCES, TRAINING, AND CME PROGRAMS

1. **Dr. Shyam Thapa Chettri :**
   - Participate in PG Curriculum ORC-HNS: April 5, 2026 Madan Bhandari Academy of Sciences, Hetauda.
   - Participate in MBBS Curriculum Development workshop programme, Poush 23 to 25 2082
   - Organized Head & Neck Surgery and rhinoplasty Cadaveric dissection Workshop in BPKIHS ,May8-9,2026.
2. **Dr. Deepak Paudel :**
   - Participated in Birat Cancer Symposium January 30, 2026 at BIRAT Medical College Biratnagar.
   - Participated as panelist in Symposium Nobel Medical College Biratnagar on February 3, 2026.
   - Organized Head & Neck Surgery and rhinoplasty Cadaveric dissection Workshop in BPKIHS, May8-9,2026
3. **Dr. Suban Bhandari**
   - Organized Head & Neck Surgery and rhinoplasty Cadaveric dissection Workshop in BPKIHS, May8-9,2026.
   - Conference of Nuclear Medicine in BIRAT Medical College, Biratnagar on July 11, 2026
   - Participated in Birat Cancer Symposium January 30, 2026 at BIRAT Medical College Biratnagar.

Equipments Require & Plan to Procure

- **Microscope**
- **FESS set**
- **Flexible Nasolaryngoscope**
- **Surgical Instruments**
- **Coblator**
- **OT table**
- **OT light**
- **OPD Equipments**
- **Audiology Equipment set :BERA,Otoacoustic emission.**
- **Nerve monitor**

5. PLAN OF ACTION

- The department has plans to start a fellowship in the following sub-specialty in a phase wise manner which will not only help the retention of faculty but will also improve the quality of academic program and patient care.
    - Otology
    - Rhinology
    - Laryngology
- Plan to start an allergy lab.
- To develop skull base surgery
- To develop facial, plastic surgery.
- To develop pediatric otolaryngology.
- To procure additional instruments and equipment for the above sub-specialty.
- To develop skills lab
- MCH Head AND Neck Oncosurgery
- Diploma in Audiology
- Cochlear Implant Facility
- Short term Training for faculties and SR
- Rhinology
- Otology
- Head and Neck
- Paediatric Otolaryngology

9.19 DEPARTMENT OF PATHOLOGY

FACULTY MEMBERS

1. Dr. Anju Pradhan. Professor & Head
2. Dr. Smriti Karki Professor
3. Dr. Paricha Upadhyaya Professor
4. Dr. Punam Paudyal Professor
5. Dr. Yamuna Agrawal Associate Professor
6. Dr. Rajan Shah Associate Professor
7. Dr. Mona Dahal Associate Professor
8. Dr. Aman Thakur Lecturer
9. Dr. Binu Rimal Lecturer

TECHNICAL STAFF

NAME	POSITION
Mr. Jitendra Kumar Yadav (In-charge)	Chief Technologist (Lab)
Mr. Jeetendra Sharma	Sr. Technologist
Mr. Bishnu Karki	Sr. Technologist
Mr. Saha Deo Ram (In-charge)	Sr. Grad Technician
Mrs. Ishwori Niraula	Sr. Grad Technician
Mrs. Sushila Subedi	Sr. Grad Technician
Mrs. Manju Kumari Sah	Sr. Grad Technician
Mrs. Kumari Rupam Dutta	Sr. Grad Technician
Mr. Birendra Chaudhary	Sr. Grad Technician
Mr. Kuseswar Yadav	Sr. Grad Technician
Mr. Rajesh Yadav	Sr. Grad Technician
Mr. Kabir Khanal	Sr. Grad Technician
Mr. Shyam Yadav	Sr. Grad Technician
Mrs. Sweety Dev	Technician
Mrs. Tirtha Kala Rai	Technician
Mr. Ram Narayan Yadav	Technician
Mr. Indra Narayan Yadav	Technician
Mr. Khagendra Biswas	Sr. Technical Assistant
Mr. Abir Man Rai	Sr. Technical Assistant

NAME	POSITION
Mr. Manoj Thapa	Technical Assistant
Mr. Dinesh Prasad Yadav	Technical Assistant
Mr. Mahesh Mohara	Technical Assistant
Mr. Binod Pandit	Technical Assistant

ADMINISTRATIVE STAFF

NAME	POSITION
Mrs. Kopila Karki	Clerk
Mrs. Bishnu Kumari Tamali Rai	Senior Foreman (Office)
Mrs. Kabita Kumari Yadav	Helper 1 (Blood bank)
Mr. Naran Rai	Helper 1 (Histo/ Cyto Lab)
Mrs. Sita Chapagain	Helper 1 (filing and Lab)

Residents

Name of Junior Resident	Number
1st year	7
2nd year	6
3rd year	6

1. DEPARTMENTAL ACHIEVEMENTS AND SUMMARY

In addition to providing continuous diagnostic pathology services and undertaking regular teaching-learning and research activities, the Department of Pathology has remained actively engaged in academic, professional, and institutional initiatives during the year.

The department also organized a Continuing Medical Education (CME) program entitled “Demystifying the Chameleons of Lung Cancer: From Cells to Signature” on 20 December 2025, in association with the Association of Clinical Pathologists of Nepal (ACPN). The program provided an academic platform for discussion of contemporary concepts in lung cancer pathology, including evolving morphological, immunohistochemical, and molecular approaches to diagnosis and classification.

As part of International Pathology Day, the department organized a blood donation program on 12 November 2025, reflecting its commitment not only to diagnostic medicine and academic excellence but also to community service and social responsibility.

2. ACADEMIC ACTIVITIES

Undergraduate Teaching

- Teaching hours

	Teaching Hours (Theory)	Teaching Hours (Practical)
1st year MBBS	58	120
2nd year MBBS	49	90
3rd year MBBS	1	6
4th year MBBS (Lab. Medicine)	5	-
5th year MBBS	1	-
1st year BDS	49	51
2nd year BDS	17	9
1st year B.Sc. Nursing	48	30
3rd year B.Sc. Nursing	7	-
1st year B. Sc. MIT	48	-
1st year B. M. S.	50	21
1st year B. Sc. MLT	32	21
2nd year B. Sc. MLT	56	75
3rd year B. Sc. MLT	41	42
4th year B. Sc. MLT	6	3

- Clinical postings

Class	Seminar	PBL	CBL	SGD
1st year MBBS/BDS	-	3	-	-
2nd year MBBS	-	2	-	-
3rd year MBBS	2	-	-	-
4th year MBBS	-	-	7	5

Postgraduate Teaching

SEMINAR

Subject seminar -Every Monday

Gross specimen seminar – Every alternate Wednesday

Journal Presentation – Every alternate Wednesday

Clinical Pathological Meet – Rotates every Tuesday between various clinical departments.
Slide seminar – Every Friday
Active involvement in routine signing out of histopathology, cytopathology, and hematology by consultants daily provides opportunities for teaching and learning activities.

Laboratory posting provides hands-on exposure to laboratory skill development and laboratory management.

The final-year postgraduates' one-month visit to the Pathology department in AIIMS is a value-added experience in special laboratory techniques, viz: immunofluorescence, flow cytometry, electron microscopy.

Weekly Evaluation- n Evaluation of performance in seminars in a structured format.
Internal Assessment with Theory, VIVA & OSPE/OSCE- Summative done regularly at 1.5 and 2.5 years after enrolment into the program. Formatives are carried out routinely in the department.

3. HOSPITAL SERVICES (community services)

HOSPITAL SERVICE IN THREE UNITS for 2082/2083

I	HISTOPATHOLOGY: **1.** Biopsies **2.** Special Stain **3.** Immunohistochemistry	 9224 9598 282
II	CYTOPATHOLOGY:	2496
III	HEMATOLOGY:	961813

Histo Special Stain

SN	Name of Test	No. of Tests
1	AFB (TB)	972
2	AFB (Lepra)	559
3	PAS	1192
4	Giemsa Stain	801
5	Oil Red 'O'	7
6	Masson Trichrome	1097
7	Congo Red	9
8	Reticulin	711
9	Melanin Bleach	80
10	Iron Stain	615
11	Gram's Stain	39

SN	Name of Test	No. of Tests
12	Mucicarmine	611
13	VVG	215
14	VG	101
15	PTAH	40
16	Fontana Masson	45
17	Methylene Blue	21
18	Silver Methenamine	00
19	Crystal Violet	57
20	AB PAS PH 2.5	822
21	AB PAS PH 1.0	201
22	PAS with Diastase	516
23	Toluidine Blue	172
24	Von Kossa	32
25	Rhoda mine	45
26	Alcian Blue	637
	Total	9598

Cytopathology

SN	Name of Test	No. of Tests
1	FNAC/USG/CT guided FNAC	1188
2	PAP smears	588
3	Fluids/ Sputum/ BAL	720
	Total	2496

Cyto Special Stain

SN	Name of Test	No. of Tests
1	AFB (TB)	1051
2	PAS	52
3	Mucicarmine	5
	Total	1108

Cytochemistry

SN	Name of Test	No. of Tests
1	PAS	15
2	Sudan Black B	13
	Total	28

Hematology

SN	TEST NAME	TEST QUANTITY (ACCORDING TO BILLING)
1	AEC	2562
2	APTT	852
3	BJ PROTEIN (BJP)	43
4	BLOOD GROUP	24560
5	BT/CT	1197
6	HEMOGLOBIN	98013
7	PCV	90411
8	TLC	90406
9	DLC	90402
10	PLATELETS	90475
11	RBC	90399
12	MCV	90402
13	MCH	90398
14	MCHC	90398
15	COOMBS TEST INDIRECT	198
16	CLOTTING TIME	1173
17	COOMBS TEST DIRECT	434
18	ESR	13227
19	G6PD	152
20	HLA B27	55
21	KETONE BODY	1126
22	PREGNANCY TEST	1033
23	PROTHROMBIN TIME	24201
24	PS FOR CYTOLOGY	12519
25	RETICS COUNT	3389
26	SEMEN ANALYSIS	299
27	URINE FOR DYSMORPHIC RBC	165
28	BONE MARROW CYTOLOGY	135
29	CSF AND BODY FLUIDS	1906
30	URINE REME	51283
	TOTAL	**961813**

4. RESEARCH ACTIVITIES:

Undergraduate student research activities

Name of Students	Name of Guide	Title of thesis
Subin Kumar Sah	Dr Mona Dahal	A Comparative Analysis of Rehydrated Air-Dried Smears Versus Wet-Fixed Smears in Fine Needle Aspiration Cytology at BPKIHS
Sneha Mallik	Dr Mona Dahal	A Comparative Study of Packed Cell Volume Measured by Automated Hematology Analyzer and Manual Wintrobe Method at BPKIHS
Divya Jaiswal	Dr. Yamuna Agrawal	Comparison between microwave and conventional automated histo-processing method in Histopathology Laboratory at BPKIHS, Dharan
Divya Jha	Dr. Yamuna Agrawal	A Comparative study of ESR Estimation by Automated Hematology Analyzer and Manual Westergren method
Saroj Prasain	Dr. Rajan Shah	Comparison of platelet count by automated hematology analyser and peripheral blood smear at BPKIHS, Dharan
Bishal Belbase	Dr. Rajan Shah	Correlative study of thyroid lesions by fine needle aspiration cytology (FNAC) with thyroid function test

Postgraduate student research activities

Ongoing thesis

Name of Student	Name of Guide	Name of Co-guide	Title
Dr. Chandani Shah	Dr Rajan Shah	Prof. Dr. Paricha Upadhyaya Professor Anju Pradhan Dr Denish Peeyush Sharma	Histopathologic spectrum of lesions in lower gastrointestinal colonoscopy biopsy
Dr. Chitrakala Chaudhary	Prof. Dr Punam Paudyal	Prof. Dr Paricha Upadhyaya Dr. Rajan Shah Prof. Dr Suresh Prasad Sah	Association of Estrogen Receptor and Progesterone Receptor expression with Ki-67 index in breast carcinoma.

Name of Student	Name of Guide	Name of Co-guide	Title
Dr. Urusha Khadka	Dr. Mona Dahal	Prof. Dr. Anju Pradhan Dr. Yamuna Agrawal Prof. Dr. Shyam Thapa Chhetri Dr. Soniya Dulal	Application of the WHO reporting system for the classification of lymph node cytology and its correlation with histopathology
Dr. Aarjol Bhattarai	Prof. Dr. Anju Pradhan	Prof. Dr. Punam Poudyal Dr. Yamuna Agrawal Prof. Dr. Dhan Keshar Khadka	Correlation of histopathological spectrum of leprosy with bacteriological index in skin biopsies
Dr. Saphalta Bista	Prof. Dr. Paricha Upadhyaya	Prof. Dr Anju Pradhan Dr. Mona Dahal Dr. Vijay Shrestha	Association of Tumor Host interface parameters with tumor stage
Dr. Sanita Awal	Dr. Yamuna Agrawal	Prof. Dr. Punam Paudyal Dr. Rajan Shah Prof. Dr. Sarada Khadka	Her2-neu expression in breast carcinoma and its correlation with clinicopathological parameters

Thesis completed

Name of Student	Name of Guide	Name of Co-guide	Title
Dr. Devesh Adhikari	Prof. Dr. Smriti Karki	Dr. Mona Dahal Dr. Ramesh Shrestha	Comparison of conventional PAP smear with SurePath liquid-based cytology reporting using the Bethesda system at BPKIHS.
Dr. Kukee Ingnam	Prof. Dr. Paricha Upadhyaya	Dr. Rajan Shah Dr. Mona Dahal Dr Achala Thakur	Histopathological spectrum of Neoplastic lesions of the female reproductive tract in BPKIHS
Dr. Yek Raj Gurung	Dr. Yamuna Agrawal	Prof. Dr. Smriti Karki Prof. Dr. Sudha Agrawal	Clinico-Histopathological Spectrum of Scarring and Non-scarring Alopecia at B.P Koirala Institute of Health Sciences
Dr. Jay Prakash Shah	Dr. Rajan Shah	Prof. Dr. Paricha Upadhyaya Dr. Rikesh Jung Karki	Histopathological spectrum of urinary bladder lesions at B.P Koirala Institute of Health Sciences
Dr. Seasana Phuyal	Prof. Dr. Anju Pradhan	Dr. Yamuna Agrawal Dr. Rajan Shah Prof. Dr. Shivendra Jha	Histopathological Spectrum of Autopsy Specimens at B.P. Koirala Institute of Health Sciences.

Name of Student	Name of Guide	Name of Co-guide	Title
Dr. Sujata Karki	Dr. Mona Dahal	Prof. Dr. Anju Pradhan	Study on Preanalytical Errors in Histopathology Laboratory: a descriptive cross-sectional study at B.P. Koirala Institute of Health Sciences

Faculty Research Activities

Ongoing Research Projects

S.No.	Principal Investigator	Title
1	Dr Mona Dahal	Clinicopathological Study of Tumor Infiltrating Lymphocytes in Colorectal Carcinoma at BPKIHS
2	Dr Mona Dahal	Clinicopathological Study of Stromal Tumor Infiltrating Lymphocytes in Breast Carcinoma at BPKIHS
3.	Dr. Yamuna Agrawal	Histopathological Spectrum and Immunohistochemical Profile of Lung Carcinomas in Small Biopsy Samples: A Retrospective Study.
4.	Dr. Yamuna Agrawal	Diagnostic Utility and Risk of Malignancy stratification in lung cytopathology. A Retrospective single-center experience using the WHO guidelines.

DEPARTMENTAL PUBLICATION

- **Dahal M**. Bridging the gap: understanding Histopathology report. JPKIHS 2025;8(1): 1-3
- Adhikari SS, **Paudyal P, Pradhan A**, **Agrawal Y**. Comparative study of cytomorphological Robinson's grading with modified Bloom-Richardson histopathological grading for breast carcinoma attending BPKIHS. J Pathol Nep 2025;15(1):2254-60.
- Chhetri SK, Ghimire S, Thapa S, KC S , Khanal B , **Agrawal Y**. A very unusual case of recurrence of desmoplastic fibroblastoma": a case report. Ann Med Surg (Lond). 2025;87(9):6078-6082.
- Jaishi S, Deo KB, Yogi BR, **Agrawal Y**, Lamichhane S, Adhikary S. Cystic Intraductal Papillary Neoplasm of the Bile Duct in the Left Lobe of the Liver With Associated Liver Atrophy: A Case Report. Clin Case Rep. 2025;13(10):e71193.

5. CONFERENCE/WORKSHOP/SYMPOSIUM/TRAININGS

Attended/ organized by Faculties

A. Prof. Dr. Anju Pradhan:

1. Resource Person in Foundations of Health Professions Education: Curriculum, Teaching, Assessment, and Mentoring, 22nd-26th March 2026, Department of Health Professions Education, HPECG Training Hall, Room no. 304, Medical College Block, BPKIHS, Nepal.
   a. Designing Fair and Reliable Question Papers- Steps & Design.
   b. Question Vetting and Moderation: Principles and Best Practices

2. Participant, Faculty Development Program on Technology-Enhanced Competency-Based Medical Education, Association of Indian Universities-Sri Balaji Vidyapeeth Deemed to be University Academic and Administrative Development Center, Pondicherry, India.
3. Symposium on Hepatopancreaticobiliary Malignancy, as a Panelist in the Case Capsule titled 'Pancreatic Head Mass', January 30, 2026, Soaltee Westend, Itahari, Nepal.

B. Dr Yamuna Agrawal:

"Essentials of Student Assessment". 27th -28th April 2026, BPKIHS, Dharan.

C. Dr. Rajan Shah:

1. Panelist in "Symposium on oral potentially malignant disorders (OPMDs)", 27th June 2026, CODS, BPKIHS, Dharan.
2. Guest Speaker at IBRO Associate School "Bridging Neuroanatomy and Experimental Animal Research for Advancing Neuroscience". 5th- 9th June 2026, BPKIHS, Dharan.

D. Dr Mona Dahal:

Plenary Lecture- "Bridging the Gap: Understanding Histopathology Report", 29th Annual Scientific Program, 26th November 2025, BPKIHS, Dharan.

E. Dr. Aman Thakur:

1. Participant: Three-Day Workshop on Basic Health Research Methodology, 19th to 21st April, 2026, BPKIHS, Dharan
2. Speaker: "The Diagnostic Bridge: Interpreting Laboratory Analysis to Clinical Outcomes and Public Safety", 24th April, 2026, BPKIHS, Dharan

F. Dr. Binu Rimal:

Participant: "Foundations of Health Education: Curriculum, Teaching, Assessment and Mentoring", 22nd - 26th March, 2026

E. CME: Demystifying the chameleons in Lung Cancer "From Cells to Signature", 20th December 2025: Participated by all the faculty and residents of the department.

6. HONOR/MILESTONE ACHIEVEMENTS/AWARD

A significant milestone for the department was the organization of the Silver Jubilee Celebration on 19 December 2025, commemorating 25 years of Pathology Residency training in the department. The program celebrated the department's longstanding contribution to postgraduate medical education and the development of trained pathologists, while also highlighting its evolution in diagnostic services, academic activities, and research over the past two and a half decades.

7. SPECIAL APPOINTMENTS:

1. Prof. Dr. Smriti Karki - Vice Chancellor, BPKIHS
2. Prof. Dr. Anju Pradhan
   - Head of Department, BPKIHS (from 15th July 2026)
   - Dean, Examination (from 31st December 2025)
   - Member, Curriculum Review and Evaluation Committee (MBBS)
   - Spokesperson, BPKIHS (till 30th Dec 2025)

	- Coordinator, Health Professions Education Core Group, Health Professions Education Department (till 30th Dec 2025)
2. Prof. Dr. Paricha Upadhyaya	- Chief Editor, JBPKIHS - Coordinator HPED
3. Dr. Mona Dahal	- Member, IRC - Editor, JBPKIHS - Member, Organizing Committee, 29th Annual Scientific Program.

8. PLAN OF ACTION

A. Equipment to be added to the following sub-units:

Histopathology:

1. Automated tissue processor- for swift processing of the biopsy samples, to meet the workload of the histopathology laboratory and improve turnaround time.
2. Embedding station- to minimize the health hazard of the manpower working in the histopathology laboratory.
3. Immunohistochemistry services- for providing precise and quality immunohistochemistry (IHC) services. Though manual IHC is currently being performed in the department, the range of antibodies is limited, restricting the scope of diagnostic testing. An automated immunostainer has already been partially installed in the department. The department has corresponded with the administration for full installation of the equipment along with availability of necessary consumables. Availability of those resources will facilitate expansion of the IHC panel, enhance turnaround time, and provide a broader range of quality IHC services.
4. Availability of consumables for the frozen section and maintenance and repair of the existing cryostat will ensure continuity of services. A regular supply chain as per the department's demand will help in smoothening all basic services available so far.
5. Upgrading and reinstating the immunofluorescence microscope available in the department, thereby running in parallel to support nephrology and dermatology services in the institute. The newly installed automated IHC stainer in the department also functions to stain Immunofluorescence slides.

Cytopathology:

1. Equipment for HPV testing- important for screening of cervical cancer
2. Continuous Procurement of kits for liquid-based cytology for smooth and uninterrupted service.

Hematology:

1. Uninterrupted availability of reagents/ consumables for fully automated coagulation analyzer and Automated ESR – for swift reports in hematology laboratory
2. Installation of HPLC

Blood Bank:

1. Component separator Centrifuge machine.
2. Subsequently, apheresis machine.

B. Manpower:

1. Recruitment of additional technical manpower to meet the patient load and for better turnaround time.
2. Training of technical manpower and faculty in immunofluorescence, immunohistochemistry, and flow cytometry- development of skills as per clinical superspeciality for upgradation of renal pathology, dermatopathology, and medical oncology.

C. Teaching, Learning and Research:

1. Deca-headed microscope- 3, required for postgraduate teaching-learning activities and routine sign-out (collateral reporting can minimize the turnaround time)
2. Binocular microscope with fitted camera and projection screen – 2, essential for undergraduate demonstration in LABEX and postgraduate case discussions and publications.

D. Laboratory Strengthening:

1. Work for Quality assurance in all laboratories of the Department of Pathology- Form a team within the department of faculty who have availed training for IA & QMS program, which will work on areas of improvement and formulate recommendations and plan of action for quality assurance.
2. Though flow cytometry is available in the department, smooth running of the service is possible only after regular maintenance, servicing, and supply of consumables and reagents. Flow cytometry is important for strengthening the diagnosis of hematolymphoid malignancy.

E. Space upgradation:

1. Construction of postgraduate cubicles- As there is space limitation for regular slide screening of postgraduates, new cubicles need to be constructed in the department.
2. Additional space for departmental museum- facility considered as one of the important criteria for MCI recognition and a must for Pathology department in a teaching university.

9.20 DEPARTMENT OF PEDIATRICS AND ADOLESCENTS MEDICINE

FACULTY MEMBERS

Dr Shipra Chaudhary	Additional Professor & Head
Dr Nisha Keshary Bhatta	Professor
Dr Shyam Prasad Kafle	Associate Professor
Dr Arun Kumar Singh	Associate Professor
Dr Lokraj Shah	Associate Professor
Dr Basant Rai	Assistant Professor
Dr Subash Basnet	Assistant Professor
Dr Ramesh Das	Assistant Professor
Dr Arabindra Yadav	Assistant Professor
Dr Lalan Prasad Rauniyar	Senior Resident
Dr Sagun Khanal	Senior Resident

STAFF MEMBERS

Bisho Kumar Yadav	: Computer Clerk
Dipa Kumari Timsina	: Helper

1. NUMBER OF DM RESIDENTS/RESIDENTS/MEDICAL OFFICER/NURSING STAFF/OTHER HEALTH STAFFS

S.No.	Particulars	Number
1	Neonatal DM Residents	5
2	Junior Residents	
	1st Year	10
	2nd Year	9
	3rd Year	6
3	Medical Officers	1
4	Nursing In-charge/Supervisor	6
5	Nursing Staff Members	87
5	Health Aid	10
6	Helper	24

2. ACADEMIC ACTIVITIES

UNDER GRADUATE TEACHING : MBBS & BDS

S.N	Topics	MBBS					BDS	
		1st Year	2nd Year	3rd Year	4th Year	5th Year	1st Year	3rd Year
1	SIS	2	-	28 +28	3 + 3	28	2	9
2	Seminar	-		3+3	-	5	-	-
3	SGD	-	-	1/Week		1/Week	-	-
4	CBL	-	-	5/Week	-	5/Week	-	12/Batch
5	CLIP	1/Week	2/Week	-	-	-	-	-
6	LABEX		-	-	-	-	2	-

S.N	Topics	MBBS					BDS	
7	LIF	-	-	1/Week		1/Week	-	-
8	SYCS	-	-	-	1/ Week	-	-	-

POSTGRADUATE TEACHING

S.N	Topics	
1	Case Presentation	2-3/ week
2	Seminar	1/ week
3	Journal club	1/week
4	Topic Review	1/week
5	Mortality Review	1/month
6	Perinatal Audit	1/month

DOCTORATE TEACHING

S.N	Topics	
1	Case Presentation	8-10/ month
2	Topic Review	2-4/ month
3	Journal club	1/ week
4	Article review	1/ week
5	Perinatal mortality review	1/ month
6	Perinatal Audit	1/month

INTER-DEPARTMENTAL TEACHING PROGRAMME

S.N	Topics	
1.	Perinatal Mortality Review	1/month
2	Residents from OS/Gyn: NICU postings	2 Weeks
3.	Clinical postings of BSc. Nursing students	2 weeks
4	Clinical postings of MSc. Nursing students	2 weeks

3. CLINICAL SERVICES :

PEDIATRIC EMERGENCY SERVICES:
Emergency Admission: 19297

Outpatient department	No.of patients
Pediatric OPD	37876
Pediatric paying OPD	3202
Special Clinics	
Pediatric Respiratory Clinic	1046
Pediatric Nephrology Clinic	313
Pediatric Neurology Clinic	403
Pediatric Diabetic Clinic	290
Well baby Clinic	869
High Risk Newborn follow up Clinic	818

INPATIENT SERVICES :

	Pediatric ER	Ped. Ward	NICU	PICU	Nursery	Neonatal
Admission	19297	2784	297	320	346	722

Neonates delivered and discharged under department of Pediatrics and Adolescent medicine: 6826

4. RESEARCH ACTIVITIES

DM NEONATOLOGY THESIS / RESEARCH COMPLETED :

Name	Guide	Co-Guide	Title of thesis
Dr Prakash Kumar Soni	Prof Dr Nisha K Bhatta	Dr Lokraj Shah	1. Effectiveness of Nasal Intermittent Positive Pressure Ventilation to avoid Intubation in Preterm newborns admitted to NICU at BPKIHS, Dharan 2. Etiological Profile and outcome of Acute Kidney Injuries in neonates admitted to NICU of a tertiary care center: A prospective Observational Study
Dr Shikhar Pradhan	Prof Dr Nisha K Bhatta	Dr. Lokraj Shah, Dr. Pappu Rijal Prof Dr. Madhab Lamsal	1. Correlation between transcutaneous bilirubin and serum bilirubin in covered skin during and after phototherapy in neonates 3. 2. Sleep patterns in young infants visiting pediatric OPD at tertiary care centre hospital, BPKIHS, Dharan, Nepal

DM Neonatology ongoing Thesis / Research

Name	Co-Guide	Guide	Title of thesis
Dr Shyam Nandan Shah	Dr Lokraj Shah	Prof Dr Nisha K Bhatta	Time required to reach enteral feeding in preterm infants < 1500 gm
Dr Richa Bastola	DrLokraj Shah	Prof Dr Nisha K Bhatta	Reduction in contamination of donated human milk in sanjivani

Name	Co-Guide	Guide	Title of thesis
	Prof Dr Ratna Baral		comprehensive lactation management center of BPKIHS, a quality improvement initiative
Dr Liza Puri	Prof Dr Mukesh Kumar Gupta Dr Lokraj Shah Dr Arabindra Yadav	Prof Dr Nisha K Bhatta	Predicting extubation failure using lung ultrasound in neonates admitted in neonatal intensive care unit of BPKIHS: An observational study

POST GRADUATE STUDENTS THESIS PROJECT COMPLETED :

Name	Guide	Co-Guide	Title of thesis
Dr Manjil Basnet	Prof Dr Nisha K Bhatta	Dr Shyam Prasad Kafle	Clinico-epidemiological profile of malnutrition in hospitalized children of age 6 months to 5 years in BPKIHS
Dr Bishnu Malla	Dr Lokraj Shah	Prof Dr Nisha K Bhatta	The effect of kangaroo mother care method toward weight gain and length of hospital stay among low-birth-weight babies in BPKIHS
Dr Gyanendra Chaudhary	Prof Dr. Nisha K Bhatta	Dr Shyam Prasad Kafle Dr Basant Rai	Incidence of anemia and its impact on severity of community acquired pneumonia in hospitalized children
Dr Shilu Upreti	Dr Shyam Prasad Kafle	Dr Arun Kumar Singh	Clinico-etiological profile and outcome of AKI in hospitalized children at BPKIHS
Dr Sakshi Gautam	Dr Shipra Chaudhary	Dr Subash Basnet Dr Ramesh Das Dr Gauri Mukhiya	Clinico-radiological profile of Acute LRTI in children admitted at BPKIHS
Dr Urvashi Gupta	Dr Arun Kumar Singh	Dr Shyam Prasad Kafle Dr Madhav Lamsal	Clinico-biochemical profile of Type 1 Diabetes mellius among children attending pediatric diabetic clinic in BPKIHS

Post Graduate Students THESIS PROJECT Ongoing:

Name	Guide	Co-Guide	Title of thesis
Dr Krishna Subedi	Dr Lokraj Shah	Dr Basant Rai	Assessment of severity of pneumonia using respiratory index of severity in children(RISC) score at BPKIHS
Dr Sumit Kumar Sah	Prof Dr Nisha K Bhatta	DrLokraj Shah DrArbindra Yadav	Correlation between serum bilirubin and transcutaneous bilirubin in neonates with hyperbilirubinemia before and after phototherapy
DrSusmeet Adhikari	DrShyam P Kafle	Dr Ramesh Das Dr Sagun Khanal	Hospital prevalence and clinical profile of anemia in children aged 6 months to 14 years admitted at BPKIHS
Dr Rupesh Jung Karki	Prof Dr Nisha K Bhatta	Dr Shyam P Kafle Dr Basant Rai	Assessment of bronchial asthma severity using Pediatric respiratory assessment measure score(PRAM) in children
Dr Nirupana	Dr Shyam P Kafle	Dr Basant Rai Dr Subash Basnet	Clinico-laboratory profile and outcome of wheezing in children aged 2-60 months
Dr Naresh Jaiswal	Dr Shipra Chaudhary	Dr Subash Basnet Dr Lalan Prasad Rauniyar	Screen exposure and language development in infant and toddler: A hospital based cross-sectional study
Dr Shantanu Mishra	Dr Shipra Chaudhary	Prof Dr Basudha Khanal Dr Arun Kumar Singh Dr Lalan Prasad Rauniyar	Clinico-etiological profile of seizure disorder in children at BPKIHS
Dr Nayan Neupane	Prof Dr Nisha K Bhatta	Dr Lokraj Shah Dr Arabindra Yadav	Serum electrolyte abnormalities in neonates with perinatal asphyxia in neonatal admitted to the NICUat BPKIHS
Dr Subodh Poudel	Dr Arun K Singh	Dr Shipra Chaudhary Dr Ramesh Das	Clinical profile and outcome of children admitted with scrub typhus in pediatric department of BPKIHS

FACULTY RESEARCH ACTIVITIES

Ongoing Research Project

Sn	Principal Investigator	TITLE
1	Dr Arun Kumar Singh	Pattern of Thyroid Dysfunction (Hypothyroidism and Hyperthyroidism) in Patients with Type 1 Diabetes Mellitus Attending the Diabetes Clinic of B.P. Koirala Institute of Health Sciences (BPKIHS), Dharan)
2	Dr Sagun Khanal	Clinical Profile and factors determining the outcome of severe pneumonia in under five years children

Completed Research Project

SN	Principal Investigator	TITLE
1	Dr Arun Kumar Singh	Dyslipidemia in Type 1 Diabetes Mellitus in Children (2026)

5. DEPARTMENTAL PUBLICATION

1. Rai B , Chaudhary S , Khanal S .Wheezing in children under 5 years . JoNMC .2026; 15 (28): 8-12
2. Khanal S, Dahal, Singh AK. Clinical Profile of Coexisting Conditions in Children and Adolescents with Type 1 Diabetes Mellitus Receiving Treatment at Tertiary Care Centre, Nepal:A Cross- Sectional Study. JNMA 2026 ;64(299):430-434.
3. Yadav A, Mishra D, Bhatta NK, Shah L. Correlation Between Transcutaneous Bilirubinometer (Delta MBJ20) and Total Serum Bilirubin Levels in Late-Preterm and Term Neonates for Detecting Neonatal Hyperbilirubinemia at the Tertiary Care Center in Nepal. International Journal For Multidisciplinary Research. 2025; 7(4): 1-10.
4. Yadav A, Mishra D, Bhatta NK, Shah L, Shah SN, Pradhan S. Comparative study of nutritional assessment using Clinical Assessment of Nutrition (CAN) score at birth and anthropometric indices in determination of fetal malnutrition. J Nepal Paediatr Soc. 2025;45(3):26-32..
5. Pradhan S, Soni PK, Bhatta NK, Shah L, Mishra D, Puri L. Sleep patterns and caregiver practices in early infancy: a cross-sectional study from eastern Nepal. J Nepal Paediatr Soc. 2026;46(2):68-75.

6. CONFERENCE/WORKSHOP/SYMPOSIUM/ CME/TRAINING

A. DR ARUN KUMAR SINGH

- Participated As Faculty In The 25th Annual National Conference Of The Adolescent Health Academy (Adolescon 2025 – Silver Jubilee), Organized By The Gujarat Adolescent Health Academy In association with Aop Ahmedabad And Aop Gujarat, held on 19–21 September 2025.
- Participated As Speaker in The 1st Asian Congress & 25th National Conference Of Community Pediatrics, Organized By The Indian Academy Of Pediatrics (Iap), Gaya, Held On 8–9 November 2025 At Hotel Mahabodhi, Bodhgaya, India.
- Successfully Completed The Continuing Professional Development (CPD) Activity "Achondroplasia: Clinical Management And Multidisciplinary Care" On 23 December 2025, Accredited By The CPD Certification Service (UK).
- Attended Advances In Paediatric Dialysis, Organized By The Great Ormond Street Hospital For Children Learning Academy (Nhs), London, Held On 22–23 January 2026.
- Participated As Faculty And Chairperson in the 63rd Annual Conference Of The Indian Academy Of Pediatrics (Pedicon 2026), held on 16–20 January 2026 At The Biswa Bangla Convention Centre, Kolkata, India.
- Attended The Gosh Nephro-Urology Course, Held On 28–29 April 2026. The Activity Was Approved For Continuing Professional Development (Cpd) By The Royal College Of Paediatrics And Child Health (Rcpch).
- Organized And Served As Chairperson Of The Basic Surgical Skills Workshop At B.P. Koirala Institute Of Health Sciences (BPKIHS) On 21 June 2026, Promoting Multidisciplinary Clinical Skills Training For Healthcare Professionals.

.

B. DR BASANT RAI

- Participated onTraining of Training (TOT) in Vaccine Preventable Disease Surveillance held on 23rd-26th March 2026 at Western Palace Hotel , Kathmandu

- Presented on Sub-District Level VPD Surveillance workshop organized by Dept of Pediatrics, BPKIHS in coordination with WHO-IPD on 20th -21st April 2025 , BPKIHS, Dharan
- Presented on Rotavirus and IBD Sentinel Surveillance Sites Review meeting held on 22 May 2026 at Shankar Hotel , Kathmandu
- Workshop coordinator onInternational Workshop on Pediatric Allergy, Respirology& Immunology , held on 24-25 July 2026 at BMCTH, Biratnagar

C. DR ARABINDRA YADAV

- Attended Perinatal brilliance- from womb to world By West Bengal Medical Council on 20th and 21st June 2026 at Aurum, Bagdora, Siliguri.

D. ORGANIZED:

- Sub-District Level VPD Surveillance workshop organized by Department of Pediatrics, BPKIHS in coordination with WHO-IPD, on 20-21 April 2026

7. PLAN OF ACTION

- To recruit and retain faculties for development of various sub-specialties in the department.
- To promote national and multinational research and collaboration.
- To upgrade Pediatric Emergency, organize the triage area, minor OT/procedure room , plaster room , X-ray room , doctor rest room .
- To upgrade pediatric intensive care unit along with the necessary medical equipments such as HFNC machine, transport mechanical ventilator & transport monitor
- To upgrade neonatal intensive care unit with cooling device for therapeutic hypothermia,T-piece resuscitator for neonatal resuscitation in NICU, Obstetrics OT and Labor room.
- To conduct a workshop on Neonatal resuscitation with trainers from HUG, Geneva, Switzerland and BPKIHS with participation from across the country.

9.21 DEPARTMENT OF PSYCHIATRY

FACULTY MEMBERS

Dr. Dhana Ratna Shakya	Professor and Head
Dr. Baikuntha Raj Adhikari	Professor
Dr. Rinku Gautam Joshi	Additional Professor
Dr. Madhur Basnet	Additional Professor
Dr. Sanjeev Kumar Mishra	Associate Professor
Dr. Suraj Nepal	Associate Professor
Dr. Suren Limbu	Assistant Professor
Dr. Aswin Kumar Dawadi	Lecturer

ADMINISTRATIVE STAFFS:

Mrs. Indira Kumari Shahi	Administrative Assistant
Mrs. Champa Devi Shrestha	Helper
Mrs. Goma Bhattarai	Helper
Mrs. Sita Adhikari (A)	Helper

RESIDENTS: 19

NUMBER OF MCH RESIDENTS/ RESIDENTS/ MEDICAL OFFICER/ NURSING STAFF/ OTHER HEALTH STAFFS

S. No.	Particulars	Number
1	Junior Residents	19
	1st Year	6
	2nd Year	6
	3rd Year	7
2	Nursing In-charge/ Supervisor	1
3	Nursing Staff Members	9
4	Helper/ Health-aid	5

1. DEPARTMENT PROFILE

a. VISION & MISSION

Department of Psychiatry, BPKIHS envisions itself as a part of an Institute dedicated for service, research and academic excellence in the field of psychiatry and mental health applicable for resource poor countries like Nepal. Parallel with institution aims, this department aims to be a center of excellence in patient care, teaching and mental health research through an integrated, holistic approach.

b. CORE FUNCTIONS

a. To provide care and evidence-based treatment to service seekers for mental health problems or illness.
b. To provide quality education and practical based training to Undergraduate and Post graduate medical students.
c. To conduct and collaborate research in the field of psychiatry and mental health.

2. DEPARTMENTAL ACHIEVEMENTS & SUMMARY

The Department of Psychiatry, from the time of its inception of service and PG program, has been continuously working in providing quality care and in conducting academic activities for undergraduate, postgraduate, nursing students and allied fields along with MD-Psychiatry training. This department currently holds the highest number of residents in the history of the department and also in the whole country through all these years after the starting of the PG program (2000 AD). The department has been actively involved in the conduction of thesis research of PG students and also supervising undergraduate students for research projects. Faculties of this department have been involved in Curriculum reviews. amidst the progressively increasing service seekers and multiple hurdles including shortage of manpower, this department has always been dedicated to providing quality care to their clients and maintaining high academic standards. To ensure quality and evidence-based care, the department has also started regular specialty clinics (Addiction, Headache and Memory & Brain health clinics). Team work and perseverance of all members of the department have been the strength. The department is among the ones awarded as the best by the students.

3. ACADEMIC ACTIVITIES

UNDERGRADUATE TEACHING-

- **TEACHING HOURS-**

Programe	Teaching Hours (Theory)	Teaching Hours (Practical)
MBBS	53	42
BDS	22	18
BSc. Nursing	17	-
*MBBS elective posting of 60 hours.		

- **Clinical postings-**

Class	SIS	Labex	Seminar	PBL	CBL	SGD	Learning in field (LIF)
MBBS 1st year	7	-	-	-	-	-	
MBBS 2nd year	9	1	-	-	-	-	
BDS 1st year	7	-	-	-	-	-	
BDS 2nd year	7	-	-	-	-	-	
BDS 3rd year	8	-	-	-	OPD postings for 2 weeks (3 days/ week) in 6th semester	-	
MBBS 4th year	16	-	7	-	2 weeks in 7th semester	2	2-3
BSc Nursing Psychology	17	-	-	-	-	-	
Internship: UG intern's elective posting for two weeks.							

4. CLINICAL SERVICES

Clinical Services	Total New Patients (2025-26)	Total Follow Up (2025-26)	Total Patients (2025-26)	Total Patients (2024-2025) (For comparison)
OPD	**7507**	**18,328**	**25,835**	**25,483**
EHS	**2520**			**1431**
IPD	**491**			**416**
Electroconvulsive therapy	**43**	**-**	**43**	**67**
Outreach Clinic	**800**			
Specialty Services				

Clinical Services	Total New Patients (2025-26)	Total Follow Up (2025-26)	Total Patients (2025-26)	Total Patients (2024-2025) (For comparison)
Substance and Addiction clinic	**61**			
Memory & Brain Health clinic	**47**			
Headache clinic	**45**	**59**	**104**	
Physical and Mental well-being clinic	**124**	**-**	**124**	

POSTGRADUATE TEACHING

OPD	Ward rounds	Grand rounds	Microteaching	Seminars	Journal club/Case conference
5 days/week	7 days/week	2/week	3-4/week	2 / week	2/ month
Emergency Psychiatry & consultation liaison	**Neurology posting (2 months)**	**Psychology Posting**	**Headache clinic posting**	**Substance and Addiction clinic posting**	**Memory & Brain Health clinic posting**
As per the duty roster	Grande Hospital, Kathmandu & National neuro center, Kathmandu	1 month in Department of psychology, BPKIHS	As per schedule (2nd year)	As per schedule (2nd year)	As per schedule (3rd year)

5. COMMUNITY SERVICES

- **Regular Mental Health out-patient service at Dhankutta hospital- every 4th Tuesday of Nepali month**
- **School health and Public awareness -** on occasions invited for the collaborative programs as indicated in respective contributing faculties

6. RESEARCH ACTIVITIES

UNDERGRADUATE STUDENTS RESEARCH ACTIVITIES

Name of Students	Name of Guide	Name of Co-Guide	Title of research
Aditya Sharma, Saurav Bhattarai, Somika Bhandari	Prof. Dr. Dhana Ratna Shakya	Dr. Ashok Ayer	Knowledge and Attitude regarding Bioethics among BDS students of BPKIHS
Birendra Dhital, Darshan Ghimire, Debendra Sinjapati	Dr. Madhur Basnet		Knowledge and attitude towards dementia among

Name of Students	Name of Guide	Name of Co-Guide	Title of research
			undergraduate medical and nursing students of BPKIHS
Abhinash Kumar Yadav, Rupak Budhaprithi, Pustika Shahi	Dr. Sanjeev Kumar Mishra		A Study on Barriers to Seeking Professional Mental Health Care Among Undergraduate Medical Students of BPKIHS Using BACE Scale
Praveen Bhattarai, Siddhartha Bagale	Dr. Suraj Nepal		Study of smartphone use, sleep quality and level of depression among undergraduate students of BPKIHS
Aaron Sah, Aashish Thapa	Dr. Suren Limbu		Personality traits and coping strategies in UG medical students of BPKIHS

POST GRADUATE STUDENT RESEARCH ACTIVITIES

THESIS ONGOING

Name of Residents	Name of Guide	Name of Co-Guides	Title of thesis
Dr. Bishwambhar Joshi	Prof Dr. Baikuntha Raj Adhikari	Dr. Sanjeev Kumar Mishra Dr Suren Limbu	Vitamin D level and its association with severity of depression in patients vising psychiatry out-patient at BPKIHS
Dr. Aman Kumar Shah	Dr. Madhur Basnet	Prof Dr. Dhana Ratna Shakya Dr. Suraj Nepal Dr Aswin Dawadi	Types of Dementia and associated behavioural and psychological symptoms, among patients with Dementia attending psychiatry OPD BPKIHS
Dr. Bhimkala Nembang	Prof Dr. Baikuntha Raj Adhikari	Dr. Sanjeev Kumar Mishra Dr Suren Limbu Dr. Ranjit Kumar Das	Prevalence of Depression and Anxiety disorder among patients undergoing hemodialysis at the dialysis center in BPKIHS: A Hospital based cross-sectional study
Dr. Monica Rathi	Prof. Dr. Dhana Ratna Shakya	Dr. Madhur Basnet, Dr. Sanjeev Kumar Mishra, Dr. Suren Limbu	Prevalence and pattern of Substance Use in patients with Schizophrenia attending Psychiatric Services of BPKIHS
Dr. Prakriti Pant	Dr. Rinku Gautam Joshi	Prof Dr. Dhana Ratna Shakya Dr. Madhur Basnet	Prevalence of Cognitive impairment and associated factors in female patients with

Name of Residents	Name of Guide	Name of Co-Guides	Title of thesis
		Dr. Suraj Nepal	depression attending psychiatric services in BPKIHS
Dr. Sachin Awasthi	Dr. Suraj Nepal	Prof Dr. Baikuntha Raj Adhikari Dr. Rinku Gautam Joshi Dr. Aswin Dawadi	Self-stigma associated with mental illness and pathway to care in patients admitted in psychiatry ward in BPKIHS, Dharan
Dr. Sarita Lamsal	Dr. Sanjeev Kumar Mishra	Prof Dr. Baikuntha Raj Adhikari Dr. Rinku Gautam Joshi	Clinical profile of patients and symptoms across different phases in Migraine patients attending Headache clinic of department of Psychiatry
Dr. Sailu Aryal (Pharmacology)	Dr. Ramayan Prasad Kushwaha	Prof. Dr. Dhana Ratna Shakya Dr. Deependra Prasad Sarraf	Adverse drug reaction of olanzapine in psychiatric patients using Glasgow Antipsychotic Side Effect Scale at BPKIHS, Nepal

THESIS COMPLETED

Name of Residents	Name of Guide	Name of Co-Guide(s)	Title of thesis
Dr. Kaushika Acharya	Prof. Dr. Dhana Ratna Shakya	Dr. Rinku Gautam Joshi Dr. Suraj Nepal	Stressor including status of husband working abroad, Stress level and Psychiatric Disorder among married female patients visiting psychiatric out-patient services of BPKIHS
Dr. Bishnu Kharel	Prof. Dr. Dhana Ratna Shakya	Dr. Rinku Gautam Joshi Dr. Suraj Nepal	Alcohol use, its complication and the knowledge and attitudes among patients admitted to the psychiatry ward of BPKIHS
Dr. Saloni Tripathy	Prof. Dr. Dhana Ratna Shakya	Dr. Rinku Gautam Joshi, Dr. Suren Limbu	Alcohol use, Alcohol use disorders and Psychiatric co-morbidities among the Patients Visiting Psychiatry OPD of BPKIHS
Dr. Roshan Shrestha	Dr. Suraj Nepal	Prof. Dr. Dhana Ratna Shakya, Dr. Madhur Basnet	Pathway to care and clinical profile among patients with Dementia visiting Psychiatry OPD of BPKIHS
Dr. Shaswat Regmi	Dr. Sanjeev Kumar Mishra	Prof Dr. Baikuntha Raj Adhikari	Magico-religious beliefs and stigma in care-givers

Name of Residents	Name of Guide	Name of Co-Guide(s)	Title of thesis
		Dr. Rajesh Kumar Dr Suren Limbu	of schizophrenia or other primary psychotic disorder patients
Dr. Seluja Hingmang	Dr. Rinku Gautam Joshi	Dr. Sanjeev Kumar Mishra	Quality of Life and Psychiatric comorbidities in patients with OCD attending Psychiatry services in BPKIHS
Dr. Rishav Shrestha (Dermatology)	Prof. Dr. Sudha Agrawal	Prof. Dr. Dhana Ratna Shakya	Quality of Life and Psychological Effects of Acne Vulgaris: The Role of Oral Isotretinoin Treatment

FACULTY RESEARCH ACTIVITIES

ONGOING RESEARCH PROJECTS

S. No.	Principal Investigator	Title
	Prof. Dr. Dhana Ratna Shakya	Stress and Mental health status of newly joined health science students of BPKIHS Knowledge and Attitude regarding Substance Use and its problems among Child and Adolescent students
	Dr. Madhur Basnet	PI: Integrating dementia care into Primary Care in Nepal: A mixed methods study. Co-I: Cultural adaptation and Feasibility of START package for caregivers of Dementia in Nepal. Co-I: Systematic Review on Dementia Knowledge in Low- and Middle-Income Countries.
	Dr. Aswin Dawadi	Validation of PSQ-18 into Nepali version in OPD of Tertiary Care Centre

DEPARTMENTAL PUBLICATION

- Shakya DR. Psychiatry & addiction: navigating challenges & opportunities in Nepalese context: Review Article. J Psychiatrists' Association of Nepal. 2026, 15(1):41-6.
- Shakya DR, Aacharya K. Mental health of wives of Nepalese migrant workers. J PAN. 2025. 14 (PANCON-11 supple):55-7.
- Shakya DR, Gnawali R. Implications of substance ab/use in families. J PAN. 2025. 14(PANCON-11 supple):58-60.
- Ghimire S, Shakya DR, Basnet M, Kumar R, Mishra SM, et al. Cannabis use and associated psychiatric morbidities among psychiatric outpatients of a teaching institute in Eastern Nepal. JPAN of Nepal. 2025 November. 14(2):30-35.

- Ghimire R, Sapkota N, Shakya DR, Joshi RG, Nepal S. Prevalence of internet use disorder and associated psychiatric co-morbidities in youth patients presenting to tertiary care centers in Nepal. JPAN of Nepal. 2026 May. 15(1):9-15.
- Khatiwada P, Aryal R, Subedi P, Basnet M. A case report of mass conversion disorder associated with a local spirit narrative in Dhankuta, Eastern Nepal. Ann Med Surg (Lond). 2025 Dec 19;88(2):1976-1980.
- Mishra SK, Shah A, Thapa N, Uprety S, Thapa R. Problematic internet use and sleep quality in medical undergraduates: a cross-sectional study JPAN of Nepal 2025;14(2):11-17.
- Mishra SK, Mishra B, Sapkota R, Sapkota N, Yogi TN, Kafle R, Koirala D. Psychotic symptoms following synthetic opioid withdrawal: a case report. medical reports 2026;16:100421.
- Poudel A, Mishra SK, Koirala D, Sapkota R, Mishra B, Yogi TN. Recurrent clozapine-induced adynamic bowel obstruction requiring two laparotomies: a case report. Psychiatry Research Case Reports 2026;5(1):100309
- Pathak N, Khadka S, Singh DK, Mishra SK. Bupropion-induced tinnitus after dose escalation: a rare and reversible adverse effect – a case report. Annals of Medicine and Surgery October 2025;87(12):9027-30
- Pun KC, Thapa R, Mishra SK. Levocetirizine Withdrawal Anxiety: A Case Report. Journal of Psychiatrists' Association of Nepal 2025;14(2):68-9
- Ranabhat S, Thapa R, Mishra SK. Venlafaxine Induced Spontaneous Ejaculation: A Case Report. Journal of Psychiatrists' Association of Nepal 2025;14(2):70-2.
- Limbu S, Pandey A, Nepal S, Mishra SK. Exploring barriers to access mental health services in first-episode psychosis: A cross-sectional study from Eastern Nepal. Ind Psychiatry J. 2025 Sep-Dec;34(3):478-85.
- Jaiswal S, Limbu S, Khatiwada N, Koirala D, Mishra B, Sapkota R. Prevalence of anxiety, depression, and coping strategies among pregnant women attending a tertiary care center in Nepal International Journal of Surgery: Global Health. 2026;9(1).
- Joshi S, Limbu S, Manandhar A, Shakya R. Treatment Outcomes in Catatonia: An Observational Study. J Nepal Med Assoc. 2026 Apr 30;64(297):268-74.
- Dawadi AK, Adhikary SR. Use of Mirror Therapy for Phantom Limb sensation: A case study from Nepal. Journal of Psychiatrists' Association of Nepal. 2026;15(1):34-36.

7. CONFERENCES/ WORKSHOPS/ SYMPOSIUM/ TRAININGS

a. ATTENDED/ ORGANIZED BY FACULTIES

PROF. DR. DHANA RATNA SHAKYA

- Speaker: Tele psychiatry in BPKIHS during COVID-19: Observation & Reflection. Pokhara PANCON-11, conference, November 13-5, 2025.
- Coordinator/ Head: Bioethics awareness World Bioethics Day (WBD) program and Panel discussion moderator- Protection of Environment, Biosphere and Biodiversity - WBD Seminar: October 31, 2025, Nepal.
- Key note lecture- Bioethics orientation for beginners of Health Science students. July 17, 2026, BPKIHS.
- Chairing the sessions and Judge on: PANCON-11, conference, November 13-5, 2025. Pokhara.
- Charing and moderating CME organized on the occasion of Ward establishment Day 2026. February 6, 2026. BPKIHS.
- Charing and moderating CME organized by Department of Psychiatry, BPKIHS. 1. September 2025, 2. December 12 2025, 3. May 12 2026.

- Chairing session on: Annual Scientific Program 2025, BPKIHS. 26-28 November 2025.
- Moderating Guest lecture by Dr. Andrew Sims and PRIME team organized by Department of Psychiatry, BPKIHS. OCTOBER 29 2025.
- PARTICIPANT AS MEMBER: MD-PSYCHIATRY CURRICULUM REVISION MEETING, MEC, SANO THIMI, BHAKTAPUR

PROF. DR. BAIKUNTHA RAJ ADHIKARI

1. Conducted, completed and submitted the report of the training "Good behavior- Good Service" for health-aids, helpers, and security personnel as the coordinator of the बिरामी प्रति पेशागत व्यबहार उत्प्रेरणा समिति
2. Conducted three hours of interactive sessions for all groups of B.SC. Nursing second-year students posted in psychiatry this year.
3. Conducted three hours of interactive sessions for Midwifery students posted in psychiatry this year.
4. Conducted a 'Mini-Workshop" of three hours combining the last group of second year B.Sc. Nursing students and First year psychiatry residents in HPE Hall formally.
5. Initiated and forwarded the use of ICD-11, Recent Delirium guidelines, and the protocol on Alcohol withdrawal treatment protocol prepared by Dr Suren with Dr Kaushika together with other colleagues.
6. Gave supporting counseling sessions to an average of three students per week in my office and also to faculties/staffs as needed.
7. Help conduct the training by HPE to senior faculties on "Students' Wellbeing" as an invited full-time resource person on 3rd and 4th August 2026.

DR. RINKU GAUTAM JOSHI

1. Attended ANCIPS 2026 held in New Delhi, India, 28th-31st January 2026.
2. Conducted awareness program for new PG residents through Physical and mental well-being for student's unit on 31st July 2026.

DR. MADHUR BASNET

1. Poster Presentation: Dementia Care Landscape in Nepal: Understanding the Context, Barriers, and Opportunities for Development of National Dementia Care Plan. Madhur Basnet,1,2 Prekshya Thapa,1 Kedar Marahatta,3 Sandesh Raj Upadhyaya,4 Nidesh Sapkota,5 Phanindra Baral,4 Sami Lama,2 Barbara Kamholz,6 Sharmila Paudel. AAIC 2026, 26-31 July 2025, Toronto, Canada.
2. Symposium: Dementia in Nepal: The Burden and The Way Forward. Title of presentation: Integrating dementia care in Primary care in Nepal: Challenges and way forward. 11th National Conference of Psychiatrists' Association of Nepal, 13-15th November 2025, Pokhara, Nepal.
3. Chair-person. Session on elderly mental health in Nepal. 11th National Conference of Psychiatrists' Association of Nepal, 13-15th November 2025, Pokhara, Nepal.
4. Member, Scientific Committee, 11th National Conference of Psychiatrists' Association of Nepal, 13-15th November 2025, Pokhara, Nepal.
5. Invited presentation: "Approach to Sleep Problems in Primary Care: Mental Health Perspectives". Sleep Medicine Conclave, 21st February 2026, BPKIHS, Dharan.
6. Expert Facilitator: Workshop: Cultural Adaptation and Feasibility of START intervention for Caregivers of Persons with Dementia in Nepal. 11th April 2026, Nepal Public Health Foundation, Kathmandu.
7. Participant: MBBS Curriculum Revision Workshop, BPKIHS.

DR. SURAJ NEPAL

1. Participated in 3 days workshop: Orientation on GBV gap analysis supplemental materials on health response to MBBS faculty members

DR. SANJEEV KUMAR MISHRA

1. Attended the 11th National Conference of The Psychiatrists' Association of Nepal (PANCON) held in Pokhara on November 13-15, 2025
2. Presented a symposium on "Internet Addiction: Emerging Trends, Diagnostic Challenges And Therapeutic Approaches" in the 11th National Conference of The Psychiatrists' Association of Nepal (PANCON) held in Pokhara on November 13-15, 2025
3. Presented a paper on "Cyberchondria and Smartphone Addiction Among Medical Undergraduates Of BPKIHS: A Cross-Sectional Study" in the 11th National Conference of The Psychiatrists' Association of Nepal (PANCON) held in Pokhara on November 13-15, 2025

DR. SUREN LIMBU

- Speaker on online platform topic 'Mental well-being' to participants from Rotaract club of Dhanalakshmi college of Engineering, Rotary club of Madras, Nungambakkam, India & Rotarct club of Dharan Ghopa, 30th August, 2025.

DR. ASWIN DAWADI

- Attended Conference ANCIPS, Delhi, from 28-31 Jan 2026
- Attended Schizophrenia Workshop Module 2 on 8th May 2026

OTHER COMMUNITY ACTIVITIES

S/N	Name	Activities
1.	**Prof. Dr. Dhana Ratna Shakya**	• Key note speaker at program organized for students, 'Mental health and Suicide prevention'. Koshi. City Hall, Laukahi.13 Ashadh 2083 • Speaker- Basics of Mental health. Organized by Lions Club- GAT area- V. October 11, 2025. Panbari, Dharan. • Panel speaker at Scout Program, 'Mental and Physical effects of Substance use'. Dharan. 9th Jeth 2083. • Drug/ Substance Use: Management & Rehabilitation- for Police officers of Province No. 1: Dharan, September 8, 2025. • A training session- Stress management for officers of Dharan Sub-metropolitan. February 3, 2026. • Awareness sessions for public: Mental Health, on occasions • Interviews/videos in YouTube (www.youtube.com/@MentalHealthMessageDhanaShakya), FMs, Webinars, and Podcasts regarding Mental Health and Mental illness, Epilepsy, Substance, Suicide, Stress, Bioethics
	Dr. Madhur Basnet	• Provided Expert Interview in Nepal Television, Itahari on Dementia on the occasion of World Alzheimer's Day 21st September 2025. • Conducted Mental Health Awareness Program in association of Lions Club, Dharan and Cycling Rally in association with Pedlers Dharan on the occasion of World Mental Health Day , 10th October 2025. • Gave interview on Mental Health Awareness from Bijaypur FM Dharan. 7th October 2025. • Conducted Awareness Program on Dementia among Rotarians in Dharan. 10th November 2025.

S/N	Name	Activities
		● Conducted an Awareness Program on Dementia among elderly people in Dhankuta. 10th February 2026. ● Providing monthly voluntary mental health services to persons at Manav Sewa Ashram, Dharan since April 2026.
	Dr. Sanjeev Kumar Mishra	● Interactive session with caregivers of cancer patients on 11th October 2025 on the occasion of Palliative and Hospice Care Day 2025 ● Interactive session on "Digital Addiction and Impact on Brain" with students of Mahendra Multiple Campus, Dharan on 22nd April 2026 ● Interactive session with Leo Club of Dharan Ghopa on "Student Mental Health" on 24th April 2026 ● Participated in Neuro Health Camps organized by BPKIHS Stroke Team

b. PRESENTATION DONE BY RESIDENTS

S. No.	Name of Presenter	Title	Program Name/ Date/ Place
1.	Drs. Rakshya Gnawali, Amol Yadav	Lurasidone- Unique features and Advantages	CME: September, 2025, Dharan
2.	Dr. Saloni Tripathi	Mirtazapine in Major Depressive disorder with Insomnia	CME: December 12, 2025, Ratnaroad, Dharan
3.	Dr. Kaushika Acharya	Parkinsonism: Classification, Identification and Psychiatric manifestations	CME: May 15, 2026, Bargachhi. Dharan
4.	Dr. Roshan Shrestha	Parkinson's Dementia	CME: May 15, 2026, Bargachhi. Dharan
5.	Dr. Rakshya Gnawali	Age of onset and Family history of Alcohol use in Patients with Alcohol Dependence Syndrome admitted in Psychiatry Ward of BPKIHS	Pokhara PANCON-11, conference, November 13-5, 2025.
6.	Dr. Kaushika Acharya	Stressor including status of husband working abroad, Stress level and Psychiatric Disorder among married female patients visiting psychiatric out-patient services of BPKIHS	
7.	Dr. Meetu Maharjan	Psychiatric disorders and marital satisfaction in patients with early marriage attending psychiatric services in BPKIHS	
8.	Dr. Saurabh Raj Sharma	A comparative study of the burden of care in caregivers of patients with schizophrenia and bipolar disorder admitted in the psychiatry ward	

S. No.	Name of Presenter	Title	Program Name/ Date/ Place
9.	Dr. Ajay Bir Singh	Cognitive impairment among patients with alcohol dependence attending Psychiatric services in BPKIHS– a cross-sectional study	

8. HONOR/ MILESTONE ACHIEVEMENTS/ AWARD

DR. DHANA RATNA SHAKYA

- Data and Safety Monitoring Board (DSMB) Chair: Reducing Stigma Among Healthcare Providers to Improve Mental Health Services (RESHAPE: project)
- DSMB Member: Sensing Technologies for Maternal Depression Treatment in Low-Resource Settings (StandStrong: project).
- Reviewer, IRC BPKIHS.

Dr. Madhur BASNET
Contributor:

A. Nepal focal point for: Young Onset Dementia Asia-Pacific Collaborative project.
B. Delphi Consensus for the development of training recommendations on epilepsy, neurocognitive disorders and mental disorders for health students in low- and middle- income countries.
C. Reviewer, IRC BPKIHS.

Award: Global Brain Health Institute (GBHI), Alzheimer's Association, and Alzheimer's Society UK - Pilot Awards for Global Brain Health Leaders. December 2025.
Academic Achievement: Completed the Atlantic Fellow for Equity in Brain Health/ Certificate in Neurosciences Fellowship from the Global Brain Health Institute, University of California San Francisco, USA 26 August 2024 to 25th August 2025 under scholarship.

9. SPECIAL APPOINTMENTS

S.N.	Name	Appointment
1.	**Dr. Dhana Ratna Shakya**	• Head, Nepal Unit of International chair in Bioethics • Member. International Forum of Teachers of Bioethics • Member, SAARC Nodal Centre for Bioethics • Editor, J Global Bioethics Enquiry • International Editor, AP Journal of Psych. Med., India • International Advisory, Indian J Clinical Psychiatry • International Advisory, Indian J Private Psychiatry • Advisor, Psychiatrists' Association of Nepal Conference (PANCON)- Pokhara, 2025 November. • Member, Psychiatry PG-curriculum review committee, MEC
2.	**Dr. Rinku Gautam Joshi**	• Coordinator, Physical and Mental health well-being Unit, BPKIHS
3.	**Dr. Madhur Basnet**	• Joint Secretary: Executive committee of Psychiatrists' Association of Nepal.

		• Member Secretary: Scientific Subcommittee, Psychiatrists' Association of Nepal.
4.	**Dr. Sanjeev Kumar Mishra**	• Member, Stroke Team of BPKIHS
5.	**Dr. Suren Limbu**	• Member, Medical board of BPKIHS

10. QUALITY IMPROVEMENT

- **Clinical audits-** regularly submit
- **Mortality meetings-** regularly attend
- **Infection control-** measures adopted the hospital protocol
- **Patient safety-** Need to restructure the ward and OPD setting
- **Accreditation activities-** attended and encouraged faculties and residents attending sessions with accreditation

11. INFRASTRUCTURE & EQUIPMENT

- **New equipment-** ECT machine being purchased soon
- **Maintenance-** mending and painting of office and ward premises partly
- **IT improvements-** need to be done

12. SWOT ANALYSIS

Strengths	**Weaknesses**
1. Ground of diverse academic, clinical, research and community activities conducted so far. 2. Established and recognized as a department with high performance (highest number of residents in its history and country, increasing number of service users and various levels of research) 3. Good participation from faculties, students and stakeholders. 4. Effective teamwork and coordination.	1. Some planned activities (e.g. MPhil- Clinical Psychology program) were delayed or not completed. 2. Inadequate documentation of clients including out-patients. 3. Inadequate physical infrastructure (e.g. space, rooms, furniture) to keep up with increasing service and academic demands 4. Lack of other allied mental health professionals (e.g. Clinical psychologist, Occupational therapists, social workers etc.)
Opportunities	**Threats**
1. Scope for interdisciplinary collaborations. 2. Increased research collaborations and publications. 3. Community outreach partnerships. 4. Expansion of digital learning and online activities.	1. Limited manpower. 2. Low-priority area and Budget constraints. 3. Changes in institutional priorities or policies. 4. Heavy clinical/ academic workload reducing time for other activities. 5. Unforeseen disruptions e.g. Public health emergencies.

13. PLAN OF ACTION

- Make the Thymatron-IV ECT machine functional.
- Procure and start rTMS services in the department of psychiatry.
- Start MPhil Clinical Psychology course from upcoming academic session. The Academic Committee meeting has already approved the curriculum for the same.
- The department plans to provide regular counseling service to students and other needy staff in collaboration with other departments, mainly family medicine.
- Up scaling and systematization of existing Psychiatric emergencies and consultation liaison service and psychological intervention.
- Renovation of infrastructure:
- Expansion of OPD, ward and office space to deal with increasing number of patients, and faculty and resident rooms to accommodate increasing manpower.
- Consolidate the Specialty Clinics, i.e. Memory and Brain Health Clinic, Addiction Clinic and Headache Clinic with:
- preparation of Electronic Database for data collection
- interdepartmental coordination and collaboration- e.g. neuroradiology conferences
- inclusion of caregiver education program
- Capacity building sessions for residents and exploring training opportunities for other faculties in the department
- Enhance the Monthly Community Out-reach clinic at Dhankuta through:
- Better coordination with the hospital management
- Regular clinical mentoring and supervision
- Integration of memory screening in the clinic
- Develop the department of psychiatry as the training site for Mental Health for province-1 (Koshi) as well as national level.
- Start telepsychiatry services for teaching districts and WHO Special Initiative for Mental Health districts in Province 1.
- Exploring the strategies for implementation of competence-based training in MH for undergraduates (MBBS) at BPKIHS and inclusion of mhGAP competencies in the MBBS training.
- Expansion of Clinical Service: Opening of Child-Adolescence Psychiatric clinic.
- Support the digitalization of the department as per the institute plan.
- Support interested faculties and residents in grant writing and better research implementation.
- Complete the pilot project and compete for grants for implementation-effectiveness trials on the basis of the findings.

9.22 DEPARTMENT OF PULMONARY, CRITICAL CARE AND SLEEP MEDICINE

FACULTY MEMBERS:

Prof Dr Narendra Bhatta	**Professor& Head**
Dr Deebya Raj Mishra	**Associate Professor**
Dr. Rejina Shahi	**Assistant Professor**
Dr. Augraj Uprety	**Assistant Professor**
Dr. Prakash Aryal	**Assistant Professor**

SENIOR RESIDENTS IN TRAINING DM PCCSM :

Dr Srijan Pantha
Dr Kum Bahadur Gurung
Dr. Sarbottam Koirala
Dr. Sanjay Bhusal

STAFF MEMBERS

Rojita Shakya	Sister in- Charge (Inpatient &Sleep Lab):
Manju Deuja	Sister in- Charge (Pulmonary, Critical Care Unit:
Samjhana Kumari Chaudhary	Sister In-Charge (Interventional Pulmonology& PFT):
Ms Baneeta Maskey	ADMINISTRATIVE ASSISTANT
Ms Sapana Kanaujia	ADMINISTRATIVE ASSISTANT
Mr. Raj Kumar Chaudhary	Helper
Mr. Shiv Kumar Yadav	Helper

1. DEPARTMENTAL ACHIEVEMENTS

The Department of Pulmonary, Critical Care and Sleep Medicine emerged from the Division of Pulmonary, Critical Care and Sleep Medicine within the Department of Internal Medicine, becoming an independent department on 1st January 2019 under founding Head Prof. Dr.Narendra Bhatta. Since then, it has earned national and international recognition for excellence in pulmonary medicine, patient care, and research, guided by core values of Care with Compassion, Reverence, Integrity, Wisdom, Creativity, and Dedication.

As recognized leaders in the field, the department remains committed to inpatient care, education, and research in pulmonary, critical care, and sleep-related disorders. Its flagship academic offering, the DM-PCCSM post-doctoral programme, has produced scholars who consistently excel in clinical care, teaching, and research, going on to build successful careers in academia, private practice, and health policy across Nepal. This report highlights the department's achievements over the past year alongside its plans for the future.

Among the year's milestones, the department organized the BPKIHS Sleep Medicine Conclave on 21st February 2026, uniting pulmonologists, neurologists, and sleep specialists to examine sleep health's impact on cardiovascular, metabolic, and mental wellbeing—reinforcing BPKIHS's commitment to specialized medical education in Nepal.

The department also hosted the BPKIHS Critical Care Medicine Conclave and Pre-Conference Workshop on Basic Mechanical Ventilation from 4th–6th June 2026. The workshop translated respiratory physiology into practical bedside skills covering ventilator setup, waveform interpretation, and desynchrony management, while the main conclave fostered high-yield academic exchange and advanced management protocols—equipping multidisciplinary teams with renewed confidence and knowledge to improve ICU patient outcomes.

2. ACADEMIC ACTIVITIES:

Under -Graduate Academic Programs

Beyond postgraduate residents, the department offers pulmonary medicine electives to undergraduate medical students, emphasizing skilled patient interviewing, examination, and clinical reasoning—an ability rarely taught explicitly in UG courses despite being fundamental to effective doctoring. Using Case-Based Learning with flipped classrooms, the department fosters integrated understanding of pulmonary diseases, boosting student interest and knowledge retention.

Faculty and residents take pride in delivering patient care while mentoring UG and PG students and postdoctoral residents. Strong interdepartmental collaboration with Internal Medicine, Cardiology, Gastroenterology, Anesthesiology & Critical Care, Radiology, Pathology, and other specialties enhances both patient care and educational opportunities across the institution.

Post-Doctoral Academic Programs

The **Doctorate of Medicine (DM) in Pulmonary, Critical Care and Sleep Medicine** is the flagship post-doctoral academic of the department of Pulmonary, Critical Care and Sleep Medicine. This unique, Innovative and Novel Medical Education Initiative, first of its kind in Nepal has produced Seven Doctorate of Medicine (DM) till 2022, which comprise almost 50 % of the workforce of pulmonary super specialists in Nepal. These intense training allows these post-doctoral residents to participate in all facets of pulmonary, critical care and sleep medicine, including inpatient and outpatient pulmonary consultation and evaluation, pulmonary procedures including that of interventional pulmonology, critical care and sleep lab and diagnostic plan and management strategy execution. We are passionate about cultivating resident teaching skills, technology in teaching and training our residents in procedural competencies. We strongly value a resident's personal and professional goals and provide individual mentorship and coaching right from the beginning.

B. Center for Inter University Training In Pulmonary, Critical Care and Sleep Medicine

Under the academic MOU between BPKIHS and Kathmandu University, the department provides Short-Term Observership Training to DM Pulmonary, Critical Care and Sleep Medicine residents from Nobel Medical College on a rotational three-month basis. Trainees gain clinical exposure in pulmonary emergencies, inpatient/outpatient care, COVID-19 management, critical care ICU, lung cancer chemotherapy and palliative care, pulmonary function studies, NIV, sleep studies, and interventional pulmonology, alongside full academic participation and Workplace-Based Assessment.

As BPKIHS's first super-specialty department to offer such inter-university training, it has successfully trained two DM residents from Nobel Medical College under this scheme to date.

3. HOSPITAL SERVICES

- As Nepal's first and only academic PCCSM department, we deliver comprehensive, compassionate, state-of-the-art care across the spectrum of pulmonary and sleep disorders, from outpatients to critically ill patients, in a culture that empowers faculty, residents, and staff to excel.
- The department leads BPKIHS's e-Health and Telemedicine Program, providing active consultative clinical services—diagnostic, therapeutic, and consultative—in collaboration with departments like GP&EM. This leadership role strengthens alignment between stakeholders in Nepal's digital health ecosystem, connecting national and international players to mobilize expertise and streamline collaboration.
- The department's global recognition for excellence in academics, clinical service, and research includes philanthropic support from Nepalmed Germany, which provided Bodyplethysmography and state-of-the-art lung diagnostic equipment in recognition of the department's contributions worldwide.
- Additionally, leading experts from the Institute of Pathology, University Hospital RWTH Aachen (Prof. Dr. Danny Jonigk, PD Dr. Mark Kühnel, Prof. Dr. Roman Bülow, and PD Dr. Michael Rose) and Nepalmed e.V. are partnering with PCCSM and Pathology departments to establish the prospective Nepal ILD Registry—the country's first—capturing longitudinal exposure history, treatment response, and outcomes. This initiative, part of the collaborative NEPAL BREATH study on air pollution's respiratory effects, will also build structured capacity within BPKIHS's pathology team.

Month	Total Number of the Patients Seeking Care at Department of Pulmonary, Critical Care and Sleep Medicine (August 2024 July 2025)							
	Number of patients seen at Pulmonary Out Patient Clinical Services (OPD)			Number of the Patients Admitted in Patient Clinical Service	Number of the Patients Admitted in Pulmonary Critical Care ICU	Number of the Patients Admitted for Sleep Studies	Number of the Patients Admitted for treatment of Lung Cancer	Total Number of Patients Seeking Care at Pulmonary Department (Including All Diagnostic &Therapeutic Procedures)
	Old	New	Total					
August	395	647	1042	54	28	5	5	**1237**
September	155	502	**657**	68	36	3	11	**859**
October	208	612	**820**	73	46	2	8	**949**
November	344	738	**1082**	72	42	3	8	**1015**
December	307	830	**1137**	56	30	-	8	**1116**
January	253	816	**1069**	71	38	-	13	**1279**
February	291	769	**1060**	59	36	2	10	**1329**
March	532	1046	**1578**	69	37	2	8	**1787**
April	297	976	**1273**	71	23	1	14	**1470**
May	377	840	**1217**	61	16	-	15	**1449**
June	195	1080	**1275**	57	21	3	14	**1454**
July	339	948	**1289**	63	19	1	20	**1778**
Total	**3693**	**9804**	**13506**	**774**	**372**	**22**	**134**	**15, 816**

Month	Clinical Care Service of the Department of Pulmonary, Critical Care and Sleep Medicine (August 2024-July 2025)											
	Interventional Pulmonology Procedures				Total Bronchoscopic Procedures	Chest USG	Pleural Procedures			Total IPP	Sleep Studies	PFT
	BR. & BAL	EBUS	TBLB	TBNA & THORACO-SCOPY			Pigtail Catheter Insertion	ICTD	Pleurodesis			
August	23	-	2	2	27	25	1	12	2	103	8	28
September	14	-	6	1	21	32	2	8	3	84	6	12
October	12	-	-	-	12	21	-	5	3	66	4	21
November	13	-	1	1	14	28	1	5	2	85	5	29
December	26	-	1	-	28	25	-	10	1	88	6	19
January	18	-	2	1	21	28	1	11	2	94	5	26
February	7	-	1	1	9	24	-	6	1	68	3	25
March	22	-	1	1	24	21	-	8	1	93	5	34
April	14	4	-	-	18	24	1	14	2	88	4	25
May	27	-	2	1	30	37	10	10	3	140	3	37
June	17	7	2	4	30	20	-	10	2	84	2	20
July	14	5	3	2	24	12	-	8	2	88	4	38
Total	**207**	**16**	**21**	**14**	**258**	**297**	**16**	**107**	**24**	**1071**	**55**	**314**

Community Outreach Health Services:

The Department of Pulmonary, Critical Care & Sleep Medicine in collaboration with CRPIN, participated in following community outreach health services, as part of Novel Co-designed Integrated Multimorbidity Management by Community Health Workers (CIMM-CHW).

This was one of the part of ongoing departmental clinical service, research and academic activity related to Ongoing Research Projects of the Department in collaboration with Australian National University, University of New South Wales, The George Institute for Global Health Miami University, University of Queensland Ministry of Health and Population of Nepal, Center for Research Policy and Implementation Under the scheme of NHMRC Global Alliance for Chronic Diseases: Management of Multiple Long-Term Conditions (GACD MLTC)

Community Outreach Health Services Camps:

S.No.	Name of the place	Date	People Served	Members
1	Bahuda Health Post	22nd May 2026	250	Prof Dr.Narendra Bhatta Dr. Srijan Pantha, Dr. Sanjaya Bhusahl Dr Dipesh Kumar Yadav Dr Manish Shrestha,
2	Katahari, Health Post	25th May 2026	200	Dr Augraj Uprety Dr. Srijan Pantha Dr. Sarbottam Koirala Dr Krishna Chandra Yadav, Dr DipendraYadav
3	Yangshila Health Post	11th June 2026	250	Dr. Srijan Pantha Dr. Kum Bahadur Gurung
4	Jahada Health Post, Biratnagar	19th June 2026	250	Dr. Srijan Pantha Dr Dipesh Mandal

4. RESEARCH ACTIVITIES

Undergraduates Research (Completed)

S. No.	Name of Researcher	Supervisors	Title
1	Nishad Bhatta,	Prof Dr.Narendra Bhatta Dr Rejina Shahi, Dr. Augraj Uprety Dr. Prakash Aryal	Study of Prevalence of Respiratory Symptom Complex and their Predisposing Risk Factors in Patients presenting at Primary Care in Developing Countries
2	Aman Kumar Shah Aman Panjiyar	Prof Dr.Narendra Bhatta Dr Rejina Shahi,	Study of the Prescriptions, Procedures and Use of Supplemental Oxygen in Hospitalized patients in a tertiary care teaching hospital in Nepal
3	Astha Thapa	Prof Dr.Narendra Bhatta	Study of Prevalence of Sleep Disturbances and its contributing

S. No.	Name of Researcher	Supervisors	Title
	Barshana Adhikar	Dr Rejina Shahi, Dr. Augraj Uprety Dr. Prakash Aryal	factors among hospitalized patients": A hospital based cross-sectional study

Post Doctoral Research

Name of Researcher	Guide	Co-Guides	Title
Dr. Srijan Pantha	Prof Dr.Narendra Bhatta	Dr Rejina Shahi, Dr. Augraj Uprety	Study of "Multi Morbid Frail" Phenotype of COPD With respect To Its Risk Characterization, Clinical Characteristics and Outcome in Nepalese Context.
Dr. Kum Bahadur Gurung	Prof Dr.Narendra Bhatta	Dr Rejina Shahi, Dr. Augraj Uprety Dr. Pramendra Prasad Gupta	Study Of Clinical Spectrum, Characteristics and Outcome of Patients Admitted in Pulmonary Critical Care Unit Through Diverse Patient Admission Pathways.
Dr. Sarbottam Koirala	Prof Dr.Narendra Bhatta	Dr Rejina Shahi, Dr. Augraj Uprety	Combined Utility of Clinico-Sonological Indices for Early Prediction of Patients Outcomes with Respiratory Failure Admitted in Pulmonary Critical Care Unit

Ongoing Research Projects of the Department:

S.No	Principal Investigator	Title
1	Prof Dr.Narendra Bhatta	Implementation and Evaluation of a Novel Co-designed Integrated Multi-morbidity Management by Community Health Workers (CIMM-CHW) in Eastern Nepal (Collaboration with Australian National University, University of New South Wales, The George Institute for Global Health Miami University, University of Queensland Ministry of Health and Population of Nepal, Center for Research Policy and Implementation Under the scheme of NHMRC Global Alliance for Chronic Diseases: Management of Multiple Long-Term Conditions)
2	Prof Dr.Narendra Bhatta	Reasons for Consultation for Chest X-RAY Abnormalities in Pulmonary Outpatient Service
3	Prof Dr.Narendra Bhatta	Exploring the Role of Telemedicine and Digital Health Interventions (DHI) Service for Pulmonary Consultation: Exploratory Qualitative Study
4	Prof Dr.Narendra Bhatta	Barriers and Facilitators That Influence Telemedicine-Based Consultation for Pulmonary Symptoms

S.No	Principal Investigator	Title
5	Prof Dr.Narendra Bhatta	Study of Impact of Monsoon on the Pattern and Trends in Respiratory Morbidity in Nepalese Context
6	Prof Dr.Narendra Bhatta	Study to quantify and characterize multi-disciplinary inpatient consultation requests in patients admitted in pulmonary department
7	Prof Dr.Narendra Bhatta	Study of Prevalence of Respiratory Symptom Complex and their Predisposing Risk Factors in Patients presenting at Primary Care in Developing Countries
8	Prof Dr.Narendra Bhatta	Clinical Spectrum of Patients with COPD Discharged on Domiciliary Oxygen Therapy: A Real-Life Study
9	Prof Dr.Narendra Bhatta	The prevalence of fatigue and their Predisposing Risk Factors in Patients presenting Respiratory Symptom Complex in Developing Countries
10	Prof Dr.Narendra Bhatta	Lung Cancer Study
11	Prof Dr.Narendra Bhatta	To Assess the Role of Bronchio-Alveolar Lavage in Clinico-Radiologically Suspected post tubercular Bronchiectasis
12	Prof Dr.Narendra Bhatta	Predictors of Acute Exacerbations in Patients with Post-Tuberculosis Bronchiectasis
13	Prof Dr.Narendra Bhatta	The prevalence of fatigue and their Predisposing Risk Factors in Patients presenting Respiratory Symptom Complex in Developing Countries
14	Prof Dr.Narendra Bhatta	The Triple Burden Study: Chronic Obstructive Pulmonary Disease at the Intersection of Tobacco Smoke, indoor air pollution and Post-Tuberculosis Sequelae
15	Dr. Prakash Aryal	Polysomnographic Profile of Patients Presenting with Snoring Undergoing Level 2 Polysomnography: A Descriptive Cross-Sectional Study from Eastern Nepal
16	Dr. Prakash Aryal	Intrapleural Streptokinase in Loculated Pleural Effusion in The Era ofTpa/Dnase: A Real-World Retrospective Cohort Study from A Resource-Limited Tertiary Care Centre
17	Dr. Prakash Aryal	Spirometric Patterns Among Patients Clinically Diagnosed and Managed as Chronic Obstructive Pulmonary Disease: A Cross-Sectional Study
18	Dr. Prakash Aryal	Optimizing the Diagnosis of Sputum Smear-Negative Pulmonary Tuberculosis: The Diagnostic Value of Bronchoalveolar Lavage GeneXpert MTB/RIF

DEPARTMENT PUBLICATION

1. **N Bhatta**, **P Aryal**, D R Mishra, R Shahi, A Verma, M Gupta, M Lamsal, B Khanal, A45-06 Risk-Stratification in Pleural Intervention for Identifying High-Risk Patients for Post Procedural Pulmonary Complications: A Paradigm Shift From Reactive to Proactive Care, *American Journal of Respiratory and Critical Care Medicine*, Volume 212, Issue Supplement_1, May 2026, aamag162.5920,
2. **Bhatta N,** Mishra DR, Shahi R, Verma A, **Uprety A, Aryal P,** & Bhatta, N. (2026). Coexistent cardiovascular disease in patients with post tuberculous bronchiectasis: Exploring the clinical impact

of double-burden. *American Journal of Respiratory and Critical Care Medicine, 212*(Supplement_1), aamag162.6769

3. Ojha A, Shrestha A, Bhagat T**, Bhatta N**, **Uprety A**, Agrawal SK. Periodontal status of the patients presenting with pulmonary disease in a tertiary health care facility in eastern Nepal. BMC Oral Health. 2025 Apr 7;25(1):495. Obstructive Sleep Apnea Syndrome (OSAS), Gastroesophageal Reflux Disease (GERD) and Hyperuricemia: Uneasy Bedfellows or Natural Partners? **N. Bhatta**, A. Verma, D.R. Mishra, P. Karki, M.K. Gupta, and M. Lamsal. *Am J Respir Crit Care Med* 2025;211: A4775. Exploring the Relationship Between Comorbidities and Outcomes in Non-resolving Pneumonia: Clinically Useful Perspective from Developing Country Nishad Bhatta, Achyut Bhakta Acharya, Deebya Raj Mishra, Rejina Shahi, Avatar Verma, Augraj Uprety, Prakash Aryal, Kum Bahadur Gurung**, Narendra Bhatta** *Am J Respir Crit Care Med* 2025;211:A4521
4. **N. Bhatta**, A.B. Acharya, **D.R. Mishra**, A. Verma, **R. Shahi, A. Uprety**, **P. Aryal**, N. Bhatta, Exploring the Relationship Between Comorbidities and Outcomes in Non-resolving Pneumonia: Clinically Useful Perspective From Developing Country, *American Journal of Respiratory and Critical Care Medicine*, Volume 211, Issue Supplement_1, May 2025, Page A4521,

5. CONFERENCE/WORKSHOP/SYMPOSIUM/TRAINING ATTENDED

Prof Dr Narendra Bhatta

1. Invited by the (Indian Chest Society &National College of Chest Physicians of India (ICS-NCCP) as International Faculty, Guest Speaker & Chairperson to deliver a talk on The Alcoholic Lung Disease: An Often-Unrecognized Clinical Entity In their 27th Joint National Conference on Pulmonary Diseases (NAPCON 2025, Patna) held from 11th to 14th December 2025 in the culturally rich and historically significant city of Patna, Bihar
2. Invited by the (Indian Chest Society &National College of Chest Physicians of India (ICS-NCCP) as International Faculty, Guest Speaker & Chairperson to deliver a talk on Debate on Critical Care: Is it Time to Treat Severe Community-Acquired Pneumonia with Steroids In their 27th Joint National Conference on Pulmonary Diseases (NAPCON 2025, Patna) held from 11th to 14th December 2025 in the culturally rich and historically significant city of Patna, Bihar
3. Invited by the (Indian Chest Society &National College of Chest Physicians of India (ICS-NCCP) as International Faculty, Guest Speaker & Chairperson to deliver a talk on Unraveling the Potential of Adjunctive Host-Directed Therapies (HDTs) in Patients with AECOPD in 27th National Conference on pulmonary Diseases [NAPCON -2025, JAIPUR] held at Birla Auditorium, Jaipur from 13th to 16th November 2025.
4. Invited by(NRS-Nepalese Respiratory Society)to chair the session and deliver the guest lecture on "Single Inhaler Triple Therapy in Bronchial Asthma "in Nepal's 1ST SITT Conclave heldon 11th July 2025 at Katmandu
5. Appointed as a Ph D Examiner for the Ph D Examination of Department of Pulmonary, Critical Care and Sleep Medicine of All India Institute of Medical Sciences (AIIMS) New Delhi India
6. Appointed as a External Examiner DM Pulmonary, Critical Care and Sleep Medicine, Kathmandu University
7. Appointed as a External Examiner DM Pulmonary, Critical Care and Sleep Medicine, Tribhuvan University, August 14-15, 2025
8. Invited by the Department of Pulmonary Medicine and Sleep Disorders at All India Institute of Medical Sciences (AIIMS) New Delhi to participate as International Faculty and Chairperson at "AIIMS PULMOCRIT 2026 Update in Pulmonary, Critical Care and Sleep Medicine" held from 13th March 2026 -16 th March 2026

Dr. Augraj Uprety

1. Faculty in the program conducted by Birat Medical College and Teaching Hospital (BMCTH) on "Simulation Integrated Mechanical Ventilation" which was endorsed by Nepalese Society of Critical Care Medicine (NSCCM) and Indian Society of Critical Care Medicine (ISCCM) held on 15th and 16th August 2025 at Biratnagar, Nepal.
2. Faculty in the pre-conference workshop of "Mechanical Ventilation" as well as the conference speaker in the topic of "Year in Review: Critical care medicine" in the Second International Conference of Nepalese Respiratory Society (NeRS), which was endorsed by ERS (European Respiratory Society), held in 4th- 6th September 2025.
3. Moderator (Faculty) in the topic of "Why our Ventilated patients die?" in the Eastern Critical Care Conclave 2025 held at Birat Medical College Teaching Hospital on November 7–8, 2025.
4. Poster presentation in the 29th Congress of Asia Pacific Society of Respirology held in Manila, Philippines from 10th-13th November 2025 on the topic of "Study of Clinical Utility of Oxygen Delivery through High Flow Nasal Cannula (HFNC) in Patients Presenting with Chronic Obstructive Pulmonary Disease (COPD) with Acute Hypercapnic Respiratory Failure (AHRF) in Nepal."
5. Faculty in the "16th International Conference of Society of Internal Medicine of Nepal (SIMON)" on the topic of "Concept of Weaning and Diaphragm Protective Ventilation", held in Lalitpur, Nepal held on December 12 and 13, 2025.
6. Organizer and faculty of the "BPKIHS Sleep Medicine Conclave 2026" in the topic of "Practically how to decode the Sleep Apnea Syndromes in a Busy Clinic: Do all snorers have Obstructive Sleep Apnea?" held in BPKIHS, Dharan on 21st February 2026.
7. Faculty in "The Respiratory & Critical Care Update 2026" on the topic of "Acute Respiratory Distress Syndrome: Phenotypes and Current Concept of the Management"; organized by the Nepalese Respiratory Society during 24–25th April 2026 at Chitwan Medical College in Bharatpur, Nepal.
8. Organizer and faculty of the "BPKIHS Critical Care Conclave 2026" in the topic of "Principle of management of the Acute Hypoxemic Lung Injury: Concepts and Role" held in BPKIHS, Dharan on 4-6th June 2026.

6. HONOR/MILESTONE/ACHIEVEMENTS/AWARDS

Prof Dr. Narendra Bhatta

1. **Honored and inducted as the Class of American Thoracic Society Fellows (ATSF)** by the prestigious American Thoracic Society (ATS). The fellowship of American Thoracic Society (ATSF) identifies an Internationally Recognized expert in Pulmonary, Critical Care and Sleep Medicine and is a mark of distinction that recognizes the accomplishments, dedication and contributions of ATS members to the Society and in the fields of Pulmonary, Critical Care, and Sleep Medicine globally.

Dr. Augraj Uprety

1. Awarded as the first position in the oral presentation on topic "Study of Factors Associated with Acute Kidney Injury in Patients with Cirrhosis" during Third SIMON National conference-2018 held in Biratnagar on February 16-17, 2018 (Falgun 4-5, 2074).

2. Received **J Patrick Barron Medical Education Young Investigator Award** on the 29th Congress of Asia Pacific Society of Respirology held in Manila, Philippines from 10th-13th November 2025 for the topic of "Study of Clinical Utility of Oxygen Delivery through High Flow Nasal Cannula (HFNC) in Patients Presenting with Chronic Obstructive Pulmonary Disease (COPD) with Acute Hypercapnic Respiratory Failure (AHRF) in Nepal."
3. Received grant to attend the onsite European Respiratory Society Course on "Academy of pulmonary hypertension", which was held on 20-21 November 2025 at Amsterdam, Netherlands

Dr. Sarbottam Koirala (DM Resident)

1. NRS ILD Workshop: organized by Nepalese Respiratory Society, at Mercure Hotel, Sukedhara, on 30th May, 2026
2. Sleep Medicine Conclave 2026, workshop co-ordinator and speaker, Organized by Department of Pulmonary, critical Care and Sleep Medicine, BPKIHS, on Feb 21, 2026
3. Critical Care Conclave 2026, as workshop co-ordinator and speaker, Organized by Department of Pulmonary, critical Care and Sleep Medicine, BPKIHS, from June 4-6, 2026

Dr. Sanjay Bhusal (DM Resident)

1. Eastern Critical Care Conclave 2.0, organized by Birat Medical College and Teaching Hospital, on November 7-8, 2025
2. Sleep Medicine Conclave 2026, workshop co-ordinator and speaker, Organized by Department of Pulmonary, critical Care and Sleep Medicine, BPKIHS, on Feb 21, 2026
3. Critical Care Conclave 2026, as workshop co-ordinator and speaker, Organized by Department of Pulmonary, Critical Care and Sleep Medicine, BPKIHS, from June 4-6, 2026

7. PLAN OF ACTION

In coming years, we will be expanding and deepening our clinical service infrastructure, investing in cross-disciplinary collaborative research. The department will create new avenues to academic excellence in pulmonary medicine, pulmonary clinical service and promoting the highest ethical standards. It will also continue to pursue opportunities to develop cross-institutional academic and research initiatives. It is natural to expect that BPKIHS as the institute will design and adopt a suitable set of strategies to garner financial support from the government and other developmental agencies and mold the circumstances for achieving the milestones mentioned in this following plan of action of the department:

Expand the Departmental Administrative Infrastructure in Relation to Space and Human Resources:

The department aims to strengthen infrastructure with a dedicated administrative office, computing facilities, and support staff, plus a dedicated classroom/teaching space with learning resources, internet, audiovisual equipment, and a resident duty room. Having submitted a Strategic Document for Faculty Recruitment, Retention, and Development to BPKIHS executives, the department will support its implementation going forward.

Expanding Existing Pulmonary Clinical Services towards more effective, evidence based, efficient and equitable Clinical Care:

a. ***Expand*** existing Pulmonary Critical Care Unit**:** Expand the existing ICU to state of the art10 Bed ICU with 6 Ventilators working and 4 bedded steps- down units (beds with monitors and oxygen support)
b. ***Expand*** the Pulmonary In Patient Ward**:** Expand the existing beds allocated to Pulmonary In Patient Ward towards making it Separate In Patient Ward with Bed Strength of 30 dedicated beds to Department of Pulmonary, Critical Care & Sleep Medicine
c. ***Start*** New Out Patient Clinical Service for Chronic Respiratory Diseases/Post COVID Clinical Care
d. ***Begin*** New Out Patient Clinical Service Clinical Services for Lung Cancer
e. ***Begin*** New Out Patient Clinical Service Clinical Services for Drug Resistant Tuberculosis
f. ***Initiate*** New Interdisciplinary Integrated Smoking Cessation –Alcohol Cessation Clinical Service
g. ***Procure:***

- **Anesthesia Workstation** for doing Strengthening & expanding the Interventional Pulmonology procedures under General Anesthesia
- **Ventilators with Monitor** for Pulmonary Critical Care Unit
- **NIV &CPAP** Machines to improve patient care
- **Cryobiopsy** related equipment to start cryo services at the earliest
- **Pulmonary Simulation Teaching Sets**

Transformative Scaling Up of Clinicians Education and Training:

a. ***Organize*** the **"PCCSM-PULMO PATHSHALA CONCLAV-OQUIUM 2026** in December November –December 2025 to commemorate and celebrate the decade of initiation Pulmonary Super specialty academic Course at BPKIHS Nepal. It is natural to expect that BPKIHS as the institute will provide financial support from the institute for organizing this academic event and all other activities mentioned in this plan of action of the department:
b. ***Organize*** BPKIHS-AIIMS Workshop on Pulmonology and make it an annual event.
c. ***Organize*** Short Course for teachers on Critical Thinking and Clinical Decision-Making in Case based Learning
d. ***Organize*** Course on State-of-the-Art Practices for Sleep Medicine Narrative Medicine
e. ***Organize*** Curriculum Review Workshop for Doctorate of Medicine (DM) in consultation with the experts from the institutions having similar programs

Generate and Deliver Actionable Knowledge in Pulmonary, Critical Care &Sleep Medicine:

h. **Assist, Advocate & Implement** The department will Assist, Advocate the BPKIHS authority to act upon already prepared Strategic Policy Paper & Plan for Developing the Department of Pulmonary, Critical Care & Sleep Medicine (PCCSM) BPKIHS as ***National Collaborating Centre for Research and Capacity Building in Pulmonary, Critical Care and Sleep Medicine in Nepal***

We are constantly searching for new ways to help foster leaders and innovators in pulmonary clinical care, research and education. In coming years, the department will create new avenues to academic excellence in pulmonary medicine, pulmonary clinical service by expanding our clinical service infrastructure, investing in cross-disciplinary collaborative research and continuing to pursue opportunities to develop cross-institutional academic and research initiatives.

9.23 DEPARTMENT OF RADIODIAGNOSIS AND IMAGING

FACULTY MEMBERS:

Dr. Mukesh Kumar Gupta	Professor & Hod
Dr. Nishant Mishra	Associate Professor
Dr. Pratima Kumari Shah	Associate Professor
Dr. Kapil Adhikari	Associate Professor
Mr. Ranjit Kumar Jha	Assistant Professor
Dr. Sapana Koirala	Assistant Professor
Dr. Dip Sundar Limbu	Assistant Professor
Dr. Gauri Mukhiya	Assistant Professor
Dr. Amit Sinha	Lecturer/ Senior Resident
Dr. Nabin Chaudhary	Lecturer/ Senior Resident
Dr. Milan Sigdel	Lecturer/ Senior Resident
Dr. Roshan Kumar Shah	Lecturer/ Senior Resident

STAFF MEMBERS:

Mr. Mukesh Kumar Jha	Demonstrator (Technical In-Charge)
Ms. Rakhi Kumari	Demonstrator
Mr. Shiv Shankar Prasad	Senior Technologist
Mr. Kapleshwar Prasad Sah	Senior Technologist
Mr. Deependra Prasad Yadav	Technologist
Mr. Umesh Kumar Mandal	Technologist
Mr. Hasrat Siddique	Technologist
Mr. Sudhir Thakur	Technologist
Mr. Jagjit Kumar Mishra	Senior Graduate Technician
Mr. Rohitanand Jha	Senior Graduate Technician
Mr. Ram Krishna Mehta	Graduate Technician
Mr. Manish Kumar Karna	Graduate Technician
Mr. Siddhartha Chaudhary	Graduate Technician
Mr. Ghanshyam Yadav	Graduate Technician
Mr. Ram Nath Yadav	Graduate Technician
Mr. Sachindra Prasad Yadav	Graduate Technician
Mr. Arbind Kumar Yadav	Graduate Technician
Mr. Anil Kumar Yadav	Technician
Mr. Ramesh Kumar Yadav	Technician
Mr. Krishna Sagar Pandit	Technician
Mr. Satish Bhattarai	Technician
Ms. Anita Chaudhary	Technician
Mr. Ajay Kumar Sah	Senior Technical Assistant
Ms. Manushil Rai	Computer Clerk
Ms. Shyamwati Kumari Rajbanshi	Senior Receptionist

Number of MCH Residents/Residents/Medical Officer/Nursing Staff/Other Health Staffs

S.N.	Particulars	Number
1.	MCH Residents	-
2.	Junior Residents	12
	1st Year	6
	2nd Year	5
	3rd Year	1
3.	Medical Officers	-
4.	Nursing In-charge/Supervisor	-
5.	Nursing Staff Members (Senior A.N.M)	3
6.	Health Aids	2
7.	Senior Foreman	2
8.	Foreman	1
8.	Helpers	3
9.	Daily wages Staffs	3

1. DEPARTMENT PROFILE

a. **Vision:** To be a center of excellence in diagnostic and interventional radiology, providing safe and compassionate imaging care while advancing medical knowledge through innovation and education.

b. **Mission:**

- To deliver high quality and precise diagnostic radiology services to guide clinical decision-making along with patient safety.
- To train radiologists, radiographers and medical students in modern diagnostic imaging. techniques, safety standards and ethical practices.
- To be a center of evidence based clinical research.

c. **Core Functions:**

- Diagnostic imaging services.
- Radiological interventions: Diagnostic and therapeutic procedures.
- Interdisciplinary collaboration for patient services, education and training.
- Research related to diagnostic and interventional Radiology.

2. ACADEMIC ACTIVITIES

a. Undergraduate Academic Program

Undergraduate training to MBBS is strictly followed as per the laid down institutional instructions and circulated syllabus with fixed timings.

b. B. Sc. MIT (Bachelor of Science in Medical Imaging Technology)

After successfully conducting "Workshop for Curriculum Development of M.Sc. MIT & Radiology Fellowship and Curriculum Review of B.Sc. MIT followed by CME on Recent Advances on Neuroradiology" during 1-4th August, 2013 by Department of Radio diagnosis and Imaging, BPKIHS, Dharan, the duration of B.Sc. MIT course was extended from 3 years to 4 academic years from batch 2013.

The students are allowed to work under supervision of Radiologists & Radiological Technologists in different imaging modalities in the department i.e., Conventional Radiology, Mammography, USG, CT and MRI for demonstration and training. Their regular Radiography lectures are conducted by the departmental faculties. Beside Radiography lectures, according to their curriculum, lectures of Anatomy, Physiology, Hospital Practice and Patient care are taken by respective departments of this institute. A physics laboratory is established in the department to conduct various practical work/training.

c. Post Graduate Academic Program

PG Weekly Teaching Schedule (Morning Class)

Day	Programme (8 - 9 am)
Sunday	Tutorial on Medical Physics/Radiographic Positioning
Monday	Case Discussion (CD)
Tuesday	Journal Club (JC)
Wednesday	Case Discussion (CD)/ Inter-Departmental Meet (IDM)
Thursday	Seminar
Friday	Interesting Case Presentation (ICP)

d. **Miscellaneous:** PG students from other departments (Oral medicine & Radiology, GP & EM, Obstetrics & Gynaecology, College of Nursing) are regularly posted in the department of Radiology for learning practical knowledge/skill in Radiology.

3. CLINICAL SERVICES:

S.N.	Investigation	Achieved in 2082/2083
1.	X-rays (Chest, Spine, Skull, Abdomen, Extremities etc.)	155292
2.	X-Ray Plates (special procedures)	768
	IVU	-
	MCU/ RGU	191
	Barium/Gastrography Studies	10
	Distal colonogram	27
	T-Tube Cholangiogram	11
	Sinogram/Fistulogram	118
	Cystogram	4
	HSG	178
3.	Digital Mammogram	1332
4.	USG	70031
5.	CT Scan (Central & EMG CT)	15699
6.	FNAC	847
7.	Doppler	2176
8.	Biopsy/PCN/Pigtail/PTBD/Tapping/Aspiration & Other Interventions	604

4. RESEARCH ACTIVITIES:

Undergraduate Students Research Activities:

Research Project Completed (B.Sc. MIT Students):

Name of Students	Chief guide	Co-guides	Title of the Research Project
Mr. Roshan Sambahamphe Ms. Tanu Chaudhary Ms. Tirtha Devi Tiwari	Mr. Ranjit Kr. Jha	Dr. Sapana Koirala	Assessment of knowledge about breast cancer and mammography in patient undergoing mammography at BPKIHS, Dharan, Nepal
Ms. Neha Jha Ms. Mamata Pandey, Mr. Satrohan Yadav	Mr. Ranjit Kr. Jha	Dr. Dip Sundar Limbu	Perception of patient regarding hysterosalpingography at BPKIHS, Dharan, Nepal
Mr. Sudhir Kurmi, Mr. Subash Kumar Yadav, Mr. Birendra Kumar Mahato.	Mr. Ranjit Kr. Jha	Dr. Gauri Mukhiya	Assessment of femoral neck shaft angle in adults on anterior radiograph at BPKIHS, Dharan, Nepal

Ongoing Research Project (B.Sc. MIT Students, Batch 2023):

Students	Chief guide	Co-guides	Title of the Research Project
Ms. Mandira Shrestha Ms. Shristi Paudel, Mr. Sunny Kushwaha	Mr. Ranjit Kr. Jha	Dr. Pratima Kumari Shah	Assessment of perception of pain among patients undergoing mammography at BPKIHS, Dharan, Nepal
Mr. Akash Kumar Yadav Ms. Chetna Pandit Mr. Gulshan Kumar Yadav	Mr. Ranjit Kr. Jha	Dr. Nishant Mishra	Assessment of image quality of antero-posterior abdomen radiographs at BPKIHS, Dharan, Nepal
Mr. Nitesh Kumar Yadav, Mr. Nabin Kumar Mandal, Ms. Sahara Mishra, Ms. Rabina Adhikari	Mr. Ranjit Kr. Jha	Dr. Kapil Adhikari	Measurement of Bohler's (calcaneal) angle on the lateral ankle radiographs at BPKIHS, Dharan, Nepal

Ongoing Research Project (B.Sc. MIT Students, Batch 2024):

Students	Chief guide	Co-guides	Title of the Research Project
Ms. Amit Yadav Ms. Pronit Thapa Shrees Magar Mr. Pushpendra Kumar Lal	Mr. Ranjit Kr. Jha	Prof. Dr. Mukesh Kr. Gupta	Radiographic Assessment of Carrying Angle of Elbow in Adults at BPKIHS, Dharan, Nepal
Ms. Namrata Basnet Ms. Garima Upreti Mr. Bhawani Prasad Yadav Mr. Manish Kumar Sah	Mr. Ranjit Kr. Jha	Prof. Dr. Mukesh Kr. Gupta	Radiographic Measurement of radial Inclination Angle and Radial Height in Adults at BPKIHS, Dharan, Nepal

Post Graduate Students Research Activities:

Thesis Project Ongoing:

Residents	Chief guide	Co-guides	Title of the thesis
Dr. Parash Kunwar	Prof. Dr. Mukesh Kr. Gupta	Dr. Nishant Mishra Dr. Sapana Koirala Prof. Dr. Smriti Karki	Diagnostic performances of TI-RADS, Shear Wave Elastography and Strain Elastography for Characterization of Thyroid Nodules: A Comparative Cross

Residents	Chief guide	Co-guides	Title of the thesis
		Prof. Dr. Shyam Thapa Chhettri	Sectional Study at a Tertiary Care Center in Nepal.
Dr. Anita Shrestha	Dr. Kapil Adhikari	Prof. Dr. Mukesh Kr. Gupta Dr. Gauri Mukhiya Prof. Dr. Robin Maskey Dr. Mona Dahal	Role of Elastography and Color Doppler in Evaluation of Renal Parenchymal Disease with Histopathology at a Tertiary Care Center in Nepal.
Dr. Anu Manandhar	Prof. Dr. Mukesh Kr. Gupta	Dr. Pratima Kumari Shah Prof. Dr. Achala Thakur Dr. Sapana Koirala Dr. Dipsundar Limbu	Placental Elastography in Intrauterine Growth Restriction Vs Normal Pregnancy: A Comparative Cross Sectional Study at a Tertiary Care Center in Nepal.
Dr. Hira Joshi	Dr. Nishant Mishra	Prof. Dr. Mukesh Kr. Gupta Dr. Pratima Kumari Shah Dr. Bhupendra Shah Dr. Kapil Adhikari	Role of A SPECT Score in Prediction of Functional outcome of Ischemic Stroke at a Tertiary Care Center in Nepal: A Prospective Study
Dr. Mandeep Bhati	Dr. Pratima Kumari Shah	Prof. Dr. Mukesh Kr. Gupta Dr. Nishant Mishra Dr. Kapil Adhikari	Morphometric Analysis of Maxillary and Frontal Sinuses by Computed Tomography At BPKIHS

Thesis Project Completed:

Residents	Chief guide	Co-guides	Title of the thesis
Dr. Rumit Jha	Prof. Dr. Mukesh Kr. Gupta	Dr. Nishant Mishra Dr. Suresh Sah Dr. Gauri Mukhiya	Role of Modified CT Severity Index in assessment of Patient Outcome in Acute Pancreatitis at BPKIHS

Faculty Research Activities:

Research Project Completed:

Sn	Principal Investigator	Title
1	Dr. Nishant Mishra	Computed Tomographic Evaluation of Seizure in Adults at BPKIHS.

Research Project Ongoing:

Sn	Principal Investigator	Title
1	Dr. Nishant Mishra	High Resolution Ultrasound Evaluation of Muscle and Tendon Pathologies at a Tertiary Care Center of Nepal.

DEPARTMENTAL PUBLICATION:

1. **Mukhiya G**. The Role of CT and MRI in the Diagnosis of Orbital Tumors: A Literature Review. J Radiol Oncol. 2026; 10(1): 016-021.
2. **Mukhiya G, Jha R**. Management of Variceal Bleeding in Cirrhotic Portal Hypertension. EAS J Anesthesiol Crit Care. 2026; 8(1): 32-62

3. **Adhikari K, Mukhiya G, Koirala S**, B.K N, Bista S, Gyawali S. Transabdominal Sonographic Measurement of the Cavum Septum Pellucidum in Second and Third Trimester Fetuses: A Cross-Sectional Study. EAS J Anesthesiol Crit Care. 2026;8(1):63-66

5. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS ATTENDED

- **Dr. Mukesh Kr. Gupta**

  1. Chaired a session in symposium on "Hepatopancreaticobiliary Malignancy" held on 30th January 2026 at Soaltee Westend, Itahari, Nepal.
  2. Chaired a session in 29th Annual Scientific Programme 2025 at BPKIHS, Dharan, Nepal.

- **Dr. Nishant Mishra**

  1. Presented a topic titled "Advanced Imaging Technique in acute stroke Diagnosis" in Himalayan International Stroke Summit (HISS) held on August 16–17, 2025, at the Soaltee Hotel in Kathmandu, Nepal.
  2. Participated in the Panel discussion on the "Stroke Imaging" on 9th April 2026 in the RADCON 2026, 1st BIMSTEC Level Radiology Conference, held on 9-11 April 2026 in Royal Tulip, Gwarko, Lalitpur, Nepal.
  3. Presented a topic titled "Advanced imaging technique in acute stroke" on 11th April 2026 in the RADCON 2026, 1st BIMSTEC Level Radiology Conference, held on 9-11 April 2026 in Royal Tulip, Gwarko, Lalitpur, Nepal.
  4. Presented the research "Computed Tomographic Evaluation of Seizure in Adults at BPKIHS" in the Research Forum Meet held on 14th May 2026 at BPKIHS, Dharan, Nepal.

- **Dr. Pratima Kumari Shah**

  1. Participated in the workshop on the "Advanced Teachers' Training Program on Essentials of Student Assessment" conducted by the Department of Health Professions Education, held on 27-28 April, 2026 at BPKIHS, Dharan, Nepal.

- **Dr. Kapil Adhikari**

  1. Attended the International Conference on "Nuclear Medicine" held on 11th July 2026 at BMCTH, Biratnagar, Nepal.
  2. Presented a topic titled "Morphometric Evaluation of Adult Clavicle using CT in Nepalese Population" at the Research Forum Meet held on 14th May 2026 at BPKIHS, Dharan, Nepal.
  3. Attended symposium on Hepatopancreaticobiliary Malignancy as a speaker on topic "Imaging in Hepatobiliary and Pancreatic malignancy" held on 30th January 2026 at Soaltee Westend, Itahari, Nepal.
  4. Participated in the workshop on the "Basic Teachers' Training Program" conducted by the Department of Health Professions Education, held on 22-26 March, 2026 at BPKIHS, Dharan, Nepal.

- **Dr. Sapana Koirala**

  1. Attended the International Conference on "Nuclear Medicine" held on 11th July 2026 at BMCTH, Biratnagar, Nepal.
  2. Presented a topic titled "Computed Tomography Evaluation of Normal Appendix" at the Research Forum Meet held on 14th May 2026 at BPKIHS, Dharan, Nepal.

- **Dr. Gauri Mukhiya**

  1. Presented a paper titled "Outcomes of Trans-jugular Intrahepatic Porto-systemic Shunt and Gastric Coronary Vein Embolization for Esophageal and Gastric Variceal Bleeding Patients with Cirrhotic Portal hypertension" in Conference held on 9-11 April 2026 at Kathmandu, Nepal.
  2. Presented a paper titled "Survival and Clinical Successful of Endovascular Intervention Treatment in Budd-Chiari Syndrome Patients: A Systematic Review (Accepted for Oral Presentation)" in Conference held on 11-14 June 2026 at Suzhou, China.
  3. Attended the International Conference on "Nuclear Medicine" held on 11th July 2026 at BMCTH, Biratnagar, Nepal.

- **Mr. Ranjit Kumar Jha**

  1. Participated in "Basic Health Research Methodology" held on 19-21 April 2026 at BPKIHS, Dharan, Nepal.
  2. Presented a paper titled "Awareness, Perception and Attitude of Patient Undergoing Contrast CT towards Associated Risks: A Cross-sectional Study at Tertiary Care Teaching Hospital in Nepal" in Research Forum Meet on 16th July 2026 at BPKIHS, Dharan, Nepal.

- **Mr. Mukesh Kumar Jha**

  1. attended "Dissemination Seminar on Occupational Radiation Dosimetry Service in Koshi Province" organized by Nepal Academy of Science and Technology (NAST) on 12th June 2026 at Damak Multiple Campus, Damak, Nepal.

6. PLAN OF ACTION

- **Department has planned to acquire and install following Equipments:**
  1. MRI Machine.
  2. Biplane Digital Subtraction Angiography (DSA) for interventional procedures.
  3. Additional Color Doppler Ultrasound equipment.
  4. Digital Radiography Dr.systems to replace computed radiography.
  5. Installation of PACS to promote filmless radiology services.
  6. Quality Control Kits for Diagnostic Radiology.
  7. Digital Fluoroscopy machine
- **Academic Future Plan:** Exploring the possibility to conduct Fellowships in different Radiological subspecialties & M.Sc. MIT program.
- **Recruitment of trained Manpower:**
  a. Recruitment of additional Radiologist, Sub-Specialized Radiologist & Bachelor level Radiographers.
  b. Recruitment of additional M.Sc. MIT level Teachers to conduct the UG/PG program more effectively.

9.24 DEPARTMENT OF SURGERY

FACULTY MEMBERS

Dr. Suresh Prasad Sah	Professor & Head
Dr. Rakesh Kumar Gupta	Professor
Dr. Rikesh Jung Karkee	Associate Professor
Dr. Sarada Khadka	Associate Professor
Dr. Rajesh Prasad Sah	Associate Professor
Dr. Abhijeet Kumar	Associate Professor
Dr. Nirmal Prasad Sah	Associate Professor
Dr. Alok Dahal	Associate Professor
Dr. Bhawani Khanal	Associate Professor
Dr. Samir Chaudhary	Associate Professor
Dr. Awaj Kafle	Assistant Professor
Dr. Shailesh Maharjan	Assistant Professor
Dr. Dinesh Nalbo	Assistant Professor
Dr. Bikash Kumar Sah	Senior Residents
Dr. Ranjit Kumar Yadav	Senior Residents
Dr. Vijay Pratap Sah	Senior Residents
Dr. Parbatraj Regmi	Senior Residents
Dr. Akash Giri	Senior Residents
Dr. Prabej Alam	Senior Residents

Administrative Staff

Hemanta Sah	Graduate Technician
Ms. Sweta Yadav	Computer Clerk
Ms. Chitra Karna Thapa	Forman
Mr. Padam Prasad Khatiwada	Forman
Mr. Pesal Wagle	Forman

Number of Junior Residents

S.No	Particulars	Number
1	Junior Residents (Total)	**28**
	1st Year	12
	2nd Year	9
	3rd Year	7

1. ACADEMIC ACTIVITIES

TEACHING ACTIVITIES

a. UG Teaching programme		
MBBS	SIS:	92
	Seminar:	15
	CBL:	107
	(SGD):	40
BDS	SIS	40
	CBL	80
	SGD	40

b. PG Teaching programme	
Seminar (Common Topic Presentation with Review of Literature)	82
Journal Presentation	33
Case Presentation	68
Mortality /Morbidity Review	24
Grand Round	48

Postgraduate Teaching

- Residents Teaching /Case presentations/Seminars
- Journal Club
- CME

1. Colorectal cancer symposium 2025 cum Seminar
2. Basic surgical skill workshop 11th July 2026

2. CLINICAL SERVICES

Statistics of the patient care provided

OPD		
Total New Patient (2025-2026)	Total Follow Up (2025-2026)	Total Patient
39413	19964	59377

IPD	
SICU	158
SURGERY I	2592
SURGERY II	2374
SURGERY III	1833
UROLOGY SURGERY	6
NEUROSURGERY	10
PEDIATRIC SURGERY	8

Type of Surgery	ROUTINE OT	EMERGENCY OT	DAY CARE OT
General Surgery and open urology etc)	**542**	**681**	**1496**
Pediatric Surgery	**313**	**139**	**174**
Neurosurgery	**18**	**69**	**33**
Endourology Surgery	**2487**		**20**
Laparoscopic (Endoscopic) Surgery	**2031**		**3**
Plastic Surgery	**-**	**-**	**-**
Breast & Endocrine Surgery	**155**	**-**	**1447**
Total	**5546**	**889**	**3173**

3. COMMUNITY SERVICES

Specialty care in health camps

1. The Department of Surgery in collaboration with Rotary club of Dharan Foothills organized a health camp on 31 January 2026 in Dharan .
2. The Department of Surgery organized and facilitated an interactive program with breast cancer survivors in October, 2025 to promote peer support, share experiences, and raise awareness about survivorship and ongoing care.

4. RESEARCH ACTIVITIES

FACULTY RESEARCH ACTIVITIES

Ongoing research projects

SN	Title	Principal Investigator
1.	An Audit of Splenic Abscess: A 10- years Retrospective Analysis at a Tertiary Referral Centre of Eastern Nepal	Dr. Abhijeet Kumar
4.	"Sarada khadka: Association of vitamin D deficiency with mastalgia and the effect of Vitamin D correction on pain severity among at BPKIHS: A prospective study	Dr. Sarada Khadka
5.	"Sarada khadka.: Mastalgia as predictor of malignancy: A cross-sectional study	Dr. Sarada Khadka
6.	"Sarada khadka. Co-investigator in Prevention of Persistent Pain with Lidocaine Infusions in Breast Cancer Surgery (PLAN) — Phase III, multicenter randomized controlled trial, Canada (ClinicalTrials.gov: NCT04874038	Dr. Sarada Khadka
7.	Dr. sarada khadka (Co - Principal Investigator). Developing a healthcare provider education curriculum for breast cancer genetic testing and counselling in Nepal	Dr. Sarada Khadka

Completed Research Projects

SN	Title	Principal Investigator
1.	Re-use of Ambua Scope During Exploration of the Common Bile Duct for Stones in Low-Resource Settings- a Retrospective Study	Dr. Abhijeet Kumar
2.	Retrospective study of clinical profile and management outcome of granulomatous mastitis.	Dr. Sarada Khadka
3.	Diagnostic accuracy of imprint cytology in sentinel lymph node evaluation of breast cancer patients in resource limited settings.	Dr. Sarada Khadka

Completed thesis (MS)

Name of Resident/Student	Name of Guide	Name of Co-guide	Title
Dr. Grishma Khadka	Prof Dr. Suresh Prasad Sah	Dr. Sarada Khadka Dr. Vijay Shrestha Dr. Dipendra Sarraf Dr. Dharanidhar Baral	Comparative study on the effectiveness of supplementation of Flax seeds vs Evening Primrose oil vs Both on Mastalgia: A prospective study
Dr. Md Sohail	Prof Dr. Rakesh K Gupta	Dr. Abhijeet Kumar Dr. Bhawani Khanal	Correlation between subcutaneous fat Thickness with incidence of surgical site Infection (SSI) In a patient who underwent elective Laparotomy surgery
Dr. Ranjan Bhagat	Prof Dr. Rakesh K Gupta	Dr. Abhijeet Kumar Dr. Bhawani Khanal	Preoperative use of botulinum toxin as an adjunct for primary closure for complex ventral hernia repair
Dr. Shambhu Nandan Khadga	Prof Dr. Suresh Prasad Sah	Dr. Vijay Shrestha Dr. Soniya Dulal Dr. Narayan Bhattarai Dr. Kunal Bikram Deo	Screening of colorectal cancer among patients attending surgery OPD of BPKIHS, Dharan- a cross-sectional prospective study.
Dr. Suman Kumar Khadka	Prof. Dr. Suresh Prasad Sah	Dr. Sarada Khadka Dr. Vijay Shrestha Dr. Dharanidhar Baral	An observational study on bailout procedure for difficult cholecystectomy
Dr. Suraj Yadav	Dr. Abhijeet Kumar	Prof Dr. Rakesh K Gupta Dr. Bhawani Khanal	The Modified Frailty index predicts postoperative morbidity in elective hernia repair patients
Dr. Tapeshwor Mandal	Prof Dr. Suresh Prasad Sah	Dr. Sarada Khadka Dr. Vijay Shrestha Dr Riya Singh	ERAS protocol in elective colorectal surgery in BPKIHS, Dharan. Prospective Comparative Observational Study.

Ongoing thesis (MS)

Name of Student	Topic	Guide	Co-Guide
Dr. Atul Dahal	CLINICOPATHOLOGICAL PROFILE AND MANAGEMENT OF GRANULOMATOUS MASTITIS: A PROSPECTIVE OBSERVATIONAL STUDY	Dr. Sarada Khadka	• Prof. Dr. Suresh Psd Sah • Dr. Vijay Shrestha • Dr. Dinesh Nalbo
Dr. Aabharna Regmi	Evaluation of Alvarado and Karaman score in the diagnosis of acute appendicitis: a prospective study Department: surgery	Dr. Vijay Shrestha	• Dr. Suresh Prasad Sah • Dr. Sarada Khadka • Dr. Rajesh Prasad Sah • Dr. Dinesh Nalbo • Dr. Suresh Prasad Sah
Dr. Bipin Yadav	Etiological profile and early outcome of spontaneous intracerebral hemorrhage	Dr. Alok Dahal	• Dr. RakeshKumar Gupta • Dr. Bhupendra Shah • Dr. Prakash Chandra Adhikari
Dr. Shoaib Ahmed Quraishi	EVALUATION OF OUTCOME OF TRANSURETHERAL RESECTION OF PROSTATE (TURP) IN PATIENT OF SMALL SYMPTOMATIC PROSTATE	Dr.Samir Chaudhary	• Dr. Shailesh Maharjan
Dr. UrushaPathak	Association with Metabolic syndrome and its impact on perioperative outcomes Department of surgery	Prof. Dr. Suresh Psd Sah	• Prof. Dr. Robin Maskey • Dr. Vijay Shrestha • Dr. SaradaKhadka
Dr. Avinav Tinkari	Assessment of quality of life following laparoscopic ventral hernia repair at BPKIHS: an observational prospective study	Dr.Rakesh kumar Gupta	• Prof. Dr. Suresh Prasad Sah • Dr. Abhijeet Kumar
Dr. Gaurav Khanal	EFFICACY OF PRE-OPERATIVE STOMA STIMULATION BEFORE CLOSURE ON POST OPERATIVE OUTCOMES.SINGLE-ARM PROSPECTIVE INTERVENTIONAL STUDY	Dr.Rakesh kumar Gupta	• Prof. Dr. Suresh Prasad Sah • Dr. Abhijeet Kumar • Dr. Vijay Shrestha
Dr. Chandan Kumar Bhagat	Prospective Comparative Evaluation of Stone Clearance and Complications in Renal Stones Measuring 2 to 3.5 Centimeters: Percutaneous Nephrolithotomy (PCNL) versus Retrograde Intrarenal Surgery (RIRS)	Dr. Rikesh Jung karkee	• Dr. Rakesh Kumar Gupta

Name of Student	Topic	Guide	Co-Guide
Dr. Bhanu Pratap Singh	EFFECT OF DELAYED PRESENTATION ON PEDIATRIC APPENDICITIS SEVERITY & RESULTS IN HOSPITAL BASED STUDY IN EASTERN NEPAL	Dr Rajesh Prasad Sah	• Prof. Dr. Suresh Psd Sah • Dr. Rakesh Kumar Gupta •
Dr. Sumeru ThapaMagar	ROLE OF NEAR-INFRARED FLUORESCENT CHOLANGIOGRAPHY USING INDOCYANINE GREEN (ICG) IN PREOPERATIVELY PREDICTED DIFFICULT LAPAROSCOPIC CHOLECYSTECTOMY: A PROSPECTIVE COHORT STUDY	Dr. Abhijeet Kumar	• Prof. Dr. Suresh Psd Sah • Dr. Rakesh Kumar Gupta • Dr. Shailesh Bhattarai

DEPARTMENTAL PUBLICATION

1. Jha A, Ghosh V, Gupta S, Oli S, Rayamajhi A, Gupta D, Luitel A, Khanal B, Dahal A, **Khadka S**. Rarity to Remission: Complete Response of Primary Breast Diffuse Large B-Cell Lymphoma with Chemoimmunotherapy. Clin Case Rep. 2026 Jan 20;14(1):e71891.
2. **Khadka S**, Sitaula U, Thapa R, Basnet R, Maskey R. Giant parathyroid adenoma mimicking gallstone disease and musculoskeletal disorders: a case report from a resource-limited setting. Ann Med Surg (Lond). 2025;87(10):6816–6821. doi:10.1097/MS9.0000000000003764.
3. **Khadka S**, Sapkota A, Regmi P, Shah R, Tiwari I, Thadarai D. High-grade, poorly differentiated breast carcinoma mimicking primary breast lymphoma: a case report of a diagnostic dilemma. Ann Med Surg. 2026Jun9.
4. **Khadka S**, Vuthaluru S, Agarwal G, et al. Asian Society of Mastology (ASOMA) guide on axillary assessment for patients with breast carcinoma. Indian J Surg. 2025.
5. **Regmi P**, **Regmi SM, Sah VP, Sah BK, Kumar A**, Janusonis T, Juodeikis Z, Cincikas D, Kilius A, Safik AA, Joseph NM, Samalavicius NE, **Gupta RK**. Malignant Transformation of Perianal Fistulas: A Systematic Review of the Literature. **J Surg Oncol**. 2026 Jul 12.
6. **Regmi P**, **Sah VP, Sah BK, Khanal B, Kumar A**, Baijal M, Lomanto D, **Gupta RK**. Minimally invasive surgery for acute groin hernias: A systematic review and meta-analysis. **Am J Surg**. 2025 Aug;246:116347.
7. **Regmi P**, Regmi SM, Paudyal A. Importance of the pattern of lymph node metastasis in upper and lower gastric cancer. **World J Gastrointest Oncol**. 2025 Sep 15;17(9):103144.
8. **Regmi P**, **Sah BK, Sah VP, Khanal B, Kumar A**, Janusonis T, Juodeikis Z, Cincikas D, Kilius A, Samalavicius NE, **Gupta RK**. Early closure of defunctioning ileostomy after low-pelvic surgery for rectal cancer: Systematic review and meta-analysis of safety and functional outcomes. **Surg Oncol**. 2026 Feb;64:102326.

9. Deo KB, **Regmi P**, Nepal G, **Gupta RK**, Adhikary S. Outcomes of Abdominal Tuberculosis Referred for Surgical Management in a Tertiary Care Center in Nepal. **JGH Open**. 2026 Jan 1;10(1):e70335.

10. Deo KB, **Regmi P**, Pandit N, Yogi BR, Sah BP, Budhathoki U, Adhikary S. Laparoscopic Heller myotomy with Dor fundoplication for achalasia: an outcome in a tertiary health center of Nepal. **Front Surg**. 2026 Jan 22;13:1678605.

11. Shrestha A, Pangeni A, **Regmi P**, Fernandes R, Shrestha AK, Basu S. Modified abdominal access for the obese population requiring laparoscopic cholecystectomy: Our recommendation. **J Minim Access Surg**. 2025 Dec 5.

12. Paudyal A, **Regmi P**, Agrawal S. Kerion in Disguise: Avoiding Surgical Misdiagnosis in Adolescent Scalp Lesions. **Clin Case Rep**. 2026 May 29;14(6):e72827.

5. DEPARTMENTAL WORKSHOPS/ CME/CONFERENCES/GUEST LECTURES ORGANIZED

a. Attended/ organized by Faculties

1. **Dr Abhijeet Kumar** : attended Basic Health Methodology workshop

2. **Dr Abhijeet Kumar** : attended Advanced Teachers' training workshop

1. **Parbatraj Regmi:**Early Closure of Defunctioning Ileostomy After Low-Pelvic Surgery for Rectal Cancer: Oral presentation at the **XVI International Conference of the Society of Surgeons of Nepal**, **Kathmandu**, Nepal, 20-22 November 2025.

2. **Parbatraj Regmi:** Prognostic Significance of Tumor Location in Duodenal Adenocarcinoma: Oral presentation at the **XVI International Conference of the Society of Surgeons of Nepal, Kathmandu,** Nepal, 20-22 November 2025.

3. **Parbatraj Regmi:** Safety of Minimally Invasive Repeat Liver Resection of Recurrent Liver Tumors Compared to Minimally Invasive Primary Liver Resections: Oral presentation at The 21st **World Congress of Endoscopic Surgeons and 17th Asia-Pacific Endo-Laparoscopic Surgeons (ELSA), Singapore**, 4-8 November 2025.

4. **Parbatraj Regmi:** Minimally Invasive Surgery for Repeat Liver Resection of Recurrent Liver Tumors: Oral presentation at **The 5th World Congress of the International Laparoscopic Liver Resection Society, Seoul, South Korea**; 24-27 June 2025.

5. **Parbatraj Regmi:** Attended **33rd Biennial Congress of International Society of University Colon and Rectal Surgeons, 23^{-25} July 2026, Kuala Lumpur Malaysia**

Presentation done by Residents (if any)

S.No.	Name of Presenter	Title	Program Name/Date/Place
1	Abhijeet Kumar	Abdominoperineal Resection	Colorectal Cancer Symposium cum Seminar; June 27, 2025; Soaltee Westend, Itahari
2	Abhijeet Kumar	Basic and Laparoscopic Suturing	Basic surgical skill workshop; 11 July 2026; HPE Hall, BPKIHS
3	Abhijeet Kumar	Endo-loop or Interrupted Suture Closure of Gallbladder Remnant During Laparoscopic Subtotal Cholecystectomy- a Retrospective Analysis of Our Experience at a High-Volume Centre of Eastern Nepal	23rd Annual congress of IAGES; 13 Feb 2026; Mumbai

6. SPECIAL APPOINTMENT

1. Prof Dr. Suresh Prasad Sah was appointed as member for OT User's Committee, BPKIHS.
2. Prof Dr. Suresh Prasad Sah was appointed as member for Formation of Disaster Management Executive Committee, BPKIHS.
3. Dr. Abhijeet Kumar was appointed as Deputy Spokesperson of Information and Communication Centre, BPKIHS.
4. Dr. Abhijeet Kumar was appointed as a member of the Grievance Management Committee, BPKIHS.
5. Dr. Abhijeet Kumar was appointed as member for the formation of Hospital Incident Command Centre (Response Committee), BPKIHS.
6. Dr. Vijay Shrestha was appointed as a member of the Emergency Advisor Committee, BPKIHS.
7. Dr. Sarada Khadka was appointed as a member of the Formation of Disaster Committee (Mitigation, Preparedness & Recovery), BPKIHS.

7. PLAN OF ACTION

Teaching

- To strengthen the advance surgical training center (Skills lab – Dr.y and Wet) for all the disciplines at the institute, undergraduate, postgraduates, senior residents and faculties
- To strengthen the departmental library facilities for PG and M Ch programme
- To procure books, journals and CDs for UG, PG and M Ch programme
- To send Urology M Ch resident to Nadiad for further learning, skills development and exposure (as part M Ch academic programme)
- To build a tie up with various regional, national and international teaching institute and hospitals
- Expansion and strengthening of departmental class room and library room

Patient care services

- To broaden the range of advanced laparoscopic procedures
- To start the renal transplant

- To strengthen all the allied disciplines, Breast and Endocrine Surgery, Neurosurgery, Paediatric surgery and Urology.
- To start plastic, burn and reconstructive surgical unit
- Integrated surgical emergency
- Adding the ICU beds for all surgical super specialities and its ICU services
- Creation of postoperative ward / high dependency unit
- Improvement strengthening of ward management (newer bed/monitor/patient cupboard/roof curtain
- Improvement OPD blocks / rooms (consultants PC for data entry, lab and radiological investigations viewing, USG, curtains, proctoscopes, uroflowmeter).

Community services and other services

The department will continue to serve patients in all the teaching districts and health camps with institute guidelines

Instrument Procurement – Proposals

General Surgery

- Open and laparoscopic surgical instruments for emergency OT and routine OT
- ICG setup (camera / light source), IOC setup
- Upgradation of emergency OT and routine OT, semi-modular OT/Modular OT
- Strengthening existing SICU and add specialties ICU
- USG in surgical wards and OTs
- Upper GI and Lower GI endoscopy

Urology instruments

- Flexible Video Ureterorenoscope
- Urodynamics
- Ultrasound

Neurosurgery

- Neurosurgery Drill
- High in operating Neurosurgical microscope with ICG

10. COLLEGE OF DENTAL SURGERY

College of Dental Surgery is running a Dental Teaching hospital with the capacity of 108 dental chairs and an inpatients ward of 10 beds, state of the art material and an enthusiastic team of dental faculties, dental surgeons and supporting staff. Patients' inflow is about 150 per day in aggregate in all the departments. Treatment includes out patient as well as in patient surgery inclusive of aesthetic, restorative, oral rehabilitation, pediatrics orthodontics, oral pathology & maxillofacial reconstruction. The service is not only limited to CODS, it has spread its services to the peripheral/rural population over Koshi Province.

College of Dental Surgery comprises of nine departments with UG & PG programmes in Oral Medicine & Radiology, Oral Maxillofacial Surgery, Prosthodontics, Pedodontics & Preventive Dentistry, Orthodontics & Dentofacial Orthopaedics, Public Health Dentistry, Periodonology & Oral Implantology, Conservative Dentistry & Endodontics and Oral Pathology.

Dental OPDs, Minor OT and Radiology are in the Dental College premises, In-patients Ward, Major OTs, ICU and Clinical Laboratories are located in the Medical College building.

CODS Management Teams:

Prof. Dr. Navin Agrawal	Chief	College of Dental Surgery
Dr. Iccha Kumar Maharjan	Deputy Chief	College of Dental Surgery
Dr. Ashok Ayer	Coordinator	MDS Programme
Dr. Khushbu Adhikari	Deputy Coordinator	MDS Programme
Dr. Arbind Rai	Coordinator	BDS Phase-I
Dr. Samikshya Sangraula	Deputy Coordinator	BDS Phase-I
Dr. Pujan Acharya	Coordinator	BDS Phase-II
Dr. Gajendra Birajee	Deputy Coordinator	BDS Phase-II
Dr. Pragya Regmee	Coordinator	BDS Internship
Dr. Ujwal Gautam	Deputy Coordinator	BDS Internship
Dr. Meena Kumari Mishra	Coordinator	PBL
Dr. Avinash Chaudhary	Deputy Coordinator	PBL
Ms. Uma Manandhar	Section Officer & In-Charge	Administration
Mr. Manjul Bhandari	Computer Operator	Coordinator Office & Admin.
Mr. Dhakam Sher Rai	Sr. Foreman	Administration
Ms. Pabitra BK	Helper	College& Admin.

1. HOSPITAL SERVICES OF FY/2082/083

S.No	Department	OPD Service		Total	OT Service		Total	TEST
		General	EHS		General	EHS		
1	Oral Medicine & Radiology	20495	0	20495	-	-	-	-
2	Oral & Maxillofacial Surgery	18029	71	18100	197	2	199	
3	Prosthodontics	10390	0	10390	-	-	-	-

S.No	Department	OPD Service		Total	OT Service		Total	TEST
		General	EHS		General	EHS		
4	Pedodontics & Preventive Dentistry	13611	0	13611	-	-	-	-
5	Orthodontics	7488	62	7550	-	-	-	-
6	Public Health Dentistry	18510	0	18510	-	-	-	-
7	Periodontology & Oral Implantology	11895	0	11895	-	-	-	-
8	Conservative Dentistry & Endodontics	20992	834	21826	-	-	-	-
9	Oral Histology & Pathology	-	-	-	-	-	-	402
Total		121410	967	122377	197	2	199	121410

2. ACTIVITIES

- CODS management team plays a role in the management of running all OPDs and Extended Hospital Service (EHS) Institutional based Private Practice (IBPP) OPDs.
- CODS management team coordinates with related departments to provide an uninterrupted supply of medical consumable goods and support the management of all indoor and outdoor patient services.
- Play a key role in the maintenance of Infection Control, waste management system, and maintenance of the entire hospital complex.
- Maintenance and procurement of dental equipment in coordination with concerned departments and the Electro-Biomedical Section.
- Coordinate all the activities of College of Dental Surgery.
- Coordinate all the activities with heads of departments and coordinators.
- Supervise the teaching learning activities of MDS and BDS students.
- Verification and releasing the official documents to the students.
- Organize welcome, orientation and farewell programmes for students.
- Coordination in conducting annual examinations.
- Organize CNE, Journal Club, Workshop and training.
- Conduct all internal assessment (examination) of post graduate programmes.
- Clinical Grand Round (CGR).
- Monthly Grand Round.
- Organogram & Name plate of faculty made as per NMC norms.
- Establishment of CBCT Machine.
- Establishment of Preclinical lab.

3. PLAN OF ACTION:

- Strengthen the college library facilities for UG and PG students.
- Renovation of existing college buildings.
- Upgrade and strengthen Seminar Hall/Classroom/Lecture theatre with wall mount LCD and sound system as required.
- Capacity building of existing human resources of College of Dental Surgery, BPKIHS.
- Continue strengthening the research activity, CNE, Workshop, Journal Club and Training.
- Establish Memorandum of Understanding between BPKIHS and different Hospitals, Colleges, University for exchange of UG/PG students.
- Organize a national/international conference in Dental Surgery.
- Establishment of Dental Pharmacy Counter.
- Digital Token board at OPD's.
- Up-gradation of the class rooms
- Overall repair & maintenance of college infrastructure.
- Systematize billing counter at COD
- Procure of floor cleaning machine.
- Chain gate at main entrance.
- Log book review & reprint.
- Revise and update MDS curriculum.
- Pre-vaccum autoclave for better infection control.
- Adequate cooling for all the clinic space and classroom.
- Day to day maintenance of equipment by a stationed resource person.
- New dental chairs to replace chairs older than 10 years and non-functioning.

10.1 DEPARTMENT OF CONSERVATIVE DENTISTRY AND ENDODONTICS

FACULTY MEMBERS

Dr Navin Agrawal	Professor & Head
Dr Mannu Vikram	Professor
Dr Vimmi Singh	Additional Professor
Dr Ashok Ayer	Additional Professor
Dr Arbind Rai	Associate Professor

STAFF MEMBERS

Mr Chandeshwor Sah	Technician
Mrs Maya Rai	Technician
Mrs Anju Shrestha	Senior ANM
Mrs Ambika Katuwal	Senior ANM
Mrs Budha Maya BK	Foreman
Mrs Bishnu Paudel	Helper

Number of Residents/Residents/Medical Officer/Nursing Staff/other Health staffs

S.No.	Particulars	Number
2	Junior Residents	
	1st Year	3
	2nd Year	3
	3rd Year	3
3	Medical Officers	0
4	Nursing Incharge/Supervisor	0
5	Nursing Staff Members	2
6	Helper	2

1. DEPARTMENTAL ACHIEVEMENTS & SUMMARY

- This year, the department will be establishing a modern PG wing with increased possibility for better patient care and decreased waiting list.
- Though the department has been struggling to keep up with maintenance, it will be a fruitful arena where the help from concerned departments will help run this department and overall dental college smoothly.

2. ACADEMIC ACTIVITIES

Undergraduate Teaching

- Teaching hours

Programe	Teaching Hours(Theory)	Teaching Hours(Practical)
MBBS	SIS: 4	(SGD): 20 for IVth Year
BDS	SIS: 110 for IInd, IIIrd, IVth Final Year Seminar: 52 for Final Year	CBL: 5 weeks for IInd, IIIrd, IVth Final Year SGD: 28 for Final Year
BSc. Nursing	None	None

- Clinical postings

Class	SIS	Labex	Seminar	PBL	CBL	SGD
BDS Final Yr	19	-	52	-	5 wks	28
BDS IVth Yr	30	-	-	-	5 wks	-
BDS IIIrd Yr	25		-	1 for 6days	5 wks	-
BDS IInd Yr	30	74	-	2 for 12 days	-	-
MBBS IVth Yr	-	-	-		16	-

Postgraduate Teaching

- Residents Teaching /Case presentations/Seminars : 48/year
- Journal Club: 48/year
- CME/Case Presentation: 48/year
- Thesis: 3/year

3. CLINICAL SERVICES

Clinical Services	Total New Patients(2025-26)	Total Follow Up(2025-26)	Total Patients(2025-26)	Total Patients (2024-2025) (For comparison)
OPD	13520	10,355	23875	19422

4. RESEARCH ACTIVITIES

Post Graduate Student Research Activities

Thesis Projects Ongoing

Name of Residents	Name of Guide	Name of Co-Guide(s)	Title of thesis
Dr Icchya Pradhan	Prof Dr Navin Agrawal	Prof. Dr. Mannu Vikram, Dr. Vimmi Singh, Dr. Ashok Ayer, Dr. Arbind Rai	Comparative Evaluation Of Fracture Resistance Of Class II Restorations Using Bulkfill Composite, Short Fiber-Reinforced Composite And Polyethylene Fibers Reinforced Composite: An In Vitro Study.
Dr Rachita Bhattarai	Dr. Ashok Ayer	Prof Dr Navin Agrawal, Prof. Dr. Mannu Vikram, Dr. Vimmi Singh, Dr. Arbind Rai	Comparison Of Pericervical Dentin Thickness Loss And Fracture Resistance In Endodontically Treated Mandibular Premolars Instrumented With Three Rotary File Systems: An In Vitro Study
Dr Sagar Panthi	Prof. Dr. Mannu Vikram	Prof Dr Navin Agrawal, Dr. Vimmi Singh, Dr. Ashok Ayer, Dr. Arbind Rai	Comparison of the efficacy of side-vented needles and ultrasonic irrigation for removal of intracanal medicament- a cone beam computed tomography study

Thesis Projects Completed

Name of Residents	Name of Guide	Name of Co-Guide	Title of thesis
Dr Asmita Gyawali	Prof Dr Navin Agrawal	Prof. Dr. Mannu Vikram, Dr. Vimmi Singh, Dr. Ashok Ayer, Dr. Arbind Rai	Comparison of the various retreatment files for the removal of obturating material and the XP endo finisher for the final removal of residual obturating material using cone

Name of Residents	Name of Guide	Name of Co-Guide	Title of thesis
			beam computed tomography: an in vitro study
Dr. Raju Pandey	Prof. Dr. Mannu Vikram	Prof. Dr. Navin Agrawal, Dr. Vimmi Singh, Dr. Ashok Ayer, Dr. Arbind Rai	The accuracy of two electronic apex locators in determining working length in teeth with simulated apical root resorption : an in vitro study
Dr Raman Lama	Add Prof Dr Vimmi Singh	Prof. Dr. Navin Agrawal, Prof. Dr. Mannu Vikram, Dr. Ashok Ayer, Dr. Arbind Rai	Fracture resistance of endodontically treated teeth restored with conventional composite versus glass fiber-reinforced composite: an in vitro study

Research Activities

Ongoing Research Projects

S.No.	Principal Investigator	Title
1.	Ashok Ayer	Understanding the Root Cause of Violence Against Healthcare Workers in Nepal: A Grounded Theory Study

Published Articles

Das U, Giri J, **Ayer A**. Effectiveness of antimicrobial photodynamic therapy in endodontic infection: a systematic review and meta-analysis. BMC Oral Health. 2025 Dec 12;26(1):116.

Chaudhary M, Giri AK, **Ayer A**. Nicolau syndrome in endodontics: A narrative review on calcium hydroxide extrusion and its therapeutic risks. Saudi Endodontic Journal. 2026 Jan 1;16(1):12-9.

Kumal M, Pokharel R, Rokaya D, Jaghsi AA, Dixit S, **Ayer A.** Delayed presentation of an apical-third horizontal root fracture: conservative endodontic management and aesthetic rehabilitation—a case report. Frontiers in Dental Medicine. 2026 Jul 15;7:1833303.

Raut T, Jain N, Keshwar S, **Singh V**, Yadav GK, Agrawal SK. Diagnosis of chronic oral ulcer: knowledge and practice among dental undergraduates in a tertiary care hospital of Koshi Province. JBPKIHS. 2025;8(2):4-10.

5.CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS

a. Attended/ organized by Faculties

- **Dr Navin Agrawal**
  - Posterior Restoration Synergy
  - Advanced Anterior Composite Training
- **Dr Ashok Ayer**
  - Symposium on Bioethics for Peace. July 15, 2026 at BPKIHS, Dharan

6. SPECIAL APPOINTMENTS

- **Dr Navin Agrawal**
  - Chief, College of Dental Surgery
  - HOD, Department of Conservative Dentistry and Endodontics
- **Dr Ashok Ayer**
  - Member, National Commission on Violence Against Healthcare Workers, Ministry of Health & Food Safety, Nepal.
  - MDS, Postgraduate Coordinator
  - Member, Planning and Evaluation Committee of BPKIHS.
  - Executive Member, Nepal Unit of International Chair in Bioethics
- **Dr Arbind Rai**
  - BDS Phase I Coordinator

7. QUALITY IMPROVEMENT

- **Clinical audits:** On Monthly Basis.
- **Infection control:** Convince hospital administration to purchase prevacuum autoclaves.
- **SOP development:** Been carried out.
- **Patient safety:** Train students and staff on handling equipments, materials.

8. INFRASTRUCTURE & EQUIPMENT

- **New equipment:** Planned for few more dental operating microscopes and autoclave
- **Maintenance:** Requesting hospital administration
- **IT improvements:** Requested hospital administration for adding PC and digital X ray, hospital based software for patient record, digital communication between departments, high speed internet

9. PLAN OF ACTION

- **Teaching Learning activities:** Improvise Preclinical lab with addition of smart board, cooling mechanism
- **Faculty Developmental activities:** Needed, coordinating with PAS
- **Future requirements of Equipment/Instruments:** Addition of few more Dental Operating Microscope, autoclave, new chairs at least 8 in UG section, and have adequate cooling system for patient waiting area and clinics; Establish proper departmental library and PG area with seating arrangements and pantry.
- **Research:** Needs to be upgraded and collaborated with other institution
- **Patient Care:** To increase the number of patient cared
- **Specify if there is any other plan:** Maintenance of equipment on daily basis

10.2 DEPARTMENT OF ORAL AND MAXILLOFACIAL SURGERY

FACULTY MEMBERS

Dr. Ashok Dongol	Additional Professor & Head
Dr. Mehul Rajesh Jaisani	Professor
Dr. Pradeep Acharya	Additional Professor
Dr. Anjani Kumar Yadav	Associate Professor

STAFF MEMBERS

Mrs. Uma Shah	Senior ANM
Mrs. Laxmi Devi Khatri	Senior ANM
Mrs. Harikala Shrestha	Senior ANM
Mr. Ramesh Karki	Senior Foreman
Mrs. Dil Maya Thapa Magar	Helper

S.No.	Particulars	Number
1	Junior Residents	8
	1st Year	3
	2nd Year	3
	3rd Year	2
2	Nursing Staff Members	3

1. DEPARTMENT PROFILE

a. Vision: Transform patient care by bridging dentistry and medicine to diagnose, treat and reconstruct complex conditions of mouth, jaws, face and neck.

b. Mission: To provide comprehensive, safe, ethical, and evidence-based surgical care for patients with diseases, injuries, and deformities of the mouth, jaws, face, and related structures; to promote patient-centered care, apply surgical knowledge through education and research, and develop skilled, compassionate, and responsible oral and maxillofacial surgeons

c. Core Functions:

Patient Care

- Diagnosis and surgical management of diseases, injuries, and deformities of the mouth, jaws, face, and neck.
- Provision of safe, ethical, compassionate, and patient-centered surgical care.
- Surgical extraction of teeth, including impacted teeth.
- Management of orofacial infections, cysts, and other conditions of the jaws.
- Assessment and treatment of facial bone fractures.
- Management of soft-tissue injuries and other maxillofacial trauma.
- Diagnosis and surgical treatment of cysts, benign tumors, and other pathological lesions.
- Biopsy and management of suspicious lesions.
- Correction of jaw deformities and facial skeletal abnormalities.
- Reconstruction following trauma, tumor removal, or congenital defects.
- Surgical management of orofacial clefts, salivary gland disorders, temporo-mandibular joint disorders and other maxillofacial conditions.

- Preparation of the oral structures for prosthetic rehabilitation.
- Management of maxillofacial emergencies.
- Appropriate anesthesia, pain control, infection prevention, and postoperative care.

Education and Training

- Training undergraduate students, postgraduate residents, and healthcare professionals in OMFS.
- Promoting continuous professional development.
- Conducting clinical and academic research to improve surgical techniques, patient outcomes, and quality of care.
- Adopting appropriate new technologies and evidence-based practices.
- Working with dentists, physicians, ENT specialists, plastic surgeons, oncologists, radiologists, anesthesiologists, and other healthcare professionals.
- Promoting awareness of oral and maxillofacial diseases, trauma prevention, oral cancer, and timely access to specialist care.

2. DEPARTMENTAL ACHIEVEMENTS & SUMMARY

- **Major achievements**
  - Organized In-service training with surgeons from British Association of oral and maxillofacial surgeons/ Face Facts, also accompanied by celebrity cricketer Andrew Flintoff with TV filming crew at BPKIHS from 15th to 26th March 2026.
  - Renewal of Smile Train collaboration for cleft cases along with funding on nutrition, orthodontics, awareness, logistics.

3. ACADEMIC ACTIVITIES

Undergraduate Teaching

- Teaching hours

Programe	Teaching Hours(Theory)	Teaching Hours(Practical)	
MBBS	6	90	
A. UG Teaching Programme			
1.	Third year	SIS	44
		CLIP	253
2.	Fourth Year	SIS	42
		CLIP	222
3.	Fifth Year	SIS	8
		Seminars	12
		CLIP	108
		SGD	39

B. PG Teaching Programme		
1.	Seminars	14
2.	Case Presentations	9
3.	Journal Club	9

4. CLINICAL SERVICES

Clinical Services	Total New Patients (2025-26)	Total Follow Up (2025-26)	Total Patients (2025-26)
OPD	6444	11667	18111

HOSPITAL SERVICES

Statistics of the patient care provided in the OPD

SN	Particulars	Number of cases
1	Posterior Extraction	**3427**
2	Anterior extraction	**587**
3	Open extraction	**1822**
4	Impaction	**428**
5	Dressing	**536**
6	Suture cut	**70**
7	Biopsy	**111**
8	Minor surgery	**79**
9	Alveoloplasty	**58**
10	Ortho extraction	**171**
11	Archbar Removal	**18**
12	Bridle wiring	**10**
13	Incisional drainage	**8**
14	Enucleation	**6**
15	OPE case	**10768**
16	dry socket pack	**13**
17	surgical exploration	**1**
18	Wound Repair	**4**
19	Coronectomy	**2**
20	IMF	**1**
21	Archbar	**3**
22	Fracture Fixation	**1**
	Total	**18111**

Statistics of the patient care provided in the OT

	TOTAL
ROUTINE	195
PAYING	2
EMERGENCY	2
TOTAL	**199**

Inpatient

Total: 268

Average length of hospital stay: 3.7 days

Bed occupancy rate: 68.6 %

5. COMMUNITY SERVICES

- Conducted cleft awareness camp for around 100 health care volunteers under leadership of Dr. Pradeep Acharya at Dharan Metropolitan office on 9th June 2026.

6. RESEARCH ACTIVITIES

Post Graduate Student Research Activities

Thesis Projects Ongoing

Name of Residents	Name of Guide	Name of Co-Guides	Title of thesis
Dr. Abhinaw Subedi	Dr. Ashok Dongol	Prof. Dr. Mehul Rajesh Jaisani, Dr. Pradeep Acharya, Dr. Anjani Kumar Yadav	Comparison of effectiveness of preemptive Etoricoxib versus Paracetamol on postoperative pain, swelling and trismus in patients undergoing lower third molar surgery
Dr. Prabesh Banstola	Dr. Pradeep Acharya	Prof. Dr. Mehul Rajesh Jaisani, Dr. Ashok Dongol, Dr. Anjani Kumar Yadav	Split Mouth Comparative Evaluation of Physics Forceps to Conventional Forceps in Bilateral Orthodontic Maxillary Premolar Extraction: A prospective study
Dr. Priyanka Shah	Prof. Dr. Mehul Rajesh Jaisani	Dr. Ashok Dongol, Dr. Pradeep Acharya, Dr. Anjani Kumar Yadav	Efficacy of buffered lidocaine in patients undergoing dental extraction: A comparative clinical study

Thesis Projects Completed

Name of Residents	Name of Guide	Name of Co-Guide	Title of thesis
Dr Binay Kumar Yadav	Prof. Dr. Mehul Rajesh Jaisani	Dr. Ashok Dongol, Dr. Pradeep Acharya, Dr. Anjani Kumar Yadav	Effect of single dose of submucosal dexamethasone on blood glucose profile in

Name of Residents	Name of Guide	Name of Co-Guide	Title of thesis
			patients undergoing lower third molar surgery
Dr. Krishna Dev Mahato	Dr. Ashok Dongol	Prof. Dr. Mehul Rajesh Jaisani, Dr. Pradeep Acharya, Dr. Anjani Kumar Yadav	Effects of dexamethasone irrigant over normal saline irrigant on postoperative sequelae in patients undergoing lower third molar surgery

Faculty Research Activities

Ongoing Research Projects

S.No.	Principal Investigator	Title
1.	Dr. Mehul R Jaisani	Diagnostic accuracy of different radiological assessment tools for mandibular invasion in carcinoma of the oral cavity. – Systematic Review and Meta-Analysis
2.	Dr. Ashok Dongol	Assessment of orofacial clefting in Nepal
3.	Dr. Ashok Dongol	Frequency of oro-nasal fistula after cleft palate surgery at BPKIHS, a retrospective study
4.	Dr. Anjani Kumar Yadav	Clinical profiles of the cases undergoing tooth extraction under general anaesthesia at a tertiary care centre of Eastern Nepal: a retrospective study.

Completed Research Projects

S.No.	Principal Investigator	Title
1.	Dr Pradeep Acharya	Evaluation of bite force recovery in patients treated for mandibular fractures.

DEPARTMENTAL PUBLICATION

Maharjan S, Kattel B, Khanal N, Baniya S, **Yadav AK, Acharya P, Dongol A, Jaisani MR**. "The Enigma of a Traumatic Neuroma: A Case of Nerve Proliferation Without Documented History of Trauma," Clinical Case Reports. 2026;14(2):e71900.

Khanal N, **Jaisani MR, Dongol A, Acharya P**, **Yadav AK,** Subedi A, Kattel B, Rai S. Transdermal diclofenac versus oral paracetamol-ibuprofen combination for postoperative pain following surgical extraction of mandibular third molar: a randomized controlled trial. Ann Med Surg (Lond). 2025;87(12):8309-17.

Acharya P, Dongol A, Yadav AK, Jaisani, MR. Incidence of dry socket after extraction and its associated factors: Experience at BPKIHS. Journal of BP Koirala Institute of Health Sciences. 2025; 8(1), 15-19.

Khanal N, Kattel B, **Jaisani MR,** Rai S. Collagen Membrane: A Viable Option for Oral Soft Tissue Defects—A Case Series. Clinical Case Reports. 2025;13:e70349.

Shrestha A, Maharjan IK, Regmee P, Luitel A, **Jaisani MR**, Jain N, Maharjan S, Rai A, Dahait R, Limbu N. Dentinogenic Ghost Cell Tumor in an Elderly Female: A Rare Case Report, *Case Reports in Dentistry*. 2025;5758655.

Khadka S, Raut T, Jain N, Keshwar S, Shrestha A, **Jaisani MR**, Adhikari K. Histopathological Spectrum of a Calcifying Odontogenic Cyst With Uncommon Findings. Case Rep Dent. 2026;3651570.

Roccia F, Omedè M, Sobrero F, Cremona G, Yilmaz UN, Atabay M, Bourazani M, Skiadas S, Kovačič Ž, Krebs N, Sivrić A, Kordić M, Bottini GB, Goetzinger M, de Oliveira Gorla LF, Pereira-Filho VA, Dediol E, Kos B, Konstantinovic VS, Miković N, Samieirad S, Roig AM, Ferran AP, Laverick S, Mehmet T, Benech R, Dmd MT, Strada C, **Jaisani MR**, Hassanein AG, Allam MS, Fwacs TA, Volpe F, Copelli C. A multicentric prospective analysis of the management of edentulous jaw fractures in the elderly population: a World Oral Maxillofacial Trauma (WORMAT) project. Oral Maxillofac Surg. 2026;30(1):91.

7. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS

a. Attended/ organized by Faculties

Dr. Mehul Jaisani

- Organized In-service training with surgeons from British Association of oral and maxillofacial surgeons/ Face Facts, also accompanied by celebrity cricketer Andrew Flintoff with TV filming crew at BPKIHS from 15th to 26th March 2026.
- Participated in a workshop on "Student Wellness, Guidance, Counseling and Mentoring" conducted by the Department of Health Profession Education, BPKIHS on 3rd to 4th August, 2026.
- National speaker on the topic "Understanding Proliferative Verrucous Leukoplakia: Diagnosis, Progression and Management" during the Spot the Change: A Symposium on Orally Potentially Malignant Disorders (OPMDs) 27th June, 2026, BPKIHS, Dharan.
- Keynote speaker on "Research in Dental/ Oral Oncology – career option for dental graduates in Asian continent" in 2nd International Congress on Dental Oncology and Research September 6 & 7, 2025, Udaipur India.
- Participated as a resource faculty for vascular anastomosis during the NMA Basic Surgical Skill Course 2026 on 21st June 2026, BPKIHS, Dharan.

Dr. Ashok Dongol

- Organized In-service training with surgeons from British Association of oral and maxillofacial surgeons/ Face Facts, also accompanied by celebrity cricketer Andrew Flintoff with TV filming crew at BPKIHS from 15th to 26th March 2026.
- Participated in a palatoplasty training program at B and B Hospital, Lalitpur, Nepal from 7th to 9th July 2026.
- Participated in 16th Joint Conference of NAOMS and JSOMS and PG Convention from 13th to 14th February 2026 at B and B Hospital, Lalitpur, Nepal.

Dr. Pradeep Acharya

- Organized In-service training with surgeons from British Association of oral and maxillofacial surgeons/ Face Facts, also accompanied by celebrity cricketer Andrew Flintoff with TV filming crew at BPKIHS from 15th to 26th March 2026.
- Attended "Team cleft workshop" at B and B Hospital, Lalitpur, Nepal from 9th-10th January 2026.

Dr. Anjani Kumar Yadav

- Organized In-service training with surgeons from British Association of oral and maxillofacial surgeons/ Face Facts, also accompanied by celebrity cricketer Andrew Flintoff with TV filming crew at BPKIHS from 15th to 26th March 2026.
- Participated as course faculty in NMA Basic Surgical Skill course (Hands-On Practice with Animal Tissue and Simulators on 21st June 2026 at BPKIHS.
- Completed the workshop on Advanced Teacher's Training Program on Essentials of Student Assessment conducted by the Department of Health Professions Education, BPKIHS on 27th to 28th April 2026.
- Completed Hands-On course on Basic Implantology supported by Nobel Biocare at 16th Annual and Joint Conference of Nepalese Association of Oral and Maxillofacial Surgeons (NAOMS) and Japanese Society of Oral and Maxillofacial Surgeons (JSOMS) and PG Convention from 13th-14th February 2026 at B & B Hospital, Lalitpur, Nepal.
- Attended 16th Annual and Joint Conference of Nepalese Association of Oral and Maxillofacial Surgeons (NAOMS) and Japanese Society of Oral and Maxillofacial Surgeons (JSOMS) and PG Convention from 13th-14th February 2026 at B & B Hospital, Lalitpur, Nepal.

b. Presentation done by Residents

S.No.	Name of Presenter	Title	Program Name/Date/Place
1	Dr. Binay Kumar Yadav	Role of pre-arthroplasty mandibular distraction in TMJ ankylosis: experience from a case series	16th Joint Conference of NAOMS and JSOMS and PG Convention from 13th to 14th February 2026 at B and B Hospital, Lalitpur, Nepal
2	Dr. Binay Kumar Yadav	Maxillofacial trauma in physically abused women: clinical spectrum and management outcomes – a case series	27th Annual Scientific Session of BPKIHS on 27th November 2025
3	Dr. Krishna Dev Mahato	Pseudoepitheliomatous hyperplasia: a diagnostic dilemma in oral oncology a case series	16th Joint Conference of NAOMS and JSOMS and PG Convention from 13th to 14th February 2026 at B and B Hospital, Lalitpur, Nepal
4	Dr. Krishna Dev Mahato	Comparative assessment of preoperative vs postoperative submucosal dexamethasone on postoperative complications following surgical extraction of third molar	27th Annual Scientific Session of BPKIHS on 28th November 2025

8. HONOR/MILESTONE ACHIEVEMENTS/AWARD

- Best department in BDS clinicals.
- Best Teacher awarded to Prof. Dr. Mehul Rajesh Jaisani in BDS clinicals.
- Best PG Presenter awarded to Dr. Krishna Dev Mahato in 16th Joint Conference of NAOMS and JSOMS and PG Convention from 13th to 14th February 2023 at B and B Hospital, Lalitpur, Nepal.

9. SPECIAL APPOINTMENTS

Prof. Dr. Mehul Jaisani

- Nominated as a member of the Academic Committee for a period of 3 years with effect from 1st January 2026.
- Nominated as Co-Convener of Evaluation Committee (mulyankan samiti) for a period of 1 year with effect from 2082/06/21.

Dr. Ashok Dongol:

- Member of the Disaster management committee of BPKIHS.
- Member of OT user committee of BPKIHS.

Dr. Anjani Kumar Yadav

- Member of NMA Sunsari branch.

10. INFRASTRUCTURE & EQUIPMENT

- **New equipment:**
  - 3 Dental Chairs
  - 1 Autoclave unit 22 Lt
- **Maintenance:**
  - Dental chairs
  - Surgical handpieces
  - Electrocautery machine
  - Suction machine
- **IT improvements:**
  - Digitalization of cleft records

11. SWOT ANALYSIS

Strengths: o Adequate number of faculties with specialized interests in oral oncology and cleft care. o Dedicated supportive staff with caliber to work in team spirit. o International tie ups with Norman Rowe International Education Foundation UK and Smile Train. o Post graduate center. o Only Smile Train accredited center of Eastern region of Nepal. o Government schemes applicable for oral cancer care. o Adequate number of patients.	**Weaknesses:** o Not able to provide service adequately to both the inpatients and outpatients. o Lack of dedicated ICU bed for maxillofacial surgery is a major limitation. o Lack of space within the department for academics and clinic. o Lack of adequate number of dental chairs. o Lack of functional dental chairs. o Cost of procedures (under local anesthesia) too less. o Lack of constant / inadequate supply of consumables. o Delay in promotion of faculties so that more postgraduate trainees cannot be enrolled as per NMC guidelines. o Lack of digital medical records negatively affects service and research. o Not able to provide microvascular reconstructions after ablative surgery.
Opportunities: o Contributions in Level III trauma centers which can be a great aid in revenue generation. o Contribution in Head and Neck Cancer Unit for the upcoming Cancer Hospital within the institute. o Opportunities to start a cleft fellowship program in the years to come. o Opportunities for international research collaborations in multicentric trials. o The institute can develop a separate executive standard wing/unit to support revenue generation. o Digitalization of medical records and investigations/lab reports reduces human resources; improves research and service. o Press/ media coverage of the services provided.	**Threats:** o Lack of timely promotion of faculties can affect faculty retention. o Lack of salary increment can adversely affect faculty retention. o Lack of expansion of ICU/ Department can adversely affect patient inflow. o Lack of security; unsafe and insecure workplace environment because of overcrowding o Other institutes are developing at a better pace than us.

12. PLAN OF ACTION

- **Teaching Learning activities:**
  - Expand the space in the clinical area for undergraduate students along with tables and benches
  - Allot a room for postgraduate students.
- **Faculty Developmental activities**
  - Recruit Senior resident/lecturer and Assistant Professor.
- **Future requirements of Equipments/Instruments**
  - Surgical Navigation system
  - TMJ Arthroscope
  - Diode Laser
  - Surgical microscope
  - Contra-angle drill and screwdriver
  - Powered injector for Dental anesthesia
  - Centrifuge machine
- **Research**
  - Continue multicentric research collaboration
- **Patient Care**
  - Conduct oral cancer screening and control community camps.
  - Conduct cleft lip and palate screening program.
  - Establish a comprehensive cleft care unit providing free services in a holistic approach**.**
  - Refurbish ward.
  - Procure equipment for safe cleft surgery.

10.3 DEPARTMENT OF ORAL MEDICINE AND RADIOLOGY

FACULTY MEMBERS

Dr. Iccha Kumar Maharjan	Additional Professor & Head
Dr. Pragya Regmee	Associate Professor
Dr. Abhinaya Luitel	Assistant Professor
Dr. Akunchan Shrestha	Lecturer

STAFF MEMBERS

Mr. Niraj Kumar Yadav	Graduate technician
Ms. Smriti Rai	Graduate technician
Ms. Sunita Yadav	Graduate technician
Mr. Manoj Kumar Harijan	Senior technical assistant
Ms. Tara Devi Khanal	Senior ANM
Ms. Samriddhi Rai	Senior ANM
Ms. Bishnu Maya BK	Senior Foreman
Ms. Indrawati Basfor	Senior Foreman

Number of Junior Residents/Nursing Staffs/other Health staffs

S.No.	Particulars	Number
1	Junior Residents	
	1st Year	2
	2nd Year	2
	3rd Year	1
2	Radiology technicians	4
3	Nursing Staff Members	2
4	Supporting staffs	2

1. DEPARTMENT PROFILE

a. Vision

Center of excellence in Oral Medicine and Radiology in Nepal.

b. Mission

All the Nepalese population from eastern Nepal must receive quality care services.

c. Core Functions

Strengthening academics.
Oral health promotion.
Quality research

2. DEPARTMENTAL ACHIEVEMENTS & SUMMARY

- Major achievements: CBCT service started.
- Major challenges: Lack of adequate human resources and infrastructure.
- Solution taken against challenges: Correspondence and facilitation to the management for the same.

3. ACADEMIC ACTIVITIES

Undergraduate Teaching

- Teaching hours

Programe	Teaching Hours(Theory)	Teaching Hours(Practical)
BDS	110	190
MBBS	5	6

- Clinical postings

Class	SIS	Seminar	CBL	SGD
3rd year	30	-	17	-
4th year	80	51	33	-
MBBS 4th year	3	-	2	1

Postgraduate Teaching

- Residents Teaching (UG class taken by residents): 1 pedagogy for each PG
- Case presentations: As many as possible
- Seminars: 5 in each year
- Journal Club: 5 in each year
- CDE: As possible
- Thesis: 1 for each PG

Other Teaching Activities

4. CLINICAL SERVICES

Clinical Services	**Total New Patients (2025-26)**	**Total Follow Up (2025-26)**	**Total Patients (2025-26)**	**Total Patients (2024-2025) (**For comparison)
OPD	17884	3572	21456	20934
Specialty Cases	Total number			
Orofacial Pain	124			121
OPMDs	161			150
Red and white lesions (except OPMDs)	37			34
Ulcerative and vesiculobullous lesions	72			74
Odontogenic/ non-odontogenic cysts	27			34
Space infections	59			62
Oral cancer	77			72
Tongue lesion	53			48
TMDs	143			136
Injuries following RTA	37			38
Benign soft tissue lesions	77			71
Developmental disorders	23			22
Vascular diseases	13			10
Procedures				
Procedure performed	Total number			
Punch biopsy	79			77
Intralesional injections	242			184
TENS therapy	30			21
USG therapy	36			23
Others	151			116

Radiology Services		
Intraoral Radiographs	Total number	
IOPAR adult	32105	23679
IOPAR pedo	1900	1635
Occlusal	200	248
Extraoral Radiographs	Total number	
OPGs	8000	6012
Lateral cephs	500	508
Skull views	37	30
CBCT	130	NA

5. RESEARCH ACTIVITIES

Post Graduate Student Research Activities

Thesis Projects Ongoing

Name of Residents	**Name of Guide**	**Name of Co-Guides**	**Title of thesis**
Dr. Shristi Gautam	Dr. Iccha Kumar Maharjan	Prof. Sudha Agrawal Dr. Pragya Regmee, Dr. Abhinaya Luitel,	Comparison of clinical outcomes and quality of life in oral lichen planus and oral lichenoid lesions treated with topical triamcinolone acetonide 0.1% gel and clobetasol propionate 0.05% gel.
Dr. Rakshya K.C	Dr. Iccha Kumar Maharjan	Dr. Pragya Regmee, Dr. Abhinaya Luitel, Dr. Bishnu Pokharel	Evaluation of mandibular radiomorphometric indices on digital panoramic radiographs for screening of osteoporosis in postmenopausal women using DEXA as the gold standard.

Thesis Project Completed

Name of Residents	**Name of Guide**	**Name of Co-Guide**	**Title of thesis**
Dr. Ayush Guragain	Dr. Iccha Kumar Maharjan	Dr. Pragya Regmee, Dr. Abhinaya Luitel	A comparative study of topical and systemic diclofenac along with physical self-regulation in pain related temporomandibular disorders.

Faculty Research Activities

Ongoing Research Projects

S.No.	Principal Investigator	Title
1	Dr Iccha Kumar Maharjan	Pattern of tongue disorders among patients visiting Oral Medicine and Radiology clinic at College of Dental Surgery, BPKIHS: A descriptive cross-sectional study.
2	Dr Pragya Regmee	Vessel patterns in oral cancer and oral potentially malignant disorders and its association with grades of epithelial dysplasia.
3	Dr Abhinaya Luitel	Financial burden of oral cancer treatment on households of patients visiting to a tertiary care center in eastern Nepal.

Completed Research Projects

S.No.	Principal Investigator	Title
1	Dr Pragya Regmee	Morphological variation of coronoid process and sigmoid notch-A prospective study from tertiary care hospital of eastern Nepal.
2	Dr Abhinaya Luitel	Delayed presentation of oral cancer patients visiting a tertiary care center, BPKIHS, Dharan, Sunsari, Nepal: A qualitative study.
		Knowledge, attitude and perception regarding the future of artificial intelligence in Oral Medicine and Radiology among Phase II dental students at BP Koirala Institute of Health Sciences, Dharan, Nepal.

DEPARTMENTAL PUBLICATION

Published Articles

- Shah B, Raut T, **Regmee P**, Keshwar S, Jain N. Verruciform Xanthoma of the Buccal Mucosa: A Case Report Highlighting a Rare Architectural Variant and Diagnostic Challenge. Case Rep Dent. 2026.
- **Luitel A, Regmee P.** Larsen Syndrome: A Rare Case Report– A Call for Greater Awareness of Orofacial Manifestations in Rare Genetic Disorders. JBPKIHS. 2025;8(2):47-8.
- **Shrestha A, Maharjan IK, Regmee P, Luitel** A, Acharya P, Khatiwada K, Limbu N. Comparing low-level laser therapy and ultrasound therapy for pain reduction in temporomandibular disorders: A quasiexperimental study. CRANIO®. 2026. 1-6
- **Regmee P, Luitel A, Maharjan IK**. A Single-Center Radiographic Study on temporomandibular Joint Condylar Morphology in Eastern Nepal.JNPS. 2026;9(1):14-9.
- Yogi S, Bali H, **Luitel A**, Suwal S, Suwal K, Mahanta SK. Comparison of Maxillary and Mandibular Canine Dimensions for Gender Estimation Among Patients Visiting a Tertiary Health Center: An Analytical Cross-sectional Study. J Nepal Dent Assoc. 2025;25(40):17-22.
- Sah A, **Maharjan IK, Regmee P, Luitel A**. A Granulomatous Puzzle: Tubercular Lymphadenitis without AFB Clues. Clin Case Rep. 2026;14(2):e71997.
- Kattel B, **Shrestha A**, Rai S, Khanal N, Keshwar S, Jaisani MR. Neurilemmoma masquerading a dermoid cyst at the inferior mandibular margin: An unusual clinical occurrence. Case Rep. Dent. 2026.
- **Shrestha A, Maharjan IK, Regmee P, Luitel A**, Jaisani MR, Jain N et al. Dentinogenic ghost cell tumor in an elderly female: A rare case report. Case Rep. Dent. 2025.

6. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS

a. Attended/ organized by Faculties

- The Department organized a symposium on "Spot the change: A symposium on Oral Potentially Malignant Disorders" on 27th June 2026.

Dr. Iccha Kumar Maharjan:

- Attended workshop on "Competency based curriculum development" at Mahatma Gandhi Medical College, Pondicherry.

Dr. Pragya Regmee:

- Attended a one day workshop on laser in intraoral soft tissue lesions, on 25th July, 2026 at Kantipur Dental College in Kathmandu.
- Attended an online workshop on "Qualitative analysis and ATLAS.ti" organized by the Department of Public Health Dentistry, MCODS, Mangalore on 4th June 2026.

Dr. Abhinaya Luitel:

- Attended an online workshop on "Qualitative analysis and ATLAS.ti" organized by the Department of Public Health Dentistry, MCODS, Mangalore on 4th June 2026.
- Attended "Advanced Teacher's Training Program on Essentials of Student Assessment" from April 27-28, 2026 at BPKIHS.
- Attended "Simulation Faculty Development Course" from March 16-17, 2026 at BPKIHS in coordination with Dundee Institute for Healthcare Simulation, University of Dundee.

Dr. Akunchan Shrestha:

- Attended workshop on "Basic Health Research Methodology" from April 19–21, 2026 at BPKIHS.

b. Presentation done by Residents

S.No.	Name of Presenter	Title	Program Name/Date/Place
1	Dr. Ayush Guragain	An Innocent Jaw Pain with a Malignant Twist: A Case of Burkitt Lymphoma	2nd National Conference of Nepalese Association of Oral and Maxillofacial Pathologists 17th April 2026, Kathmandu.
2	Dr. Shristi Gautam	Oral Lichen Planus and Oral Lichenoid Lesions treated with Clobetasol Propionate 0.05% Gel: A case series	Spot The Change: A Symposium on Oral Potentially Malignant Disorders on 27th June, 2026, BPKIHS.
3	Dr. Anish Shrestha	Beyond the Habit: A Rare Presentation of Verrucous Hyperplasia- A Case Report	Spot The Change: A Symposium on Oral Potentially Malignant Disorders on 27th June, 2026, BPKIHS.
4	Dr. Sushanta Pahari	The Burning Spice: Unmasking Chronic Cinnamon Usage in Oral Lichenoid Contact Reaction- A Case Report	Spot The Change: A Symposium on Oral Potentially Malignant Disorders on 27th June, 2026, BPKIHS.

7. SPECIAL APPOINTMENTS

Dr. Iccha Kumar Maharjan:

- Deputy Chief, CODS, BPKIHS.

Dr. Pragya Regmee:
- Internship coordinator, BDS program.

Dr. Abhinaya Luitel:
- Member of Health Professions' Education Core Group.
- Member of 29th Annual Scientific Program, 2025.

8. QUALITY IMPROVEMENT

- **Infection control:** Maintained
- **Patient safety:** Assured

9. INFRASTRUCTURE & EQUIPMENT

- **New equipment:** CBCT, LASER
- **Maintenance:** Renovation of Radiology section

10. SWOT ANALYSIS

Strengths o Academic calendar maintained. o Interdisciplinary oral disease diagnosis and management. o Effective faculty members. o Good inter-professional education and practice. o Continuous learning opportunities with a variety of academic platforms. o Various modes of learning present like: SIS, SEM, JC, Microtopics, DOPS, CLIP, OSCE, OSPE, Spotters, SGD	**Weaknesses** o Lack of data digitization and records. o The number of students is increasing every year, but the necessary infrastructure is not available, hence teacher-student interaction is not good nowadays. o Lack of formative assessment. Ultimately students are always assessed based on their examination marks and not how they have appeared throughout the year.
Opportunities o MOU with different colleges (Nationally and Internationally). o Student exchange programs. o Timely promotion of faculty members. o Increasing the teacher : student ratio and expanding the infrastructure of the college.	**Threats** o Untimely and high cost of maintenance of basic dental equipment and materials. o Delayed supply of daily consumables.

11. PLAN OF ACTION

- **Future requirements of Equipments/Instruments:**
  - High end Ultrasonic plus TENS unit for orofacial pain to be procured.
  - CBCT reporting and LASER rooms to be completed.

  - PG section maintenance due.
- **Research:** Collaborative research under plan.
- **Patient Care:** Multiple specialty clinics for orofacial diseases (Orofacial pain, OPMDs and oral cancer, Oral ulcers).

10.4 DEPARTMENT OF ORAL PATHOLOGY

FACULTY MEMBERS

Dr Shashi Keshwar	Associate Professor and In Charge
Dr. Neetu Jain	Assistant Professor
Dr. Toniya Raut	Senior Resident/Lecturer
Dr Saraswoti Khadka	Senior Resident/Lecturer

STAFF MEMBERS

Mrs. Jyoti Dev : Senior Laboratory Technologist
Mrs. Sanu Rajdhami : Helper

Number of MCH Residents/Residents/Medical Officer/Nursing Staff/other Health staffs

S.No.	Particulars	Number
1	Junior Residents	
	1st Year	1
	2nd Year	1
	3rd Year	0

1. DEPARTMENTAL ACHIEVEMENTS & SUMMARY

The Department of Oral Pathology continued to strengthen its academic, diagnostic, and research activities during the reporting period through active faculty participation, quality teaching, and enhanced professional engagement.

The department continued to provide routine histopathological diagnostic services, undergraduate and postgraduate teaching, practical and clinical training, and academic activities such as seminars, journal clubs, and case discussions. Faculty members actively participated in research, scientific writing, and institutional academic programs, thereby contributing to the overall academic environment.

Despite these achievements, the department faced challenges related to limited laboratory infrastructure, inadequate grossing space, delayed maintenance work, and constraints in diagnostic resources. These issues affected workflow efficiency and laboratory operations.

To address these challenges, the department submitted proposals for infrastructure improvement, advocated for laboratory expansion and safety measures, optimized the utilization of available resources, and strengthened coordination with the concerned administrative sections. Continuous faculty engagement, efficient resource management, and commitment to academic excellence enabled the department to maintain high standards in education, diagnostic services, and research despite these limitations.

2. ACADEMIC ACTIVITIES

Undergraduate Teaching

Class	SIS	Labex	Seminar	PBL	CBL
BDS II year	66	66	11	1	-
BDS III year	113	34	17	-	2
MBBS	3	-	-	-	-

Postgraduate Teaching

PG Teaching		
I	Seminar	18
ii	Journal Presentation	06
iii	Case Presentation	09
iv	Tutorial	6
v	Internal Assessment with Theory, VIVA & OSPE/OSCE	2

PG foundation course attended: December 1- 15, 2025.- Dr. Ravi Ranjit shah
PG foundation course attended: June 23 – July 9, 2026- Dr. Jwala Nepal

3. CLINICAL SERVICES

S. No.	Incisional Biopsy	Excisional Biopsy	Excisional Biopsy [Radical Neck Dissection (OSCC)]
1	206	175	21

4. RESEARCH ACTIVITIES

Post Graduate Student Research Activities

Thesis Projects Completed

Name of Residents	Name of Guide	Name of Co-Guide	Title of thesis
Dr. Asha Rai	Dr. Shashi Keshwar	Dr. Ichha Kumar Maharjan, Dr Neetu Jain, Dr Mehul R Jaisani	Estimation of serum carcinoembryonic antigen and serum ferritin in oral leukoplakia and oral squamous cell carcinoma; cross-sectional study.

Faculty Research Activities

Ongoing Research Projects

S.No.	Principal Investigator	Title
1	Dr Neetu Jain	Study of modified Papanicolaou stain to detect Micro-metastasis in Nodal Tissues of Oral Squamous Cell Carcinoma”
2	Dr Toniya Raut	Evaluation of frequency of deep section in oral biopsy sample received at a tertiary hospital in Eastern Nepal
3	Dr Shashi Keshwar	Comparative Analysis of Mitotic Figures in Different Grade of Squamous Cell Carcinoma Using Leishman’s Stain, Crystal Violet Stain and Hematoxylin and Eosin Stain"

S.No.	Principal Investigator	Title
4	Dr Neetu Jain	Comparative analysis between bony invasion and nodal metastasis, pattern, mode and depth of invasion in oral squamous cell carcinoma: a retrospective analysis

Completed Research Projects

S.No.	Principal Investigator	Title
1	Dr Neetu Jain	Analyzing Verruco-papillary lesions of the oral cavity: retracing the clinicopathological conundrum.
		A single-center retrospective study representing the clinicopathological features of various oral squamous cell carcinoma.
2	Dr Toniya Raut	Knowledge and practice regarding chronic oral ulcer among dental students at B. P. Koirala Institute of Health Sciences.

DEPARTMENTAL PUBLICATION

1. **Jain N, Keshwar S**, Shrestha A, Agrawal N. Analyzing Verrucopapillary Lesions of the Oral Cavity: Retracing the Clinicopathological Conundrum, International Journal of Dentistry, 2025, 6627421, 10 pages, 2025.
2. **Jain N, Keshwar S, Raut T**, Sarraf D, Agrawal N. The Clinicodemographic Features of Oral Squamous Cell Carcinoma: A Single-Centre Retrospective Study, International Journal of Dentistry, 2026, 7540962, 7 pages.
3. **Raut T, Jain N, Keshwar S,** Singh V, Yadav GK, Agrawal SK. Diagnosis of Chronic Oral Ulcer: Knowledge and Practice among Dental Undergraduates in a Tertiary Care Hospital of Koshi Province. JBPKIHS. 2025;8(2):4-10.
4. **Raut T**, Raut NGR, **Jain N, Keshwar S**, Shrestha S. Imbalance of Free Radicals and Antioxidants in Oral Potentially Malignant Disorders and Oral Squamous Cell Carcinoma: A Review. J Oral Pathol Med. 2026 May;55(5):520-531.
5. **Raut T, Jain N, Keshwar S** et al. Oral Carcinoma Cuniculatum: Diagnostic Challenges and Emerging Perspectives—Case Report. Cancer Reports 9, no. 8 (2026).
6. Khadka S, **Raut T, Jain N, Keshwar S**, Shrestha A, Jaisani MR, Adhikari K. Histopathological Spectrum of a Calcifying Odontogenic Cyst with Uncommon Findings, Case Reports in Dentistry, 2026, 3651570, 7 pages, 2026.
7. Rai A, **Keshwar S, Jain N, Raut T**, Khadka S. Calcifying Hyperplastic Dental Follicle: A Rare Case Report. JPBKIHS. 2025;8(2):43-46.
8. Shah B, **Raut T**, Regmee P, **Keshwar S, Jain N**. Verruciform Xanthoma of the Buccal Mucosa: A Case Report Highlighting a Rare Architectural Variant and Diagnostic Challenge, Case Reports in Dentistry. 2026, 1481564, 4 pages.
9. Kattel B, Shrestha A, Rai S, Khanal N, **Keshwar S**, Jaisani MR. Neurilemmoma Masquerading a Dermoid Cyst at the Inferior Mandibular Margin: An Unusual Clinical Occurrence, Case Reports in Dentistry. 2026, 9976255, 6 pages.

10. Baniya S, **Keshwar S**, Jain N, Dhungana K. Squamous Odontogenic Tumor-like Proliferation within a Nonkeratinized Odontogenic Cyst of the Maxilla. Journal of Primary Care Dentistry and Oral Health. 2026 7(2):109–112.
11. Chaudhary M, Giri AK, Shrestha A, **Keshwar S, Jain N,** Mishra M. Orthokeratinized odontogenic cysts: Histopathological insights from three clinical cases. J Prim Care Dent Oral Health. 2025; 6:111-4.
12. Shrestha A, Maharjan IK, Regmee P, Luitel A, Jaisani MR, **Jain N**, Maharjan S, Rai A, Dahait R, Limbu N. Dentinogenic Ghost Cell Tumor in an Elderly Female: A Rare Case Report. Case Rep Dent. 2025:5758655.

Others

1. Dr Shashi Keshwar presented a poster on "A Retrospective Analysis of Concordance Between Clinical and Histopathologic Diagnoses and Completeness of Oral Biopsy Forms at a Tertiary Dental Hospital in Eastern Nepal" at 29th Annual Scientific Session at B. P. Koirala Institute of Health Sciences, Nov 26th -28th, 2025, Dharan, Nepal.
2. Dr Neetu Jain presented a poster on "A single-center retrospective study representing the clinicopathological features of various oral squamous cell carcinoma". in the 29th Annual Scientific Session at B. P. Koirala Institute of Health Sciences, Nov 26th -28th, 2025, Dharan, Nepal.
3. Dr Neetu Jain presented a poster on "Comparative analysis of verrucous-papillary lesions of the oral cavity: retracing the clinicopathological conundrum" in 29th Annual Scientific Session at B. P. Koirala Institute of Health Sciences, Nov 26th -28th, 2025, Dharan, Nepal.
4. Dr Toniya Raut presented a poster on the topic "Diagnosis of chronic oral ulcer: Knowledge & practice among dental undergraduate in a tertiary care hospital of province one" in 29th Annual Scientific Session at B. P. Koirala Institute of Health Sciences, Nov 26th -28th, 2025, Dharan, Nepal.

5. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS ATTENTED

1. Dr. Shashi Keshwar was Invited by Medical Education Commission (MEC) in MDS curriculum development workshop held on 11-02-2026 at Sanothimi, Bhaktapur as Oral Pathology subject expert.
2. Dr. Shashi Keshwar was invited as a National Speaker at the 2nd National Conference of the Nepal Association of Oral and Maxillofacial Pathologists (NAOMP), held in Kathmandu on 17 April 2026.
3. Dr Shashi keshwar attended an advanced teacher's training program on "essentials of student assessment held on 27-28 April, 2026 BPKIHS.
4. Dr. Toniya Raut was invited as National Speaker at Spot the Change A Symposium on Oral Potentially Malignant Disorders, organized by Department of Oral Medicine and Radiology, CODS, BPKIHS, June 27th 2026, Dharan, Nepal. She was also appointed as Member of Scientific Committee in Spot the Change A Symposium on OPMD.
5. Dr Saraswoti Khadka, participated in the Teachers training" Foundations of Health Professions Education: curriculum, teaching, assessment and mentoring" held from 22-26 March 2026 BPKIHS.

6. Dr. Saraswoti Khadka served as a Panelist at Spot the Change A Symposium ON Oral Potentially Malignant Disorders, organized by Department of Oral Medicine and Radiology, CODS, BPKIHS, June 27th 2026, Dharan, Nepal.
7. Dr. Ravi Ranjit shah and Dr Asha Rai attended Workshop on PBL and SGD held on February 12,2026 at BPKIHS.

Presentation done by Residents

S.No.	Name of Presenter	Title	Program Name/Date/Place
1	Dr. Asha Rai	Presented on topic oral histopathology under blindfold; challenges arising from incomplete history and improper tissue sampling	Clinical grand round/18-12-2025/CODS
2	Dr. Asha Rai	Poster Presentation on "Peripheral Osteoma of mandible: A Rare Case Report"	29th annual Scientific Program/28-11-2025/ BPKIHS
3	Dr. Ravi Ranjit shah	Poster Presentation on "Peripheral Osteoma of mandible: A Rare Case Report"	29th annual Scientific Program/28/11/2025/BPKIHS
4	Dr. Ravi Ranjit shah	Paper Presentation: From Basal Degeneration to Bulla formation-case series	Spot the Change A Symposium on OPMD/27-6-26/BPKIHS
5	Dr. Jwala Nepal	Paper Presentation: From dysplasia to carcinoma: clinical evolution of OPMD – case report	Spot the Change A Symposium on OPMD/27-6-26/BPKIHS

5. PLAN OF ACTION

- Strengthen competency-based teaching through interactive lectures, case-based discussions, digital microscopy.
- Upgrade the student practical laboratory and procure teaching aids to enhance undergraduate and postgraduate practical training.
- Encourage faculty participation in national and international conferences, workshops, and faculty development programs.
- Promote research publications, collaborative projects, and grant applications.
- Train faculty in digital pathology, artificial intelligence applications, and advanced diagnostic techniques.
- Expand and modernize the Oral histopathology laboratory areas.
- Procure a semiautomatic microtome, polarized microscope, slide and block cabinet for storage.

10.5 DEPARTMENT OF ORTHODONTICS

FACULTY MEMBERS

Dr. Rajesh Gyawali	: Additional Professor & Head
Dr. Prabhat Ranjan Pokharel	: Associate Professor
Dr. Jamal Giri	: Associate Professor
Dr. Avinash Chaudhary	: Assistant Professor
Dr. Samikshya Sangroula	: Senior Resident
Dr. Sushant Pandey	: Senior Resident

STAFF MEMBERS

Mr. Harka Jang Limbu:	: Graduate Technician
Ms. Sangita Koirala	: Senior ANM
Ms. Tara Devi Giri	: Senior Foreman
Ms. Nilkamal Kumari Chaudhary	: Helper

Number of Residents/Medical Officer/Nursing Staff/other Health staffs

S.No.	Particulars	Number
1	Junior Residents	4
	1st Year	1
	2nd Year	1
	3rd Year	2
2	Nursing Staff Members	1

1. DEPARTMENT PROFILE

a. Vision

To be a self-reliant centre of excellence in orthodontic and dentofacial orthopaedic education, research, and patient care, recognized nationally and internationally for advancing evidence-based orthodontics.

b. Mission

To improve the oral and craniofacial health of the people of Nepal by providing holistic, affordable orthodontic care; by training compassionate, competent, and socially accountable orthodontic professionals through structured undergraduate and postgraduate programs; and by advancing research and innovation in craniofacial growth, development, and malocclusion in collaboration with all stakeholders.

c. Core Functions

- Deliver comprehensive orthodontic diagnosis and treatment services through OPD and speciality clinics
- Conduct undergraduate (BDS) and postgraduate (MDS) teaching and training in orthodontics

- Undertake basic, clinical, and translational research in orthodontics and craniofacial biology
- Provide continuing dental education and faculty development
- Collaborate with allied departments for interdisciplinary management of cleft, craniofacial, and orthognathic cases
- Contribute to community oral health outreach and awareness programs

2. ACADEMIC ACTIVITIES

Undergraduate Teaching

- Second year BDS: LABEX (weekly)
- Third year BDS: SIS and LABEX (weekly) and CLIP (Sunday/Monday to Wednesday/Thursday)
- Fourth year BDS: SIS and LABEX (weekly) and CLIP (Daily)
- Fourth Year MBBS: SIS and CLIP

Postgraduate Teaching

a. PG Teaching programme		
i	Seminar	Once a week
ii	Journal Presentation	Once a week
iii	Case Presentation	Once/Twice a week
iv	Table Clinic	Once a week

3. CLINICAL SERVICES

Statistics of patient care provided

1. New orthodontic patients: 932
2. Fixed orthodontic treatment (segmental): 12 cases
3. Fixed orthodontic single-arch treatment: 83 cases
4. Non-extraction fixed orthodontic treatment: 62 cases
5. Extraction fixed orthodontic treatment: 17 cases
6. Fixed orthodontic appliance repair procedures: 330 cases
7. Fixed retainer placement: 91 cases
8. Removable orthodontic appliances: 85 cases
9. Rapid palatal expansion: 11 cases
10. Follow up patients: 5855 cases

4. RESEARCH ACTIVITIES

Post Graduate Student Research Activities

Thesis Project Ongoing

Name of Residents	Name of Guide	Name of Co-Guides	Title of thesis
Dr. Ujwal Mehta	Dr Rajesh Gyawali,	Dr Prabhat Ranjan Pokharel, Dr. Jamal Giri, Dr. Avinash Chaudhary, Dr. Samikshya Sangroula, Dr Sushant Pandey	Correlation of different artificial intelligence-based cephalometric tracing with manual tracing in BPKIHS

Thesis Projects Completed

Name of Residents	Name of Guide	Name of Co-Guide	Title of thesis
Dr. Ashish Koirala	Dr. Rajesh Gyawali	Dr. Prabhat R Pokharel, Dr. Avinash Chaudhary, Dr. Samikshya Sangroula	Frequency and associated factors of bond failures in patients undergoing fixed orthodontic treatment
Dr. Pravin Bhattarai	Dr. Prabhat R Pokharel	Dr. Rajesh Gyawali, Dr. Avinash Chaudhary, Dr. Samikshya Sangroula	An in vitro comparison of shear bond strength of orthodontic brackets bonded to zirconia using sandblasting and bur roughening with 10-mdp containing adhesive

Faculty Research Activities

Ongoing Research Projects

S.No.	Principal Investigator	Title
1	Dr Jamal Giri	Heritability of facial soft tissue: a systematic review of twin studies
2	Dr. Sushant Pandey	Longitudinal changes in facial soft-tissue dimensions from childhood through adulthood: A Bayesian analysis of the AAOF Legacy Collection

Completed Research Projects

S.No.	Principal Investigator	Title
1.	Dr. Rajesh Gyawali	Cephalometric evaluation of maxillary central incisor crown-root morphology in different skeletal malocclusion.
2.	Dr. Samikshya Sangroula	Patient expectations of orthodontic treatment at B. P. Koirala Institute of Health Sciences, Dharan.
3.	Dr. Samikshya Sangroula	Pre-treatment anxiety among patients before orthodontic treatment visiting in orthodontic clinic at college of dental surgery, BPKIHS.

DEPARTMENTAL PUBLICATIONS

1. **Gyawali R, Pokharel PR, Giri J**. Cephalometric evaluation of maxillary central incisor crown-root morphology in different skeletal malocclusions. BMC Research Notes. 2026.
2. **Giri J**. Aetiology of Malocclusion Revisited. Orthodontic Journal of Nepal. 2025 Oct 28;15(1):1-2.
3. **Giri J**, Jose GV, Kurian NC, Brook A, Palmer L, Hughes T. Development of a Deep Learning Model to Automatically Identify Palatal Landmarks on Three-Dimensional Maxillary Dental Casts. International Journal of Dentistry. 2026;2026(1):9409391.
4. **Giri J,** Bockmann M, Brook A, Gurr A, Palmer L, Hughes T. Genetic and Environmental Influences on Dental Arch Shape During Development: A Longitudinal Twin Study. Orthodontics & Craniofacial Research. 2026.
5. **Chaudhary A, Sangroula S, Pokhrel PR, Gyawali R**. Relationship between cephalic index, facial index and dental arch widths among young Nepalese adults. BMC Oral Health. 2026.
6. **Chaudhary A, Pandey S, Sangroula S, Giri J, Pokharel PR, Gyawali R**. A cephalometric analysis of underlying components of deep overbite malocclusion. BMC Oral Health. 2026.
7. **Pandey S**. Beyond Statistical Significance. Orthodontic Journal of Nepal. 2025 Dec 31;15(2):1-1.

5. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS

a. Attended/ organized by Faculties

The Department of Orthodontics organized the 16th International Orthodontic Conference of Orthodontic and Dentofacial Orthopaedic Association of Nepal (ODOAN) on 14-15 November 2025 in Dharan.

Master of Dental Surgery (MDS) curriculum revision workshop attended by Dr. Prabhat Ranjan Pokharel as an expert on 11 February 2026, organized by Medical Education Commission, Bhaktapur.

International Hands-on Workshop on In-House Aligners and Digital Orthodontics attended by Dr. Jamal Giri on 16-18 January 2026 held at Kist Medical College and Teaching Hospital, Kathmandu.

Cleft Orthodontic Training attended by Dr. Rajesh Gyawali and Dr. Jamal Giri on 4-6 February 2026, organized by Smile Train at B and B Hospital, Kathmandu.

Simulation Faculty Development Course attended by Dr. Jamal Giri on 16-17 March 2026, organized by Dundee Institute for Healthcare Simulation (University of Dundee) at BPKIHS, Dharan, .

Foundations of Health Professions Education: curriculum, teaching, assessment and mentoring attended by Dr Sushant Pandey on 22-26 March 2026 held at HPE, BPKIHS.

Foundations of Health Professions Education: curriculum, teaching, assessment and mentoring attended by Dr Jamal Giri as a resource person on 22-26 March 2026 held at HPE, BPKIHS.

Training on Professional Development on Essentials of Student Assessment attended by Dr. Rajesh Gyawali on 27-28 April 2026 held at HPE, BPKIHS.

Training on Professional Development on Essentials of Student Assessment attended by Dr. Jamal Giri as a resource person on 27-28 April 2026 held at HPE, BPKIHS.

Basic Research Methodology Training attended by Dr Sushant Pandey on 19-21 April 2026 organized by Health Research Capacity Building Committee, BPKIHS.

Basic Research Methodology Training attended by Dr Rajesh Gyawali as a resource person on 19-21 April 2026 organized by Health Research Capacity Building Committee, BPKIHS.

b. Presentation done by Residents

S.No.	Name of Presenter	Title	Program Name/Date/Place
1.	Dr. Pravin Bhattarai and Dr. Aashish Koirala	From Impression to Precision: Digital Orthodontics with Live Intra-Oral Scanner Demonstration	Clinical Grand Round, 2026/05/21, BPKIHS, CODS, Dharan
2.	Dr. Pravin Bhattarai	An In Vitro Comparison of Shear Bond Strength of Orthodontic Brackets Bonded to Zirconia using Sandblasting and Bur Roughening with 10- MDP Containing Adhesive	Orthodontic Postgraduate Convention, 2026/06/12, Bir Hospital, Kathmandu
3.	Dr. Aashish Koirala	Surgery-First Maxillomandibular Advancement for Management of Obstructive Sleep Apnea Associated with Mandibular Retrusion: A Case Report	Orthodontic Postgraduate Convention, 2026/06/12, Bir Hospital, Kathmandu
4.	Dr. Ujwal Mehta	Advances in 3D facial photography (stereophotogrammetry) in orthodontics	Orthodontic Postgraduate Convention, 2026/06/12, Bir Hospital, Kathmandu

6. SPECIAL APPOINTMENTS

Dr Rajesh Gyawali appointed as the Coordinator of the Health Research Capacity Building Committee on 18th March 2026

Dr Rajesh Gyawali appointed as the Editorial Board member of Journal of BPKIHS on 20th March 2026

Dr Jamal Giri appointed as the Assistant Dean (Research) on 24th December 2025

Dr Avinash Chaudhary was appointed as the Deputy Coordinator of Problem-Based Learning Program (Dental) on 18th January 2026.

Dr Samikshya Sangroula was appointed as the Deputy Coordinator of Phase I BDS program on 18th January 2026.

7. SWOT ANALYSIS

Strengths	Weaknesses
● Adequate faculty members ● Good academic and research environment • Large patient flow	● Poor infrastructure, including water leakage from the roof and a lack of air conditioning ● Non-functional dental chairs ● No dental surgeons

Opportunities	Threats
• Institutional support for infrastructure upgrades • Growing regional demand for orthodontic care • Potential for collaborative/grant-funded research	• Risk to accreditation/quality standards from persistent infrastructure issues • Patient safety risks and case loss due to non-functional equipment • Faculty attrition and reduced applicant interest from poor working conditions

8. PLAN OF ACTION

- Refurbish orthodontic lab room
- Ensure regular supply of dental materials/equipment as required by the department.
- Ensure regular maintenance of equipment and dental chairs.
- Repair of the roof at various sections of the department.
- Develop a digital workflow for patient management
- Purchase a Vacuum forming machine (Biostar/Ministar) for the fabrication of retainers and clear aligners
- Establish a lab for in-house clear aligner fabrication

10.6 DEPARTMENT OF PEDODONTICS AND PREVENTIVE DENTISTRY

FACULTY MEMBERS

Dr. Mamta Dali : Additional Professor & Head
Dr. Bandana Koirala : Professor
Dr. Sneha Shrestha : Associate Professor
Dr. Gajendra Birajee : Associate Professor
Dr. Mahalaxmi Shah : Senior Resident, Contract over on 31st Bhadra 2082

Technical and Administrative staff:

Mr. Uttam Shrestha : Graduate Technician- Dental
Mrs. Chandra Kala Limbu : Senior ANM
Mrs. Saru Rai : Senior ANM
Mrs. Roshan Kumari Choudhary : Senior ANM
Mr. Roshan Basphor : Helper
Mrs. Babita Subedi : Helper

Other Teaching and Service Staff/ Residents

Dr. Sashank Tamrakar : Dental Surgeon (Resigned on 23rd Magh 2082)
Junior Residents : Nine

1. DEPARTMENTAL ACHIEVEMENTS & SUMMARY

MAJOR ACHIEVEMENTS

Faculty members from the department were appointed to various posts, participated in workshops and training. Postgraduate residents attended both national and international conferences including pre-

conference courses, and actively participated in the Scientific competitive paper and poster presentations and one resident won and was awarded in the Scientific Paper Presentation competition. The number of undergraduate academic activities is more this fiscal year because of overlapping batches in 2nd, 3rd and 4th year BDS. The department improved with relocating the out-patient examination area along with the addition of three new dental chairs, one RVG unit, and two WI-FI enabled CCTV cameras.

MAJOR CHALLENGES AND THEIR SOLUTION

Major challenges remain in the exhausted working environment in an overheated operating area during summer months and roof leakage during the monsoon season. Due to an increased patient flow and multiple overlapped batch of undergraduate students along with lack of adequate manpower (SR, Dental Surgeon) with limited number of faculties, quality of both the academic and clinical services have been hampered and compromised. Also, a very limited number of dental chairs along with poor maintenance of the old ones compound this problem resulting in long appointment timings and unsatisfied patients. Additionally there is also no dedicated clerical staff for the related tasks. As an immediate short term solution, the extreme summer heat in the department is managed with the addition of a few wall fans and coolers through personal contributions.

2. TEACHING/LEARNING ACTIVITIES

A. UG Teaching Programme			
BDS			
	2nd Year	3rd Year	4th Year
SIS	4	62	106
CLIP/SGDs	-	240 (3 hours)	327 (3 and 4 hours in VIIth and VIIIth Semesters, respectively)
LABEX	31 (3 hours)	37 (2 hours)	37 (3 hours)
PBL	1	-	-
MBBS			
SIS	-	-	1
CBL and SGD Posting	-	-	1 (3 hours)

B. PG Teaching Programme			
	1st Year	2nd Year	3rd Year
Seminar	12	17	16
Journal Club	5	6	7
Case Presentation	3	3	3
Case Discussion	-	1	-
Table Clinic	3	3	3
SIS	7	20	5
Academic plus Clinical Audit	4		
Clinical Grand Round	10		
Infant Oral Health Care and Anticipatory Guidance in Pediatric Immunization Clinic- 47			

3. CLINICAL SERVICES

Statistics of the Patient Care (1st Shrawan 2082 – 31st Ashad 2083)

Total New Patients (2025-2026)			**Total Old Patients (2025-2026)**				**Total Patients (2025-2026)**			**Total Patient (2024-2025)**
Male	Female	Total	Male	Female	Follow-up	Total	Male	Female	Grand Total	15925

2655	2346	5001	5877	4867	3756	14,500	8532	7213	15,745	

Statistics of the Procedures

S.No.	Procedures	No.
1.	Alginate Impression (per arch)	548
2.	Apexification	3
3.	Cementation of Crown	259
4.	Compomer Restoration+ Composite Rest- Class I	501
5.	Compomer Restoration- Class I	315
6.	Composite Restoration- Class II	29
7.	Composite Core Build up/ Root Canal Treated Tooth	4
8.	Crown-Stainless Steel/ Polycarbonate	74
9.	Cyst Marsupialization/ Enucleation	2
10.	Dressing/ Suture removal	121
11.	Suturing	29
12.	Each additional Expansion Screw/ Band/ Coil Spring	59
13.	Extraction- Primary Anterior/ Root Stumps	839
14.	Extraction- Primary/ Permanent Posterior	1953
15.	Extraction- Surgical/ Impaction	3
16.	Frenectomy	5
17.	Feeding Appliance (Acrylic)	26
18.	Fixed Space Maintainer	108
19.	Fluoride Application (per visit)	392
20.	GIC- Class I	2400+599
21.	GIC- Class II	130+496
22.	Hyrax Expansion Screw	2
23.	Incision and Drainage	5
24.	Interceptive prthodontic appliance	2
25.	Minor Oral Surgical Procedure	27
26.	operculectomy	1
27.	Pit and Fissure Sealant	668
28.	PNAM Therapy	6
29.	Post and Core	8
30.	Preventive Resin Restoration	220
31.	Pulp Capping (with Dycal)	313
32.	Pulpectomy Anterior (excluding Metapex)	277
33.	Pulpectomy Posterior (excluding Metapex)	1207
34.	Pulpotomy	318
35.	Removable Orthodontic Appliance	2
36.	Removable Functional Appliance	15
37.	Removable Partial Denture	1
38.	Removable Space Maintainer	132
39.	Repair of Soft Tissue Injury	39
40.	Repair/ Relining of Appliances	2
41.	Replantation without RCT	2

S.No.	Procedures	No.
42.	Root Canal Dressing- Calcium Hydroxide (per visit)	26
43.	Root Canal Dressing- Metapex (per visit)	439
44.	Root Canal Treatment- Anterior	81
45.	Root Canal Treatment- Posterior	138
46.	Rubber Base Impression (per arch)	29
47.	Rubber Dam Application	29
48.	Simple Grinding/ Proximal Stripping (per teeth)	20
49.	Splinting- Composite and Wire (4 unit)	9
50.	Splinting- Gunning Splint	2
51.	Splinting- Ribbond Fiber (1 cm)	15
52.	Silver Diamond Flouride	42
53.	Strip Crown	13
54.	Suturing (excluding suture material)	21
55.	Suture removed/Dressing	43
56.	Temporary crown	5
57.	Temporary Restoration	21
58.	Tooth Preparation	135
59.	Tooth Preparation+ Temporary crown+ Cementation	6
60.	Ultrasonic Scaling Permanent Dentition	43
61.	Ultrasonic Scaling- Primary Dentition	31
62.	RVG	1192

4. OTHER PATIENT CARE ACTIVITIES/ COMMUNITY SERVICES

i. School Oral Health Programme on 8th August 2025 at Special Education Centre, Dharan-11.
ii. School oral health Education conducted at Special Education Centre, Dharan-11 on 15th August 2025.
iii. Participation of 1st year residents in School oral health programme by Rotaract club, 1st yr resident, 31st January 2026.
iv. International Children's Day celebrated on 20th November 2025 with the following activities:
   a. Drawing competition followed by prize distribution among children visiting the Department of Pedodontics and Preventive Dentistry.
   b. Oral hygiene instructions/ diet counseling provided to all the children and parents.
   c. "Awareness Badge" distributed to every child visiting the OPD.
v. Oral health Screening Programme at Sunsari Inclusive training Care Centre, Dharan on 27th February 2026
vi. Infant Oral Health Care and Anticipatory Guidance Programme reinitiated and being conducted every Thursday afternoon for all the infants and parents attending the Pediatric Immunization Clinic, BPKIHS.(47 Thursdays)
vii. School Oral Health Programme in co-ordination with the Department of Public Health Dentistry on all Fridays.(52 Fridays)

5. RESEARCH ACTIVITIES

Postgraduate Student Research Activity

Thesis Ongoing

S.No.	Name of the Residents	Chief Guide	Co-Guides	Title
1.	Dr. Rabina Adhikari	Dr. Mamta Dali	Dr. Mamta Dali Dr. Bandana Koirala Dr. Gajendra Birajee Dr. Sailesh Bhattarai	Clinical Evaluation of Silver Modified Atraumatic Restorative Technique (SMART) VS Atraumatic Restorative Treatment (ART) in children age 3-6 years: A comparative prospective study
2.	Dr. Ramita Lama	Dr. Bandana Koirala	Dr. Bandana Koirala Dr. Mamta Dali Dr. Sneha Shrestha Dr. Dharanidhar Baral	Effect of sensory adapted versus conventional dental environments on fear and anxiety of 7–8-year-old during preventive and invasive procedures: A comparative cross-sectional study.
3.	Dr. Richa Adhikari	Dr. Bandana Koirala	Dr. Bandana Koirala Dr. Mamta Dali Dr. Sneha Shrestha Dr. Gajendra Birajee	Prevalence and Risk Factor of Early Childhood Caries Among School Children in Dharan: A cross- sectional study

Thesis Completed

SN	Name of the Residents	Chief Guide	Co-Guides	Title
1.	Dr. Prakriti Basukala	Dr. Bandana Koirala	Dr. Bandana Koirala Dr. Mamta Dali Dr. Sneha Shrestha Dr. Dharanidhar Baral	Effect of toothbrush grips and brushing techniques on dental plaque removal in children aged 3-14 years in BPKIHS
2.	Dr. Slesha Gurung	Dr. Mamta Dali	Dr. Mamta Dali Dr. Bandana Koirala Dr. Gajendra Birajee Dr. Sailesh Bhattarai	Behavior evaluation with dog-assisted therapy in children aged 6- to 13- year undergoing extraction in BPKIHS
3.	Dr. Susmita Shrestha	Dr. Bandana Koirala	Dr. Bandana Koirala Dr. Mamta Dali Dr. Sneha Shrestha Dr. Gajendra Birajee	Comparative evaluation of quality of obturation using manual, rotary and hybrid instrumentations in primary mandibular second molars of children aged 5- to 9- year

DEPARTMENTAL PUBLICATION

1. **Shrestha D, Koirala B, Dali M, Shrestha S**. Aesthetic and Functional Rehabilitation for Missing Primary Anterior Teeth. J Nepal Dent Assoc.2025;24(39):51-57.
2. Poudel K, **Koirala B, Dali M,** Bhusal A. Multidisciplinary Approach to Trauma and Healing of a Severely Rotated Maxillary Central Incisor. J Nepal Dent Assoc, 2025;24(39):43-47.
3. Bano T, **Dali M, Koirala B, Birajee G.** A Small Cut, A Big Leap Forward: Electrocautery-Assisted Lingual Frenotomy in a Pediatric Patient. J Nepal Dent Assoc, 2025;24(39):38-42.

6. CONFERENCE/ WORKSHOP/ SYMPOSIUM/ TRAINING ATTENDED

Dr. Bandana Koirala attended "National Curriculum Framework Workshop" for Master in Dentistry Program organized by Planning, Coordination, and Academic Upgrading Directorate, Medical Education Commission on 11th February, 2026. She also attended the Training Programme entitled 'Train The Trainers' for improving teaching methodologies and bond between teacher and student on 29th June, 2026 by Dr. Naveen Pilli.

Dr. Mamta Dali and Dr. Sneha Shrestha attended Research Hour (Episode 1), "Understanding data distributions and normal distributions", organized by Health Research Capacity Building Committee on 22nd June 2026, BPKIHS, Dharan.

Dr. Gajendra Birajee attended 7th National Conference and 5th PG Convention of Nepalese Association of Pediatric Dentistry (NAPD) held in Bharatpur, Chitwan on19-20June 2026. He also attended Research Hour (Episode 2), "Formulation of Research Question and Hypothesis: Let's Learn Together", organized by Health Research Capacity Building Committee, on 29th July 2026, BPKIHS, Dharan. He also participated in a two-day advance Workshop entitled 'Professional Development on Essentials of Student Assessment' on 27-28 April 2026.

Dr Bandana Koirala, Dr Sneha Shrestha, Dr Mamata Dali and Dr Gajendra Birajee attended the lecture by Dr Navin Pilli on "Enhancement Perspective 2.0" held on 29th June 2026 at LT-3, CODS, BPKIHS.

Postgraduate Residents

1stYear Junior Resident joined on 23rd April 2026

- Dr. Asmita Pokhrel, Dr. Sadiksha Chapagain, Dr. Sadiksha Gautam

1st yr Junior Residents attended 46th**ISPPD Conference** on 20th– 22nd Nov 2025, India.

Pre-conference Course Attended at ISPPD (19th November 2025)

	1st year JRs	**TOPICS**
1.	Dr. Rabina Adhikari	Bio dentine: Beyond the Horizon Vital pulp therapy for young permanent teeth.
2.	Dr. Ramita Lama	Diagnosis and management of injuries to the teeth.
4.	Dr. Richa Adhikari	Application of aligners in mixed dentition: Diagnosis, Treatment planning and clinical management.

Poster Presentations (21stNovember 2025)

	1st Year JRs	**TOPICS**
1.	Dr. Rabina Adhikari	Hypodontia: A gentle approach to fear free dental visit.
2.	Dr. Ramita Lama	Probiotics at play: Timing the way to healthy smiles.
3.	Dr. Richa Adhikari	Virtual Autism: Exploring effective Care Strategies

29th Annual Scientific Programme BPKIHS: Poster Presentation (24th November 2025)

	1st Year JRs	TOPICS
1.	Dr. Rabina Adhikari	Primary Herpetic Gingivostomatitis: A case report.
2.	Dr. Ramita Lama	Oral Erythema Multiforme Complicated by Candidal Infection: A Case Report.
3.	Dr. Richa Adhikari	Major aphthous ulcer in children: A rare but debilitating condition.

Dr. Rabina Adhikari, Dr. Ramita Lama, Dr. Richa Adhikari, Dr. Asmita Pokhrel, Dr. Sadiksha Chapagain and Dr. Sadiksha Gautam attended 7th National Conference and 5th PG Convention of Nepalese Association of Pediatric Dentistry (NAPD) held in Chitwan during 19-20th June 2026. They also presented posters and papers. They attended a NAPD pre-conference workshop on "Presurgical Naso Alveolar Molding (PNAM)"

Presentations at 7th National Conference and 5th PG Convention of NAPD

S.no.	Residents' name	TOPIC
1.	Dr. Asmita Pokhrel	Healing Through Hues: Applications of Color Psychology and Awareness in Pediatric Dentistry.
2.	Dr. Sadiksha Chapagain	Screens, Snacks and Smiles: Impact of Screen Time on Dietary Pattern and Oral Health.
3.	Dr. Sadiksha Gautam	Pause Before You Post: Social Media Guidelines for Nepali Dentists.
4.	Dr. Rabina Adhikari	Fragile Enamel, Functional Smiles: Rehabilitation of Molar Incisor Hypo mineralizations(MIH)
5.	Dr. Ramita Lama	From Tape to Surgery: The Role of Lip Taping in Infant Cleft Care
6.	Dr. Richa Adhikari	Pawsitive Smiles: Dog- Assisted Therapy in Pediatric Dental Extraction

- Dr. Sleshha Gurung and Dr. Prakriti Basukala attend PBL workshop on dated 11th -12th February 2026.
- Dr. Susmita Shrestha, Dr Slesha Gurung, Dr Prakriti Basukala presented **Clinical Grand Round (CGR)** on16th April 2026.

7. HONOR / MILESTONE ACHIEVEMENT /AWARD

- Dr. Richa Adhikari was awarded 2nd Prize in the Scientific paper presentation competition **in 7th National Conference and 5th PG convention of Nepalese Association of Pediatric Dentistry (NAPD)** held in Bharatpur, Chitwan on 19th-20thJune 2026.

8. SPECIAL APPOINTMENTs /ACHIEVEMENTs:

1. Dr. Bandana Koirala

- Nominated as Expert, Question Bank Preparation for UG students at Examination Section dated 23rd - 24th March 2026.

- Member, Committee of Experts, Exam, BPKIHS, starting June 27, 2024.
- Member, Educational Audit Committee, BPKIHS, starting November, 2024.
- Member, Planning, Monitoring, and Evaluation Committee, BPKIHS starting October 2, 2024 for a period of three years.

2. Dr. Mamta Dali

Appointed as an External Examiner for Post Graduate students' exam at Kathmandu University (3rd -4th June 2026) and Kantipur Dental College (6th -7th June 2026), Kathmandu, Nepal.

3. Dr. Sneha Shrestha

- A Team leader for conduction of School oral health screening programme by Rotaract Club at Special Education Centre, Dharan on 8th& 15th August 2026.
- Member of Departmental Research Unit CODS on 1st July 2026

4. Dr. Gajendra Birajee

- Appointed as BDS Phase II Deputy Programme Coordinator on 18th January 2026
- Appointed as a Scientific Committee Chairperson **in 7th National Conference and 5th PG convention of Nepalese Association of Pediatric Dentistry (NAPD)** held in Bharatpur, Chitwan on 19th-20thJune 2026.
- Appointed as PBL tutor for second year BDS held on 1-8 June 2026.
- A Team leader for conduction of School oral health screening programme at Sunsari Inclusive Training Care Centre Dharanon 27.02.2026.

DEPARTMENTAL UPGRADES:

i. Installation of three new Dental chairs at PG Section
ii. Installation of RVG (Digital X-ray) equipment
iii. Shifting of OPE area to the reception area
iv. Addition of a set of sofas in the HOD room.
v. Installation of a Printer device.
vi. Addition of a safety locked Daraz at RVG room.
vii. Through personal and departmental contribution
viii. Installation of WI-FI enabled CCTVcamera in UG section
ix. Installation of three wall fans at patient waiting area
x. Installation of an AC in seminar room through
xi. Addition of a mic set at seminar room
xii. Installation of two wall hanging wooden cupboard
xiii. Child friendly wall paintings in the Department

9. PLAN OF ACTION

- Timely repair and regular maintenance of dental chairs along with addition of new dental chairs for the smooth patient services.
- Addition of additional cooling systems in the department like all types of fans (wall, ceiling, stand and exhaust- as needed) to combat the extreme heat during summers along with installation of ACs in the special child room cum minor OTs of both the UG and PG clinics, respectively.
- Truss roof over UG clinic to prevent water leakage
- Procurement of Biostar Unit plus Portable/Hand-held Radiographic Unit.
- Addition and replacement of newer instruments and equipment for better patient service and T/L activities like heavy duty trimmers, ultrasonic scalers and light cure units.
- Addition of entertainment materials for the child patients and accompanying guardians along with a reception table in the department.

- Addition of furniture for faculties, PGs, Students and Patients.
- Patient record management (Departmental Database).
- Requirement for a Clerk for maintaining administrative works and schedules.
- Expansion of Pedodontics PG room to adjacent Locker room for Special child / Inhalation Sedation

10.7 DEPARTMENT OF PERIODONTOLOGY AND ORAL IMPLANTOLOGY

FACULTY MEMBERS

Dr. Sajeev Shrestha : Additional Professor & Head
Dr. Shivalal Sharma : Professor
Dr. Pujan Acharya : Associate Professor
Dr. Khushbu Adhikari : Associate Professor
Dr. Shweta Agrawal : Assistant Professor
Dr. Savvy Pokhrel : Senior Resident

STAFF MEMBERS

Mrs. Punam Kumari Singh : Sr. ANM
Mrs. Sarada Khadka : Sr. ANM
Mrs. Radha Adhikari : Sr. ANM
Mrs. Anita Biswokarma : Helper 1
Mrs. Menuka Shrestha : Helper

Number of Residents and Nursing Staff

S.No.	Particulars	Number
1	Junior Residents	
	1st Year	3
	2nd Year	3
	3rd Year	2
2	Nursing Staff Members	3

1. DEPARTMENT PROFILE

a. Vision

To be a centre of excellence in periodontology and oral implantology through outstanding patient care, innovative education, impactful research, and contributing to improved oral and systemic health at the national and international levels.

b. Mission

- To provide comprehensive, evidence-based periodontal and implant care with the highest standards of quality, ethics, and patient safety.

- To educate and train competent undergraduate, postgraduate, and continuing professional development learners in periodontology and oral implantology.
- To promote high-quality research and innovation in periodontal disease, implant dentistry, regenerative therapies, and related areas.
- To foster interdisciplinary collaboration in the prevention and management of periodontal and peri-implant diseases.

c. Core Functions

The department delivers comprehensive clinical services including periodontal therapy, advanced regenerative surgery, dental implantology, and specialized care for medically compromised patients. Its academic framework provides structured undergraduate training, Postgraduate (MDS) education, along with clinical research through evidence-based publications. The department executes complex, full-mouth oral rehabilitation through coordinated interdisciplinary care with orthodontics, prosthodontics, and endodontics. Also, collaboration across medical specialties to manage oral-systemic health conditions under strict quality, safety, and ethical standards is well maintained.

2. ACADEMIC ACTIVITIES

Undergraduate Teaching

- Teaching hours

Programe	Teaching Hours(Theory)	Teaching Hours(Practical)
BDS	96 hours	179 hours

- Clinical postings

Class	SIS	Labex	Seminar	PBL	CBL	SGD
BDS 3rd year	30	-	-	PBL on Dental Caries	17 days (3 hours each)	Adjusted in CBL postings.
BDS 4th year	41	-	25 hours		24 days (3 hours each) 14 days (4 hours each)	Adjusted in CBL postings

Postgraduate Teaching

Postgraduates	Seminar	Journal club	Case presentation	Table clinic/clinical audit	Undergraduate teaching under supervision
1st Year MDS	3				
2nd Year MDS	15		3	1	9
3rd Year MDS	17	6	7	2	2

3. CLINICAL SERVICES

Clinical Services	Total New Patients (2025-26)	Total Follow Up (2025-26)	Total Patients (2025-26)	Total Patients (2024-2025)
OPD+ Clinical Procedures	4512+6462=10,974	2,214	13,188	12057

Particulars	General	Total
Ultrasonic supragingival scaling	816	816
Ultrasonic subgingival scaling:	4116	4116
Manual supragingival scaling:	452	452
Root planing	76	76
Curettage	11	11
Gingivectomy/ gingivoplasty per area	11	11
Splinting:		
b. Wire with Composite	39	39
b. Ribbond fibre	07	07
Incisal / Occlusal grinding	15	15
Minor surgical procedures (biopsy, frenectomy, frenotomy, operculectomy)	167	167
Incision & Drainage	68	68
Periodontal flap surgery	50	50
Crown lengthening	56	56
Free epithelized tissue graft	06	06
Connective tissue graft	06	06
Alveoloplasty per segment	02	02
Guided tissue regeneration (GTR) with bone graft	03	03
Periodontal dressing	11	11
Low Level Laser Therapy	22	22
Desensitizing per tooth	04	04
Apicoectomy	01	01
Furcation Treatment	04	04
Ridge augmentation	03	03
IOPAR	21	21
Implant (no. of units)	96	96
Crown cementation	63	63
Suture removal	171	171
Follow up cases	100	100
Splint removal	06	06
Alginate impression	16	16
Rubber base impression	43	43
Total	6462	6462

4. RESEARCH ACTIVITIES

Post Graduate Student Research Activities

Thesis Projects Ongoing

Name of Residents	Name of Guide	Name of Co-Guide(s)	Title of thesis
Dr. Prakriti Kafle	Dr. Sajeev Shrestha	Prof. Dr. Shivalal Sharma Dr. Pujan Acharya Dr. Khushbu Adhikari Dr. Shweta Agrawal	Effect of non-surgical periodontal therapy on occurrence of preterm low birth weight at B.P. Koirala Institute of Health Sciences.
Dr. Pratikshya Poudel	Prof. Dr. Shivalal Sharma	Dr. Sajeev Shrestha Dr. Pujan Acharya Dr. Khushbu Adhikari Dr. Shweta Agrawal	Prevalence and Morphological Characteristics of Maxillary Sinus Septa in CBCT of Patients Visiting BPKIHS.
Dr. Smriti Chaudhary	Prof. Dr. Shivalal Sharma	Dr. Sajeev Shrestha Dr. Pujan Acharya Dr. Khushbu Adhikari Dr. Shweta Agrawal	Effect of Scaling and Root Surface Debridement with and without Topical Oxygen Releasing Gel in Periodontitis Patients: A Split-Mouth Study.

Thesis Projects Completed

Name of Residents	Name of Guide	Name of Co-Guide	Title of thesis
Dr. Ritesh Thapa	Dr. Sajeev Shrestha	Prof. Dr. Shivalal Sharma Dr. Khushbu Adhikari Dr. Shweta Agrawal	A Video photographic assessment of Dento-labio-gingival components of smile in Nepalese Population
Dr. Samiksha Sharma	Prof. Dr. Shivalal Sharma	Dr. Sajeev Shrestha Dr. Pujan Acharya Dr. Shweta Agrawal	Assessment of periodontal status among smokers and smokeless tobacco users in patients visiting a tertiary care center in eastern Nepal.

Faculty Research Activities

Ongoing Research Projects

S.No.	Principal Investigator	Title
1	Prof. Dr. Shivalal Sharma	Severity of chronic periodontitis in patients visiting a tertiary care hospital of eastern Nepal: an experience of the last five years.
2	Dr. Sajeev Shrestha	Aesthetic perception of smile line variations among dental patients visiting at BPKIHS: A visual analogue scale analysis.
3	Dr. Pujan Acharya	Evaluation of the periodontal status of second molar after extraction of an adjacent impacted third molar.
4	Dr. Khushbu Adhikari	Association of periodontitis severity with glycated haemoglobin (HBA1C) levels in type 2 Diabetes Mellitus patients at BPKIHS.
5	Dr. Khushbu Adhikari	Perception regarding ultrasonic scaling in dental patients attending a tertiary care centre, Koshi province.
6	Dr. Shweta Agrawal	A CBCT assessment of cortical bone thickness of maxillary and mandibular arch for dental implant placement.
7	Dr. Shweta Agrawal	Assessment of anterior loop of inferior alveolar nerve and mental foramen-A CBCT based cross-sectional study.

Completed Research Projects

S.No.	Principal Investigator	Title
1	Dr. Pujan Acharya	Comparative evaluation of periodontal status between premenopausal and postmenopausal women visiting a tertiary care hospital in Province no.1, Nepal.
2	Dr. Khushbu Adhikari	Assessment of oral hygiene instructions and motivation in patients by general dental practitioners and periodontists.
3	Dr. Shweta Agrawal	Assessment of endo-perio lesions among patients attending a Tertiary Care Center of Province one.

5. DEPARTMENTAL PUBLICATION

Pokhrel S, Dhami B, Aryal D, Regmi S. Assessment of buccal plate thickness in the maxillary and mandibular posterior dentition using Cone Beam Tomography. J Nepal Soc Perio Oral Implantol. 2025;9(17):25-32.

Gyawali S, Acharya P. Aesthetic Crown Lengthening Surgery: A Remedy for Excessive Gingival Display. J Nepal Soc Perio Oral Implantol. 2025 Jan-Jun;9(17):37-40.
Bajagain E, Shrestha S, Thapa N. Autogenous Bone Grafting in the Anterior Maxilla for Implant Placement. J Nepal Soc Perio Oral Implantol. 2025 Jan-Jun;9(17):45-9 J Nepal Soc Perio Oral Implantol. 2025 Jan-Jun;9(17):45-9 J Nepal Soc Perio Oral Implantol. 2025 Jan-Jun;9(17):45-9

Shrestha S, Agrawal S, Thakur A, Bhattarai R. Type 2 Diabetes Mellitus in Patients with Periodontitis at a Tertiary Care Hospital: A Cross-Sectional Study. Med J APF Nepal. 2026;2(1):28-34.

Shrestha A, Maharjan IK, Regmee P, Luitel A, Acharya P, Khatiwada K & Limbu N. Comparing low-level laser therapy and ultrasound therapy for pain reduction in temporomandibular disorders: A quasi-experimental study. CRANIO®. 2026;1-9.

6. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS ATTENDED

a. Attended/ organized by Faculties

Prof. Dr. Shivalal Sharma attended the "National Curriculum Framework Workshop" for MDS programme organized by Medical Education Commission, on 11th February, 2026 at Sano Thimi, Kathmandu.

Dr. Pujan Acharya attended Workshop on Faculty Development Program on "Technology Enhanced Competency Based Medical Education" from 2nd-6th February, 2026 at Pondicherry, India.

Dr Khushbu Adhikari attended medical internship orientation, 8th-12th June, 2026, Oxford University Clinical Research Unit, Kathmandu, Nepal.

Dr. Khushbu Adhikari participated in "Advanced Teachers' Training Program on Essentials of Student Assessment" 27th-28th April, 2026 at Health Profession Education Department, BPKIHS.

Dr. Savvy Pokhrel attended NSPOI 11th Annual International Conference, 20th and 21st March, 2026, Kathmandu, Nepal.

Dr. Savvy Pokhrel attended a Workshop on "Foundations of Health Professions Education: Curriculum, Teaching, Assessment and Mentoring" conducted by Health Professions Education, BPKIHS on 22nd to 26th March, 2026.

Dr. Savvy Pokhrel attended Workshop on "Basic Health Research Methodology" conducted by BPKIHS on 19th to 21st April, 2026.

Dr. Savvy Pokhrel attended, "Spot the change: A symposium on oral potentially malignant disorders, organized by Department of Oral and maxillofacial Radiology, CODS, BPKIHS, 27th June, 2026.

b. Presentation done by Residents

S.No.	Name of Presenter	Title	Program Name/Date/Place
1.	Dr. Smriti Chaudhary	Perio microbes as silent carcinogens- tracking oncogenic footprints.	12th PG Convention of NSPOI organized on 6th December, 2025 by National Academy of Medical Sciences (NAMS), Bir Hospital.
		Surgical management of periapical lesions: role of cyst enucleation with apicoectomy.	25th Annual Conference of Nepal Dental Association (NDA) held on 24th-25th April,

S.No.	Name of Presenter	Title	Program Name/Date/Place
			2026 at Sauraha, Chitwan, Nepal.
2.	Dr. Pratikshya Paudel	Nanorobots – the subgingival warrior.	12th PG Convention of NSPOI organized on 6th December, 2025 by National Academy of Medical Sciences (NAMS), Bir Hospital.
3.	Dr. Prakriti Kafle	The End of One-Size-Fits-All: A New Era of AI-Driven Personalized Periodontal Care. Parallel Technique Frenectomy: Enhancing healing and aesthetics in a young patient.	12th PG Convention of NSPOI organized on 6th December, 2025 by National Academy of Medical Sciences (NAMS), Bir Hospital. 25th Annual Conference of Nepal Dental Association (NDA) held on 24th-25th April, 2026 at Sauraha, Chitwan, Nepal.
4.	Dr. Ritesh Thapa	Indirect Sinus Lift with Simultaneous Implant Placement: A predictable solution for rehabilitation of posterior edentulous maxilla (Case presentation). Immediate Implant with Immediate Provisionalization: A case report. Autogenous Symphyseal Block Graft for Anterior Maxillary Ridge Reconstruction (Poster).	29th Annual scientific program organised on 26-28th November 2025 by BPKIHS, Dharan 12th PG Convention of NSPOI organized on 6th December, 2025 by National Academy of Medical Sciences (NAMS), Bir Hospital 11th Annual International Conference, NSPOI, held on 20-21 March, Park village Resort, Kathmandu
5.	Dr. Samiksha Sharma	Non-surgical management of gingival overgrowth in patients taking amlodipine:A case series. Management of palate-radicular groove: An endo-perio enigma. Up and beyond: Indirect sinus lift with simultaneous implant placement.	29th Annual scientific program organised on 26-28th November 2025 by BPKIHS, Dharan. 12th PG Convention of NSPOI organized on 6th December, 2025 by National Academy of Medical Sciences (NAMS), Bir Hospital. 11th Annual International Conference, NSPOI, held on 20-

S.No.	Name of Presenter	Title	Program Name/Date/Place
			21 March, Park village Resort, Kathmandu.

7. SPECIAL APPOINTMENTS

Prof. Dr. Shivalal Sharma appointed as Convener of Evaluation Committee, BPKIHS from 7th October, 2025 (2082-06-21).
Dr. Sajeev Shrestha was appointed as member of Institutional Review Committee, BPKIHS from 14/04/2024.
Dr. Pujan Acharya appointed as Program Coordinator for BDS Phase II on 18th January 2026.
Dr. Pujan Acharya was appointed as a member of Planning, Monitoring and Evaluation Committee on 6th April 2026.
Dr. Khushbu Adhikari was appointed as the Deputy Coordinator, MDS programme, college of dental surgery, BPKIHS.
Dr. Khushbu Adhikari was appointed as a member in the departmental research unit, college of dental surgery, BPKIHS.
Dr. Khushbu Adhikari served as a reviewer for BMC Oral Health.
Dr. Khushbu Adhikari appointed as an editorial board member, Journal of Nepalese Society of Periodontology and Oral Implantology.
Dr. Shweta Agrawal has been appointed as member of medical board committee, BPKIHS, on 17 th May 2025.

8. QUALITY IMPROVEMENT

Clinical audits
Regular clinical audit is conducted
Infection control
Timely evaluation regarding infection control is conducted by the infection control team.

9. INFRASTRUCTURE & EQUIPMENT

New dental chairs yet to be installed.

10. SWOT ANALYSIS

Strengths	Weaknesses
The department's major strength is its adequate number of dedicated faculty members, who are actively involved in undergraduate and postgraduate teaching and consistently contribute to producing high-quality graduates and academic outcomes each year. Good teamwork and	The existing infrastructures are in a vulnerable state. The equipment required for advanced surgical procedures are not available. Limited availability of subscription-based periodontal journals and online databases. Inadequate space for teaching and learning activities.

effective coordination among faculty and supporting staff.	Inadequate staff like dental hygienist, lab technician, helpers. Also, heavy academic and clinical workload limits time for research and faculty development.
Opportunities Expansion of interdisciplinary clinical and research activities.	**Threats** Rapid technological advancements requiring continuous infrastructure upgrades. Increasing competition among dental institutions or private dental clinics because of the inadequate and malfunctioning infrastructures.

11. PLAN OF ACTION

1. Procurement of Piezo-surgical unit in the department by the end of 2026.
2. Procurement of crestal/lateral approach sinus (CAS/LAS) kit by the end of 2026.
3. Procurement of Physiodispenser for dental implant by the end of 2026
4. Procurement of laser for periodontal procedures by the end of 2026.

10.8 DEPARTMENT OF PROSTHODONTICS

FACULTY MEMBERS

Dr Prakash Kumar Parajuli : Additional Professor & Head
Dr. Pramita Suwal : Professor
Dr. Arati Sharma : Associate Professor
Dr. Indra Kumar Limbu : Associate Professor
Dr. Bishal Babu Basnet : Associate Professor
Dr. Meena Kumari Mishra : Assistant Professor

Administrative Staff/ Technical Staff:

Mr. Dev Charan Rajbanshi : Graduate Technician
Mrs. Rita Shrestha : Senior ANM
Mrs. Santoshi Limbu : Senior ANM
Mrs. Tara Devi Darji : Helper 1
Mrs. Indra Maya Rai : Helper
Mr. Laxman Paswan : Junior Clerk
Mr. Manoj Kumar Mahato : Junior Clerk

Number of PG Residents: 9 (3 in each academic year)

1. DEPARTMENT PROFILE

a. Vision

To be a center of excellence in prosthodontics and maxillofacial rehabilitation recognized for academic quality, innovative patient care, ethical leadership, and impactful community health service.

b. Mission

To cultivate highly competent, compassionate, and ethically grounded oral healthcare professionals equipped with advanced clinical skills, strong cognitive foundations, and a dedication to community-oriented service and lifelong learning.

c.Core functions

The core functions of department are providing the comprehensive basic and advanced clinical education in fixed, removable, implant, and maxillofacial prosthodontics; equipping the undergraduate and postgraduate students with cognitive knowledge, diagnostic precision, and hands-on clinical dexterity necessary for high-quality patient management and delivering the latest evidence-based prosthetic care to restore oral function, esthetics, and patient quality of life. The department is creating a conducive environment for quality research in the field of Prosthodontics.

2. ACADEMIC ACTIVITIES

Undergraduate Teaching

UG Teaching Programme			
Classes held for	**SIS / Sem / SGD (hrs)**	**LABEX (hrs)**	**CBL / CLIP (hrs)**
1st year BDS	27	54	
2nd year BDS	45	72	
3rd year BDS	30		48
4th year BDS	30		97
5th year BDS	65	90	112
4th year MBBS	2		12

Postgraduate Teaching

PG Teaching Programme	
Postgraduates (PG) teaching/learning activity during this year:	
Seminar	Once in a week
Journal club	Once in a week

PG Teaching Programme	
Postgraduates (PG) teaching/learning activity during this year:	
SGD	Once in a week
Case presentation	Once in a week
Teaching/learning activities	As per schedule (SIS/LABEX)
Recent advances	Once in a week
Pre-clinical exercises	First six months after joining course
Foundation course	As per schedule

3. CLINICAL SERVICES

S.N.	Treatment/Procedures/ Prosthesis	Number of cases
1	OPE new cases	3360
2	Follow up of the old cases	5620
3	Complete dentures (Full)	180
4	Complete denture (single)	66
5	Removable partial dentures (acrylic/cast metal)	850
6	Tooth supported fixed partial denture/ crown/ veneers	727
7	Dental Implant along with prosthesis	94
8	Faulty prosthesis removal	25
9	Post and core	36
10	Full mouth rehabilitation	3
11	Overdenture (tooth supported)	4
12	Obturator prosthesis	54
13	Other Maxillofacial prosthesis (ocular, trismus screw, occlusal splints)	304
14	Miscellaneous (Denture Repair, addition of tooth/teeth, cementations, Recementations, relining denture, impression, mock-ups, stents, temporary prostheses, etc.)	2908

4. RESEARCH ACTIVITIES

Post Graduate Student Research Activities

Thesis Projects Ongoing

Name of Residents	Name of Guide	Name of Co-Guides	Title of thesis
Dr Kritisha Acharya	Prof Dr Pramita Suwal	Dr Prakash Kumar Parajuli Dr Bishal Babu Basnet Dr Meena Kumari Mishra	Comparative analysis of visual and digital shade matching: observer reliability between patient and clinicians among patients visiting dental department of BPKIHS

Name of Residents	Name of Guide	Name of Co-Guides	Title of thesis
		Dr Binod Kumar Lal Das	
Dr Priksha Khanal	Dr Prakash Kumar Parajuli	Prof Dr Pramita Suwal Dr Arati Sharma Dr Indra Kumar Limbu Dr Binod Kumar Lal Das	Comparison of fracture resistance of posterior all ceramic crowns with different finish line design: an in-vitro study
Dr Krisha Suwal	Prof Dr Pramita Suwal	Dr Prakash Kumar Parajuli Dr Indra Kumar Limbu Dr Meena Kumari Mishra Dr Rajesh Gyawali Dr Binod Kumar Lal Das	Accuracy of a novel formula for vertical dimension of occlusion using intermental foramina distance among dentate population with different skeletal classification visiting at BP Koirala Institute of Health Sciences

Thesis Projects Completed

Name of Residents	Name of Guide	Name of Co-Guide	Title of thesis
Dr Minu Mishra	Prof Dr Pramita Suwal	Dr Prakash Kumar Parajuli Dr Indra Kumar Limbu Dr Binod Kumar Lal Das Dr Poonam Lavaju	Correlation between iris diameter and the width of the maxillary central incisors with digital image analysis among Indo-Nepalese and Tibeto-Nepalese dentate population
Dr Pushpa Lal Shah	Dr Prakash Kumar Parajuli	Prof Dr Pramita Suwal Dr Arati Sharma Dr Binod Kumar Lal Das	Correlation of the curve distance between the distal of the canine to the combined width of six anterior teeth in different maxillary arch forms
Dr Priyanka Roy	Prof Dr Pramita Suwal	Dr Prakash Kumar Parajuli Dr Bishal Babu Basnet Dr Binod Kumar Lal Das	The effect of adding disinfectant solutions on compressive strength of dental stone: an in-vitro study

Faculty Research Activities

Ongoing Research Projects

S.No.	Principal Investigator	Title
1	Dr Bishal Babu Basnet	Knowledge, perceptions and awareness of artificial intelligence in prosthodontics: a cross-sectional study among dental students
2	Dr Meena Kumari Mishra	Career intentions and interest in prosthodontics among dental students at BPKIHS

DEPARTMENTAL PUBLICATION

Karna NK, **Basnet BB, Parajuli PK, Suwal P**. Prosthodontic management of maxillary flabby ridge - A case report. J. Nep. Prosthodont. Soc 2025 Sep. 12;8(1):40-4.

Rai A, **Suwal P, Parajuli PK, Basnet BB, Limbu IK**. Comparative study to evaluate the width of maxillary anterior teeth and skull circumference among male and female visiting College of Dental Surgery, BPKIHS. J. Nep. Prosthodont. Soc. 2025 Dec. 31;8(2):81-8.

Maharjan S, **Basnet BB, Parajuli PK, Suwal P**. Enhancing denture success: A case report on prosthodontic rehabilitation of compromised maxillary and mandibular residual ridge. J. Nep. Prosthodont. Soc. 2025 Dec. 31;8(2):125-30.

5.CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS

a. Attended/ organized by Faculties

Dr. Bishal Babu Basnet attended a webinar titled *"Integrated Teaching and Learning in Competency-Based Undergraduate Medical Curriculum"* on March 30, 2026.

A Research Methodology Workshop was organized by the Health Research Capacity Building Committee in 19-21 April 2026. Dr. Basnet served as a facilitator while Dr. Meena Kumari Mishra actively participated in the workshop.

b. Presentation done by Residents

S.N.	Name of Presenter	Title	Program Name/Date/Place
1	Dr Krisha Suwal	From powder to prosthesis: selective laser melting	Nepalese society of Prosthodontics conference 27th March 2026, Dhulikhel
2	Dr Kritisha Acharya	Dynamic navigation: redefining accuracy in implant prosthodontics	
3	Dr Priksha Khanal	Chitosan in prosthodontics: a multifunctional biomaterial	

6. SPECIAL APPOINTMENTS

Dr. Indra Kumar Limbu has been appointed as the Hospital Director of BPKIHS.

Dr. Meena Kumari Mishra takes on the role of PBL Coordinator.

Dr. Bishal Babu Basnet joins the Health Research Capacity Building Committee as a member while he is also the Deputy Managing Editor for the *Journal of BPKIHS*.

7. SWOT ANALYSIS

Strengths	Weaknesses	Opportunities	Threats
Established academic framework for UG and PG students High patient inflow and referral base: Sufficient faculty number for current number of students	Advanced treatments like implants, precision attachments, and all-ceramic crowns remain cost-prohibitive for many needy patients.	Comprehensive clinical and laboratory infrastructure needs to be expanded. This includes adding dental chairs, equipping operatories, and installing advanced digital technology. Additionally, community and rural outreach programs must be developed.	Economic and financial constraints to equip modern technologies alongside burden to affordability of patients. Market competition Brain drain of skilled manpower, faculty or technicians

8. PLAN OF ACTION

- Guided Implant surgery setup.
- Upgradation of CAD-CAM lab.
- Maxillofacial Prosthesis Unit.
- Dental Materials research Unit.
- Upgrading departmental library.
- Upgrading departmental laboratory.
- Producing qualified dental technicians for smooth running of dental laboratories.
- Segregation of Metal ceramic lab, CAD-CAM lab and acrylic lab.
- Expansion of the entire Department (LAB and Clinic Area).

10.9 PUBLIC HEALTH DENTISTRY

FACULTY MEMBERS

Dr. Tarakant Bhagat	Additional Professor & Head
Dr. Ashish Shrestha	Professor
Dr. Santosh Kumari Agrawal	Associate Professor
Dr. Ujwal Gautam	Assistant Professor

STAFF MEMBERS

Mr. Prakash Subedi	Graduate Technician

Mr. Ek Bahadur Tamang Helper (Level 3)

Number of Residents

S. No.	Particulars	Number
1	**Junior Residents**	**7**
	1st Year	3
	2nd Year	3
	3rd Year	1

1. DEPARTMENT PROFILE

a. Vision:

To become a national center of excellence in Public Health Dentistry through leadership in academics, community-oriented oral healthcare, research, and innovation, contributing to equitable oral health and universal health coverage in Nepal

b. Mission

The Department is committed to:

- Producing competent dental professionals with strong public health competencies
- Delivering comprehensive, evidence-based, preventive and community-oriented oral healthcare
- Promoting oral health through community engagement and health education
- Conducting high-quality research addressing national oral health priorities
- Building capacity of oral health professionals
- Collaborating nationally and internationally on agenda of public health to improve health systems and reduce health inequalities

c. Core Functions

Academic Activities: The department provides structured teaching across undergraduate and postgraduate programs with substantial emphasis on community-based learning and competency-based education.

- Undergraduate (BDS) training
- Postgraduate (MDS) education
- Problem-based learning
- Clinical skill development
- Community-based education
- Student mentoring
- Research supervision

Clinical Services: The department provides:

- Comprehensive outpatient oral healthcare
- Preventive dental treatment
- Restorative treatment
- Atraumatic Restorative Treatment (ART)
- Scaling
- Extraction

- Root canal treatment (selected outreach sites)

Community Oral Health Services: Major outreach program include:

- School Oral Health Program
- Community dental camps
- Outreach Dental Clinic at Chatara Hospital
- Outreach activities at Belaka Hospital, Sundarharaicha Hospital, Hansposa Health Post

Research: The department undertakes:

- Undergraduate research
- Postgraduate thesis
- Faculty-led research
- Community-based epidemiological research
- Intervention studies
- Oral health literacy research
- Health systems research

Capacity Building: The department actively supports:

- Faculty development
- Resident training
- Research methodology
- Epidemiology
- Implementation science
- Health professions education

2. DEPARTMENTAL ACHIEVEMENTS & SUMMARY

- **Key statistics**
  - OPD patients – 18,510
  - Outreach dental clinic patients – 2,895
  - School Oral Health Program – 586
  - Other outreach activities – 758
  - Research
    - 10 undergraduate projects
    - 3 ongoing postgraduate theses
    - 2 completed postgraduate theses

- **Major challenges**
  - Infrastructure
    - Ageing hydraulic dental chairs
    - Need for additional autoclave
    - Limited portable dental equipment for community-based services
    - Need for expansion of departmental library
  - Human Resources
    - Limited technical support staff
    - No dedicated dental surgeons beyond faculty and residents
    - Increasing service demand

- Community Services
  - Large geographical coverage
  - Transportation and logistics
  - Maintaining continuity of outreach services
- Teaching
  - Increasing undergraduate student numbers
  - Need for larger research funding
  - Strengthening multicenter collaborations

- **Solution taken against challenges**
  - Infrastructure
    - Departmental library established
    - New furniture added
    - Additional computer installed
    - CCTV installed
    - Wall-mounted fans installed
  - Quality Improvement
    - Monthly departmental review meetings
    - Collaborative problem solving
  - Service Delivery
    - Expansion of outreach clinics
    - Strengthening partnerships with primary hospitals
    - Planned collaboration with other specialty departments
  - Faculty Development
    - International faculty training
    - National workshops

3. ACADEMIC ACTIVITIES

Undergraduate Teaching

Program	Duration	Teaching Hours				
		SIS	**Seminar**	**CBL**	**SGD**	**PBL**
MBBS	28 October 2025 – 19 March 2026	2	-	-	-	-
BDS						
Year 2 (Batch 2024)	-	-	-	-	-	1 week
Semester V (Batch 2023)	15 July 2025 – 15 December 2025	19	-	12 hours/week	-	1 week

Program	Duration	Teaching Hours				
		SIS	Seminar	CBL	SGD	PBL
Semester V (Batch 2024)	22 February 2026 – 10 July 2026	18	-	12 hours/week	-	-
Semester VI (Batch 2022) *	30 March 2025 – 20 August 2025	0	-	20 hours/week	-	-
Semester VI (Batch 2023)	4 January 2026 – 29 May 2026	14	-	12 hours/week	-	-
Semester VII (Batch 2022)	26 October 2025 – 31 March 2026	16	-	9 hours/week	-	-
Semester VII (Batch 2023) *	9 July 2026 - ongoing	1	-	24 hours/week	-	-
Semester VIII (Batch 2022) *	7 May 2026 – ongoing	10	10	23 hours/week	-	-
Semester VIII (Batch 2021)	6 August 2025 – 9 January 2026	15	10	23 hours/week	-	-
Semester IX (Batch 2021)	22 February 2026 – 10 July 2026	16	16	20 hours/week	9 hours/week	-
PG foundation course	28 June 2026	1	-	-	-	-

Postgraduate Teaching

Name of residents	Journal Club	Seminar	Table discussion	Pedagogy	Workshop/ Conference
Abisek Sharma	15	18	5	1	1
Ashmita Parajuli	15	18	7	0	1
Nishu Jha	10	7	8	0	1
Pragya Binadi	8	8	6	0	1
Nitesh Singh	8	8	8	0	1

4. CLINICAL/COMMUNITY SERVICES

Program	Number of visits	Schedule	Screening			Procedure			
			Male	Female	Total	ART	Extraction	Scaling	RCT/Pulp therapy
Primary Health Centers	Hansponsa HP: 14	Every Thursday (alternate)	53	45	98	-	28	-	-
	Sundarharaicha hospital: 20		95	115	210		60		
	Belaka hospital: 30	Every Tuesday	236	214	450		135		
	Total: 64	-	384	374	758		223		
School Oral Health Program	24	Every Friday	385	201	586	162	52	-	-
Community Dental Camp	1	Once a month	41	7	48	-	7	-	-
Chatara Outreach Dental Clinic	-	Weekdays	1187	1708	2895	115	1012	96	149
OPD services	-	Weekdays	9297	9213	18510	13	26	16	-

5. RESEARCH ACTIVITIES

Undergraduate Students Research Activities

Name of Students	Name of Guide	Name of Co-Guides	Title of research project
Paras Dev, Pramisha Acharya, Prerana Pradhan, Rabi Durga, Shankar Yadav	Tarakant Bhagat	Ashish Shrestha, Santosh Kumari Agrawal, Ujwal Gautam	Knowledge and attitude towards the emergency management of traumatic dental injuries among preschool teachers of Dharan, Nepal
Yubaraj Adhikari, Abhinash Kumar Yadav, Sony Sah, Rachana Jha, Suraj Sah	Tarakant Bhagat	Ashish Shrestha, Santosh Kumari Agrawal, Ujwal Gautam	A comparative study in academic performance among athlete and non-athlete undergraduate students of BPKIHS, Dharan
Arpana Mehata, Kalpana Yadav, Ruchi	Tarakant Bhagat	Ashish Shrestha, Santosh Kumari	Oral hygiene behavior and self-esteem among adult population visiting satellite center of BPKIHS

Name of Students	Name of Guide	Name of Co-Guides	Title of research project
Acharya, Sabitri Baniya		Agrawal, Ujwal Gautam	
Meera Acharya, Nam Raj Thapa Magar, Priyanka Bhusal, Salon Lamichhane	Tarakant Bhagat	Ashish Shrestha, Santosh Kumari Agrawal, Ujwal Gautam	Assessment of knowledge and perception of Artificial Intelligence in dentistry among undergraduate dental students in College of Dental Surgery, BPKIHS, Dharan, Nepal
Ganesh Kumar Yadav, Indrajeet Yadav, Kanchan Yadav, Swati Priya	Tarakant Bhagat	Ashish Shrestha, Santosh Kumari Agrawal, Ujwal Gautam	Knowledge, attitude and practices of white spot lesions management among dental undergraduate in BPKIHS
Bhusan Chandra Pradhan, Laxmi Karki, Reeti Gurung, Roshna Shrestha, Sameer Hussain	Tarakant Bhagat	Ashish Shrestha, Santosh Kumari Agrawal, Ujwal Gautam	Difficulties faced by dental undergraduates during their transition from preclinical to clinical year while performing dental procedure at College of Dental Surgery, BPKIHS, Dharan
Aanchal, Riwaj Adhikari, Aashna Yadav, Riya Sah	Tarakant Bhagat	Ashish Shrestha, Santosh Kumari Agrawal, Ujwal Gautam	The prevalence of dental anxiety and fear among 6–13-year-old children visiting CODS
Anil Pokhrel, Crimson Karki, Anju Darai, Alisha Kunwar	Tarakant Bhagat	Ashish Shrestha, Santosh Kumari Agrawal, Ujwal Gautam	Self-reported impact of social media on oral health behavior among patients visiting CODS, BPKIHS
Balaram Basnet, Kajol Shah, Deepak Thapa, Saroj Mandal, Shreeyukta Karki	Tarakant Bhagat	Ashish Shrestha, Santosh Kumari Agrawal, Ujwal Gautam	Self-reported knowledge, attitudes and practice regarding tobacco cessation counselling among interns of BPKIHS
Sujan Subedi, Rishikant Yadav	Tarakant Bhagat	Ashish Shrestha, Santosh Kumari Agrawal, Ujwal Gautam	Knowledge and beliefs regarding oral health among pregnant women visiting Obstetrics and Gynecology OPD of BPKIHS, Dharan

Post Graduate Student Research Activities

Thesis Projects Ongoing

Name of Residents	Name of Guide	Name of Co-Guide(s)	Title of thesis
Nishu Jha	Ashish Shrestha	Tarakant Bhagat, Santosh Kumari Agrawal, Ujwal Gautam	Periodontal health status among tobacco users and non-users in the

			Belaka municipality, Udayapur: A comparative cross-sectional study
Pragya Binadi	Tarakant Bhagat	Santosh Kumari Agrawal, Ujwal Gautam, Achala Thakur, Nirmala Devi Baral	Association of adverse pregnancy outcome with maternal periodontitis: a case-control study at BPKIHS
Nitesh Singh	Ashish Shrestha	Tarakant Bhagat, Santosh Kumari Agrawal, Ujwal Gautam	Assessment of oral hygiene status and oral health literacy among health workers at primary level of Sunsari district: a cross-sectional study

Thesis Projects Completed

Name of Residents	**Name of Guide**	**Name of Co-Guide**	**Title of thesis**
Abisek Kumar Sharma	Tarakant Bhagat	Ashish Shrestha, Santosh Kumari Agrawal, Ujwal Gautam	Effectiveness of oral health education on oral hygiene status among hearing impaired children of Koshi province: a non-randomized controlled trial
Asmita Parajuli	Ashish Shrestha	Tarakant Bhagat, Santosh Kumari Agrawal, Ujwal Gautam	Assessment of dental fear and associated factors among children visiting Chatara hospital: A cross-sectional study

Faculty Research Activities

Ongoing Research Projects

Principal Investigator	**Title**
Tarakant Bhagat	Perceived knowledge of dental students regarding molar incisor hypo mineralization in BPKIHS: A cross-sectional study
Ashish Shrestha	Patients' satisfaction with dental services provided at Chatara hospital

Completed Research Projects

Principal Investigator	**Title**
Santosh Kumari Agrawal	Effectiveness of oral health education through multimedia for oral health promotion among hearing impaired students of Koshi province: A Non Randomized Controlled Trial
Tarakant Bhagat	Knowledge, attitude and perceptions of medical, dental and nursing undergraduate students towards artificial intelligence in tertiary care center of Eastern Nepal: A cross sectional study

DEPARTMENTAL PUBLICATION

1. **Bhagat T, Shrestha A, Agrawal SK, Limbu B.** Validation of oral health literacy instrument in Nepali language: a tool to assess oral health literacy of Nepalese population. BMC Oral Health. 2026 May 19;26(1):1342.
2. Limbu B, **Shrestha A, Bhagat T, Agrawal SK**, Pandey NK. Periodontitis and Acute Myocardial Infarction Among Patients Visiting a Tertiary Care Center in Koshi Province of Nepal: A Case–Control Study. International Journal of Dentistry. 2026 Jan 24; 2026(1):1143628.
3. Ojha A, **Shrestha A, Bhagat T, Agrawal SK**. Sugar and oral health. Journal of Oral Research and Review. 2026 Jan 1; 18(1):87-93.
4. **Shrestha A, Bhagat T, Agrawal SK**, Ojha A. Knowledge on First Aid Management of Traumatic Dental Injuries Among Primary School Teachers of Dharan, Nepal. International Journal of Dentistry. 2025 Dec 17; 2025(1):6614216.
5. Acharya A, Giri N, Niroula S, **Bhagat T**. Knowledge and Attitude Towards Orthodontic Treatment among High School Students of Biratnagar. Orthodontic Journal of Nepal. 2025 Oct 28; 15(1):32-7.
6. **Bhagat T, Shrestha A, Agrawal SK, Gautam U**, Sharma D, Ghimire B, Yadav R, Agrawal S, Paudel U. Impact of Tooth Loss on Oral Health Related Quality of Life among Geriatric Patients Attending a Tertiary Care Center of Koshi Province. Journal of BP Koirala Institute of Health Sciences. 2025 Dec 31; 8(2):11-5.
7. Raut T, Jain N, Keshwar S, Singh V, Yadav G, **Agrawal SK**. Diagnosis of Chronic Oral Ulcer: Knowledge and Practice among Dental Undergraduates in a Tertiary Care Hospital of Koshi Province. Journal of BP Koirala Institute of Health Sciences. 2025 Dec 31; 8(2):4-10.

6. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS

a. Attended by Faculties

- **Santosh Kumari Agrawal**
  - Advanced teachers training program on essentials of students' assessment
  - Foundation of Clinical Research training
- **Ujwal Gautam**
  - Workshop on mixed methods research approach: Epistemology to application
  - COHESION-I Multi-country Capacity Building Workshop: Implementation Sciences
  - Basic Health Research Methodology Training

b. Presentation done by Residents

S.N	Name of Presenter	Title	Program Name/Date/Place
1	Abisek Kumar Sharma	Effectiveness of oral health education on oral hygiene status among hearing impaired children of Koshi province: a non-randomized controlled trial	National Conference of IAPHD /28 November 2025 - 30 November 2025/ Mangalore, India

S.N	Name of Presenter	Title	Program Name/Date/Place
2	Asmita Parajuli	Knowledge about forensic dentistry among dental undergraduates of eastern Nepal: a cross-sectional study	National Conference of IAPHD /28 November 2025 - 30 November 2025/ Mangalore, India
3	Abisek Kumar Sharma	Dental Outreach Clinic: Limited resources, limitless outcome	Clinical Grand Round / 18 September 2025 / CODS
4	Asmita Parajuli, Nishu Jha	Smiles beyond silence: Transforming oral health through health education for hearing impaired children	Clinical Grand Round / 18 June 2026 / CODS

c. Attended by Residents

Nishu Jha, Pragya Binadi and Nitesh Singh attended: Training on Principle and Practice of Epidemiology 24 October 2025 – 10 November 2025/ CMC, Vellore, India

7. SPECIAL APPOINTMENTS

- **Tarakant Bhagat**
  - Head of Department
  - Member, Suggestions and Grievance Hearing Committee
- **Santosh Kumari Agrawal**
  - Co-convener, Research Forum Meet
- **Ujwal Gautam**
  - Deputy Coordinator BDS Internship Program
  - Member, Health Research Capacity Building Committee

8. QUALITY IMPROVEMENT

- **Clinical audits**
  - Monthly departmental meetings
  - Clinical grand rounds
  - Review of outreach services
- **Infection control**
  - Sterilization services
  - New autoclave planned
- **SOP development**
  - SOPs for fluoride gel/varnish application
  - SOPs for SDF application
- **Patient safety**
  - CCTV monitoring
  - Standard clinical supervision

9. INFRASTRUCTURE & EQUIPMENT

- Establishment of the Departmental library. Equipping the library with necessary furniture and some textbook
- New furniture (table/desks/chairs) made available for faculties, junior residents and students
- Addition of a computer unit for storing digital records of patients from field visits
- Installment of wall mounted fans for students' area
- Installment of CCTV camera in the clinic and students' area

10. SWOT ANALYSIS

● **Strengths** o Experienced faculty o Strong postgraduate program o High research productivity o Extensive outreach network o International collaborations	● **Weaknesses** o Limited technical workforce o Limited infrastructure o Ageing clinical equipment o Growing workload
● **Opportunities** o National oral health policy implementation o Expansion of outreach services o International research funding o Primary healthcare strengthening	● **Threats** o Increasing patient demand o Resource constraints o Faculty shortages o Equipment maintenance costs o Financial sustainability of institute

11. PLAN OF ACTION

- **Teaching Learning activities**
  - Establishment of Outreach Dental Clinic at Sundarharaicha Hospital, Morang to advance post graduate training activities
  - Continue activities undertaken at Outreach Dental Clinic, Chatara Hospital; explore possibilities for service extension
  - Continue to strengthen partnership with Manipal College of Dental Sciences (MCODS), Manipal Academy of Higher Education (MAHE), Mangalore, India
  - Equip departmental library with sufficient resources
  - Collaborate with other specialty departments at CODS to train junior residents in specific clinical skills
  - Collaborate with Department of Prosthodontics and Department of Conservative Dentistry for using preclinical modular skills lab for training undergraduate students in ART procedure

- **Faculty Developmental activities**
  - Encourage participation of faculties in national/international events on broader public health topics
  - Explore opportunities for collaboration with other entities for capacity building of faculties
- **Future requirements of Equipment/Instruments**
  - Replace outdated hydraulic chairs in the department with automated dental chairs
  - Install new autoclave for sterilization of dental equipment
  - Equip with portable instruments for facilitating diagnosis/treatment of dental conditions during visits to communities
- **Research**
  - Encourage undergraduate students to complete research activities in emerging public health issues in oral health.
- **Patient Care**
  - Continued collaboration with primary level health centers and local stakeholders for delivery of oral health services and oral health education among underprivileged communities
  - Improve delivery of comprehensive oral care to patients attending to the department after referral from the field visits
- **Other plan**
  - Collaborate with other departments in College of Dental Surgery to share the patient burden at OPD by delivering comprehensive oral care at the department
  - Update the spreadsheet database of all clinical patient details from the field visits in departmental computer
  - Sustain capacity to enroll 3 junior residents for every academic calendar

11. COLLEGE OF NURSING

College of Nursing comprises the departments of Child Health Nursing, Community Health Nursing, Medical-Surgical Nursing, Maternal Health Nursing, Psychiatric Nursing, and Fundamental Nursing Unit. The departments, faculty, and administrative members are as follows:

FACULTY MEMBERS:

Prof. Ramanand Chaudhary	:	Chief
Prof. Pushpa Parajuli	:	Head, Department of Medical–Surgical Nursing
Prof. Dr. Tara Shah	:	Head, Department of Community Health Nursing
Prof. Nirmala Pokharel	:	Head, Department of Maternal Health Nursing
Prof. Upendra Yadav	:	Head, Department of Child Health Nursing
Ms. Nirmala Pradhan	:	Head, Department of Psychiatric Nursing
Ms. Erina Shrestha	:	In-charge, Fundamental Nursing Unit

STAFF MEMBERS

Mr. Kantalal Chaudhary	:	Section Officer
Ms. Binita Chaudhary	:	Computer Clerk
Ms. Rubina Sapkota	:	Computer Clerk
Ms. Ranjana Rai	:	Senior Foreman
Ms. Geeta Gautam	:	Helper (Level 2)
Mr. Om Rajak	:	Helper (Level 1)
Mr. Bipin Pokharel	:	Helper (Daily Wages)

FACULTY/TEACHERS:

Total Nursing Faculty/ Teacher	:	28 (Professor: 9, Additional Professor: 2, Associate Professor: 4, Assistant Professor: 1, Senior Instructor: 7, Senior Nursing Officer: 4, Nursing Officer: 1)

Academic Programmes

1. B. Sc. Nursing	:	Four academic years	
Total Students	:	219	
2. Bachelor of Midwifery Science	:	Three academic years	
Total Students	:	28	
3. M. Sc Nursing	:	Two academic years	
a. Community Health Nursing	:	No. of students:	9
b. Child Health Nursing	:	No. of students:	7
c. Psychiatric Nursing	:	No. of students:	5
d. Maternal Health Nursing	:	No. of students:	4
e. Medical-Surgical Nursing	:	No. of students:	11
		Total Students:	**36**

Programme Coordinators:

1. **M. Sc. Nursing Programme** : Prof. Gayanand Mandal
2. **B. Sc. Nursing**
   Ms. Kriti Chaudhary : Phase- I (I & II Year)
   Ms. Kriti Thapa : Phase- II (III & IV Year)
3. **Bachelor of Midwifery Science**
   Ms. Sunaina Adhikari : Co-Ordinator
   Ms. Sapana Shrestha : Deputy Co-Ordinator

Performance Report for the FY 2082/083

1. Infrastructure and Facility Improvements

1.1 Power and Electricity Supply

- China-made extension cords used in the class rooms, seminar rooms lead to interruption in teaching learning activities, so it has been replaced with locally made wooden extension boards.
- Additional power sockets have been installed in classrooms, the seminar hall, and the library.
- Interrupted electricity supply to the drinking water room and toilets has been restored and upgraded.

1.2 Drinking Water Facility

- The number of electric water filters was inadequate as per number of students as well as non-functioning. So, it has been increased in number to ensure an adequate water supply.
- An additional rooftop water tank has been installed to prevent issues caused by direct water supply to the filters.
- Installation of Electric Water Dispenser for faculty.
- Replacement of Nonfunctioning refrigerator

1.3 Washroom and Sanitation Facilities

- **Washroom/Restroom Facilities:** Washrooms and restrooms for students and faculty have been renovated and made fully functional with the installation of a rooftop water tank.
- **Rest Room for Chief of College of Nursing:** As per council guidelines, there should be a separate attached restroom for the Chief of the College of Nursing. However, since the establishment/relocation of the Nursing College, such a facility was not available. Therefore, to fulfill the council's requirement, a new separate attached restroom has now been constructed attached with the Chief Office.

1.4 Building Maintenance

- Roofs of academic and selected office buildings have been repaired and waterproofed using tar felt sheets.
- The Chief's Office has been renovated, including repainting of walls and ceilings.
- Academic Block (Lecture Theatre 1to 3): Rooftop trust has been installed.

2. Academic Infrastructure Development

2.1 Fundamentals of Nursing Unit

- The unit was previously established in the College of Nursing as a departmental unit for theoretical and clinical teaching–learning activities related to basic nursing concepts, skills, and attitudes in the B.Sc. Nursing program; however, it was in a dormant state at the time of my appointment as Chief. The unit has now been activated with the appointment of an in-charge and the allocation of four teachers from other departments of the College of Nursing for proper guidance and supervision of students.

2.2 Skill Lab Establishment

- **The new Skill Lab Building,** the old Kid Zee building, has been renovated, and a new Skill Lab building has been established for all clinical subjects for both undergraduate and postgraduate students across all streams.
- Manikins, Furniture (tables, glass-door almirahs, and chairs), and essential equipment for Fundamental, Pediatric, and Maternal Nursing have been procured.

2.3 Library Expansion

- New books, Additional book racks, study tables, and chairs have been added.
- Computer facilities and internet access have been enhanced.

3. Teaching–Learning Enhancement

3.1 Audio-Visual and IT Facilities

- Ceiling-mounted LCD projectors have been installed in classrooms and the seminar hall.
- Desktop computers/CPUs have been upgraded to ensure HDMI compatibility.
- Sound systems have been installed in classrooms.

3.2 Internet Connectivity

- Internet services have been extended to classrooms, the seminar hall, and the library.
- CAT6 cabling has been upgraded to fiber-optic connectivity for improved speed and reliability.

3.3 Classroom Environment

- Curtains and curtain rods have been installed in all classrooms.
- Information boards for faculty and students have been placed to improve communication.

4. Furniture and Equipment Enhancement

- Procurement of desks, benches, chairs with armrests, and notice boards has been completed.
- Office furniture including tables, chairs, almirahs, open book racks, and file cabinets has been added.

5. Academic Programme Development

5.1 Curriculum Revision

- **M.Sc. Nursing:** Curriculum revision completed in December, 2025 and implemented from 2026 Batch.

5.2 Logbook and Evaluation System

- A workshop for logbook development and revision of evaluation tools was completed in 2025 and implemented.

5.3 Student Intake

- B.Sc. Nursing intake capacity increased to 50 students starting in 2025.

6. Administrative and Academic Management

6.1 Student Profile System

- A student profile management system has been developed and implemented.

6.2 Job Description

- A comprehensive job description for nursing faculty has been prepared and submitted.

7. Campus Development and Environment

- Campus beautification has been initiated with the plantation of Dhupi plants to enhance greenery and aesthetics.

8. Activities

- Coordinate all the activities of College of Nursing.
- Coordinate all the activities with heads of departments and coordinators.
- Supervise the teaching-learning activities of M.Sc. Nursing and B.S. Nursing students.
- Verification and release of official documents to the students.
- Organize welcome, orientation, and farewell programmes for students.
- Conduct all internal assessments (examinations) of the postgraduate programmes and coordinate the annual exam.
- Coordination in conducting internal assessment (examination) and annual examination of undergraduate programmes.
- Coordinating teaching-learning activities of BMIT students.
- Organize CNE, Journal Club, Workshop and training.

9. Special appointment:

- Prof. Dr. Tara Shah : Member, HPE
- Prof. Gayanand Mandal : Chairperson, DRU
- Ms. Erina Shrestha, Associate Professor : Member, IRC
- Ms. Sapana Shrestha, Senior Instructor : Girls' Hostel Warden

10. Plan of action:

- Re-strengthen the Nursing College library with additional Books for UG and PG students.
- Re-update and strengthen the existing skill lab with required instruments as per the guidelines of MEC. for students of all disciplines at College of Nursing.
- Renovation (overall repair and maintenance) of existing college buildings.
- Upgrade and strengthen Seminar Hall/Classroom/Lecture theatre with installation of Smart Board.
- Capacity building of existing human resources of College of Nursing, BPKIHS.

- Continue strengthening the research activity, CNE, Workshop, Journal Club and Training.
- Establish Memorandum of Understanding between BPKIHS and different Hospitals, Colleges, University for exchange of UG/PG students.
- Organize national/international conferences in nursing.

11.1 DEPARTMENT OF CHILD HEALTH NURSING FACULTY MEMBERS:

Prof. Upendra Yadav : Professor & Head
Prof. Ramanand Chaudhary : Professor
Prof. Basant Kumar Karn : Professor

Teachers involved in teaching B. Sc Nursing Programme:
Ms. Shalini Mehta : Sr. Instructor
Ms. Shanti Thing : Nursing Officer

Technical Staff**:** From College of Nursing
Administrative Staff**:** From College of Nursing

1. ACADEMIC ACTIVITIES

a. Number of B.Sc. Nursing Students: 39
b. Number of M.Sc. Nursing Students:
   - First Year: 21 (Clinical Specialty-5)
   - Second Year: 15 (Clinical Specialty-2)

The department carries out the teaching-learning activities, including clinical guidance for the students of M. Sc. Nursing Programme and B.Sc. Nursing Programme as per schedule.

Programmes	SIS (Hrs.)	Seminar (Hrs.)	Labex (Hrs.)	Clinical Practice
3rd Year B.Sc. Nursing Programme (Pediatric Nursing)	90	10	5	360 x 3 groups = 1080
4th Year B.Sc. Nursing Programme (Educational Science)	90	-	135	135
M. Sc. Nursing (Educational Science)	150		225	
M. Sc. Nursing (Pediatric Specialty-I)	150	10	945	Total=2190
M. Sc. Nursing (Pediatric Specialty-II)	150	10	945	

3. RESEARCH ACTIVITIES

Post Graduate research activity

Thesis Projects Completed

Name of Resident/Student	Name of Guide	Name of Co-guide	Title
Ms. Rabina Maharjan	Prof. Ramanand Chaudhary	Prof. Basant Kumar Karn Prof. Upendra Yadav	Parental attachment and life satisfaction among adolescents in secondary school of Dharan.
Ms. Laxmi Poudel	Prof. Basant Kumar Karn	Prof. Ramanand Chaudhary Prof. Upendra Yadav	Effectiveness of structured teaching Programme on knowledge regarding Neonatal Resuscitation among nurses working in selected wards of tertiary care hospital.
Ms. Madhuri Kumari Shah	Prof. Upendra Yadav	Prof. Ramanand Chaudhary Prof. Basant Kumar Karn	Effectiveness of Structured Teaching Programme on Neonatal Hypothermia among nurses in selected wards of a University Hospital of Eastern Nepal.

On-going thesis projects:

Name of Resident/Student	Name of Guide	Name of Co-guide	Title
Ms. Bhagwati Ghimire Shrestha	Prof. Basant Kumar Karn	Prof. Ramanand Chaudhary Prof. Upendra Yadav	A Study to Assess the Effectiveness of Swaddling Techniques on Promotion of Sleep Pattern among Newborns of Post Natal Mothers in Selected Wards of BPKIHS.
Ms. Nirdeshika Rai	Prof. Upendra Yadav	Prof. Ramanand Chaudhary Prof. Basant Kumar Karn	Effectiveness of Structured Teaching Programme on Knowledge of Nurses regarding Pain Management of Infants in selected Wards of BPKIHS.

Undergraduate level

Thesis Projects Completed

Name of Resident/Student	Name of Guide	Title
Ms. Pragya Bhandari Ms. Rachana Pudasaini Ms. Rakshya Khadka	Prof. Ramanand Chaudhary	Knowledge, Attitude and Practice Regarding Biomedical Waste Management among Health Aids and Helpers at BPKIHS.
Ms. Meera Aryal Ms. Nhujala Maharjan Ms. Pooja Timilsina	Prof. Basant Kumar Karn	Satisfaction of Clinical Learning Environment among Nursing Students of BPKIHS.

Name of Resident/Student	Name of Guide	Title
Ms. Amisha Panta Ms. Anisha Giri Ms. Monika Sunuwar	Prof. Upendra Yadav	Patient satisfaction with the nursing care services provided at BPKIHS.

Ongoing Thesis Projects

Name of Student	Name of Guide	Title
Ms. Aayusha Lawaju Ms. Anusha Marahatta Ms. Apsana Rayamajhi	Prof. Ramanand Chaudhary	Knowledge of Meter-Dosed Inhaler Technique among Parents Attending Pediatric Units of BPKIHS
Ms. Manika Subedi Ms. Ngima Jangmu Sherpa Ms. Salomit Subba	Prof. Basant Kumar Karn	Knowledge and Attitude of Higher Secondary School Students Regarding HIV/AIDS in Selected School of Dharan
Mr. Ganesh Paswan Mr. Md. Kalimula Mr. Yam Bahadur Thapa Magar	Prof. Upendra Yadav	Awareness Regarding Rapid Response Team among Nurses working at Selected wards of BPKIHS

4. HOSPITAL SERVICES:

- The UG and PG nursing students are involved to provide comprehensive nursing care to the patients in inpatient and outpatient units of the Department of Pediatrics and other relevant wards.
- CNE Programs are organized for the staff regularly.
- Formal and informal health talks are conducted for patients and relatives in the respective wards.

4. CONFERENCES/ WORKSHOP/SYMPOSIUM/ TRAINING:

⇒ **Prof. Ramanand Chaudhary**

- Chairperson on Workshop on Revision and finalization of Evaluation Tools and development of log book for B.Sc Nursing Programme from 1st- 2nd Sept 2025
- Chairperson on Workshop on Revision of M.Sc Nursing Curriculum, 14-15th Dec 2025.

⇒ **Prof. Upendra Yadav**

- Attended Workshop on Revision and finalization of Evaluation Tools and development of log book for B.Sc Nursing Programme from 1st- 2nd Sept 2025.
- Attended Workshop on Revision of M.Sc Nursing Curriculum, 14-15th Dec 2025.

⇒ **Prof. Basant Kumar Karn**

- Attended Workshop on Revision and finalization of Evaluation Tools and development of log book for B. Sc Nursing Programme from 1st- 2nd Sept 2025
- Attended Workshop on Revision of M. Sc Nursing Curriculum, 14-15th Dec 2025.
- Resource person on the title Healing the healers: Self-care and stress reduction in the nursing profession and delivered a session on Self Care: A Professional responsibility.

⇒ **Ms. Shalini Mehta**

- Attended a workshop entitled "Healing the Healers: Self -Care and Stress Reduction in the Nursing Profession" on 13th April 2026.
- Attended Workshop on Revision and finalization of Evaluation Tools and development of log book for B.Sc Nursing Programme from 1st- 2nd Sept 2025.
- Attended Workshop on Revision of M.Sc Nursing Curriculum, 14-15th Dec 2025.

⇒ **Ms. Shanti Thing**

- Attended a workshop entitled "Enhancing leadership and management skills for effective nurse practice" on 10th November, 2025.
- Attended Workshop on Revision and finalization of Evaluation Tools and development of log book for B.Sc Nursing Programme from 1st- 2nd Sept 2025.
- Attended Workshop on Revision of M. Sc Nursing Curriculum, 14-15th Dec 2025
- Attended a workshop entitled "Foundations of health professions education: Curriculum, teaching, assessment and mentoring" on 22nd – 26th March, 2026.

5. DEPARTMENTAL ACTIVITIES:

✧ **THE BEST DEPARTMENT AWARD IN NURSING 2024** is awarded to the Department of Child Health Nursing on 19th July, 2025.

✧ The Department of Child Health Nursing was actively involved in the workshop 'Revision and Finalization of Evaluation Tools and Development of Log Book for B.Sc. Nursing Program' on 1st -2nd September 2025.

✧ The Department of Child Health Nursing was actively involved in the workshop 'Revision of M.Sc. Nursing Curriculum' on 14th – 15th December 2025.

6. SPECIAL APPOINTMENT

Prof. Ramanand Chaudhary	: Chief, College of Nursing, BPKIHS
	: Chairperson of CNE Committee, BPKIHS
Ms. Shanti Thing	: Member, Fundamental Unit, BPKIHS

7. PLAN OF ACTION

The Department of Child Health Nursing has a plan to start short-term training for nurses working within and outside the institution.

The areas of training can be:

- Pediatric Basic Life Support (PBLS)
- Newborn Care
- Pediatric Critical Care
- Essential Pediatric Care
- CB-IMCI/IMNCI
- HBB Training

For the above proposed training, the department has adequate manpower, equipment, and training settings. The training will be conducted with assistance from medical faculty. The training Programme will not only improve nursing care in the clinical area but also help to generate economic support for the institution.

11.2 DEPARTMENT OF COMMUNITY HEALTH NURSING

FACULTY MEMBERS AND TEACHERS:

Prof. Dr. Tara Shah	Professor & Head
Ms. Rambha Sigdel	Associate Professor
Ms. Dewa Adhikari	Assistant Professor
Ms. Roshni Thapa	Senior Instructor
Ms. Banhi Pokharel	Senior Instructor

NUMBER OF M. SC. NURSING STUDENTS

S. No.	Programme	Number of Students
1	1st Year M. Sc. Nursing	6
2	2nd Year M. Sc. Nursing	3

1. **ACDEMIC ACTIVITIES:**

The department has successfully carried out the teaching-learning activities, including clinical experiences for the students of M.Sc. and B.Sc. Nursing programme as per following schedule.

Programme	Year	Subject	Theory (hours)	Clinical (hours/weeks)
B. Sc. Nursing	First year	Community Health Nursing	60	200
	Second year	Community Health Nursing	75	200
	Third year	Community Health Nursing	60	200
	Fourth year	Community Health Nursing	75	200
		Management and Leadership	90	270
M. Sc. Nursing	First year	Community Health Nursing	150	945
		Health Management and Leadership	50	45
	Second year	Community Health Nursing	150	945
		Health Management and Leadership	100	180
		Thesis guidance		315
Total hours			**810**	**3500**

Responsibilities other than departmental activities

Prof. Dr. Tara Shah: Member, Health Professions Education Core Group (HPECG)

2. RESEARCH ACTIVITIES

Undergraduate (B. Sc. Nursing) Research Projects

Completed Research Projects

Student's Name	Guides	Title
Ms. Anshu Nayak Ms. Arati Poudel	Prof. Dr. Tara Shah Ms. Roshni Thapa	Satisfaction with National Health Insurance Services among Patients attending to BPKIHS, Dharan, Nepal
Mr. Madhav Sarraf Ms. Maheswora Sedai Ms. Mausami Shrestha	Prof. Angur Badhu Ms. Banhi Pokharel	Awareness of First Aid Management about Epistaxis among Teachers Working in the Selected School of Dharan
Ms. Kanchan Shrestha Ms Kripa Baskota	Ms. Rambha Sigdel	Behavioural Risk Factors of the Non-Communicable Disease among UG Students of BPKIHS
Ms. Sadikshya Adhikari Ms. Samana Shrestha Ms. Sampada Dhimal	Ms. Dewa Adhikari	Knowledge and Attitude Regarding HPV Vaccination among Adolescents of Selected Schools of Dharan

Ongoing B. Sc. Nursing Research Projects

Student's Name	Guides	Title
Ms. Hema Karki Ms. Laxmi Sapkota Ms. Madhu Mahato	Prof. Dr. Tara Shah Ms. Banhi Pokharel	Knowledge and Practice of Self Medication among Residents in Selected Wards of Dharan
Ms. Sanju Kumari Mahato Ms. Saruna Gurung Ms. Unisha Shrestha	Ms. Rambha Sigdel	Knowledge, Attitude and Practice Regarding Modern Contraceptive Devices among Women of Childbearing Age Visiting FPAN of Dharan
Ms. Apsara Gautam Ms. Bigya Aryal Ms. Gita Gurung	Ms. Dewa Adhikari Ms. Roshni Thapa	Knowledge, Attitude and Practice Regarding Palliative Care among Nurses in Selected Ward of BPKIHS

Postgraduate Research Activities

Thesis Completed

Name of Resident/Student	Name of Guide	Name of Co-Guides	Title
Ms. Anju Chaudhary	Prof. Angur Badhu	Prof. Dr.Tara Shah Prof. Dr. Ram Sharan Mehta Mr. Dharanidhar Baral	Prevalence of Stroke and Associated Risk Factors among Middle-aged Adults of Dharan
Ms. Krista Rajbanshi	Prof. Angur Badhu	Prof. Dr.Tara Shah Ms. Rambha Sigdel Ms. Dewa Adhikari	Health Profile of Rag Pickers residing in Dharan
Ms. Jyoti Roy	Prof. Dr.Tara Shah	Prof. Angur Badhu Ms. Rambha Sigdel Mr. Dharanidhar Baral	Factors Associated with Nephropathy among Diabetic Patients in Dharan, Nepal
Ms. Ranjita Yadav	Prof. Dr.Tara Shah	Prof. Angur Badhu Prof. Basant Kumar Karn Ms. Rambha Sigdel Ms. Dewa Adhikari	Newborn Care Practices among Mothers of Marginalized Community in Selected Ward of Barahachhetra, Sunsari, Nepal
Ms. Roshani Shrestha	Ms. Rambha Sigdel	Prof. Dr.Tara Shah Prof. Angur Badhu Ms. Dewa Adhikari	Awareness and utilization of Sexual Reproductive Health Services among College Students in Dharan

On-going Thesis work

Name of resident/student	Name of Guide	Name of Co-Guides	Title
Ms. Dristi Pokharel	Prof. Dr. Tara Shah	Ms. Rambha Sigdel Ms. Dewa Adhikari	Knowledge and Attitude on Road Traffic Accident among Higher Secondary School Students of Dharan Nepal
Ms. Homa Chaudhary	Ms. Rambha Sigdel	Prof. Dr. Tara Shah Ms. Dewa Adhikari	Prevalence of Anaemia and its Associated Factors among Secondary School Girls in Dharan, Nepal
Ms. Mamata Neupane	Prof. Dr. Tara Shah	Ms. Rambha Sigdel Ms. Dewa Adhikari	Awareness on Food Hygiene Practices among Street Food Vendors in Dharan Nepal

Workshops, Conferences, Training, CME Programs attended

Name of Attendee	Title	Date	Organized by	Remarks
Prof. Dr. Tara Shah	Advanced Teachers' Training Programme on Professional Development on Essentials of Student Assessment	April 27 to 28, 2026	HPED, BPKIHS	Resource person
	Development of Curriculum for M. Sc. Nursing Programme	April 3, 2026	Pokhara University	Resource person
	National Framework for Post Graduate Nursing Programme	March 31, 2026	MEC, Kathmandu	Resource person

Name of Attendee	Title	Date	Organized by	Remarks
	Simulation Faculty Development Course	16th to 17th March, 2026	Dundee Institute for Healthcare Simulation, University of Dundee, Scotland (Organized at BPKIHS)	Participant
	MBBS Curriculum Review Workshop	9-11 Dec, 2025	BPKIHS, Dharan	Committee Member
	Revision of M. Sc. Nursing Curriculum	December 14 to 15, 2025	College of Nursing, BPKIHS	Resource person
	Evaluation Tool Revision and Finalization	29th to 31st Dec 205	Birgunj Nursing Campus	Resource person
	29th Annual Scientific Programme	26th-28th Nov, 2025	BPKIHS, Dharan	Judge
	Revision and Finalization of Evaluation Tools and Development of Log Book for B. Sc. Nursing Program	September 1 to 2, 2025	College of Nursing, BPKIHS	Resource person
Ms. Rambha Sigdel	Advanced Teachers' Training Programme on Professional Development on Essentials of Student Assessment	April 27 to 28, 2026	HPED, BPKIHS	Participant
	Revision and Finalization of Evaluation Tools and Development of Log Book for B. Sc. Nursing Program	September 1 to2, 2025	College of Nursing, BPKIHS	Resource person
	Revision of M. Sc. Nursing Curriculum	December 14 to 15, 2025	College of Nursing, BPKIHS	Resource person
Ms. Dewa Adhikari	Revision and Finalization of Evaluation Tools and Development of Log Book for B. Sc. Nursing Program	September 1 to2, 2025	College of Nursing, BPKIHS	Resource person
	Revision of M. Sc. Nursing Curriculum	December 14 to 15, 2025	College of Nursing, BPKIHS	Resource person
	12th National Summit of Health and Population	9th to 13th April, 2026	NHRC, Kathmandu	Participant
Ms. Roshni Thapa	Healing the Healers: Self-care and stress reduction in the nursing profession	March 18 and 23, 2026	Continue Nursing Education Committee (CNEC), BPKIHS	Resource person
	Revision and Finalization of Evaluation Tools and Development	September 1 to2, 2025	College of Nursing, BPKIHS	Resource person

Name of Attendee	Title	Date	Organized by	Remarks
	of Log Book for B. Sc. Nursing Program			
	Revision of M. Sc. Nursing Curriculum	December 14 to 15, 2025	College of Nursing, BPKIHS	Resource person
Ms. Banhi Pokharel	Healing the Healers: Self-care and stress reduction in the nursing profession	April 6 and 23, 2026	Continue Nursing Education Committee (CNEC), BPKIHS	Resource person
	Revision of M. Sc. Nursing Curriculum	December 14 to 15, 2025	College of Nursing, BPKIHS	Resource person

3. **DEPARTMENTAL ACTIVITIES:**

Department involved in teaching-learning activities of the above-mentioned levels of students.
The following activities were conducted with the active participation, close supervision and guidance of faculties and teachers of the Department of Community Health Nursing:
In-service education sessions conducted on Management of Nephrotic Syndrome, Pain management in Orthopaedic patient, Management of Meningitis, Evidence Based Infection Prevention, Neurological assessment, Oxygen Therapy and Management of PPH in Paediatric Ward, Orthopaedic Ward, Medicine II, Medicine IV, Surgery I, Surgery III, Provincial Hospital Bhadrapur and Rangeli Hospital respectively
Occupational health services provided at Arihanta Multifibres Limited, Sonapur, Sunsari and Reliance Spinning Mills Khanar, Sunsari.
Geriatric health programme conducted in Shree Ram Shanti Kunja Mahila Sewa Ashram Chatara.
School Health Programme in different Schools of Dharan and Ramdhuni Sunsari.
Home visit, health survey, health education, need-based nursing care to individuals and family (Total 2300 households were surveyed)
Referral of cases.

4. PLAN OF ACTION

Continuity of awareness and screening for non-communicable diseases in low socioeconomic communities of Dharan

11.3 DEPARTMENT OF MATERNAL HEALTH NURSING

FACULTY MEMBERS:

Nirmala Pokharel (Baral) Prof. & Head
Ms. Gayatri Rai Associate Professor
Ms. Kriti Chaudhary Associate Professor

Teachers involved in teaching B. Sc Nursing and BMS Programme

Nursing Officer:

Ms. Kala Thapa- Matron, Hospital Service
Ms. Beduka Pulami
Ms. Sunaina Adhikari Senior Instructer
Ms. Sapana Shrestha Senior Instructer

1. TEACHING ACTIVITY:

PG and UG Teaching Program: The department is involved in teaching-learning activities including clinical experiences for B.Sc., BMS and M. Sc. Nursing programs as mentioned below:

Programmes	SIS (Hours)	Seminar (hours)	Labex (hours)	Clinical (Hours)
A: Under Graduate Teaching Program				
3rd Year B. Sc. Nursing and BMS 1st, 2nd& 3rdYears				
3rd Year BSc Nursing				
Maternal Nursing- I	35	-	**5**	135
Maternal Nursing –II	180	-	20	765
Total				**770**
Bachelor Midwifery Sciences:				
First Year				
-Foundation of Midwifery I	150			-
-Midwifery Care: Normal Pregnancy	120			170
-Midwifery Care: Normal Labour	150		120	200
-Midwifery Care: Normal Postnatal, Newborn and Family	130			200
Total	**550**		**120**	**570**
Second Year				
Public Health for Midwives	150	-	20	200
Foundations of Midwifery II	100	-	-	-
Educational Science for Midwifery	150	-	-	200
Complex Maternal and Newborn Care	250	-	70	360
Total	**650**		**90**	**760**
Third Year				
Leadership, Management and Governance for Midwifery	100			200
Research and Biostatistics in Midwifery	100		65	300
Midwifery Care for Gynaecological Problems	200			130
Internship for Autonomous Midwifery Practice				720

Total	**300**		**65**	**1350**
B. Post Graduate Teaching Programme-M.Sc. Nursing (First and Second Year)				
Specialty I (Maternal Health)	150	-	10	945
Specialty II (Maternal Health)	150	-	10	945
Total	**300**	**-**	**20**	**1890**

2. HOSPITAL SERVICES:

- The UG and PG nursing students provide comprehensive patient care in various units of maternity.
- Clinical activities related to patient care services are being implemented in coordination with departments of Gynae/ obstetric, pediatric, and nursing service.
- Formal and informal health talks are conducted for patients and relatives in the respective wards.

3. RESEARCH ACTIVITY:

A. Research of PG and UG Students:
Ongoing research:
PG Students Research

Students' name	Guide	Co guide	Title of the study
Ms. Nirmala Khanal	Prof. Nirmala Baral (Pokharel)	1. Ms. Gayatri Rai 2. Ms. Kriti Chaudhary	Knowledge and Health Seeking Behaviour regarding Menopausal Changes among Women Residing at Selected Community of Dharan Sub-Metropolitan City, Sunsari, Nepal

UG Students Research (BMS Batch 2023)

Students' Name	Guide	Co-guide	Title of the study
Ms. Asmita Tamang Ms. Gita Thapa Magar	Prof. Nirmala Baral (Pokharel)	Ms. Sunaina Adhikari	Fear of Childbirth among Pregnant Women Admitted in Antenatal Ward of B.P.Koirala Institute of Health Sciences, Dharan
Ms. Sapana Ale Magar Ms. Usha Chalise	Prof. Nirmala Baral (Pokharel)	Ms. Beduka Pulami	Perceived Maternal Role Competence among Mothers Attending Immunization Clinics of Dharan
Ms. Pratima Gurung Ms. Rejin Kandangwa	Ms. Kriti Chaudhary	Ms. Sapana Shrestha	Knowledge on Obstetric Danger Signs among Reproductive Aged Women in Selected Ward of Dharan, Nepal
Ms. Ankita Yadav Ms. Anisha Karn	Ms. Gayatri Rai	Ms. Sapana Shrestha	Knowledge Regarding Perineal Massage among the Pregnant Women Attending Gynae OPD, BPKIHS
Ms. Karuna Basnet Ms. Puja Kumari Pariyar	Ms. Gayatri Rai	Ms. Kala Thapa	Knowledge and Attitude Towards Mode of Delivery among Pregnant women attending Antenatal clinic of BPKIHS

Completed Research
PG Students

Students' Name	Guide	Co guide	Title of the study
Ms. Roshni Bhattarai	Ms. Gayatri Rai	1. Prof. Nirmala Pokharel 2. Ms. Kriti Chaudhary	Effectiveness of Educational Intervention on Knowledge and Perception Regarding Human Papilloma Virus Vaccination among Female Students in Public School of Dharan
Ms. Ayasha Humagain	Ms. Gayatri Rai	1. Prof. Nirmala Pokharel 2. Ms. Kriti Chaudhary	Effectiveness of Lukewarm Water Compression in Preventing Breast Engorgement among Postnatal Mothers Admitted in Maternity Unit of BPKIHS
Ms. Anjani Yadav	Prof. Nirmala Pokharel	1. Ms. Gayatri Rai 2. Ms. Kriti Chaudhary	Women's Autonomy and Utilization of Maternal Health Services among Reproductive Age Women Residing at Slum Areas of Dharan
Ms. Sangita Poudel	Prof. Nirmala Pokharel	1. Ms. Gayatri Rai 2. Ms. Kriti Chaudhary	Quality of Life among Reproductive Age Women Receiving Anti-Retroviral Therapy at BPKIHS, Dharan

UG Students Research (BMS, First Batch 2022)

Students' Name	Guide	Co-guide	Title of the study
Ms. Aastha Pokharel Ms. Amrita Oli	Prof. Nirmala Pokharel	Ms. Beduka Pulami	Knowledge and Attitude towards Prevention of Obstetric Fistula among Nurses Working in Maternity Unit of BPKIHS
Ms. Asmita Adhikari Ms. Bindu Rokka	Ms. Kriti Chaudhary	Ms.Reena Bhagat	Satisfaction with Simulation Based Learning among Midwifery Students in Selected Institute of Nepal
Ms. Diksha Rijal Ms. Gayatri Sejwal	Ms. Gayatri Rai	Ms. Sunaina Adhikari	Knowledge and Practice Regarding Care During Third and Fourth Stage of Labour among Nurses Working in Maternity Unit of BPKIHS
Ms. Gunja Rai Ms. Kopila Lama	Ms. Gayatri Rai	Ms. Sunaina Adhikari	Postpartum Anxiety among Cesarean Section Mothers Admitted in Postnatal Ward of BPKIHS
Ms. Makhamali Bohora Ms. Misham Lawati	Ms. Kriti Chaudhary	Ms. Beduka Pulami	Effectiveness of Educational Intervention on Physiological Birth among Nurses Working in Maternity Ward of BPKIHS
Ms. Nisha Gyapak Tamang Ms. Preeti Kumari Yadav	Ms. Kriti Chaudhary	Ms. Debu Adhikari	Factors Associated with Adolescent Pregnancy Attending at Selected Health Facilities of Sunsari, Nepal

Students' Name	Guide	Co-guide	Title of the study
Ms. Priyanka Rai Ms. Puja Chaudhary	Prof. Nirmala Pokharel	Ms. Debu Adhikari	Knowledge and Practice Regarding Prevention of Neonatal Hypothermia Among Mothers Attending Selected Immunization Clinic of Dharan, Nepal
Ms. Sarita Urawn Ms. Shristi Gyawali	Prof. Nirmala Pokharel	Ms. Kala Thapa	Knowledge and Attitude Regarding Breast Milk Banking among Nurses of BPKIHS
Ms. Srijana Poudel Ms. Suvala Rai	Ms. Gayatri Rai	Ms. Sapana Shrestha	Self-Care Behavior During Dysmenorrhea among Nursing Students of BPKIHS

4. CONFERENCE/WORKSHOP/SYMPOSIUM/TRAINING ATTENDED

Conference/ Workshop

Trainings/workshops

Title	Organized by/ Dates	Name of Faculties/ Tutors
Revision And Finalization of Evaluation Tools & Development of Log Book for B.Sc. Nursing	College Of Nursing 1st-2nd September 2025	Prof. Nirmala Baral (Pokharel) Ms. Gayatri Rai Ms. Kriti Chaudhary Ms. Kala Thapa Ms. Sunaina Adhikari Ms. Sapana Shrestha Ms. Beduka Pulami
Revision of MSc. Nursing Curriculum	College Of Nursing, 14-15, December 2025	Prof. Nirmala Baral (Pokharel) Ms. Gayatri Rai Ms. Kriti Chaudhary Ms. Kala Thapa Ms. Sunaina Adhikari Ms. Sapana Shrestha Ms. Beduka Pulami
Professional Development: Essentials of Student Assessment	Dept. of Health Profession Education, 27-28, April,2026	Ms. Gayatri Rai
Foundations of Health Profession & Education: Curriculum Teaching, Assessment and Mentoring	Dept. of Health Profession Education, 22-26, March,2026	Ms. Sapana Shrestha
Sim Begin Facilitator Training	Paropkar Maternity and Women's Hospital, Ktm, 24- 25 June,2026	Ms. Sunaina Adhikari
WHO SEARO Midwifery Leadership Program	Govt. of Nepal, Ministry of Health and Population, Nsg. And	Ms. Beduka Pulami

Title	Organized by/ Dates	Name of Faculties/ Tutors
	Social Security Division, WHO, 15-18 December,2025	
Healing The Healers: Self Care and Stress Reduction in Nursing Profession	CNE Committee, Bpkihs,18 March, 2026	Ms. Beduka Pulami

5. HOSPITAL SERVICES:

- Clinical activities related to patient care services are being implemented in coordination with departments of Gynae/ obstetric, pediatric and nursing service.
- Clinical activities related to patient care services are being implemented in coordination with departments of Gynae/ obstetric, pediatric, and nursing service.
- CNE in Ward: With the assumption that quality of nursing care will improve with knowledge of staff, monthly classes are organized in the ward, including topics identified by staff and supervisor.
- Formal and informal health educational programmes based on the needs of nursing staff, patients and visitors.

6. COMMUNITY SERVICES:

- M.Sc. Nursing Students are involved in district hospital management posting in collaboration with District Hospital Dhankutta.
- M.Sc. Nursing Students are posted for oncology and infertility postings for exposure visits.
- BMS 2nd Year students are posted for a public health posting at Inaruwa District Hospital and Babiya, Inaruwa-9 for a community visit

7. SPECIAL APPOINTMENT

- Prof. Nirmala Pokharel - Head of Department
- Ms. Kriti Chaudhary- Co-Ordinator of B.Sc. Phase -1& Member of Awash committee
- Ms. Kala Thapa – Matron, Hospital Service
- Ms. Sunaina Adhikari- BMS Co-Ordinator and Member of Departmental Review Unit (DRU)
- Ms. Sapana Shrestha- BMS Deputy Co-Ordinator and Hostel Warden

8. PLAN OF ACTION 2026-2027

Planning short-term training on:

1. Midwifery educators training for remaining teachers/ faculty, clinical preceptor
2. Continuing Professional Development Training.
3. Establish an onsite midwife-led birthing Unit (OMBU)
4. Upgrade the existing skill lab as per the requirements of NNC and MEC guidelines.

11.4 DEPARTMENT OF MEDICAL-SURGICAL NURSING

FACULTY MEMBERS:

Prof. Pushpa Parajuli : Professor and Head
Prof. Dr. Ram Sharan Mehta : Professor
Prof. Gayanand Mandal : Professor
Ms. Erina Shrestha : Associate Professor
Ms. Rina Karki : Senior Instructor
Ms. Nita Shrestha : Senior Nursing Officer
Ms. Sita Chaudhary : Senior Nursing Officer

Technical staff: From College of Nursing
Administrative staff**:** From College of Nursing

1. TEACHING ACTIVITIES:

Post Graduate and Under Graduate Teaching Programme: The department is involved in teaching learning activities including clinical posting for the students of M. Sc. Nursing & B.Sc. Nursing Programme as mentioned below:

Programme	Theory (Hours)	Practicum	Clinical (Wks.)
1. UG Teaching Programme			
B.Sc. Nursing Programme, 4th Year	• Nursing Research and Biostatistics -60 Hours	270 Hours	Throughout the year
	• Advance Skill Development programme (ASDP)		Throughout the year
B.Sc. Nursing Programme, 2nd Year	• Medical-Surgical Nursing I- 100 Hours • Medical-Surgical Nursing II - 180 Hours	360 Hours 540 Hours	Throughout the year
2. PG Teaching Programme			
M.Sc. Nursing Programme (1st& 2nd Years)	Medical Surgical Nursing- 300	2300 Hours	Throughout the year
M.Sc. Nursing Programme (1st& 2nd Years)	Nursing Research and Biostatistics (150 hours)	315 hours	Throughout the year

2. HOSPITAL SERVICES

The UG and PG nursing students serve in the various units of Medical-Surgical departments as a part of their clinical posting and conduct CNE and In-service education programme for nurses under the guidance and supervision of Faculties of Medical-Surgical Nursing department.

3. RESEARCH

A. Under Graduate /Post Graduate Research Activities/Thesis completed during this year:

S.N.	Student's Name	Chief-Guide	Co-Guides	Research Titles
Post Graduate				

1.	Ms. Alina Gurung	Prof. Pushpa Parajuli	Prof. Dr Ram Sharan Mehta Prof. Gayanand Mandal Prof. Dr. Rabin Maskey	Effect of Cryotherapy on Arteriovenous fistula puncture-related pain in Hemodialysis Patient at BPKIHS
2.	Ms. Bipina Shrestha	Prof. Dr Ram Sharan Mehta	Prof. Pushpa Parajuli Prof. Gayanand Mandal Ms. Erina Shrestha	Awareness regarding Cardiac Rehabilitation among the Post Percutaneous Coronary Intervention patient attending cardiac OPD of BPKIHS
Under Graduate				
1.	Ms. Dikshya Karki Ms. Isha Bista	Prof. Pushpa Parajuli		Awareness regarding Immediate management of Hypoglycemia among nurse of BPKIHS
2.	Ms. Anjali Nayak Ms. Anjita Subedi	Prof. Dr. Ram Sharan Mehta		Knowledge of DVT prevention among nurses working at BPKIHS
3.	Ms. Chahana Parajuli Ms. Christina Rai	Prof. Gayanand Mandal		Knowledge regarding drug administration during advance life support among nurses of BPKIHS
4.	Ms. Supriya Bhandari Ms. Susmita Chaudhary	Ms. Erina Shrestha		Knowledge regarding enteral nutrition among critical care nurses of BPKIHS

B. Ongoing Thesis:

S.N.	Student's Name	Chief-Guide	Co-Guides	Research Titles
Post Graduate				
1	Ms. Neelam Thapa	Prof. Pushpa Parajuli	Prof. Dr Ram Sharan Mehta Prof. Gayanand Mandal Ms. Erina Shrestha	Quality of life among chronic liver disease patient attending BPKIHS
2	Ms. Srijana Basnet	Prof. Dr Ram Sharan Mehta	Prof. Pushpa Parajuli Prof. Gayanand Mandal Dr. Soniya Dulal	Nutritional status among cancer patient attending at BPKIHS
3	Ms. Anjali Maharjan	Prof. Gayanand Mandal	Prof. Pushpa Parajuli Prof. Dr Ram Sharan Mehta Ms. Erina Shrestha	Awareness regarding life style modification among chronic kidney disease patient attending BPKIHS
4	Ms. Seema Tiwari	Prof. Gayanand Mandal	Prof. Pushpa Parajuli Prof. Dr Ram Sharan Mehta Ms. Erina Shrestha	Prevalence and associate factors of low back pain among nurse working at critical care unit at BPKIHS
5	Ms. Apekshya Upreti	Ms. Erina Shrestha	Prof. Pushpa Parajuli	Awareness regarding prevention of central line associated

S.N.	Student's Name	Chief-Guide	Co-Guides	Research Titles
			Prof. Dr Ram Sharan Mehta Prof. Gayanand Mandal	infection among nurses working at critical care unit of BPKIHS
Under Graduate				
1	Ms. Pratikshya Chand Ms. Princy Ku. Patel Ms. Priti Kumari Adhikari	Prof. Pushpa Parajuli		Knowledge and attitude regarding colostomy care among nurses of surgical ward of BPKIHS
2	Ms. Sanghya Kumari Thakur Ms. Sandhya Niraula Ms. Sangita Shahi	Prof. Dr. Ram Sharan Mehta		Knowledge and Practice regarding chest tube care among nurses working in selected wards of BPKIHS
3	Ms. Puspa Raibhat Ms. Sabina Moktan Ms. Sabita Bhatta	Prof. Gayanand Mandal		Quality of life among cancer patient admitted in selected wards of BPKIHS
4	Ms. Donisha Sigdel Ms. Drishya Dhakal Ms. Devi Bohara	Ms. Erina Shrestha		Knowledge regarding arterial blood gas nurses working in critical care unit of BPKIHS

4. CONFERENCES/ WORKSHOP/SYMPOSIUM/ TRAINING:

Prof. Pushpa Parajuli

- Participated as a resource person in the workshop 'Revision of M.Sc. Nursing Curriculum' organized by College of Nursing, BPKIHS from 14th-15th December 2025**.**
- Participated as a resource person in the 'Revision and finalization of Evaluation Tools and development of logbook for B.Sc. Nursing Programme' organized by College of Nursing, BPKIHS from 1st to 2nd September, 2025.

Prof. Dr. Ram Sharan Mehta

- Participated as a resource person in the workshop 'Revision of M.Sc. Nursing Curriculum' organized by College of Nursing, BPKIHS from 14th-15th December 2025**.**
- Participated as a resource person in the 'Revision and finalization of Evaluation Tools and development of logbook for B.Sc. Nursing Programme' organized by College of Nursing, BPKIHS from 1st to 2nd September, 2025.
- Participated as a resource person in the 'Resuscitation Revisited: Faculty Skill Update' organized by PUSHS on 2083.03.12.
- Participated as a resource person in the Training 'BLS and ACLS' organized by Jivan Bikash Samajik Asptal Kalahari, Morang from 2083.03.21 to2083.03.22.

Prof. Gayanand Mandal

- Participated as a resource person in the workshop 'Revision of M.Sc. Nursing Curriculum' organized by College of Nursing, BPKIHS from 14th-15th December 2025**.**
- Participated as a resource person in the 'Revision and finalization of Evaluation Tools and development of logbook for B.Sc. Nursing Programme' organized by College of Nursing, BPKIHS from 1st to 2nd September, 2025.
- Participated as a resource person in the 'Resuscitation Revisited: Faculty Skill Update' organized by PUSHS on 2083.03.12.
- Participated as a resource person in the Training 'BLS and ACLS' organized by Jivan Bikash Samajik Asptal Kalahari, Morang from 2083.03.21 to2083.03.22.
- Participated as a resource person in the Training 'Proposal Development' organized by Hamro School of Nursing, Biratnagar from 2082.02.13 to 2082.02.15.

Ms. Erina Shrestha

- Participated in Advanced teachers training Programme on "Professional Development on essential of Student Assessment' organized by Department of Health Professionals Education from 27th -28th April 2026
- Participated as a resource person in the workshop 'Revision of M.Sc. Nursing Curriculum' organized by College of Nursing, BPKIHS from 14th-15th December 2025**.**
- Participated as a resource person in the 'Revision and finalization of Evaluation Tools and development of logbook for B.Sc. Nursing Programme' organized by College of Nursing, BPKIHS from 1st to 2nd September, 2025

Ms. Rina Karki

- Participated in Self- care and Stress Reduction in the Nursing Profession on 13th April, 2026 organized by CNEC, BPKIHS.
- Participated as a resource person in the workshop 'Revision of M.Sc. Nursing Curriculum' organized by College of Nursing, BPKIHS from 14th-15th December 2025.
- Participated as a resource person in the 'Revision and finalization of Evaluation Tools and development of logbook for B.Sc. Nursing Programme' organized by College of Nursing, BPKIHS from 1st to 2nd September, 2025.
- Participated in Professional Development on Essentials of Education Technology for Faculty Members from 11th to 15th August, 2024 organized by Department of Health Professions Education, BPKIHS.

Ms. Nita Shrestha

- Participated as a resource person in the 'Revision and finalization of Evaluation Tools and development of logbook for B.Sc. Nursing Programme' organized by College of Nursing, BPKIHS from 1st to 2nd September, 2025

Ms. Sita Chaudhary

- Participated in Foundation of Health Professions Education: Curriculum Teaching, assessment and Mentoring organized by Department of Health Professionals Education from 22nd – 26th March 2026.

- Participated as a resource person in the 'Revision and finalization of Evaluation Tools and development of logbook for B.Sc. Nursing Programme' organized by College of Nursing, BPKIHS from 1st to 2nd September, 2025.

5. OTHER PATIENTS CARE ACTIVITIES /COMMUNITIES SERVICES:

Department serve in hospital as well as in community as per the need of institute

6. SPECIAL APPOINTMENT

Prof. Dr. Ram Sharan Mehta

1. Member, Medical Education Audit committee

Prof. Gayanand Mandal:

1. Coordinator, Journal Club, College of Nursing
2. Coordinator, M.Sc. Nursing Programme, College of Nursing

Ms. Erina Shrestha:

1. In charge, Fundamental Unit, College of Nursing
2. Member, Institutional Review Committee (IRC)
3. Member, Departmental Research Unit (DRU)
4. Member, Committee of experts for moderation of questions of PG and UG

7. PLAN OF ACTION:

Department has planned to start following Short Term Training Programme in various specialties in fields of Medical Surgical Nursing like: Dialysis Nursing, Operation Theater Nursing and Critical Care Nursing in collaboration with Nursing Service Administration.
Establish collaboration with other Institutes/Organization for improving teaching learning and research activities of the department.

11.5 DEPARTMENT OF PSYCHIATRIC NURSING

FACULTY MEMBERS:

Ms. Nirmala Pradhan : Additional Professor and Head
Prof. Sami Lama : Professor
Ms. Kriti Thapa : Additional Professor
Ms. Piyush Dahal : Senior Instructor

1. TEACHING ACTIVITIES

A. Under Graduate teaching Programme

B.Sc. Nursing

Subject: Mental Health Nursing# and Psychology applied to Nursing##

Programme	SIS (Hours)	Clinical (Hours)
2nd year B.Sc. Nursing#	100	300
2nd Year B.Sc. Nursing##	20*+30**	-

*Department of Psychiatry, **Department of Psychiatric Nursing

The clinical posting of mental health nursing is carried out in four groups, each comprising 12- 13 students.

Bachelor in Midwifery (BMS)

Subject: Maternal Mental Health

Programme	SIS (Hours)	Clinical (Hours)
2nd year BMS	50	90

The clinical posting of maternal mental health is carried out in two groups.

B. Post Graduate Teaching Programme

Subject: Psychiatric Nursing Specialty

Program	Clinical (Hours)	Seminar/Presentation /Classes
1st and 2nd year M. Sc. Nursing	1890	300

Subject: Nursing Concept, Principles and Practice

Program	Clinical Hours	Seminar/Presentation /Classes
1st year and 2nd year M.Sc. Nursing	200	120

2. HOSPITAL SERVICES

- The UG and PG nursing students are involved in providing comprehensive nursing care to the patients in inpatient and outpatient units of the Department of Psychiatry and other relevant wards.
- CNE Programs are regularly organized for the staff.
- Formal and informal health talks are conducted for patients and relatives in the respective wards.

3. RESEARCH

A. Ongoing research projects of faculty

S No	Principal Investigator	Title
1	Ms. Nirmala Pradhan	Self-Stigma and its Effect on Self-Esteem among Mentally Ill Patients Attending Psychiatric Outpatient Department, BPKIHS

B. Postgraduate student research activity

- **Completed theses**

Name of Guide	Name of Co-guides	Name of Student	Title
Ms. Nirmala Pradhan	Prof. Sami Lama Ms. Kriti Thapa	Ms. Dikshya Rai	Risk of Eating Disorders among Adolescents Studying in Selected Schools of Dharan Sub-Metropolitan City
Prof. Sami Lama	Ms. Nirmala Pradhan Ms. Kriti Thapa	Ms. Ramila Chaulagain	Knowledge on Suicide among Caregivers of Patients with Mental Illness Attending Psychiatric Department, BPKIHS

- **Ongoing theses**

Name of Student	Name of Guide	Name of Co-guides	Title
Ms. Sumita Shakya	Prof. Sami Lama	Ms. Nirmala Pradhan Ms. Kriti Thapa	Mental health problems among caregivers of cancer patients attending B.P. Koirala Institute

Name of Student	Name of Guide	Name of Co-guides	Title
			of Health Sciences, Dharan, Nepal
Ms. Sovita Lamichhane	Ms. Nirmala Pradhan	Prof. Sami Lama Ms. Kriti Thapa	Aggression among psychiatric patients attending psychiatric unit of BPKIHS, Dharan, Nepal
Ms. Nilam Hajur Shahi	Ms. Kriti Thapa	Prof. Sami Lama Ms. Nirmala Pradhan	Nomophobia among older adults residing in selected wards of Dharan Municipality

C. Under Graduate research project

Completed U.G. research projects

Name of Students	Name of Guide/s	Title
Ms. Aarati Bhandari Ms. Aarati Chaurasiya	Ms. Kriti Thapa	Body Image Dissatisfaction among Adolescents in Selected Secondary Schools of Dharan
Ms. Rashmi Dharel Ms. Riya Neupane Ms. Rojina Syngbo	Prof. Sami Lama Ms. Piyush Dahal (Co-guide)	Knowledge Regarding First Aid Management of Seizure among School Teachers of Selected Schools of Dharan
Ms. Asmita Rasaili Sunar Ms. Bismita Ojha	Ms. Nirmala Pradhan	Cyberchondria among Adolescents of Selected Schools of Dharan

Ongoing U.G research projects

Name of Students	Name of guide	Title
Ms. Kantipur Bastola Ms. Kritika Lamichhane Ms. Laxmi Kumari Acharya	Prof. Sami Lama	Knowledge and attitude regarding elderly care among family caregivers in Dharan, Sunsari
Ms. Pasang Lhamu Sherpa Ms. Pragya Ingnam Ms. Priya Rai	Ms. Nirmala Pradhan	Perception regarding physical restraints of patients among the nurses working in selected wards of B.P. Koirala Institute of Health Sciences, Dharan
Ms. Roshni K Ms. Roza Raut Ms. Ruja Dhakal	Ms. Kriti Thapa	Imposter phenomenon among undergraduate B.Sc. Nursing Students of BPKIHS

4. CONFERENCE/WORKSHOP/SYMPOSIUM/TRAINING ATTENDED

Prof Sami Lama

- Attended a workshop on Revision and finalization of Evaluation Tools and development of log book for B. Sc Nursing Programme from 1st- 2nd Sept 2025.
- Workshop on Revision of M. Sc Nursing Curriculum, 14-15th Dec 2025.
- International Conference "Mental Health Awareness from Stigma to Social Media Addiction" as a resource and delivered the session on "Popcorn Brain: Online support and community" organized by College of Nursing, Baba Educational Society on February 7 & 8, 2026, Lucknow, India.

Ms. Nirmala Pradhan

- Attended a Workshop on Revision and finalization of Evaluation Tools and development of a log book for the B. Sc Nursing Programme from 1st- 2nd Sept 2025.
- Workshop on Revision of M. Sc Nursing Curriculum 14-15th Dec 2025.
- Resource person on the title Healing the healers: Self-care and stress reduction in the nursing profession and delivered a session on Stress Management and Stress Reduction Techniques on 9th Feb 2026.
- Advanced teachers training programme on professional development on essentials of student's assessment 27th-28th April 2026.

Ms. Kriti Thapa

- Attended- workshop on "Revision and finalization of Evaluation Tools and development of log book for B. Sc Nursing Programme" from 1st- 2nd Sept 2025.
- Attended workshop on "Revision of M. Sc Nursing Curriculum," from 14-15th Dec 2025.

Ms. Piyush Dahal

- Attended Workshop on Revision and finalization of Evaluation Tools and development of log book for B. Sc Nursing Programme from 1st- 2nd Sept 2025.
- Attended Workshop on Revision of M. Sc Nursing Curriculum, 14-15th Dec 2025.
- Resource person on the title Healing the healers: Self-care and stress reduction in the nursing profession and delivered a session on Self Care: A Professional responsibility on 9th Feb 2026
- Attended Teachers' training on Foundation of Health Professions Education: Curriculum, teaching, assessment and mentoring from 22-26th March 2026.

5. OTHER PATIENTS CARE ACTIVITIES/COMMUNITY SERVICES

Hospital Services

- Comprehensive patient care services are provided in the concerned ward with a holistic approach.
- Interactive sessions on patients' problems, the nature of illness, treatment, home care etc., for patients and relatives are conducted weekly.
- Formal and informal health education programs for patients and relatives, occupational therapy, group therapy, and activity therapy for patients are conducted regularly, based on the needs.
- Monthly meetings are conducted in the department/wards to communicate messages, discuss day-to-day activities and problems, and possible solutions relayed to patient care.
- Psychodrama is being organized as a part of psycho-education in the psychiatric ward.
- CNE programs are organized for staff periodically. Topics included are:
  - Physical Restraining in psychiatric patients and nurse's role
  - Psychiatric Emergencies and Nurse's Role
  - Suicide Prevention
  - Violence Management in psychiatric patients

6. COMMUNITY SERVICES

- M. Sc students are involved in a community survey to outline the prevalence of Mental Health problems, Conduct School mental health programs, and mass campaigns in the community.
- School surveys are conducted to assess mental health problems.

- Awareness sessions conducted for school children on "Good Touch and Bad Touch", "Substance Use Problems".
- Training for school teachers on "Neurodevelopment disorders and other mental health problems among children".
- Extended nursing activities such as counseling, psycho-education, and appropriate referrals are being done.

7. SPECIAL APPOINTMENT

Prof. Sami Lama

1. Coordinator, Grievance and Suggestion Committee, BPKIHS
2. Member, ICN Education Expert Advisory Committee
3. Coordinator, Nursing Subject Committee, Purwanchal University School of Medical and Allied Sciences
4. Subject Editor, Journal of Lumbini Medical College

Ms. Nirmala Pradhan

1. Member, Departmental Research Unit, CON

Ms. Kriti Thapa

1. Member of the Committee of experts for moderation of question papers and publication of results of annual examinations for undergraduate and postgraduate programs.
2. Appointed as a Coordinator, Phase-II for B.Sc. Nursing Programme on 15th June, 2025

Ms. Piyush Dahal

1. Member, fundamental unit for 1st Year B.Sc. Nursing Program.

8. PLAN OF ACTION

- To continue with community survey and Mass Health-Education programme on Mental Health and illness and Substance use in the community.
- To continue training workshops for school teachers.
- To emphasize the CNE programme as a credit point for the staff Nurses working in BPKIHS.
- To organize a training workshop on geriatric care for nursing professionals.
- Strengthen mental health literacy in the community.
- Needs assessment for short-term training in mental health for nurses working in different sectors.

12. DEPARTMENT OF HEALTH PROFESSION EDUCATION

FACULTYMEMBERS

Prof. Dr Paricha Upadhyaya:	HOD of Health Profession Education
Dr. Abhinaya Luitel	Member
Dr. Binod Kumar Lal Das	Member
Dr. Manisha Chhetry	Member
Prof. Dr. Nirmala Limbu	Member
Dr. Parineeta Thapa	Member
Dr. Sandip Shah	Member
Prof. Dr.Tara Shah	Member
Dr.Vijay Kumar Khanal	Member

STAFF MEMBERS

Mr Saroj Wagle	Administrative Assistant
Mrs. Pratima Thapa	Foreman 1

1. DEPARTMENT PROFILE

a. Vision

To be a prestigious national and international centre of excellence in **Health Professions Education (HPE)** by promoting innovative, evidence-based, learner-centred and competency-based education, and by developing skilled, reflective and lifelong-learning health professionals who can contribute effectively to quality patient care and the healthcare system.

b. Mission

- To enhance the quality of teaching and learning through **evidence-based, learner-centred and competency-based educational practices**.
- To strengthen the capacity of faculty members through structured **faculty development and professional development programmes**.
- To promote effective curriculum planning, implementation and continuous improvement in health professions education.
- To develop and implement valid, reliable and learner-centred **assessment and evaluation methods**.
- To promote educational research, scholarship and dissemination of best practices in HPE.
- To foster mentoring, student guidance, wellness and professional development.
- To integrate appropriate educational technologies and innovative teaching-learning strategies into HPE.
- To promote interprofessional collaboration and continuous quality improvement in health professions education.

c. Core Functions

The core functions of the Health Professions Education (HPE) unit/committee include:

1. **Faculty Development:** Organizing and facilitating faculty development programmes, workshops, seminars and training in HPE.
2. **Curriculum Development:** Supporting curriculum design, review, implementation and continuous improvement based on competency-based education principles.
3. **Teaching and Learning:** Promoting innovative, interactive, learner-centred and evidence-based teaching-learning methodologies, including PBL, small-group discussion and other active-learning strategies.
4. **Assessment and Evaluation:** Supporting the development and implementation of appropriate, valid, reliable and fair assessment methods for learners.
5. **Educational Research:** Promoting research and scholarship in health professions education and encouraging dissemination of educational innovations and outcomes.
6. **Faculty Mentoring and Support:** Providing guidance and mentorship to faculty members in teaching, assessment, educational research and academic development.
7. **Student Support and Mentoring:** Promoting student wellness, academic guidance, mentoring and professional development.
8. **Educational Technology:** Encouraging the appropriate use of digital technologies and innovative educational tools to enhance teaching and learning.
9. **Quality Assurance:** Supporting continuous quality improvement in teaching, learning, curriculum, assessment and other educational processes.
10. **Interprofessional Education:** Promoting collaboration and learning among different health professional disciplines to improve teamwork and patient-centred care.
11. **Professional Networking and Collaboration:** Facilitating academic collaboration and sharing of best practices in HPE within and beyond the institution.
12. **Educational Policy and Planning:** Contributing to institutional planning, policy development and strategic initiatives related to health professions education.

2. DEPARTMENTAL ACHIEVEMENTS & SUMMARY

- **Major achievements:** conducted 4 workshops for faculties from the institute and outside. These trainings were awarded with CPD points by Nepal Medical Council.
- **Key statistics:** Around 100-120 faculties were trained.
- **Major challenges:** Due to commitment in their parent departments, the faculties are unable to devote full time to HPE, which affects the timely conduct of workshops as planned in the annual schedule.
- **Solution taken against challenges:** Members are meeting twice a week to plan the activities. The addition of office clerks has helped in reducing the clerical work of members.

Following workshops have been organized by HPE:

1. Problem Based learning and Small Group Discussion, 11th-12th Feb 2026
2. Foundations of Health Professions Education: Curriculum, Teaching, Assessment and Mentoring 22-26 March 2026
3. Advanced Teachers' Training Program on Essentials of Student Assessment 27th-28thApril 2026
4. Student wellness, guidance, counseling and mentoring workshop, Aug 3rd -4th 2026

5. SWOT ANALYSIS

Strengths ● Dedicated HPE core group: A designated nine-member faculty core group provides leadership and coordination for HPE activities, supporting continuity, planning, implementation, and follow-up of departmental programs. ● Dedicated administrative and support staff: The availability of an office clerk and caretaker provides essential administrative and logistical support, facilitating the smooth functioning and maintenance of the department and its training activities. ● Well-equipped HPE teaching facility: The department has a designated and well-equipped training hall with a smart board, appropriate seating capacity, and facilities conducive to interactive and small-group teaching and faculty development activities.	**Weaknesses** ● **Limited dedicated time of faculty:** Faculty members have commitments in their respective parent departments, limiting the time they can devote to HPE activities. ● **Difficulty maintaining the planned schedule:** The competing responsibilities of faculty have affected the **timely conduct of workshops according to the annual schedule**. ● **Dependence on faculty availability:** The implementation of HPE activities is influenced by the availability of members who have responsibilities outside the HPE department.
Opportunities ● **Expansion of faculty development programmes:** The existing experience in conducting workshops provides an opportunity to further expand structured HPE training. ● **Wider faculty capacity building:** Having already trained approximately 100–120 faculty members provides a foundation for reaching additional faculty from the institute and beyond. ● **Further CPD-accredited programmes:** The previous recognition of workshops with NMC CPD points provides an opportunity to continue developing formally recognized professional-development programmes. ● **Strengthening HPE as an institutional academic function:** Regular departmental planning and the existing workshop portfolio provide an opportunity to further institutionalize HPE activities. ● **Development of advanced HPE programmes:** The existing foundation in PBL, SGD, curriculum, teaching, assessment and mentoring can support further advanced HPE training.	**Threats** ● **Competing departmental responsibilities:** Ongoing commitments in parent departments may continue to limit faculty availability for HPE activities. ● **Risk of disruption to the annual schedule:** Continued competing responsibilities may affect the timely implementation of planned workshops and programmes. ● **Limited dedicated faculty time:** If sufficient protected time is not available for HPE activities, expansion and continuity of departmental programmes may be constrained.

6. PLAN OF ACTION

Teaching Learning activities

- Continue to organize a structured HPE programme.
- Strengthen the application of learner-centred and competency-based teaching-learning approaches through faculty training.
- Conduct workshops and training programmes according to the departmental annual schedule, while taking into consideration the availability of faculty members from their parent departments.
- Encourage faculty members who participate in HPE programmes to apply the acquired teaching-learning approaches within their respective departments.
- Review feedback from participants after workshops and use it to improve subsequent HPE programmes.

Faculty Developmental activities

- Continue faculty development programmes in areas of **curriculum, teaching, assessment, mentoring and other relevant HPE domains**.
- Continue organizing HPE workshops for faculty members from the institute as well as participants from outside the institute, as appropriate.
- Maintain the existing practice of **regular departmental meetings twice a week** for planning, coordination and monitoring of HPE activities.
- Continue pursuing **CPD accreditation/recognition** for eligible faculty development programmes through the Nepal Medical Council.
- Explore ways to improve the timely implementation of the annual faculty-development schedule despite faculty commitments in their parent departments.
- Encourage participation of faculty members in relevant HPE training and professional-development activities.

Future requirements of Equipments/Instruments

The department should assess and prioritize the following requirements to support effective delivery of HPE programmes:

- **Audio equipment**, including microphones and speakers, where required for workshops and larger training programmes.
- **Computer/laptop and related accessories** for academic presentations and training activities.
- Other educational equipment and instruments identified through departmental needs assessment.
- Proper air condition in HPE hall for conducive environment of conduct of workshop.

Research

- Encourage faculty members to undertake **research in Health Professions Education**.
- Promote research related to teaching-learning methods, assessment, curriculum, mentoring and other relevant HPE areas.
- Encourage dissemination of HPE research findings through appropriate academic forums and publications.

- Maintain a departmental record of ongoing and completed HPE research projects.
- Explore opportunities for collaboration in HPE research within the institution and with relevant external academic partners, where appropriate.

Other plans

- Strengthen **administrative and clerical support** for HPE activities to reduce the administrative workload of faculty members.
- Continue regular monitoring of the departmental annual schedule to identify delays and implement corrective measures.
- Maintain documentation of workshops, participants, CPD accreditation, feedback and other departmental activities for annual reporting and quality improvement.
- Use participant feedback and departmental review to continuously improve the quality and relevance of HPE programmes.
- Strengthen coordination between the Department of Health Professions Education and faculty members' parent departments to facilitate participation in HPE activities.

13. SCHOOL OF PUBLIC HEALTH & COMMUNITY MEDICINE

Faculty Members

Dr. Anup Ghimire	Professor and Chief
Dr. Suman Bahadur Singh	Professor
Prof. Dr. Deepak Kumar Yadav	Professor
Prof. Dr. Ram Bilakshan Sah	Professor
Prof. Dr. Samyog Uprety	Professor
Dr. Vijay Kumar Khanal	Additional Professor
Mr. Birendra K. Yadav	Associate Professor
Mr. Dharanidhar Baral	Associate Professor
Dr. Khem Raj Sharma	Associate Professor
Dr. Sailesh Bhattarai	Associate Professor
Mr. Avaniendra Chakravartty	Assistant Professor
Mrs. Gyanu Nepal Gurung	Assistant Professor
Dr. Prajjwal Gajurel	Senior Instructor
Dr. Shweta Jha	Senior Resident

Administrative Staff

Mr. Saroj Wagle	Administrative Assistant
Mrs. Deena Kala Khadka	Administrative Assistant
Mr. Rastaman Rai	Foreman
Mrs. Manju Darji	Foreman

Number of Residents/Students

S. No.	Junior Residents/Students	Number		
		MD, Community medicine and Tropical Diseases	MD, Hospital Administration	MPH
1.	1st year	6	2	15
2.	2nd year	6	vacant	15
3.	3rd year	5	2	-

1. DEPARTMENT PROFILE

Vision

To provide innovative education, research, and service for improving the health and well-being of people living in urban as well as rural areas

Mission

1. To improve the health status of people by contributing in health promotion, specific protection, early diagnoses and treatment, disability limitation and rehabilitation of population as well as developing competent specialists in community medicine & tropical diseases, public health and health service administration.
2. To educate and train to develop a socially responsible health care workforce by providing high-quality community-based education, well-known educational programs at the undergraduate and postgraduate levels in the field of communicable diseases, tropical diseases, non-communicable diseases and tropical diseases, public health and hospital administration.
3. To pursue innovative research that addresses key local, national, and global public health challenges and translates evidence into policy and practice.
4. To serve communities by collaboration with health development partners.

Core Functions

1. To strengthen academic excellence through continuous teaching-learning activities, both classroom-based and field-based relevance to curricula of undergraduate and post graduate programs such as problem-based learning, structured interactive sessions, seminars, journal clubs, community diagnosis programs, field interactive program, family health exercises, epidemiological skills for health management, management skills for health services, public health practices, elective posting among others)
2. To expand research capacity by fostering research culture among undergraduate, postgraduate students and as well as to other persons. Providing consultation on all research activities.
3. Health promotional activities such as health education on communicable and non-communicable diseases and assessment of raised blood pressure and risk factors associated with NCDs to families in field programs of School of Public Health and Community Medicine.
4. To support DOTS & DR Clinic of BPKIHS for smooth functioning.

2. ACADEMIC ACTIVITIES

A. Undergraduate Teaching			
Programs	**Theory (SIS/SEM)**	**Practical (FHE / FIP/ LIF)**	**Residential Posting**
MBBS 1st year	12	3	2 weeks, CDP
BDS 1st year	7	-	2 weeks, CDP
MBBS 2nd year	5	11	-
BDS 2nd year	3	-	-
MBBS 3rd year	83	14 FHE and 44 LIF	2 weeks, EPIDMAN
MBBS 4th year	3	2 FHE and 16 LIF	2 weeks, HEALTHMAN
MBBS Final Year	21	3 FHE and 15 LIF	-
B.Sc. Nursing 1st year	40	-	2 weeks, CDP
B.Sc. Nursing 4th year	20	-	-
B.Sc. MIT	21	-	-

B.Sc. Perfusion Technology	20	-	-
Bachelor in Midwifery Nursing	25	-	-
Bachelor in Perfusion	25	-	-
Bachelor in MIT	25	-	-
Bachelor in MLT	25	-	-
Consultation on research activities	Undergraduate programs		

B. Postgraduate Teaching	
B_1. MPH/ MD Community Medicine and Tropical Diseases/MD Hospital Administration	
Classes	as per the Semester Class Schedules of MPH
Seminars	25 as of 2025/2026
Journal article Presentation and discussion	37 as of 2025/2026
Case Studies Presentation (long case and short case)	16 as of 2025/2026
Recent Advances in Public Health Presentation	15 as of 2025/2026

B_2. M.Sc. Nursing				
Programs	**SIS**	**SEM**	**LIF/FIP/FHE/CBLF**	**Residential Posting**
M.Sc. Nursing	40	-	-	-
B_3. Consultation on research activities	Postgraduate programs			

3. COMMUNITY BASED TEACHING/LEARNING ACTIVITIES

Residential Field Posting:

1. Community Diagnosis Program, 5-18 April, 2026
   MBBS/BDS/B.Sc. Nursing Batch-2026
   Residential posting in Arjundhara, Jhapa

2. Epidemiological Skills for Health Management (EPIDMAN), 12-25 March, 2026
   MBBS V Semester, Batch-2024
   Residential posting in Mahuli, Lahan, Gauradaha

3. Management Skills for Health Services (HEALTHMAN), 8 to 21 June ,2026
   MBBS VII Sem. Batch-2022
   Residential posting in Bhadrapur, Biratnagar and Gaighat
   Family Health Exercise (FHE)

1. MBBS Batch-2022 - Duhabi, Sunsari
2. MBBS Batch-2023 - Shantinagar, Sunsari
3. MBBS Batch-2024 - Shantinagar, Sunsari

4. MBBS Batch-2025 - Tarahara, Sunsari
5. MBBS Batch -2026 – Kerabari, Morang

Foreign/External Students on Elective Posting

Medical students from Maastricht University, Netherlands come every year for their elective posting program at SPHCM. They are posted in different levels of healthcare facilities located in our teaching districts and also posted within BPKIHS based on their learning objectives. The students are being posted to learn district health systems (e.g., Dhankuta), DOTS clinic, observational visits in hospital and health organizations, etc., during their elective posting.

Elective Posting from Maastricht University, Netherlands

I. Hannah Bilderbeek (14 July 2025 to 05 September, 2025)
II. Annelotte Van Mierlo, Eefke Schuwer (5 January 2026 to 27 February, 2026)
III. Luna Van Kraaij, Carmen Akkermans, Jef Vannut (13 April, 2026 to 5 June 2026)
IV. Ruth (25 June 2025 to 17 July 2026)
V. Yenthe De Louwere, Lea Deguee, Eline Maria Cornelia Akkermans (13 July to 4 September, 2026)

4. HEALTH SERVICES:

1. Rotational posting of junior residents in different departments of BPKIHS to support clinical service within the institute
2. Health education on communicable and non-communicable diseases to families in the field program called Family Health Exercise by involving MBBS students, junior residents and faculties. Involved in early detection of raised blood pressure and risk factors associated with NCDs.
3. Occasional participation in health camps organized by BPKIHS and others.
4. Supporting Health services through DOTs clinic at BPKIHS and coordination with stakeholders.

   DOTS & DR Clinic of BPKIHS runs with the joint effort of School of Public Health & Community Medicine and Medical Record Section. Dr. Vijay Kumar Khanal, Additional Professor is responsible for the national TB control programme & coordinates with district health office (DHO), Regional Health Office, Dharan Sub- Metropolitan city and all related stakeholders of NTP regarding newer activities & smooth functions of DOTS clinic.

5. RESEARCH ACTIVITIES

Post Graduate Student Research Activities

Thesis Projects (Completed) of MD students

Name of Residents (2024 Batch)	Chief Guide	Co-Guides	Thesis Title
Dr. Arbin Kumar Thakur Sharma	Prof. Dr. Suman Bahadur Singh	Prof. Dr. Paras Kumar Pokharel Prof. Dr. Ram Bilakshan Sah Dr. Khem Raj Sharma	Depression And Health-Related Quality of Life Among People Living with Cardiovascular Disease and Diabetes Mellitus in Dharan Sub-Metropolitan City, Nepal
Dr. Rabin Bhatta	Prof. Dr. Samyog Uprety	Prof. Dr. Nilambar jha, Prof. Dr. Sanjib Kumar Sharma Dr. Vijay Kumar Khanal Mr. Birendra Kumar Yadav	Out Of Pocket Expenditure and Its Determinants in Type 2 Diabetic and Hypertensive Patients Residing In Dharan
Dr. Roshan Karki	Prof. Dr. Rambilakshan sah	Dr. Khemraj Sharma Mr. Birendra Kumar Yadav Mr. Avaniendra Chakravarty	Noncommunicable Disease (Hypertension and Diabetes Mellitus) And Its Associated Factors Among Retired Nepalese Army of Sunsari District, Nepal
Dr. Pratikshya Koirala	Prof Dr. Deepak Kumar Yadav	Prof. Dr. Suman Bahadur Singh Dr Sailesh Bhattarai Mrs. Gyanu Nepal Gurung	Prevalence and Associated Factors of Insomnia Among the Elderly Population of Dharan Sub-Metropolitan City
Dr. Sameer Poudel	Prof. Dr. Anup Ghimire	Prof. Dr. Samyog Uprety Mr. Sailesh Bhattarai Mr. Avaniendra Chakravartty	Hypertension And Its Associated Factors Among Auto-Rickshaw Drivers in Dharan
Dr. Bipul Bha	Prof Dr Nilamabar Jha	Prof. Dr Anup Ghimire Prof Dr Sidhartha Satpathy Dr Jagat Narayan Prasad Dr Vijay Kumar Khanal Dr Deependra Prasad Sarraf Mr Dharanidhar Baral	A Clinical Audit of Inpatient Medical Records of BPKIHS Dharan Nepal
Dr. Rabin Bhurtel	Prof. Dr. Anup Ghimire	Prof. Dr Deepak Yadav Dr Jagat Narayan Prasad Prof Dr Siddhartha satpathy Mr Dharanidhar Baral Mrs Gyanu Nepal Gurung	Perception Towards Patient Centered Care Among Admitted Patients of BPKIHS

Thesis Projects (ongoing) of MD Students

Name	Guide	Coguide	Title
Dr. Ashish Pandey	Prof. Dr. Deepak Kumar Yadav	Prof. Dr. Anup Ghimire Mr Avaniender Chakravartty	Multimorbidity and Polypharmacy Among Older Adults (>=60 years) in Dharan Sub-Metropolitan City, Eastern Nepal.
Dr. Ramita Yadav	Prof. Dr. Suman Bahadur Singh	Prof. Dr. Samyog Uprety Mr Dharanidhar Baral	Determinants of Service Utilization under the National Health Insurance Scheme (NHIS) Among Enrolled Households in Sunsari District.
Dr. Manish Kumar Jha	Prof. Dr. Ram Bilakshan Sah	Prof. Dr. Anup Ghimire Prof. Dr. Suman Bahadur Singh	Hygiene and Sanitation Practices Among Meat Handlers in Retail Meat Shops of Dharan Sub-Metropolitan City, Eastern Nepal
Dr. Deepika Shah	Dr. Vijay Kumar Khanal	Prof. Dr. Ram Bilakshan Sah Dr. Khem Raj Sharma	Empty Nest Syndrome and its coping strategy among parents in Dharan Sub Metropolitan City.
Dr. Bishamber yadav	Prof. Dr. Samyog Uprety	Dr Sailesh Bhattarai Mrs Gyanu Gurung Nepal	Barrier to Health Care Utilization and Social Security Allowances Among Disabilities of Gadhi Rural Municipality Nepal.
Dr. Sanjana Patel	Prof. Dr. Anup Ghimire	Prof. Dr. Suman Bahadur Singh Prof. Dr. Ram Bilakshan Sah	Postnatal Care Utilization among Mothers in Sunsari, District

Thesis Project (Completed) of MPH students

Name of the Student	Chief -Guide	Co-guide	Thesis title
Akash Ajay	Dr.Vijay Kumar Khanal	Mr. Birendra Kumar Yadav Mr. Avaniendra Chakravartty Mrs. Gyanu Nepal Gurung	Study of hidden cost of hospital - based delivery among woman attending tertiary hospitals of koshi province

Name of the Student	Chief -Guide	Co-guide	Thesis title
Bishnu Acharya	Prof.Dr. Paras Kumar Pokharel	Prof. Dr. Anup Ghimire Prof. Dr. Samyog Uprety Dr. Khem Raj Sharma	Quality of life among the patients undergoing hemodialysis in the hospitals of Rupandehi, Nepal.
Digamber Upadhyay	Prof. Dr. Deepak Kumar Yadav	Prof. Dr. Paras Kumar Pokharel Prof. Dr. Ram Bilakshan Sah Mr. Birendra Kumar Yadav	Status of Non-Communicable Diseases and its major risk factors among Government Officials of Kathmandu city.
Dikshya Nepal	Prof. Dr. Anup Ghimire	Mr. Dharanidhar Baral Mr.Sailesh Bhattarai Mrs.Gyanu Nepal Gurung	Adolescent Perception on Sexual Health and utilization of its services in Birtamode urban municipality, Nepal
Hari Joshi	Prof. Dr. Ram Bilakshan Sah	Prof. Dr. Suman Bahadur Singh Prof. Dr. Samyog Uprety Mr. Avaniendra Chakravartty	Depression among the inmates in a Prison of Kanchanpur district, Sudurpaschim province
Jiwan Narayan Kumar Chauhan	Prof. Dr. Nilambar Jha	Prof. Dr. Suman Bahadur Singh Dr.Vijay Kumar Khanal Mr. Sailesh Bhattarai	Workplace violence among Health care workers working in Narayani Sub-Regional Hospital, Birgunj, Madhesh province, Nepal
Karina Maharjan	Prof. Dr. Anup Ghimire	Prof. Dr. Nilambar Jha Prof. Dr. Paras Kumar Pokharel Mrs. Gyanu Nepal Gurung Prof. Dr. Sanjib Kumar Sharma	Co-occurence of Non - communicable disease risks and their determinants on adolescents in Kirtipur Municipality, Kathmandu
Kusum Dhungana	Prof. Dr. Paras Kumar Pokharel	Prof. Dr. Deepak Kumar Yadav Prof. Dr. Samyog Uprety Mr. Birendra Kumar Yadav	Nutritional status and academic performance among secondary level government school students of Biratnaga .
Narendra Narayan Chaudhary	Prof. Dr. Nilambar Jha	Dr.Vijay Kumar Khanal Dr. Khem Raj Sharma Mr Avaniendra Chakravartty	Epidemiological study of road traffic accident cases in emergency departments of Ram Kumar Sarada Uma prasad Muraraka provincial Hospital, Lahan , Siraha, Nepal

Name of the Student	Chief -Guide	Co-guide	Thesis title
Nirmal Poudel	Dr. Khem Raj Sharma	Prof. Dr. Deepak Kumar Yadav Prof. Dr. Ram Bilakshan Sah Mr. Sailesh Bhattarai	Barriers and Enablers for Health Care-Seeking Practice of Cardiovascular Disease in Bhedalyetoal Rural municipality Bardiya, Nepal.
Padam Prasad Rijal	Mr. Birendra Kumar Yadav	Prof. Dr. Anup Ghimire Prof. Dr. Suman Bahadur Singh Dr. Vijay Kumar Khanal	Factors Associated with Dietary Diversity Among Pregnant Women in Shivasatakshi Municipality, Jhapa District, Nepal.
Rajendra Kuikel	Prof. Dr. Samyog Uprety	Prof. Dr. Ram Bilakshan Sah Mr. Sailesh Bhattarai Mr. Dharanidhar Baral	Workplace safety practices and training need assessment among Municipal waste handlers in Biratnagar, Nepal.
Ritesh Karn	Mr. Dharanidhar Baral	Prof. Dr. Anup Ghimire Prof. Dr. Nilambar Jha Prof. Dr. Deepak Kumar Yadav	Associated factors of health workers knowledge on maternal and perinatal Death surveillance and response (MPPSR) in Madhesh Province
Sabu Thapa	Mr. Sailesh Bhattarai	Mr. Dharanidhar Baral Dr. Khem Raj Sharma Mr. Avaniendra Chakravartty	Association between body image, self- esteem and PCOS symptoms among Higher secondary and undergraduate female students in Nawalparasi East, Nepal.
Sanjay Thakuri	Dr. Vijay Kumar Khanal	Mr. Dharanidhar Baral Mr. Avaniendra Chakravartty Mrs. Gyanu Nepal Gurung	Factors affecting health insurance utilization among insured population of Shivasatakshi Municipality

Thesis Project (Ongoing) of MPH students

Name	Guide	Co-guides	Thesis Title
Ajay Kumar Jaiswal	Prof Dr. Deepak Kumar Yadav	Prof. Dr. Anup Ghimire Dr. Khem Raj Sharma	Client Satisfaction with Free Essential Health Care Services at Government Health Facilities in Kalaiya Sub-Metropolitan City
Anil Dhami	Dr. Sailesh Bhattrai	Dr. Vijay Kumar Khanal Prof Dr.	Prevalence and Health Impact of Child Marriage in The Kacharia Community of Nijagadh Municipality, Bara Nepal

Name	Guide	Co-guides	Thesis Title
		Deepak Kumar Yadav	
Bhola Teli	Prof. Dr. Ram Bilakshan Sah	Prof. Dr. Anup Ghimire Mr. Birendra Kumar Yadav	Digital Health Literacy and Information System Competence Among Peripheral Health Care Workers in Nawalparasi West, Nepal
Durga Rijal	Prof. Dr. Samyog Uprety	Prof. Dr. Anup Ghimire Mr. Dharanidhar Baral	Prevalence and determinants of Hypertension among adult slum dwellers in Mechinagar Municipality, Jhapa
Hari Krishna Sharma	Mr. Sailesh Bhattrai	Prof. Dr. Anup Ghimire Mr. Avaniendra Chakravartty	Mental Health Literacy and its Relationship with Perceived Barriers to Seeking Psychological Counselling Among Undergraduate Students in Chitwan, Nepal: A Mixed Method Study
Hem Raj Paudel	Mr. Dharanidhar Baral	Prof. Dr. Suman Bahadur Singh Mr. Birendra Kumar Yadav	Association of screen time with anxiety and sleep quality among secondary school adolescents in Dang, Nepal
Pragya Kunwar	Prof. Dr. Anup Ghimire	Dr. Sailesh Bhattarai Mrs. Gyanu Nepal Gurung	Patient satisfaction and its association with perceived experiences of humanized health care among transgender individuals in Kathmandu valley
Pravash Shah	Mr. Birendra Kumar Yadav	Dr. Khem Raj Sharma Prof Dr. Ram Bilakshan Sah	Household Food Security, Its Challenges and Association with the Nutritional Status of Under-Five Children (6–59 Months) in the Rishidev Community of Selected Rural Municipalities, Morang, Nepal
Rambir Thakur	Dr. Khem Raj Sharma	Mr. Dharanidhar Baral Mr. Avaniendra Chakravarity	A Comparative Analysis of Equity in Immunization between General and Marginalized Communities in Gadhimai Municipality, Nepal
Rishab Shrestha	Dr. Vijay Kumar Khanal	Prof. Dr. Deepak Kumar Yadav Prof. Dr. Samyog Uprety	Delay in TB Care Cascade and Treatment Non-Adherence among Drug-sensitive Tuberculosis Patients of Rupandehi district, Nepal
Sachitanand Prasad Chaudhary	Dr. Khem Raj Sharma	Mrs Gyanu Nepal Gurung Mr. Avaniendra Chakravartty	Prevalence of non-communicable disease risk factors among school going adolescents of Birgunj Metropolitan City
Sandesh Adhikari	Mr. Dharanidhar Baral	Prof. Dr. Anup Ghimire Dr. Vijay Kumar Khanal	Effects of Indigenous women's autonomy on maternal health services utilization in Rangeli Municipality, a mixed-method study
Shambhawi Adhikari	Prof. Dr. Anup Ghimire	Dr. Sailesh Bhattarai Mrs. Gyanu Nepal Gurung	Abortion-related stigma and barriers to safe abortion service utilization among women of reproductive age in Darchula

Name	Guide	Co-guides	Thesis Title
			Nepal: a mixed-methods study from a legal and human rights perspective
Shiv Kumar Chaudhary	Prof. Dr. Suman Bahadur Singh	Dr. Vijay Kumar Khanal Mr. Birendra Kumar Yadav	Injuries and Chronic Health Illness Among Construction Workers in Itahari Sub Metropolition City Sunsari
Tika Ram Woli	Mr. Birendra Kumar Yadav	Prof. Dr. Samyog Uprety Prof. Dr. Deepak Kumar Yadav	Minimum dietary diversity and its association with nutritional status among children aged 6–59 months in tharu community of Barbardiya municipality, Bardiya, Nepal.

DEPARTMENTAL PUBLICATION

1. Pokhrel S, Pokharel PK, **Ghimire A**, **Yadav BK, Chakravartty A**, Poudel S, et al. Determinants of low birth weight babies delivered at paropakar maternity and Women's hospital: A case-control study. PLoS One. 2026; 21(6): e0335107.
2. Niraula SR, Basnet BB, Guragain P, Bhattrai DA, **Ghimire A** Socio-demographic and socio-contextual factors associated with problematic alcohol drinking in the Eastern Hills of Nepal: a case-control study. The American Journal of Drug and Alcohol abuse. 2026; 52(2):1-10
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6. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS

A. Prof. Dr. Anup Ghimire

- Death Review Meeting and Birth Review Meeting – Resource Person for Training, B & C Hospital, Birtamod, Jhapa, 13–15 July 2026.
- Biostatistics and Research Methodology Training, delivered to the faculty members of B&C Medical College, Birtamod, Jhapa.13–15 July 2026 (3-day training).
- SRMS/BRMS Training, organized jointly by the World Health Organization (WHO), Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH, and the Ministry of Health and Food Security, Government of Nepal; conducted at Biratnagar, Dhankuta, and Birtamod, 4–18 June 2026.

- Dissemination of the MSc Biostatistics Syllabus, presented by the Department of Biostatistics, Purbanchal University (PU), 16 April 2026.
- WHO Meeting, Biratnagar, 23 February 2026.
- Verbal Autopsy Report Dissemination, organized by the Ministry of Health and Food Security, Government of Nepal, and the World Health Organization (WHO) Nepal Country Office, for Biratnagar Sub-Metropolitan City and Budi Ganga Rural Municipality, 16–17 February 2026.
- MEC Meeting on Review of the Curriculum Framework Development of MDCM, MDHA and MPH, Kathmandu, 9–10 February 2026.
- Medical Certification of Cause of Death (MCCOD), Morbidity Reporting, and Use of ICD Coding Training, conducted for clinical doctors of B. P. Koirala Institute of Health Sciences (BPKIHS) and the School of Public Health and Community Medicine (SPH&CM), 10–14 December 2025.
- MBBS Curriculum Review Workshop, themed "Competency-Based Medical Education (CBME) for Tomorrow's Doctor," BPKIHS, 9–11 December 2025.
- Expert Consultation Workshop on Selected NCD Management Tools for Primary Health Care, organized by the KHDC Program, Hotel Ambassador, Kathmandu, 5 December 2025.
- Global Mortality Survey Verbal Autopsy (VA) with Cause of Death (CoD) Meeting, organized by WHO and the Health Directorate, Koshi Province, Biratnagar, 12–13 November 2025.
- WHO Online VA Meeting for Cause of Death (CoD) Assignment, 4 and 7 September and 9 October 2025.

B. Prof. Dr. Suman Bahadur Singh

- Speaker at PG orientation program
- Speaker at UG orientation program
- Served as a Speaker/Resource Person at the Continuing Medical Education (CME) program titled "The Diagnostic Bridge: Interpreting Laboratory Analysis to Clinical Outcomes and Public Safety" organized by B. Sc. MLT students at BPKIHS on 24 April 2026.

C. Prof. Dr Deepak Kumar Yadav

- Participated in AMR at LAB Research Project Symposium at VPCI, New Delhi, India from 28 - 30 January 2026.
- Co-ordinated EPIDMAN Residential field posting For MBBS 3rd Year at Lahan from 12th - 25th March 2026.
- Participated in the National Conference at Kathmandu organized by NHRC & MOHP from 10 - 12th April 2026.
- Participated in the Public Health Faculty & Students' Conference, themed "Advancing Public Health: A Convergence of Experience, Emerging Voices, and Innovations in Health Systems and Digital Health" organized by KUSMS on 15th - 17th May 2026.
- Participated in Implementation Research Training at Dhulikhel organized by KUSMS and Possible Health Nepal from 7th to 12th June 2026

D. Dr Vijay Kumar Khanal

1. Participated and completed: Simulation faculty development, two days course (16-17 March 2026) conducted by Dundee institute for healthcare simulation, University of Dundee in collaboration with Health Profession Education Department, BPKIHS, Dharan Nepal.

E. Mr Birendra Kumar Yadav

- One semester (4+4 credit) Pre - Doctoral training course with practical on "Research Methodology, and Research and Publication Ethics" on 21st June 2026.

F. Mr. Dharanidhar Baral:

- Medical Certification of Cause-of-Death (MCCOD), morbidity reporting, and the use of ICD coding – training conducted for clinical doctors of B.P. Koirala Institute of Health Sciences (BPKIHS) and the School of Public Health and Community Medicine (SPH&CM), 10th – 14th December, 2025.

- Verbal Autopsy Report Dissemination – organized by the Ministry of Health and Food Security, Government of Nepal and the World Health Organization (WHO) Nepal Country Office, for Biratnagar Sub-Metropolitan City and Budi Ganga Rural Municipality, 16th – 17th February 2026.

- Workshop on Biostatistics – held at Purbanchal University, 9th – 13th April 2026.

- Dissemination of the MSc Biostatistics Syllabus – presented by the Department of Biostatistics, Purbanchal University, 16th April 2026.

- SRMS/BRMS training – organized jointly by the World Health Organization (WHO), Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH, and the Ministry of Health and Food Security, Government of Nepal; conducted at Biratnagar, Dhankuta and Birtamod,18th June 2026.

- Biostatistics and Research Methodology training – delivered to the faculty members of B&C Medical College, Birtamod, 13th – 15th July, 2026.

G. Dr Sailesh Bhattarai

- Attended Postgraduate Foundation Course held at BPKIHS from 30th Nov to 14th December 2025 and 23rd June to 9th July 2026.
- Participated in training on "Hands-on Training on Computer Application in Statistics" held from 3rd Dec to 7th Dec 2025, organized for the students of BSc Nutrition and Dietetics by the Institute of Science and Technology, Central Campus of Technology, Hattisar, Dharan.
- Served as a resource person for the Post graduate protocol defense program, held on 24th March-8th April 2026
- Worked as resource person on "Workshop of Basic Health Research Methodology, held on from 19th to 21st April 2026 organized by Health Research Capacity Building under Research Committee at BPKIHS
- Attended the workshop on "Hospital Based birth and death registration in Koshi Province" from 2020 June 11 to June 18 2026 at Biratnagar and Dhankuta organized by Health Ministry Provincial Government Nepal.
- Attended three-day training on 'Biostatistics and Research Methodology' held on 13-15 July, organized by Research and Development Committee, B & C Medical College, Birtamod, Jhapa

- Presented "Understanding Data Distributions and the Normal Distribution' during the Research Hour Program (Episode-1) organized by Health Research Capacity Building (HRCB) committee, BPKIHS Dharan on 22nd June 2026.

H. Mrs Gyanu Nepal Gurung

- Training course on Community First Health Responders (CFHR), NHTC, Teku, Kathmandu, 11th – 13th May 2026.
- Training of Trainers on Community First Health Responders (CFHR),NHTC, Teku, Kathmandu, 14th May 2026.

I. Dr. Shweta Jha

- Resource person in Soft Skill development Training to all healthcare staff, from 16th January 2026.
- **Participated in Foundation of Health professions Education: Curriculum, Teaching Assessment and Mentoring, 22 - 26th March, 2026.**
- **Formation of internal assessment committee for Minimum Service Standard (MSS), and assessment done and improvement of MSS marks.**
- **Participated in a workshop on Basic Health Research Methodology, 19th -21st April 2026.**
- **Attended Public Health conference on Consortium of Academic Institution of Public Health in Nepal (CAIPHEN), 16-17 May 2026, Kathmandu University, Dhulikhel.**

J. Postgraduate students (MD community medicine and tropical Diseases), Batch 2025: participated in the course, '46th ERC training program on Principles and Practice of Epidemiology, 6- 18 July 2026' at Christian Medical College, Vellore, India.

7. SPECIAL APPOINTMENT

A. Prof. Dr. Anup Ghimire:

- Dean Academics, B.P.Koirala Institute of health science, appointed from 2082/09/30 to till date.
- Acting Rector, B.P.Koirala Institute of health science, appointed from 2083/04/07 to till date.
- Coordinator, Public Health Subject committee Purwanchal University, appointed on 09/17/2024 for 3 years
- Coordinator, BPKIHS Donation Committee, appointed on 24/08/2025 to till date.

B. Prof. Dr. Suman Bahadur Singh:

- PG Coordinator BPKIHS
- Resource person PG Foundation Course
- Organized PG foundation course on Research Methodology at BPKIHS
- Focal person/ resource person for Seminar and Journal Club of MD program of SPHCM

C. Prof. Dr.Samyog Uprety:

- Additional responsibility as MBBS Internship coordinator

D. Dr. Vijay Kumar Khanal:

- Appointed as HPE core group member of Health Profession Education core group for two years with effect from 1st January 2026.
- Appointed as member of Committee for the Promotion of Professional Behavior Toward Patients dated on 2nd December 2025.

E. Mr. Birendra Kumar Yadav:

- Focal person/ resource person for journal club of MPH program

F. Dr Sailesh Bhattarai:

- Nominated as a member of BPH curriculum revision committee of Purbanchal University under Public Health subject committee member effective from June 1st, 2026,
- Editorial member of 'Journal Janaki Medical College Journal of Medical Sciences (JMCJMS)' with effect from 1st June 2026,
- A member of the Research Committee as per the rules of BPKIHS for the period of 3 years with effect from 1st January 2026,
- A member of the Public Health subject committee at Health Sciences, Purbanchal University effective from 17th September 2024 for three years.

G. Ms. Gyanu Nepal:

- Member of editorial board in Journal of Health & Allied Sciences (JHAS), Pokhara University from 2022 to 2025 December
- Consultant PH expert for a Project "Descriptive Epidemiology of Road Traffic Crashes among Children and Adolescents (0-9 Years) in Nepal: A 10 Year Retrospective Cross Sectional Study using Nepal Police Records "supported By UNICEF (ongoing)
- Member, Antimicrobial Stewardship Committee (AMSC), BPKIHS (As per Decision Dated 2082/07/25 B.S.)

8. SWOT ANALYSIS

Strength:	**Weakness:**
1. Recognized as one of the departments of BPKIHS 2. Effective coordination with other department in teaching-learning activities undergraduates and postgraduate programs 3. Contribution in research capacity building of undergraduates and postgraduate students and consultation on research activities. 4. Additional responsibilities of faculties are supporting the programs of BPKIHS at organizational level 5. Contribution in health education and early detection of risk factors for non-communicable diseases in academic field program 6. Faculties with diverse academic backgrounds are working together to successful completion of programs in	1. Poor collaboration with the government from local level to central level. 2. Scarce departmental resources to assess health status and community health needs of neighborhood communities 3. Poor coordination and participation of School of Public Health & Community Medicine in the public health program implemented by Government of Nepal

School of Public Health & Community Medicine. 7. Three post graduate academic programs (MD, Community Medicine and Tropical Diseases, MD, Hospital Administration and Master in Public Health) are running.	
Opportunities: 1. To work in a community for interventions on determining factors of non-communicable diseases, communicable diseases and tropical diseases. 2. To engage with local, provincial and central level government in policy making and implementation of national health programs 3. To involve or create environment for long term health research 4. To get leading role in teaching-learning activities and health research 5. To foster linkage with global and national public health institutions to learn innovative public health programs	**Threats:** 1. Expectation of communities of field-practice areas may not be fulfilled by School of Public Health & Community Medicine alone. 2. Need to get continuous efforts to watch over how other public health institutions are offering public health programs and contributing in health research. 3. Risk of being less prioritized by government for collaborative work on national health program than others at central level 4. To retain qualified health workforce in School of Public Health & Community Medicine

9. PLAN OF ACTION

- School of Public Health and Community Medicine (SPHCM) proceeds to sign a MoU with Sukraraj Tropical & Infectious Disease Hospital, Teku for smooth running of clinical practice postings for MD Community Medicine and Tropical Diseases Residents so as to operate in effective manner
- Continue to strengthen partnership between Department of Hospital Administration, AIIMS New Delhi and School of Public Health and Community Medicine for the technical support in MD Hospital Administration courses in BPKIHS.
- Capacity building of existing human resources of School of Public Health and Community Medicine, BPKIHS
- Arrangement for training, workshop or consultation throughout the year with respect to Epidemiology, Biostatistics and Research methodology
- Continue work on the “Certification of Cause of Death in Communities – Verbal Autopsy in the country in collaboration with Ministry of Health, Nepal and World Health Organization
- Collaboration and coordination with various national, international and government institutions to strengthen research capacity development in the institute.
- Capacity building of health workers at local level, students and faculties with respect to health promotion, specific protection and early diagnosis and treatment of communicable and non-communicable diseases.
- To widen Public Health Practice area by signing MoU with Primary, Secondary and Tertiary level health institution to strengthen the skills and practice of MD/MPH students
- Strengthen SPHCM by updating the practical area for students, such as museum, specimens and departmental library.

14. SUPPORTING SERVICES
14.1 CENTRAL LIBRARY

Staff Members

A. **Professionals**

1. Binod Kumar Yadav: Chief Librarian & Head
2. Neela Tamang: Senior Librarian

B. **Supporting Staff**

1. Shankarananda Mishra :Administrative Assistant
2. Raja Ram Adhikari :Telephone Operator 3
3. Shivjee Yadav 'Jigyasu' :Administrative Assistant
4. Sanjeev Chaudhary :Administrative Assistant
5. Kameshwor Mahato : Senior Foreman
6. Dhan Kumari Pathak : Helper 2

1. BACKGROUND

The BPKIHS Central Library is the heart of teaching & learning activities of the Institute. It opened its door on 16th July 1993 to cater better services to its patrons. Since then it has been growing in every aspect like collections, services, staff and other facilities.

MAJOR RESOURCES COLLECTIONS:

Print resources:-

Total printed books : 18707
- Reference : 9065
- Text : 7924
- Departmental Library : 1216
- Non-Medical : 375

Total journal volumes:-
- Bound : 3360 Volumes
- Loose : 1270 issues

Theses & Research Reports : 2319

Other Publications:-
- WHO Publications : 1563
- International & Nepalese Publications : 267
- BPKIHS Publications : 126

E-RESOURCES:

A. <u>Free access</u>
- **Research4life (HINARI**, AGORA, OARE, GOALI) – Free access
- E-book : 130,000 titles – Free access
- E-journals : More than 30,000 peer-reviewed

- Europe PMC

B. Subscribed

- UpToDate

C Institutional

- E-theses and Research reports -

2. ACTIVITIES ADDED:

1. Renewal of the UpToDate resources
2. Upgraded the Library Integrated Software (Koha & DSpace) with the latest version.
3. Maintain e-theses in Digital Library@BPKIHS.
4. Enhanced the Research4life (HINARI and other databases) resources access through e-library.
5. Organized 'Information Literacy' programme for capacity building of PG and UG students.
6. Conducted Literature Search, resource access and use of Mendeley tool in scientific writing.

LIBRARY HOURS

In spite of two days of holiday provision in a week, the library is kept open 7 days a week (except institute declared holidays).

Sunday – Friday	:	8 am to 9 pm
Saturdays	:	8 am to 5 pm

Note: Opening hour may be changed.

2. PLAN OF ACTION

1. Continue building up the Digital Library of Theses, Research Reports & Faculty Research Articles, Scientific Abstracts Book & other institutional repositories.
2. a. Organize "Information Literacy / Skill Development Programme".
   b. Organize webinar on "Leveraging **Artificial Intelligence** to enhance Teaching, Learning and Research Excellence".
3. Develop the library collection & renovate the Departmental Library.
4. Collection development with new titles and subscription to print journals.
5. Subscription to UpToDate online database.
6. Workout to install "Anti-Plagiarism Software" and provide the services to faculties, researchers, students.
7. Extension of the library having 100 seats.
8. Old theses/hard copy to be digitized.

14.2 COMPUTER SECTION

Members

Mr. Kamal Huges Rai	Incharge
Mr. Roshan Subedi :	Senior Computer Operator
Mr. Binod Kumar Yadav :	Computer Clerk
Mr. Ashok Rai :	Helper
Mr. Rajendra Rai :	Helper

1. SECTION PROFILE

Information technology cannot be neglected in the process of institutionalization of any organization in this 21st century (the IT Super Highway Age). Therefore, BPKIHS has also taken a fast pace to upgrade information technology in the institute. In this process faculty, staff and students are provided with high speed internet service to promote research, teaching-learning activities and day to day function.

In the other hand hospital management information system software are implemented in registration counters, billing counters, inpatient registration, clinical laboratory services (Biochemistry, Haematology, Microbiology, Sample collection, dispatch counter), orthopaedics ward, Emergency ward, Radiology department, Psychiatry Ward, Psychiatry (rehabilitation) ward, Antenatal Ward, Post Natal Ward, Gynae/Obs. Ward, NICU/PICU/Nursery ward, Paediatric Unit I and II, Maternal Child Health Ward, Medicine Unit I, II and III, Surgery Unit I, II and III, ENT Ward, Day Care OT, Eye Ward, Dermatology Ward, Blood Bank, Paying I and II, Medical records, Finance Section, Store Section, Library, Paediatric Emergency, and leave records, Procurement Section etc.

All the departments and sections are well connected through Local Area Network to facilitate the file sharing and printing service, intranet site, internet and to run Hospital Management Information System software as well.

Computer Section is providing LAN (Local Area Network) management and troubleshooting, hardware maintenance and software installation in the different departments and sections. Regular classes of "Computer Application" to MSc. Nursing, B.Sc. MLT, B.Sc. MLT, B.Sc. Perfusion students as per syllabus, regular participation support in the e-bidding system of the Institute, regular maintenance of e-attendance system and IP & internet bandwidth management, regular maintenance.

2. ACTIVITIES

1. Networking of the MCH Building and Installation of New Computers
2. CCTV Camera Management, Security Office Monitoring, and Integration of the Monitoring System Software
3. Implementation and Integration of an API for the बिपन्न नागरिक औषधि उपचार कार्यक्रम
4. Implemented Managed Network Billing and Hospital Area (Partial).
5. Implemented 100 new PCs with LAN and HMIS for Health Insurance.
6. Implemented MiDas HMIS at Registration, Billing Counters, Lab Report and Dispatch, In-Patient Admission & Discharge, Special Biochemistry, Reporting print from wards.
7. Supported for Digital library installation & development.
8. Teaching regular classes of "Computer Application" to MSc. Nursing, B.Sc. MLT and B.Sc. MLT students as per syllabus.
9. Successfully running Telemedicine program at Centre and periphery.
10. Successfully running eLearning program at Centre and periphery.
11. Successfully implemented the e-bidding system of PPMO.
12. Network extension using Optical Fiber and Cat6 Cable at Covid-19 Hospital, Isolation (Dharmashala), Nirvana country Club, and Dental College.
13. Implemented New Firewall Sophos.
14. New e-attendance System integrated with Salary Software.
15. Installation of 55 New Computers at Emergency, Wards and Labs.
16. Successfully implemented Discharge at all Wards, Emergency.
17. Successfully implemented OT Notes at all OTs.

18. Successfully implemented Online Payment System using QR Code at all billing counters.
19. Successfully implemented Online Patient Registration and Lab Reporting Mobile App (Android).

3. PLAN OF ACTION

1. Comprehensive Digitization of the Entire BPKIHS Premises, Subject to Budget Availability
2. Installation and Deployment of CCTV Surveillance Cameras at the Main Gate, Dental Gate, and Parking Areas
3. Implementation of a QR-Based Registration and Queue Management System in the OPD
4. Implementation of New Integrated Hospital Management System.
5. Implementation of Academic Module and Exam Module.
6. Development of Modular Data Center with Blade Server.
7. Upgradation of Local Area Network (depend upon budget availability).
8. Upgradation of 300 old computers.
9. Infrastructure Development (Networking) for Hostels and Residential areas to provide Internet Service for all with new policies.

14.3 DIETETICS SECTION

FACULTY MEMBERS

Shilpi Kumari	**:** Assistant Professor, Incharge/Chief

STAFF MEMBERS

Navin Psd Shrestha	: Sr. Foreman
Bhupal Shrestha	: Sr. Foreman
Megh Raj Limbu	: Sr. Foreman
Jeevan kumar Rai	: Sr Foreman
Raj Kumar Sunuwar	: Foreman
Bal Kumar Rai	: Cook
Dikmaya Shrestha	: Helper 1
Indra Shrestha	: Helper 1
Chandrika Saf	: Helper 1
Rajesh Pandit	: Helper 1 (Contract)
Birsari Rai	: Helper 1(contract)

1. SECTION PROFILE

Vision

To be a center of excellence in clinical nutrition and dietetics by providing evidence-based, patient-centered nutrition care that promotes health, enhances recovery, and improves patients' quality of life.

Mission:

- To provide comprehensive, safe, and evidence-based nutrition assessment, intervention, monitoring, and evaluation for all patients.
- To promote disease prevention and health through nutrition education and counseling.
- To ensure the provision of nutritionally adequate, safe, and therapeutic meals tailored to individual patient needs.

- To collaborate with multidisciplinary healthcare teams in delivering holistic patient care.
- To support continuous quality improvement, research, education, and professional development in nutrition and dietetics.

Core Functions:

Nutrition Assessment
- Conduct comprehensive nutritional screening and assessment for inpatients and outpatients.
- Identify patients at nutritional risk and develop individualized nutrition care plans.

Medical Nutrition Therapy (MNT)
- Provide evidence-based therapeutic diets for patients with acute and chronic diseases.
- Monitor and evaluate patients' nutritional status and modify interventions as needed.

Diet Counseling and Education
- Educate patients, caregivers, and families on disease-specific nutrition management.
- Promote healthy eating practices for disease prevention and recovery.

Therapeutic Diet Planning
- Develop standardized therapeutic diet menus according to clinical guidelines.
- Ensure prescribed diets meet patients' medical, nutritional, cultural, and religious needs.

Food Service Management
- Coordinate with the staff of the hospital kitchen to ensure timely preparation and delivery of safe, hygienic, and nutritionally adequate meals.
- Monitor food quality, portion control, and patient satisfaction.

Nutrition Support Services
- Participate in enteral and parenteral nutrition support teams.
- Monitor nutritional support and prevent nutrition-related complications.

Quality Assurance
- Monitor nutrition care indicators and food service quality.
- Conduct audits and implement quality improvement initiatives.

Multidisciplinary Collaboration
- Work closely with physicians, nurses, pharmacists, speech therapists, and other healthcare professionals to optimize patient outcomes.

Research and Professional Development
- Conduct and participate in nutrition research and clinical audits.
- Engage in continuing education, training, and evidence-based practice.

Community and Public Health Nutrition
- Organize nutrition awareness programs, health promotion campaigns, and outreach activities.

- Support hospital initiatives related to preventive healthcare and nutrition education.

3. DEPARTMENTAL ACHIEVEMENTS AND SUMMARY

Key statistics

Ward-wise diet consumption data (2082-4-1 to 2083-3-31)

WARD	Total H. diet	Normal diet	Soft diet	Diabetic diet	Liquid diet (milk)	Blenderized tube feed
ICCU/CCU	9356	-	-	-	4678	4678
Surgical 1	6354	4446	945	213	375	375
Surgical 2	4096	2964	317	413	201	201
Surgical 3	7868	5941	790	237	450	450
Eye	2954	2765	2	153	17	17
ENT	5214	3807	11	364	516	516
Ortho	10381	9123	8	878	186	186
Med 1	9853	6559	52	1544	849	849
Med 2	6732	5143	329	1244	8	8
Med 3	8000	6680	267	807	123	123
ANW	7824	7106	-	718	-	-
PNW	7951	6086	1852	13	-	-
Gynae	6310	5750	83	477	-	
Pediatric 1	9121	6478	136	31	1238	1238
Pediatric 2	7716	5934	44	4	867	867
Derma	2699	1806	3	422	234	234
Tropical	3917	2433	-	1322	81	81
NICU/PICU	1714	-	-	-	1714	-
Neonatal	233	233	-	-	-	-
Psychiatric	6886	6446	-	428	6	6
SICU	4074	-	-	-	2037	2037
Pulmonary icu	5386	-	849	1	2268	2268
Ortho Obs	1544	1300	-	244	-	-
Total	136183	91000	5688	9513	15848	14134

Dietetics OPD & IPD service (16/07/2025- 15/7/2026)

S.N.	Disease conditions	OPD	IPD
1.	Diabetes (associated with other conditions)	372	59
2.	Ckd	28	35
3.	Liver disorder	7	8
4.	Malnutrition (obesity & undernutrition)	8	4
5.	Cancer		46
6.	Burn		15
7.	GDM	178	4
8.	Pulmonary diseases	7	5
9.	Cardiovascular disorder	34	24
10.	Others	26	15
		660	215

- **Major challenges**

  High patient load and limited dietetic staff resulting in reduced time for individualized nutrition counseling.
  Poor patient adherence to prescribed therapeutic diet due to cultural preferences, financial constraints, or lack of awareness.
  Limited resources and budget for specialized therapeutic diets, nutrition education materials, and equipment.
  Inadequate coordination between the dietetics section and other clinical departments, leading to delayed nutrition referrals.
  Insufficient nutrition awareness among patients, caregivers, and some healthcare providers.
  Difficulty in monitoring patients after discharge, affecting continuity of nutrition care.
  Solutions taken against challenges

- **Solutions taken against challenges**
- **Provide individualized nutrition counseling** using simple, culturally appropriate, and cost-effective dietary recommendations.
  - **Conduct regular nutrition education sessions** for patients, caregivers, nurses, and hospital staff to improve awareness and compliance.
  - **Strengthen multidisciplinary collaboration** through regular communication with physicians, nurses, and other healthcare professionals for early nutrition referrals.
  - **Develop standardized diet protocols and educational materials** to improve efficiency and maintain quality of care.
  - **Promote continuous professional development** through staff training, workshops, and evidence-based practice to enhance service quality.
  - **Implement follow-up services**, such as outpatient appointments or telephone counseling, to support long-term adherence to nutrition therapy.

3. ACADEMIC ACTIVITIES
Undergraduate Teaching

- Teaching hours

Programe	Teaching Hours(Theory)	Teaching Hours(Practical)
BSc. Nursing	15	none

Other Teaching Activities
Internship/ observership to Master's in Nutrition & Dietetics, Padmkanya Institute, PU and B.Sc Nutrition & Dietetics from Central Campus of Technology, Hattisar, TU. Clinical posting of B.Sc. Nursing.

4. RESEARCH ACTIVITIES
Faculty Research Activities

Ongoing Research Projects

S.No.	Principal Investigator	Title
1.	Shilpi Kumari	Association of DEXA-Measured Body Composition with Diabetes, Obesity, and Hypertension in patients visiting Dietetic OPD in tertiary care center of eastern Nepal
2	Shilpi Kumari	Knowledge, Attitude and Practice of Type 1 Diabetes Mellitus Patients Regarding Food and Nutrition: A Cross-Sectional Study

5. **CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAININGS**

a. Attended/ organized by Faculties

Shilpi Kumari

1. Attender 1st Eastern Nepal master class, a CME organized by Diabetes Nepal on the occasion of World Hormone Day as a Speaker
2. Organized one-day CME for dietitians on the topic "MNT in Obesity2026 on April 24th 2026.
3. Organized CNE on "MNT for critical care unit" on August 20th 2025
4. Organized "Renal nutrition" on September 3rd 2025

6. QUALITY IMPROVEMENT

- **Clinical audits**

  Infection control:

  - Strict adherence to hospital infection prevention and control (IPC) policies during food preparation, handling, transportation, and meal distribution.
  - Routine microbiological analysis of prepared foods, kitchen surfaces, equipment, and water to ensure food safety.
  - No food-borne infection outbreaks or diet-related hospital-acquired infections have been reported during the audit period.
  - Continuous staff training on hand hygiene, personal protective equipment (PPE), and safe food handling practices.

  Others: Routine microbiological surveillance of hospital kitchen and food samples.

7. SWOT ANALYSIS

Strengths	**Weaknesses**
• Qualified dietitians providing evidence-based medical nutrition therapy. • Individualized nutrition assessment, counseling, and therapeutic diet planning. • Strong collaboration with physicians, nurses, and other healthcare professionals. • Improved patient recovery through nutrition-focused care and regular monitoring.	• Limited number of dietitians to meet increasing patient demand. • Inadequate resources and budget for nutrition education materials and specialized diets. • Limited awareness among patients and staff regarding the importance of clinical nutrition. • A heavy workload may reduce the time available for individualized counseling.

Opportunities	Threats
● Increasing recognition of nutrition as an essential component of patient care. ● Expansion of outpatient nutrition counseling and preventive health programs. ● Opportunities for research, quality improvement, and professional development. ● Adoption of electronic medical records and nutrition software to improve efficiency.	● Budget constraints affecting staffing, equipment, and food quality. ● Rising patient load leading to increased workload and burnout. ● Shortages or fluctuations in the availability and cost of therapeutic food items. ● Limited institutional support or referrals for nutrition services in some clinical areas.

8. PLAN OF ACTION

- Faculty Developmental activities: As per MSS guidelines, more appointments of dietitians & staff.
- Future requirements of Equipments/Instruments: Procurement of a food trolley and cold storage room in the hospital kitchen.
- Patient Care: Improve patients' nutritional status and clinical outcomes.
- Reduce nutrition-related complications and hospital length of stay.
- Enhance patient satisfaction with nutrition services.
- Ensure compliance with national and international nutrition standards.
- Promote lifelong healthy dietary practices among patients and the community.
- Provide nutrition-related information among staff and the community

14.4 ENGINEERING SECTION

14.4.1 CIVIL ENGINEERING SECTION

MEMBERS

Er. Madan Kumar Sah	Engineer (Civil), Chief /Incharge
Mr. BikashBashyal	officer (Engineering)
Mr.SambidhanmaniNeupane	Sr. Overseer
Mr. Nathuramchaudhary	Sr. Overseer
Bharat LalChaudhary	Plumber-5
JitBahadurGurung	Plumber-5
Bhagya Narayan Chaudhary	Plumber-4
Pradip Kumar Sah	Plumber-4
BasuDevPandit	Plumber-4
SambhuChaudhary	Plumber-3
BirendraBahadurBist	Plumber-3
TekBahadrShrestha	Sr. Foreman Carpenter
GopalShrestha	Sr. Foreman Carpenter
Pasang Sherpa	Sr. Foreman Old WT
Surendra Mani Tamang	Sr. Foreman Old WT

RadheshyamBasfor	Foreman Sewage
SandeepBasfor	Foreman Sewage
Deepak Basfor	Foreman Sewage
NetraBahadurShrestha	Helper-2 WT
SandeepChaudhary	Helper-1
JeevanMagar	Helper-1 WT
SumitraRai	Helper-1 Office
Durga Sharma	Helper-1 Carpenter
SherBahaurMaldar	Helper-1 Carpenter
Padam Shankar	Helper-1 Masom
Shiv Magranti	Helper-1 Mason
Singh Raj Rai	Helper-1 Mason
RajuRai	Helper-1 Shivjatta
Kul Prasad Rai	Helper-1 Shivjatta
Ranjit Malik	Helper-1 Sewage
PravinBasfor	Helper-1 Sewage
KundanBasfor	Helper-1 Sewage
PramodMarik	Helper-1 Sewage
ChhetraBahadurGiri	Daily Wage Sewage
Indra Man Rai	Monthly Shivjatta
MadanRai	Daily wage Shivjatta
Pradip Dum	Dailywage Sewage
Rahul Marik	Dailywage Sewage

1. SECTION PROFILE

The Civil Engineering section is the one of the most important sections of the institute. The section is mainly responsible for operation of maintenance work, supervising infrastructural maintenance and receiving the instruction from executives for any repair, maintenance and modification. Along with the major task , the section is responsible for preparation of estimates ,forwarding for further process with recommendations , preparation of engineering related bid documents, site supervision and monitoring/reporting the sites , preparation of running/final bills ,receiving the daily complaints from complaint units, scanning and setting out the priority to operate daily maintenance works. Operation of water treatment plant collected from Terahara undergrounds source and Shivajutta gravity flow source for balance distribution of potable water from its pipe lines in hospitals/residence/ hostels and managing sewerage treatment plants. The section is responsible for repairs of roads, drains, roofs, painting various hostel, hospital and residential buildings and Horticulture works as well as construction and when required. The section is running its activities as operation and maintenance works and providing technical support for construction of new infrastructures documentations with its 38nos manpower is assuming one of the major key sections in the Institute.

VISION

The vision of a Civil Engineering Section is to ensure safe, resilient,sustainable infrastructure development and sustainable infrastructure through proactive asset management, cutting-edge maintenance technologies, and efficient lifecycle cost reduction to protect community well-being.

MISSION

1. To impart Civil Engineering knowledge and skills to meet Institute needs.
2. To provide a supportive environment for institute users to develop professionalism, creative and ethical practice.
3. To preserve, protect, and optimize the functional safety, structural integrity, and economic value of built infrastructure such as buildings, roads, drain, sewer pipeline system, water treatment plant, and water systems through proactive management, routine upkeep, and timely repairs.

CORE FUNCTION

1. To improve the life span of the structure.
2. To have a better appearance.
3. To prevent major deterioration that leads to collapse.
4. To ensure safety of occupants.
5. To ensure feeling of confidence by users.

2. ACTIVITIES

1. Partial hospital toilet repair work completed.
2. Construction of a new toilet at the emergency area.
3. Completed, Repair, maintenance and painting work LT1, LT3 and LT4 only at new academic block.
4. Aluminum work for modification and development of the hospital area.
5. Partially Repair, maintenance and painting work at hospital.
6. Maintenance of the chlorine dosing pump at old and new water tanks.
7. Daily repair and maintenance of carpentry, masonry, plumbing, sewerage, water treatment plant operation work through registered complaint /duty schedules from departmental materials from store office,24 clock water supply valve operating in hospital, residence and hostel area.
8. Office meeting, co-ordination with departments.
9. Gabion work and protection work Partial completed at shivjatta.
10. Preparation of Annual plan and solution of various Engineering related works.
11. Renovation / maintenance of different buildings for hostel and residence.
12. Attending alternate weekly/monthly staff meetings, participating differently.
13. Replacement of H-Span /CCGI sheet at different ward, medical storeand partially nursing area.
14. Road repair at screen gate to temple area.
15. Repair, maintenance and painting work at different areas of the hospital.
16. Drain protection work at hostel area.

Requirement of Manpower

Sn	Description	Required No	Remarks
1	Officer Engineering	2	
2	Sanitary Assistant	3	
3	Overseer(Sub-Engineer)	1	
4	Sub Overseer	4	
5	Plumber	7	

Sn	Description	Required No	Remarks
6	Carpenter	1	
7	Mason	5	
8	Forman	9	
9	Computer Clerk	2	
10	Painter	2	
11	Painter Helper	2	
12	Welder	1	
13	Welder Helper	1	
14	AutoCADDraftsman	1	
15	General Helper	6	

3. REQUIREMENT OF EQUIPMENT AND OTHERS

a. Jet cleaning pressure machine
b. Aluminum cutter machine
c. Material Transportation Vehicle
d. Safety Instrument
e. Engineering Transportation Vehicle
f. Water Treatment Plant
g. Sewage Treatment Plant
h. Pumping Set
i. Water Tanker

4. SWOT ANALYSIS

STRENGTH	WEAKNESSES
1. Experience and Skilled technical manpower with deep knowledge of structural and material behavior. 2. Established standard operating procedures for routine inspections. 3. Quality of work. 4. Enough established Infrastructures & Services. 5. Permanent Structures. 6. Capacity to utilize an urgent maintenance team. 7. Team work & Croup Discussions for solution only problems.	1. Slow adoption of modern digital tracking tools. 2. Aging internal workforce with a gap in younger technical talent. 3. Lack of manpower and material cannot handle dedicated time. 4. No more complaints received on day to day skilled manpower can't give proper time. 5. Limited supervisions & working team. 6. Lack of timely scheduled maintenance work & preventive maintenance work. 7. Lack of Budget. 8. Lack of Authority. 9. Lack of organization structure hierarchy.

	10. Lack of scheduled work as per plan of Action.
OPPORTUNITIES 1. Train staff on green infrastructure and sustainable repair materials. 2. Technical manpower's have a good opportunity of working in other areas/countries. 3. Skilled manpower works in any environment. 4. Capable of establishing a Digital maintenance system. 5. Capable of establishing engineering Software. 6. Easy to Regular training& orientation. 7. Easy to MOU with engineering Institutions to avoid locking technical manpower. 8. Easy to install & operation water treatment plant, sewerage treatment plant and other related. 9. Easy to establish a Health and Safety system. 10. Easy to provide motivation to the maintenance work force.	**THREATHS** 1. Huge curtailment of maintenance Budget. 2. Interruption of water supply during flood, landslide & Electrical supply & other mechanical Reasons. 3. Extreme weather events accelerating infrastructure degradation. 4. Stricter environmental and local forces increasing compliance overhead. 5. Supply chain delays for specialized hospital materials. 6. Avoiding participation of engineering technical manpower during the decision making process. 7. Unable to Realize the Importance of technical/civil engineering setup Role & Responsibility to higher authority / administration to achieve the goal of projects / maintenance / preventive works.

5. PLAN OF ACTION

- Constructing and alternate water supply distributing pipe lines at different areas.
- Repair, maintenance and painting work of remaining old and new hospital buildings.
- Construction of a 60 student capacity hostel.
- Maintenance of water supply and sewerage treatment plant.
- New intake construction of an extra water source.
- New intake Reservoir tank almost 2 lakh ltr capacity of construction work at Shivjatta.
- Add a new alternative route of water supply at Shivjatta.
- Road improvement works.
- Road drain and other drain repair works.
- Renovation works of CODS and lecture hall block.
- Repair, maintenance, painting and water proofing maintenance work of the hostel area.
- Repair, maintenance and painting work at the guest house.
- Construction supervision of new buildings and all types of infrastructure works.

- Construction of a reservoir water tank in the jungle area.
- 3-4 no of Deep tube wells work within BPKIHS premise or surrounding area.
- Expansion and maintenance of water supply pipeline and points at Seuti and Shivjatta stream source.
- Renovation works in required building roof truss CGI sheet/Tar felt layer over buildings.
- Audit/Updating of engineering infrastructure from hire of consultant Master plan update.
- Upgrading the engineering staff for application of automation tools with appropriate training.
- Field visit/site visit and training in various areas of hospital and industry/project for development of engineering staffs.
- Package of Repair and renovation of gate valve 500and sewerage manhole chamber500 no, road side drain 3km & sewerage treatment plant.
- Requirement and fulfillment of additional manpower for the section.
- G1 and G2 sewer line pipe modification, alternative route and extension work.
- Repair and maintenance of plumbing / sewer pipe lines which are affected by earthquake or settlement.
- Monitoring the construction site, utilizing the departmental work force for daily routine work with Emergency work on priority basis.
- Estimating the instructed work, costing the work, preparation of Tender documents ,participating for evaluation of various committee meetings, attending the meetings, reporting the authority and final bill recommendation and forwarding for payments, monitoring the departmental staffs ,repair and maintenance of Teaching districts ,Conducting weekly staff meetings, operation of distribution of potable water to Hospitals, hostels & Residences on routing basis.
- Water supply filter and tank maintenance and cleaning periodically.
- Teaching District hostel repair works when required.
- Replace of albustas sheet of roofing at Hospital area
- Construction of road side Footpaths with interlocking blocks.
- Construction of boundary wall at Temple area.
- Replacement of fully automatic water treatment plant and Sewer treatment plant.
- Replacement and maintenance of the old sewer line. New Sewer pipe line is required in certain areas of BPKIHS premises.
- Kholsi Protection Works.
- Anti-termite work of BPKIHS premises.
- Ready to work during an emergency from the department workforce.
- Other work instruction executive authority.

14.4.2 ELECTRICAL ENGINEERING SECTION

STAFF MEMBERS

Mr. Netra Bahadur Khadka :	Chief (Engineer)
Mr. Lalbabu Ujal Chaudhary :	Overseer
Ms. Anita Bhandari :	Telephone Operator-4
Mr. Ran Bahadur Puri :	Senior Foreman
Mr. Sushil Kumar Subba :	Senior Foreman
Mr. Girendra Kumar Sah Halwai :	Senior Foreman
Mr. Rabindra Kumar Bista :	Senior Foreman
Mr. Roshan Adhikari :	Senior Foreman
Mr. Bishnu Prasad Kattel :	Senior Foreman
Mr. Afsar Husain Ansari :	Senior Foreman
Mr. Mahendra Bhagat :	Senior Foreman
Mr. Santa Kumar Chaudhary :	Senior Foreman
Mr. Sudhanlal Shingh :	Senior Foreman
Ms. Sunita Khatiwada :	Helper (Level 1)

1. BACKGROUND

The Electrical Engineering section has been playing a vital role in providing services like repair and maintenance of existing electrical, telecommunication, air-conditioning and refrigeration systems within the institute complex. This section also provides necessary engineering services for electrification of various buildings as well as street lighting . It also provides electricity supply by operating captive diesel plants during the interruption of the supply of Nepal Electricity Authority . The section has been providing overall repair and maintenance and monitoring of various electrical communication and air conditioning related works. This section is also responsible for preparation of engineering documents and forwarding towards the higher authorities for approval.

The Electrical Engineering Section is mainly responsible for:

1. Repair and maintenance of telephone underground network and telephone sets Periodically.
2. Attending managing and executing day to day electrical, telecommunication and air conditioning /refrigeration complaints as per request.
3. Preparations of tender documents, evaluation and recommendation, execution and hand over of the various works.
4. Monitoring, evaluation and recommendation for payments of various AMC related to this section as per the policy of the institute.
5. Supervision of CMC of EPABX System/lifts.
6. Repair of electrical equipment, building electrification, compound light/street light & air conditioning equipment under AMC.
7. Preparation and submission of progress reports to concerned authorities as and when required.
8. Co-ordination with different concerned divisions and sections for various works.
9. Providing the technical services to higher authorities for the selection of consultants/ Contractor for engineering related works as per rule and instruction if needed.
10. Design, drawing, estimating and costing for the various types of electrical HVAC and communication works as per requirements..

11. Maintenance of up equipment and regulate the electricity supply to the critical area.

2. **MAJOR WORKS CARRIED OUT**

i. CMC of EPABX with VMS system of Telephone Exchange.
ii. Installation of 800 A ACB at" S/S' C.
iii. Installation of 500 KVA AVR S/S " D".
iv. Installation of 800 A change over switch at S/S ' B' .
v. Interconnection of S/S 'B' TO F.P (LAB) through 3 ½ * 300 sq mm AL cable.
vi. Replacement of underground cable from F.P1 to G2 feeder piller by 3 ½ *240 sq mm AL cable.
vii. provision of extra new 3 ½ * 240 sq mm AL cable from S/S ' C' to F.P 1 for further load expansion.

3. **PLAN OF ACTION**

- Supervision of electrical Operation/maintenance work as per agreement.
- Supervision of CMC of Lifts.
- Review of AMC contract with concerned authorities/companies and forwarding to the higher authority.
- Upgrading various electrification works, streetlight, substation, power plant equipment/plants as per need.
- Supply and fitting of automatic synchronizing panel for New D/G sets.
- Upgrading of the old power house with the D/G set 2000 KVA on turnkey basis.
- Replacement of VCB & OCB/ACB etc of substations/power House.
- Repairing and maintenance of new hospital HT incoming feeder/ underground cable.
- Upgrading of the substation C for future electricity load distribution.
- Supply and Installation of two set electrical main feeder pillars from Substation A to residential area.
- Upgrading of street lighting and compound lighting with Energy Saving Lamps (LED)/solar lights.
- Energy audit works on electrical systems.
- Effective monitoring of Sub meter testing and sealing.
- Making Rule and regulation for electricity tariff & bills.
- Expansion of Telephone Network with PVC ducting for hospital and residence telephone lines with laying jelly filled underground telephone cable MDF , DP as per telephone line distribution policy.
- Maintenance of refrigerators, water coolers, deep fridges, solar system etc.
- Supply and installation of split Air conditioners of various rating in the Hospital, College etc. as per policy and demand.
- Repair & maintenance of solar system of hospital block/hostel/guest house etc
- Supply & Installation of 1000KVA AVR at hospital electrical substation.
- Supply & Installation of central UPS system for hospital bill Counter/Radiology/labs etc

- Maintenance of fire extinguishers for Hospital & Other Area.
- supervision of operation/maintenance of central air conditioning plant and various types of airconditioners under contact.
- supervision of cmc of EPABX (Hicom 382 and Hipath 4000) system and review of cmc after expiry of the contract.

14.4.3 ELECTRO-MEDICAL & BIOMEDICAL SECTION

Er.Rahul Mishra Chief Electro-Medical & Bio-Medical Section

Staff:

1. Er.Pradip Raj Sah	BME
2. Saroj Kr.Yadav	Sr.GradeTechnician
3. Bishnu Prasad Parajuli	Administrative Assistance (Administrative Staff)
3. Barun Pd.Gupta	Sr.Technical Assistant
4. Badri Rikhiyasan	Sr.Foreman
5. Dik Bhdr. Budhathoki	Sr.Foreman
6. Amar Puri	Sr.Foreman
7. Umesh Thakur	Helper-1
8. Madan Rai	Helper-1
9. Sauryajit Magar	Helper-1
10. Toyanath Ghimire	Helper-1

1. SECTION PROFILE:

a. **Vision:** To ensure the safe, reliable and continuous availability of all medical and non-medical equipment and machines, thereby supporting quality patient care, teaching, training and research at BPKIHS.

b. **Mission:** The Electromedical and Biomendical section is committed to provide timely, technically sound and cost-effective maintenance services through preventive maintenance, corrective maintenance, proper repair, calibration, safety testing and efficient equipment management. The Section will work closely with clinical, academic, administrative and support departments to minimize downtime of the equipment, extend equipment life and promote safe and effective utilization of hospital assets.

c. **Core Functions:**

- Plan and carry out preventive, corrective, breakdown and emergency maintenance.
- Maintain an updated inventory, service/maintenance history, warranty details and condition status of all the medical and non-medical equipment.
- Conduct inspection, troubleshooting, repair, calibration, performance testing and electrical safety testing.
- Ensure timely restoration of critical equipment to minimize downtime and interruption of patient care.

- Prepare the technical specification of the equipment and machines as per the need, requirement and demand of the user/department and as per the instruction of the authorities.
- Provide support in the equipment selection, technical evaluation, installation, commissioning, acceptance testing, replacement and disposal.
- Ensure the availability of essential tools, testing instruments/devices, spare parts, accessories and consumables.
- Provide/Manage user guidance and training on the safe and proper operation of the equipment.
- Monitor equipment performance, preventive maintenance, maintenance costs, recurring faults and service.
- Coordinate with the service provider to avail service/maintenance of the medical and non-medical equipment locally or through amc/cmc
- Implement the directives of the hospital director and higher authorities related to equipment service/maintenance, repair, safety, procurement etc.

2. SECTION ACHIEVEMENT/ACTIVITIES (JOB CARRIED):

1. Total complaint received through inter corresponding letter is around 900
2. In-house activities recorded in the logbook is around 400
3. Installation and Commissing of Electrically Operated Hooter in the Emergency Bldg.
4. Installation and Demonstration of Light Thermal Fogging Machine
5. Retrofitting and Operation of the Central PA system.
6. Installation and Operation of PA system at new academic 1st floor exam class room.
7. Installation and Demonstration of CBCT Machine at CODS
8. Installation of CTVS MOT
9. Installation of Projectors for academic purposes
10. Installation and Operation of New Digital Token Display for Queue mgmt. in opds and also replacement of non-functional.
11. Repair of 800mA Meditronics X-ray machine (Tube Head), Portable X-ray machine (PS), 125 KVA UPS, 3KVA UPS (6nos) & LED TV's.
12. Service/Maintenance of Multi-Headed Microscopes (9/7/5/3) of Olympus & Nikon
13. Installation of Servo Voltage Stabilizer, Re-Winding and works of air compressor of Covid Oxygen Plant.
14. Extensive repair/maintenance of Hospital Furniture (Bed-136 nos. Bedside locker-105 nos. wheel chair-46 nos., attendant tool-36 nos., patient trolley-102 nos, medication trolley-10 nos, Bedside screen- 07nos, ward office table – 06nos.)
15. Ten patient trolleys received from the store have been repaired by replacing the tops with mattresses, wheels and casters, welding and fitting were carried out followed by painting.
16. Thirty oxygen terminal outlet replaced on urgent basis to avoid major leakage of oxygen.
17. Procurement of Autoclave Machine for GOT and Installation under process.
18. Repair and Functioning of 3 Drager Anaesthesia Machines (Fabius Plus)
19. Installation and Functional use of RIRS
20. Preventive and Unscheduled Maintenance of non-medical equipments/machines: photocopier m/c, projectors, laundry m/c, manifold etc
21. Preventive and Unscheduled Maintenance of medical equipment/machines: patient monitors, pulse oxymeter, ECG, nebulizer, suction machine, cautery machine etc.

22. Various Dental Equipments and Machines under Installation process.
23. Day to day of repair /maintenance of Ventilators and Process raised for the repair of PB840 ventilators & Bellavista1000 ventilators
24. Installation and Operation of Fifteen high end dental chairs received from the MOHP in the CODS.
25. Extensive repair of Schaerer OT Table and Kiran C-arm.
26. Out of the six Drager Evita XL ventilators received from the MOHP, three installed and in- use and rest three non-functional and under repair.
27. Installation, Demonstration and Operation of 250 Ltrs. Vacuum Autoclave in the Incinerator under pandemic fund aid as donation from Water Environment and Life Nepal.

3. ACTIVITIES ON GOING:

- Installation of Dental Equipment and Chairs is under process.
- Installation of Autoclave for GOT under Process
- CMC of Covid Oxygen Plant under process for its smooth functioning and operation
- Service/Maintenance contract with stationed skilled manpower at the Institute with NIC under process.
- Parts availability of ventilators under process
- Accessories & Consumables for mindray , edan etc patient monitors under process
- Repair/Maintenance and Painting of covid hospital (replaced with emg beds) patient beds, lockers, trolleys , stool etc under work
- Procurement, Supply and Installation of hospital cubical tracks & curtains with ceiling support and iv tre system with iv pole for ICU under process
- Procurement, Supply, Installation and Commissioning of MGPS for Eye, ENT, Ortho and Dialysis (Sero + Patients) Wards under process.
- Procurement, Supply, Installation and Commissioning for the Extension of MGPS for Pulmo ICU under process.
- Supply of 8" Caster with Wheels for Laundry, Food and Patient Trolley under process /awaited.
- MRI Specification in co-ordination with the concerned department under finalization process
- Procurement of Parts, Its Supply, Fitting, Calibration and Functional Operation of all non-functional PB840 ventilators and Bellavista1000 ventilators under process.
- Procurement of Parts /Accessories, its Supply, Fitting, Calibration and Functional Operation of all non-functional radiant warmers under process.
- Repair/Maintenance of 1000mA High Frequency X-ray and Hydro-Extractor Machine (2 nos.) under process.
- Follow-up for the repair/maintenance of 1600 lpm oxygen plant, an initiation carried by the Acting Office Chief

4. CONFERENCES/WORKSHOPS/SYMPOSIUM/TRAINING:

- **Sr.Technical** Assistant Barun Prasad Gupta, Completed a one day maintenance and technical on-site training on Nipro Dialysis Machine from 30/04/202 To 30/04/2026.

5. HONOR/MILESTONE ACHIEVEMENTS/AWARDS:

- Er.Rahul Mishra, Completed Certificate Online Course on "Quality and Accreditation Practices in Healthcare"from 18-04025 to 16-05-25.

6. SPECIAL APPOINTMENTS:

- BME Pradip Raj Sah, deputed on a different interval from the Institute as per the request of PUCMAS, Koshi Zonal Hospital & Several Rural Municipality for Technical Evaluation of Equipment Tender as Technical Expert.
- NAMS (Trauma) and TUTH On-Site Visit of the recently procured MRI, studying its process of procurement, estimation, technical evaluation etc for reference in designing the technical specification of MRI for BPKIHS, Dharan.

7. QUALITY IMPROVEMENTS:

- Job Description for all the levels of staff technical as well as administrative prepared and submitted for its implementation after scrutinization and approval from the authorities.
- All the specifications prepared have mandatory mention of quality standards and its adherence and submission of relevant documents along with the tender as well as with the quote.

8**. INFRASTRUCTURE & EQUIPMENT**:

- Expansion of current space under process.
- Demands of Measurement & Test Instruments (Electrical/Electronic) & Biomedical Specific Testers & Simulators beside general tools.

9. SWOT ANALYSIS:

STRENGTS: ● Experienced and Technically skilled staff with expertise in medical and non-medical equipment. ● Wide repair and troubleshooting capability within the hospital. ● Strong practical knowledge of biomedical, electrical, electronic, mechanical, dental, laundry and support equipment. ● In-house maintenance reduces dependence on external providers. ● Learning by self and increasing the yardsticks of the service area.	**WEAKNESS:** ● Limited staffing for maintaining equipment/hospital furnitures in an 913 bedded medical college hospital. ● Small workshop with limited modern tools, testers, machinery and calibration equipment. ● Dependence on a few experienced staff for specialized repairs. ● Preventive maintenance and documentation may be delayed during corrective or unscheduled breakdown workload. ● No Regular or Scheduled Training of Technical Staffs.
OPPORTUNITIES: ● Upgrade the workshop with modern tools, testing instruments and safety analyzers. ● Introduce computerized maintenance management (CMMS) and updated asset records. ● Provide regular training, cross-training and specialized technical development.	**THREAT:** ● Failure of critical equipment may affect patient care, teaching and hospital services. ● Rapid technological changes and obsolete equipment may exceed existing technical capacity. ● High cost or delayed availability of parts and authorized repair services.

● Strengthen vendor support; expedite procurement process, spare parts management and equipment replacement planning. ● Downtime reduction by expediting the procurement process and certain delegation of authority in terms of finance and administration from the authority.	● Power fluctuations, improper equipment use and handling, staff shortages and loss of experienced personnel may increase downtime and safety risk. ● Tarnishing of reputation.

10. PLAN OF ACTION:

- Ensure Completion of Ongoing Activities & work on priority.
- Initiate for the procurement of Measurement & Test Instruments (Electrical/Electronic) & Biomedical Specific Testers & Simulators beside general tools on priority.
- Strengthen maintenance systems and practices to improve service quality, equipment reliability and minimize downtime of critical medical equipment and hospital systems.
- Continue to initiate the technical, equipment-specific, safety and skill-development training of staff for safe, efficient and effective service delivery.
- Initiate to keep necessary spare parts and consumables in stock.
- Try and Initiate process for buyback for those equipment/machines which are useless or hazardous as per the prevailing public procurement act and rules.
- Try and avail minimum one trained welder & fitter and four trained technicians to meet the word load urgently.
- Continue to try and avail for the Implementation of CMMC and Asset management System for equipment inventory, preventive/corrective maintenance, breakdown tracking, service history and performance monitoring.
- Expedite priority infrastructure and equipment initiatives, including horizontal autoclave, HEPA Filtration Systems for CSSD/OT, Laundry revamp or modernization and advanced biomedical waste management or any better alternative.
- Try and expedite at our end the process of the much needed MRI Machine.
- Initiate comprehensive repair/maintenance of physiotherapy equipment/machines or prepare specifications for the procurement of new.
- Continue to follow up for the repair and functioning of the 1600lpm oxygen plant.
- Attempt to repair the remaining hospital furniture and also initiate the procurement process for essential hospital furniture particularly those items that cannot be repaired or for which repair is not recommended due to excessive cost within prevailing rules.

14.5 FINANCIAL ADMINISTRATION DIVISION

LIST OF STAFF MEMBERS:

Mr. Mohan Kumar Rai	Supervisor	In-charge
Mr. Prasan Tamang	Accounts Officer	Pharmacy
Mr. Roshan Sharma Dahal	Sr. Administrative Assistant	
Mr. Mohan Lal Choudhary	Administrative Assistant	
Mr. Satya Narayan Choudhary	Administrative Assistant	
Mr. Roshan Kumar Mahato	Accountant	Pharmacy
Ms. Bandana Neupane	Accountant	
Mr. Chandra Kumar Magar	Sr. Clerk	
Mr. Ramesh Kumar Khatiwada	Sr. Clerk	
Mr. Anil Kumar Jha	Computer Clark	
Mr. Dhaneshwar Choudhary	Computer Clark	

1. DIVISION PROFILE

a. VISION

To be a center of excellence in public financial management by ensuring transparent, accountable, efficient, and sustainable financial administration that enables BPKIHS to achieve its statutory mandate of providing quality healthcare services, advancing medical education and research, strengthening national health systems, and contributing to the Government of Nepal's goal of a self-reliant and healthy nation.

b. MISSION

- To provide sound financial planning, budgeting, accounting, treasury, and financial reporting services that support the institutional objectives of BPKIHS.
- To ensure efficient, transparent, economical, and accountable utilization of financial resources in compliance with prevailing laws, regulations, and institutional policies.
- To mobilize and manage financial resources for the effective delivery of quality healthcare services, medical education, research, training, and community outreach programs.
- To support the implementation of the Government of Nepal's national health policies, plans, and priority programmed through effective financial administration.
- To strengthen institutional governance through robust internal controls, financial risk management, audit compliance, and evidence-based financial decision-making.
- To facilitate resource mobilization from the Government of Nepal, development partners, research grants, service revenues, and other lawful sources for achieving the objectives of BPKIHS.
- To promote digital financial systems, innovation, and continuous improvement in financial management for institutional sustainability.

c. CORE FUNCTIONS

- Prepare and implement the Institute's annual budget and monitor budget utilization in line with institutional priorities and Government of Nepal policies.
- Manage accounting, treasury, revenue collection, payments, payroll, pensions, banking, and other financial operations of the Institute.
- Prepare periodic financial statements, management reports, and statutory reports, and maintain accurate financial records.
- Ensure compliance with the BPKIHS Act, financial regulations, public procurement laws, tax laws, and other applicable government policies.

- Establish and maintain effective internal financial controls, facilitate internal and external audits, and implement audit recommendations.
- Mobilize and manage financial resources to support healthcare services, medical education, research, training, infrastructure development, and other institutional programmed.
- Provide financial analysis, costing, and budgetary information to support planning, resource allocation, and management decision-making.
- Coordinate with government agencies, development partners, banks, regulatory bodies, and other stakeholders on financial matters.
- Support the effective implementation of national health programs and institutional strategic priorities through efficient financial management and prudent utilization of resources.

2. ACHIEVEMEMTS AND SUMMARY

a. MAJOR ACHIEVEMENTS

- A sum of Rs.68 Crore added in the Pension and Gratuity fund as provisioned in the Budget including Recurring and Fixed Deposit Account.
- Played a key role as a member of the Evaluation Committee in ensuring the timely procurement of quality goods and services through a transparent and competitive procurement process.
- Established a transparent and accountable financial management system in compliance with prevailing laws, regulations, and institutional policies.
- Ensured timely preparation of annual budgets, financial statements, and statutory financial reports.
- Improved efficiency in revenue collection, payment processing, payroll administration, and treasury management through standardized financial procedures.
- Facilitated efficient mobilization and utilization of government grants, internally generated revenue, donor funds, and research grants.
- Enhanced financial reporting and management information to support evidence-based planning and decision-making.
- Facilitated the timely completion of the statutory audit of the Institute's financial records for FY 2080/81 by the Office of the Auditor General.
- Prepared and submitted periodic progress reports on the implementation of the Annual Program and Budget for FY 2082/83 to the Ministry of Health and Population, Government of Nepal, on a regular basis.
- Significantly reduce the amount of audit observations (Beruju) reported by the Office of the Auditor General and further plans will be made and implemented to clear remaining irregularities.
- Executed an agreement with the Employees Provident Fund (Sanchaya Kosh) for the provision of pension services to BPKIHS staff.

b. KEY STATISTICS

B.P. KOIRALA INSTITUTE OF HEALTH SCIENCES
Dharan-18,Sunsari
F/Y 2082/083
BALANCE SHEET

Name	Amount	Name	Amount
Liabilities		Assets	
Capital Grant (Indian Grant)	704221506.12	TO BE DEPOSITED IN BANK	3739809.24
Capital Grant Fund (Fistula Foundation)	4653718.55	TO BE QR DEPOSIT A/c	542822.45
Capital Grant Physical Donation	192100.00	Current Assets	
From Income and Expenditure Statement	2133593796.23	Employees Salary Advance Control A/c	4896467.56
Capital Grant Fund (Government of Nepal)	220820751.47	Advance to Others Control A/c	286240052.90
Current Liabilities	534982623.27	Letter of Credit Advance Control A/c	28863480.88
Capital Grant Goverment of Nepal	2519665733.81	Employees Expenditure Advance Control A/c	5272560.01
Capital Grant Fistula Foundation		Other Receivable Amount Control A/c	896465950.83
Capital Grant High End Colour Doppler Ultrasound Machine	1375177.00	Research Advance Control A/c	188130.00
Provision of Fund (Liability)		Material stock control A/c	
Amount in Others Fund	3656332.82	Stock A/c	185679588.99
Amount in Different Fund	1146827895.34	Fixed Assets (Group)	
From Income Expenditure Statement	72889923.67	Fixed Assets	1934944032.87
		Fixed Assets (Indian Grant)	144912996.70
		Bank Accounts	1531645003.49
		Cash Control Account	153500.00
		Loans & Advances (Asset)	1057716.12
		Work in Progress Control A/c	2273325029.22
		Deposit Receivable Control A/c	952417.02
		Share Investment	
		Suvarna Pharmaceuticals Ltd.	44000000.00
TOTALS :	**7342879558.28**	**TOTALS :**	**7342879558.28**

B.P. KOIRALA INSTITUTE OF HEALTH SCIENCES

Dharan-18,Sunsari

F/Y 2082/083

INCOME EXPENDITURE STATEMENT

Name	Amount	Name	Amount
Expenses		Incomes	
Budget Expenditure Control A/c	3130704354.37	Income Control A/c	
		Grants and Aids from Government of Nepal	14300000.00
		Hospital Income Group	1767587886.04
		Academic Income Group	1170458107.64
		Other Income from Internal Resources	75586762.23
		Income over Expenditure Trf. to Bal.sheet	102771598.46
Totals :	**3130704354.37**	**Totals :**	**3130704354.37**

B.P. KOIRALA INSTITUTE OF HEALTH SCIENCES
Dharan-18,Sunsari
F/Y 2082/083
TRIAL BALANCE

Name	Amount	Name	Amount
Assets		Incomes	
TO BE DEPOSITED IN BANK	3739809.24	Income Control A/c	
TO BE QR DEPOSIT A/c	542822.45	Grants and Aids from Government of Nepal	14300000.00
Current Assets		Hospital Income Group	1767587886.04
Employees Salary Advance Control A/c	4896467.56	Academic Income Group	1170458107.64
Advance to Others Control A/c	286240052.90	Other Income from Internal Resources	75586762.23
Letter of Credit Advance Control A/c	28863480.88	Liabilities	
Employees Expenditure Advance Control A/c	5272560.01	Capital Grant (Indian Grant)	704221506.12
Other Receivable Amount Control A/c	896465950.83	Capital Grant Fund (Fistula Foundation)	4653718.55
Research Advance Control A/c	188130.00	Capital Grant Physical Donation	192100.00
Material stock control A/c		From Income and Expenditure Statement	2133593796.23
Stock A/c	185679588.99	Capital Grant Fund (Government of Nepal)	220820751.47
Fixed Assets (Group)		Current Liabilities	534982623.27
Fixed Assets	1934944032.87	Capital Grant Goverment of Nepal	2519665733.81
Fixed Assets (Indian Grant)	144912996.70	Capital Grant Fistula Foundation	
Bank Accounts	1531645003.49	Capital Grant High End Colour Doppler Ultrasound Machine	1375177.00
Cash Control Account	153500.00	Provision of Fund (Liability)	
Loans & Advances (Asset)	1057716.12	Amount in Others Fund	3656332.82
Work in Progress Control A/c	2273325029.22	Amount in Different Fund	1146827895.34
Deposit Receivable Control A/c	952417.02		
Share Investment			
Suvarna Pharmaceuticals Ltd.	44000000.00		
Expenses			
Budget Expenditure Control A/c	3130704354.37		
Totals :	**10473583912.65**	**Totals :**	**10297922390.52**

c. MAJOR CHALLENGES

- **Limited financial resources** to meet the increasing demand for healthcare services, education, research, and infrastructure development.
- **Financial constraints affecting the timely provision of staff benefits and settlement of payments to suppliers and service providers.**
- **Delayed reimbursement from the Government Health Insurance (Beema) Fund**, affecting institutional cash flow and financial operations.
- **Lack of an integrated Financial Management Information System (FMIS/ERP)**, resulting in inefficient financial processes and delays in reporting.
- **Increasing operational costs** and the need for effective cost management while maintaining quality healthcare and academic services.
- **Strengthening revenue generation, internal financial controls, and reduction of audit observations (Beruju)** to ensure long-term financial sustainability.

d. SOLUTION TAKEN AGAINST CHALLENGES

- Strengthened revenue mobilization and improved monitoring of revenue collection.
- Enhanced budget planning, expenditure control, and cash flow management for optimal utilization of available resources.
- Maintained regular coordination with the Ministry of Health and Population and the Health Insurance Board for timely release of grants and insurance claim reimbursements.
- Prioritized essential expenditures and timely settlement of staff benefits and supplier payments based on fund availability.
- Strengthened internal financial controls and ensured compliance with financial and procurement laws to minimize audit observations (Beruju).

14.6 GENERAL ADMINISTRATION SECTION

TEAM MEMBERS:

Mr. Sagar Kumar Tamrakar	Acting Deputy Registrar
Mr. Suraj Kumar Dhungana	Supervisor
Mr. Binod Kafle	Section officer (Forest)
Mr. Purna Bahadur Shrestha	Senior Clerk
Mr. Ramesh Kumar Bhattarai	Sr. Forman (Swimming)

Helper and Other Staffs

Singha Bahadur Rai	Foreman
Raju Tamli Limbu	Helper 1
Pradip Bishwakarma	Helper 1
Tilak Ram Majhi	Helper 1
Md. Akhtar Nadaf	Helper 1
Tirtharaj Pokhrel	Poojari
Bal Kumar Rai	Cook
Sagar Neupane	Helper (Heralu)

1. SECTION PROFILE:

The General Administration Section at BPKIHS serves as the backbone of logistical support and essential services to the institute's diverse faculties and staff. In the fiscal year 2025-2026, the section continued its commitment to excellence, contributing significantly to various aspects of the institute's operations.

2. ACTIVITIES:

The section facilitated accommodation arrangements, ensuring faculties and staff members enjoyed a comfortable living and working environment. The Accommodation Committee, established under the guidance of Prof. Dr. Dilip Thakur, played a pivotal role in overseeing and advising on accommodation policies and maintenance.

Accommodation Committee

SN.	Name	Designation
1	Prof. Dr. Dilip Thakur, Head, Department of Physiology	Co-Ordinator
2	Dr. Sheraj ahamad Khan, President, Teacher Welfare Society	Member
3	Dr. Dipak Paudel, Additional Professor, ENT Dept.	
4	Dr. Gajendra Biraji, Associate Professor, Pedodontics	
5	Ms. Kriti Chaudhary, Associate Professor, Nursing	
6	Mr. Raj Kishor Chaudhary, Chief Technologist	
7	Ms. Kala Thapa, Matron	
8	Ms. Sanjeev Kumar Karna, President, Staff Welfare Society	
9	Mr. Sagar Kumar Tamrakar, Chief, General Administrative Section	Secretary

Number of residential Building

SN.	Type of Building	No. of Building	No. of Room	Vacant	Occupied
1	A Type New	15	15		15
2	A Type Old	5			5
3	B Type	3			3
4	C Type	9	48		48
5	D Type	4	24		24
6	E Type	11	66		66
7	F Type	25	150		150
8	H2 Type	10	296		296
9	G Type	8	96		96
10	G1 Type	30	360		360
11	G2 Type	6	216		216
12	4 Room Old	11	11		11
13	3 Room Old	19	62		62
14	2 Room Old	12	54		54
15	1 Room Annex	22	116	1	115
16	Health Aid Hostel	1	10		10
17	Lichi Garden	4	24		24
18	KTM 1	1	1	1	0
19	KTM 2	1	2		2
20	Dharan OPD	1	4	3	1

Transportation:
Efficient management of transportation was a hallmark of the General Administration Section. The section organized transportation for field trips, internal exams, Academic and other programs. We have closely monitored vehicle maintenance, expenses, and documentation, ensuring the seamless movement of faculty and staff. The Vehicle and repair and maintenance Committee established under the chairmanship of Dr. Pramendra Kumar Gupta, Additional Professor played a pivotal role on qualitative repairing of vehicles on economic cost.

Vehicle Maintenance Committee

SN.	Name	Designation
1	Dr. Pramendra Kumar Gupta, Additional Professor	Co-Ordinator
2	Dr. Dipendra Prasad Surraf, HOD, Pharmacology	Deputy Co-Ordinator
3	Mr. Mohan Rai, Supervisor, Incharge Finance Admn. Division	Representative
4	Mr. Maheswor Rai, Section Officer, General Store	Representative
5	Mr. Rakesh Kumar Das, Engineer, Incharge Computer Section	Member
6	Mr. Sagar Kumar Tamrakar, Chief, General Administration Section	Secretary
7	Mr. Suraj Kumar Dhungana, Supervisor	Invitee

Driver, Helper and Other Staffs

SN.	Name	Designation
1	Ram Gulam Yadav	Driver 5
2	Prem Bahadur Bhujel	Driver 4
3	Song Dorje Lama	
4	Sohan Tamang	
5	Bijaya Mukahliya Yadav	
6	Laxmi Narayan Khatiwada	
7	Kedar Khatri	Driver 2
8	Tej Bahadur Shrestha	Driver 2
9	Krishna Kumar Yadav	
10	Kul Bahadur Thapa	Driver 1
11	Prakash Chaudhary	
12	Surendra Yadav	

Vehicles

SN.	Vehicle No.	Vehicle		SN.	Vehicle No.	Vehicle
1	9895	Mahindra XUV		12	297	Mini Bus
2	9896	Mahindra XUV		13	482	Mini Bus
3	7599	Ford figo Car		14	1159	Mini Bus
4	7171	Tata Manza Car		15	5020	Mini Bus
5	3907	Hilux, Toyota		16	408	Mini Truck
6	820	Pajero Old		17	6268	Rhino Jeep
7	5283	Ambulance		18	6269	Rhino Jeep
8	5780	Ambulance		19	6448	Rhino Jeep
9	6446	Tata Mobile		20	6449	Rhino Jeep
10	801	Bus		21	7197	Car
11	5360	Bus				

Waste Management and Sanitation:

The section actively participated in maintaining a clean and healthy environment. Road sweeping, drain cleaning, garden maintenance, and responsible waste disposal were integral to their efforts. This played a crucial role in preventing disease outbreaks and ensuring the well-being of the BPKIHS community.

Environment and Forest:

With a focus on environmental conservation, the section continued to contribute to green initiatives. Planting and nurturing various plant species, maintaining gardens, and collaborating with the Division forest office showcased their commitment to sustainability and ecological balance.

3. PLAN OF ACTION

Accommodation:

- Continue implementing effective accommodation arrangements for Faculties and staff members.
- Provide advisory and support services to ensure accessible and sustainable quarters availability.
- Strengthen the role of the Accommodation Committee in policy formulation and maintenance advisory and Review of existing SOP (Standard operating procedure) as per needs.

Security:

The security team, comprising dedicated officers and guards, ensured a secure atmosphere throughout the institute's premises. Their 24-hour vigilance, vehicle patrolling, and participation in regular security rounds contributed to maintaining a safe environment conducive to learning and work. Security service management is being done through Kantipur Srcurity Service Pvt. Ltd., Kathmandu.

- Maintain 24-hour security operations, ensuring a safe and secure environment.
- Enhance vehicle patrolling and participation in security rounds to strengthen vigilance.
- Integrate advanced surveillance technology to bolster security measures.
- New tender process to be initiated.

Transportation:

- Build upon the previous year's successes in transportation management.
- Address imbalances between demand, supply, and coordination of transportation facilities.
- Optimize vehicle resources for efficiency and sustainability.
- Transition to electric and reusable alternatives to minimize fuel expenditure. In this regard procurement of new EV (Electrical Vehicle) of various types and capacity will be started.
- Maintain accurate recording and reporting of transportation activities and finances.
- Auction of old non repairing vehicles.
- Replacement of old vehicles with Electrical Vehicle.

Waste Management and Sanitation:

- Sustain efforts in maintaining a clean and hygienic environment.
- Strengthen preventive measures to curb disease outbreaks within the premises.
- Continue active participation in road sweeping, drain cleaning, and garden maintenance.
- Collaborate with relevant authorities to ensure effective waste disposal practices.
- To open new tender for outdoor cleaning of the hospital area and for common toilets and corridor of hostel and hospital.
- New Tender process will be initiated.

Environment and Forest:

- Continue contributing to a greener environment through planting and nurturing diverse plant species.
- Ensure the upkeep and growth of gardens and green areas across the institute.
- Collaborate closely with the forest office to enhance afforestation and ecological preservation.

14.7 INFORMATION AND COMMUNICATION CENTER

Prof. Dr. Shamsher Shrestha : Spokesperson
Dr. Abhijeet Kumar : Deputy Spokesperson

Name of Technical and Administrative Staff

Md. Hasibur Rahman : Deputy Manager
Mr. Niraj Pokhrel : Administrative Assistant
Harimaya Dhakal : Helper

1. OFFICE/SECTION/COMMITTEE PROFILE

a. Vision and Mission:

The Information and Communication Centre was established at the inception of B.P. Koirala Institute of Health Sciences. This center broadcasts information, forming a bridge between the institute and all the stakeholders. In addition, the center is also actively involved in reporting hospital-related activities,

academic activities, etc. to the general public media and government media at the central, provincial, and local levels.

b. Core Functions:

- To inform the public about the updated hospital services and facilities as well as academic and research activities of the institute through national and local media.
- To coordinate or assist in getting requested information related to the institute.
- To clarify any related false, misleading, and baseless propaganda broadcast in different media.
- To provide the institute's opinion related to public interest.
- To publish notices/bulletin as per the need.

2. ACTIVITIES

- It has been providing health awareness information and health-related data about the existing epidemic and pandemic through different media platforms to the general public.
- It has been publishing a monthly newsletter "SEROPHERO" concerning the institute's academic, research, and service-related activities.
- It has been facilitating the publication of advertisements/notices provided by different sections, divisions, and departments in different national/local level media agencies.
- It has been informing the public about the various hospital services available by broadcasting audio and video clips at different places in the hospital and through local and national-level media.
- It has been managing BPKIHS's official Facebook page—creating and publishing news, promotional videos, official notices, and updates on newly launched healthcare services to inform the public.
- It has been producing promotional videos to highlight the institute's work, facilities provided to patients, etc., and publishing them on our official Facebook page as well as distributing them to various media outlets.
- It has been managing round-the-clock (24/7) inquiry resolution, responding to incoming calls for the Information Officer and direct messages on the official Facebook Messenger.

3. PLAN OF ACTION:

- To broadcast additional audio and visual clips related to hospital services and patient care.
- To display a road map of important locations/centers of the hospital.
- To upgrade and make the monthly newsletter "SEROPHERO" more comprehensive.
- To compile and produce a booklet of all the activities of the fiscal year published in the monthly newsletter.
- To establish a dedicated IT team to refine our promotional videos further and enhance their overall quality and professionalism.

14.8 INTERNAL AUDIT SECTION

MEMBERS:

CA Rupa Sighanchi Agrawal : Manager& Chief
Mrs. Uma Paudel : Section Officer
Mr. Roshan Kumar Mahto : Accountant

1. INTERNAL AUDIT SECTION PROFILE

a. VISION

To promote transparency, accountability, financial discipline, and proper documentation in the financial transactions of BPKIHS through effective internal audit and verification procedures.

b. MISSION

To verify hospital vouchers and supporting documents identify discrepancies, maintain audit observations, and support the preparation of annual audit reports for improving financial control and institutional compliance.

c. CORE FUNCTIONS

- Verification of journal vouchers, income vouchers, bank payment vouchers, and other financial vouchers of the hospital.
- Checking the availability and completeness of required supporting documents attached with each voucher.
- Recording discrepancies, irregularities, or missing documents noticed during voucher verification.
- Communicating audit observations to concerned sections for necessary correction and compliance.
- Supporting the preparation of the annual audit report based on observations recorded throughout the year.

2. ACTIVITIES ONGOING/COMPLETED

S.N.	Activities	Status	Remarks
1	Verification of journal vouchers	Ongoing	Performed as per regular voucher flow
2	Verification of income vouchers	Ongoing	Checked with supporting documents
3	Verification of bank payment vouchers	Ongoing	Checked for approvals and required records
4	Recording of discrepancies and audit observations	Ongoing	Maintained for annual audit reporting
5	Preparation/support for annual audit report	Ongoing	Based on observations recorded during the year

3. SWOT ANALYSIS

Strengths	Weaknesses
• Regular verification of hospital vouchers. • Experienced staff familiar with voucher documentation and audit observations. • Contribution to financial discipline and internal control.	• Limited number of employees compared to the daily workload. • Lack of adequate physical space for keeping vouchers and audit records. • High dependency on physical files and manual record handling.
Opportunities	**Threats**
• Possibility of digitization of voucher records and audit observations. • Improvement of filing and indexing system. • Strengthening coordination with concerned departments for timely correction of discrepancies.	• Risk of delay in voucher verification due to limited manpower. • Risk of misplacement or difficulty in retrieval of physical records due to inadequate storage space. • Increasing volume of vouchers may further affect timely audit work.

4. PLAN OF ACTION

- Request for adequate physical space for systematic storage of vouchers, audit reports, and related records.
- Arrangement of proper filing cabinets, racks, and secure storage facilities for physical audit files.
- Proposal for gradual digitization/scanning of vouchers and audit observations for easy retrieval and long-term preservation.
- Request for additional human resources to manage the daily volume of vouchers and timely verification work.
- Development or updating of a systematic filing and indexing mechanism for audit records.
- Strengthening coordination with concerned sections for timely submission of complete supporting documents and correction of discrepancies.

14.9 MEDICAL RECORD SECTION

MEMBERS

1. Mr Sunil Parajuli : Supervisor & Head
2. Mr Chhatar Das : Section Officer.(ICD 11 Coding)
3. Mr Saroj Acharya : Sr .Adm. Assistant (IPD Data Entry)
4. Mr Satya narayan Chaudhary : Sr .Grade Technician (ICD-11 Coder)
5. Ms Dev Kumari Tamang : Sr. Receptionist (OPD registration Counter)

6. Ms Rubina Sunam : Computer Clerk (Emergency Data Entry and EWARS
7. Ms Rina Pariyar : Health A I D -3 (Filling/retrieving)
8. Ms Suk Maya Rai : Helper 1 (File collection & office work)
9. Ms Raj Kumari Rai : Daily wages (File collection & office work)

1. ACTIVITIES

OPD ACTIVITIES:

1. Out Patients, Super Specialty OPD Patients, Treatment Report collection and report prepared as per need.
2. Daily OPD Census collection.

EMERGENCY ACTIVITIES:

1. Compilation and assembling of emergency records.
2. Coding provisional diagnosis of the disease according to the ICD 11.
3. Maintain a death record for mortality review.
4. Filling case records for legal, research and other administrative purposes.
5. Filling and retrieving records for present and future uses as per rule.

IN-PATIENT AND GENERAL ACTIVITIES:

1. Daily floor census collection & case-sheets from each ward and reporting to the concerned authority as per need.
2. Compilation and assembling the discharged case-sheets.
3. Coding final diagnosis of the disease according to the ICD -11.
4. Daily discharged case sheets report to be recorded in electronic versions of software.
5. Verification of discharged patients records according to the admission record.
6. Maintain a death record in a database for research & mortality review.
7. Filling and retrieving of case sheets and records as per rule.

GENERAL OTHER ACTIVITIES:

1. Perform Medico legal work related for court and other administrative work; such as Health Certificate, illness Certificate, Insurance certificate, Birth and death certificate etc.
2. Re-consolidation, tabulation and preparation Daily, Monthly and Yearly and as per need Statistical report from available of the Hospital patients data.
3. Provide statistical reports to all departments according to their services and need as per rule.
4. Preparation of charts, diagrams of hospital services for the authorities level as per rule of the hospital.

5. Provide data & other information for students, doctors, press and others who are collecting information from the medical record section for their research & other activities as per organization rule.
6. Involve in teaching and learning activities according to the schedule prepared by the program Co-coordinators / authority of the organization.
7. Conducting orientation classes as per rule & requirements for the staff and students of BPKIHS and other organizations.
8. Preparation of reports concerning patients' care reporting to the ministry of health as per rule and also regular data uploaded to DHIS -2 as per availability of data.
9. All collected data compiled as per hospital rule.

SIGNIFICANT ACTIVITIES:

1. Improved data base system used in IPD, EMG & OPD services.
2. Conducted computer based ICD -11 coding training course for Medical Record Personnel from different District, Zonal and Central level Government and Private Hospitals of Nepal as per requirements.
3. Involved in medical record related data base systems and training.

2. PATIENTS CARE SERVICE:

MOST COMMON MORBIDITY OF IN-PATIENTS DISCHARGED FOR THE F/Y 2082/083 ACCORDING TO ICD-11 CODING:

S.N.	Diseases	ICD 11 Coding	No. of patients	Percentage (%)
1	CARE INVOLVING EXTRACORPOREAL DIALYSIS	QB94.1	19892	18.7
2	CHRONIC KIDNEY DISEASE, STAGE 5	GB61.5	16294	15.3
3	CHRONIC KIDNEY DISEASE, STAGE UNSPECIFIED	GB61.Z	4394	4.1
4	DELIVERY BY EMERGENCY CAESAREAN SECTION	JB22.1	3550	3.3
5	ESSENTIAL HYPERTENSION, UNSPECIFIED	BA00.Z	2990	2.8
6	SINGLE SPONTANEOUS DELIVERY, UNSPECIFIED	JB20.Z	2118	2.0
7	CHEMOTHERAPY SESSION FOR NEOPLASM	QB97	2004	1.9
8	TYPE 2 DIABETES MELLITUS	5A11	1998	1.9
9	CHOLELITHIASIS, UNSPECIFIED	DC11.Z	1518	1.4
10	HYPOTHYROIDISM, UNSPECIFIED	5A00.Z	1436	1.3
11	MATERNAL CARE RELATED TO PROLONGED PREGNANCY	JA8E	1282	1.2
12	PNEUMONIA, ORGANISM UNSPECIFIED	CA40.Z	1264	1.2

13	CHRONIC LIVER DISEASE	DB99.0	815	0.8
14	FOLLOW-UP CARE INVOLVING REMOVAL OF FRACTURE PLATE OR OTHER INTERNAL FIXATION DEVICE	QB84	671	0.6
15	INFECTION OF AMNIOTIC SAC OR MEMBRANES	JA88.1	665	0.6
Total treatments disease as per hospital records			**106393**	

MOST COMMON MORTALITY OF IN- PATIENTS DISCHARGED FOR THE F/Y 2082/083 ACCORDING TO ICD-11 CODING:

S.N.	Disease	ICD 11 Coding	Total	Percentage %
1	SEPSIS WITH SEPTIC SHOCK	1G41	58	14.01
2	PNEUMONIA, ORGANISM UNSPECIFIED	CA40.Z	24	5.80
3	CHRONIC KIDNEY DISEASE, STAGE 5	GB61.5	17	4.11
4	CHRONIC OBSTRUCTIVE PULMONARY DISEASE, UNSPECIFIED	CA22.Z	13	3.14
5	ACUTE KIDNEY FAILURE, STAGE UNSPECIFIED	GB60.Z	13	3.14
6	GASTROINTESTINAL BLEEDING, UNSPECIFIED	ME24.9Z	11	2.66
7	CEREBRAL ISCHAEMIC STROKE, UNSPECIFIED	8B11.5Z	10	2.42
8	ATRIAL FIBRILLATION, UNSPECIFIED	BC81.3Z	10	2.42
9	CHRONIC LIVER DISEASE	DB99.0	10	2.42
10	SMALL FOR GESTATIONAL AGE, UNSPECIFIED	KA20.0Z	10	2.42
11	CHRONIC OBSTRUCTIVE PULMONARY DISEASE WITH ACUTE EXACERBATION, UNSPECIFIED	CA22.0	9	2.17
12	ACUTE MYOCARDIAL INFARCTION, UNSPECIFIED	BA41.Z	8	1.93
13	DIABETIC KETOACIDOSIS WITHOUT COMA	5A22.0	6	1.45
14	ACUTE ISCHAEMIC HEART DISEASE, UNSPECIFIED	BA4Z	6	1.45
15	TYPE 2 DIABETES MELLITUS	5A11	4	0.97
Total Death			**414**	**100.0%**
Death Rate among all Gross			**0.65%**	

MOST COMMON MORTALITY OF EMERGENCY DISCHARGED PATIENT FOR THE F/Y 2082/083 ACCORDING TO ICD-11 CODING:

S.N.	Disease	ICD 11 Coding	Total	Percentage %
1	UNATTENDED DEATH	MH13	206	42.65
2	CARDIO PULMONARY ARREST	MC82.4	58	12.01
3	CARDIAC ARREST, UNSPECIFIED	MC82.Z	18	3.73
4	OTHER ILL-DEFINED AND UNSPECIFIED CAUSES OF MORTALITY	MH14	8	1.66
5	SEPSIS WITH SEPTIC SHOCK	1G41	7	1.45
6	CHRONIC LIVER DISEASE	DB99.0	6	1.24

S.N.	Disease	ICD 11 Coding	Total	Percentage %
7	DIABETIC KETOACIDOSIS WITH COMA	5A22.3	6	1.24
8	GASTROINTESTINAL BLEEDING, UNSPECIFIED	ME24.9Z	6	1.24
9	UNINTENTIONAL LAND TRANSPORT TRAFFIC EVENT INJURING A USER	PA0Z	6	1.24
10	ACUTE MYOCARDIAL INFARCTION, UNSPECIFIED	BA41.Z	5	1.04
11	CKD stage 5	GB61.5	5	1.04
12	HYPOVOLAEMIC SHOCK	MG40.1	4	0.83
13	RESPIRATORY ARREST	MD33	4	0.83
14	UNKNOWN AND UNSPECIFIED CAUSES OF MORBIDITY	MG48	4	0.83
15	UNRESPONSIVE	8E20	4	0.83
Total Death			**483**	**100.0%**
Death Rate among all Gross			**0.66%**	

PROGRESS REPORT FOR THE FISCAL YEAR 2082/083 AND PROJECTION FOR 2083/084

Fiscal Year	Projected for F/Y 2082/083	Actual for F/Y 2082/083	Projected for F/Y 2083/084
OPD Services:			
Regd. OPD	581000	585893	595900
Regd. Emergency	96000	72949	81000
Regd. Paying Clinic	45000	44519	50000
Regd. Total	722000	700268	726900
In-Patients Service:			
In-Patient Admission*	48500	63845	65000
Total Delivery	7500	6799	7000
Total Death	<400	414	<450
Gross Death Rate (%)	<1.0%	0.65%	<1.0%
Hospitalization Days	165000	168702	170000
Bed Occupancy Rate (%)	>75%	70.7%	>72%
Average Length of Stay	<4.0 Days	2.83 Days	<4.0 Days
Operation:			
Total Operation	**35000**	**34409**	**36000**
Major	**16500**	**16099**	**17000**
Intermediate	**8000**	**7517**	**8000**
Minor	**10500**	**10793**	**11000**

*** Including newborn baby**

PLAN OF ACTION - 2083/084

SN	Activities	S	B	A	K	M	P	M	F	C	B	J	A
1.	OPD Registration	49660	49658	49658	49658	49658	49658	49658	49658	49658	49658	49659	49659
2.	In-patient Admission	5418	5418	5416	5416	5416	5416	5416	5416	5416	5416	5418	5418
3.	Emergency Registration	6750	6750	6750	6750	6750	6750	6750	6750	6750	6750	6750	6750
4.	ICD-11 Training for MRD Staff and Medical Recorder of Health services of Nepal			**					**				
5.	Medical Audit				*				*				*
6.	In-service Training							***					
7.	Yearly Report	***											
8.	Monthly Report	*	*	*	*	*	*	*	*	*	*	*	*
9.	Daily Census	****	****	****	****	****	****	****	****	****	****	****	****
10.	Mortality Review Operation	*	*	*	*	*	*	*	*	*	*	*	*

*** = 1 Week**

14.10 PERSONNEL ADMINISTRATION SECTION

MEMBERS

Mr. Bishnu Prasad Chapagain : Deputy Manager
Mr. Kamala Limbu : Deputy Manager
Mr. Dibya Raj Thapa : Supervisor
Mr. Sanjay Khanal : Senior Administrative Assistant
Mr. Dip Kumar Poudel : Administrative Assistant
Mr. Jitendra Kumar Gachhadar : Computer Clerks
Mr. Umesh Pandit : Computer Clerks
Ms. Nishu Thakuri : Helper
Mr. Rudra Prasad Poudel : Helper

1. SECTION PROFILE

The Personnel Administration Section has been providing support in the functions of Governing Council (Senate), Executive Committee, Selection Committee, Punarabedan Ayog (Appellate Commission). This section's major works are recruitment and development of manpower required for the Institute and also functioning as a secretariat of the Registrar. The section is also involved in facilitating day to day activities of the employee. The main focus of the section is to develop a highly motivated and dedicated team by developing knowledge, skills, attitudes and capabilities of its employees.

2. ACTIVITIES

a. **Governing Council (Senate)**

The 47th Governing Council (Senate) Meeting was held during this period.

b. **Executive Committee**

Fifteen (16) Executive Committee meetings were held during this period.

c. **Selection Committee Meetings**

One (1) Selection Committee Meetings were held during this period.

d. **Punarabedan Ayog (Appellate Commission)**

Five (5) Punarabedan Ayog Meetings were held during this period.

e. **Providing experience letter and NOC letter as per approved**

f. **Recruitment of employees & trainer as per sectioned**

g. **Renewal of Contract of the faculty and employees**

h. **Update & record keeping of leave**

i. **Sampati Bibaran update**

j. **Preparation of digital ID cards of faculty and staff**

k. **Management of personnel file of faculty and staff**

l. **Management of e-attendance of faculty and staffs**

Activities done

1. Liaison works with the concerned Institutions / Offices as needed.
   a. Prepare various records on the request of the Ministry of Health and Population, Nepal Medical Council etc.
2. Experience letter and NOC
   a. Issuance of experience letter and NOC of faculty and staff.
   b. Recommendation letters for faculty and staff were issued for making citizenship, e-passport, National Identity card and other related registration with administration outside of the Institute.
   c. Correspondence with various ministries and departments as per need.
3. Recruitment of employees & trainers (Senior Residents, House Officer and Dental Surgeons
   a. Prepare vacancy notice for Advertisement as per decision.
   b. Verification of application & issuance of admit card as per decision.
   c. Arrangement of interview for various posts (as applicable).
   d. Arrangement of notice for the successful candidates to contact the administration.
   e. Appointment & placement of employees in different departments and sections as per decisions.
4. Renewal of Contract
   a. Works done for the collection of performance evaluation report of the faculties / employees from the departments/sections whose contract period is nearly under completion
   b. Process carried out for extension of tenure of faculty and other staff who are working on contract and on performance contract basis after the decision made for extension.
5. Update the record of leave of faculty, staff and executives.
6. Circular has been made for providing Sampati Bibaran Faram of the various employees including Daily wages/ faculties and executives for the fiscal year 081-082.
7. Received the shield envelopes of the Sampati Bibaran from the faculties, employees and executives.
8. Registered shield envelopes in manual register then in software designed by Rastriya Satarkata Kendra, Government of Nepal
9. Arrangement for keeping records for those faculties and employees who have been charged Rs.5000 for not submitting the Sampati Bibaran on time for the fiscal year 081/082. Arrangement for keeping of those records on software prepared by Rastriya Satarkata Kenra , Government of Nepal.
10. Provide grants to the faculty members as follows:
    a. Study Leave - 4 Faculties
    d. Sabbatical Leave- 5 Faculties.
    e. Short term training- 4 Faculties.
12. Management of e-attendance of faculty and staff as required.
13. Preparation of Digital ID cards of newly appointed faculty/ staff on time.
14. Correspondence done with CIAA (Commission for the Investigation of Abuse of Authority) as per their quarry and provide data as per their request.
15. Liaison works with the concerned Institutions /Offices as needed.
    a. Recommendation letter for making citizenship, e-passport, National Identity Card, relationship certificate, birth registration certificate and other related registration with local administration, etc.
    b. Correspondence with various Ministry and Department as per Institutes Instruction.
16. Done resignation process of an employee.
17. Done compulsory retirement of an employee and their benefit.
18. Done internal transfer of an employee as required.

NAME LIST OF RETIREMENT/RESIGNED/APPOINTMENT

S. No.	Designation	Compulsory Retirement	Resigned	Appointment
1	Faculty	3		
2	Staff	11		
3	Doctors		57	
4	Nursing Staff		102	
5	Other Staff		17	
6	Doctors			35
7	Nursing Staff			118
8	Other Staff			21
	Total	**14**	**176**	**174**

3. PLAN OF ACTION

- Organize the review meetings of different Divisions and Sections as per the need and instruction received.
- Appointment of Recruit manpower.
- The personnel administration section has two software in operation. It is planned to have single software in the section to make the work easy.
- Plan to update the employee profile in the software.
- Plan to amend Niyamabali-2080.
- Training for the employee.
- Internal transfer as per need.
- Plan to separate filing room for keeping personal file, sampatibibaran and karya sampadan form.

14.11 SULAV PHARMACY

Dr. Indra Kumar Limbu (Hospital Operation Committee)	Incharge/Chief
Dr. Kadir Alam	Member
Kamal Huges Rai	Member
Kamal Kumar Raya	Member
Mohan Kumar Rai	Member
Laxman Maharjan	Member
Bibek Dahal	Member-Secretary

Technical and Administrative Staffs

Bhawana Gajmer	Assistant Pharmacist
Bhumika Budhathoki	Assistant Pharmacist
Bidhanand Mahato	Assistant Pharmacist

Durga Khadka	Assistant Pharmacist
Ganga Lwagun	Assistant Pharmacist
Gangabati Chaudhary	Assistant Pharmacist
Gita Shrestha	Assistant Pharmacist
Milli Ramdam	Assistant Pharmacist
Prabha Shankar	Assistant Pharmacist
Roshan Kumar Saha	Assistant Pharmacist
Rupa Sembu	Assistant Pharmacist
Saraswaty Chaudhary	Assistant Pharmacist
Sharika Shakya	Assistant Pharmacist
Shweta Rai	Assistant Pharmacist
Sita Devi Limbu	Assistant Pharmacist
Sneha Shah	Assistant Pharmacist
Sujan Rai	Assistant Pharmacist
Suman Mehta	Assistant Pharmacist
Sushma Kumari Yadav	Assistant Pharmacist
Prasan Tamang	Account Officer
Roshan Kumar Mahato	Accountant
Mukesh Mukiya	Clerk
Amrit Mani Khatiwada	Telephone Operator
Deepa Bhattarai	Helper
Dhirendra Kumar Chaudhwar	Helper
Arjun Kumar Pandit	Helper

1. SECTION PROFILE

The Hospital Pharmacy Section of B.P. Koirala Institute of Health Sciences was established in 2018 with the objective of providing comprehensive pharmaceutical services to both in-patients and out-patients. The Hospital Pharmacy is strategically located within the hospital premises and operates in a new Pharmacy Block building as Central Pharmacy, ensuring convenient access to essential medicines and pharmaceutical care.

The Central Pharmacy provides 24-hour services, operated by 19 Assistant Pharmacists on an 8-hour shift basis, ensuring uninterrupted pharmaceutical services throughout the year.

Since its establishment, the Hospital Pharmacy has been serving as the last point of contact in the healthcare delivery system by promoting the rational use of medicines and ensuring patient safety. The Section performs a wide range of pharmaceutical functions, including procurement, purchasing, inventory management, storage, dispensing, ward supply, patient counseling, medication compliance monitoring, and distribution of medicines and surgical supplies. These activities are

carried out in accordance with Good Pharmacy Practice (GPP) standards and prevailing legal and regulatory requirements.

a. Vision

To be a center of excellence in hospital pharmacy services by ensuring safe, effective, accessible, and patient-centered pharmaceutical care through professional excellence, innovation, and continuous quality improvement.

b. Mission

- To provide uninterrupted, high-quality pharmaceutical services to all patients of BPKIHS.
- To ensure the continuous availability, accessibility and rational use of essential medicines and surgical supplies.
- To promote patient safety through Good Pharmacy Practice (GPP), medication counseling, and medication compliance.
- To maintain efficient procurement, inventory management, and distribution systems for medicines and medical supplies.
- To comply with all legal, ethical, and regulatory standards governing pharmacy practice.
- To support clinical services, education, and research through effective pharmaceutical care.

c. Core Functions

- Procurement and purchasing of medicines, surgical supplies, and medical consumables.
- Inventory planning, stock management and storage of pharmaceutical products.
- Dispensing medicines to OPD, IPD, Emergency, and specialized service areas.
- Twenty-four-hour pharmaceutical services
- Patient counseling on the safe and rational use of medicines.
- Medication compliance monitoring and promotion of patient safety.
- Distribution and ward supply of medicines to clinical departments.
- Maintenance of pharmacy records, documentation, and computerized inventory systems.
- Implementation of Good Pharmacy Practice (GPP) and compliance with legal and regulatory requirements.
- Monitoring medicine availability, quality assurance, and expiry management.
- Coordination with hospital departments for uninterrupted pharmaceutical services.
- Supporting training and research activities related to pharmacy services.

2. SECTION ACHIEVEMENTS

The Hospital Pharmacy is operating successfully from the newly established Pharmacy Building, providing improved, accessible, and patient-centered pharmaceutical services. The Pharmacy has achieved annual cash sales of approximately Rs. 9 crore**,** demonstrating its operational activities and service delivery.

To promote rational use of medicines and strengthen Good Pharmacy Practices (GPP)**,** a Drug and Therapeutics Committee (DTC) has been formed. The Committee supports appropriate medicine selection, utilization, monitoring, and the provision of safe and effective pharmacy services.

The Pharmacy has initiated medication counseling services, recognizing the Pharmacy as the last point of contact in the healthcare system. This service helps patients understand their medicines, including dosage, administration, precautions, possible adverse effects, and the importance of adherence to treatment.

Medicines are being provided to eligible patients under the Health Welfare Scheme (HWS), Social Service Unit (SSU), Bipanna Nagrik Program, Health Insurance Board and One-Stop Crisis Management Centre (OCMC) through a reimbursement-based system. This initiative has enhanced access to essential medicines for vulnerable and economically disadvantaged patients.

To maintain the quality and safety of temperature-sensitive medicines, two 225-liter refrigerators have been installed to ensure proper temperature control and uninterrupted cold-chain maintenance**.**

Furthermore, a dedicated patient waiting area outside the Central Pharmacy has been established in accordance with Good Pharmacy Practice principles, providing patients with a more organized, comfortable, and efficient environment while receiving pharmacy services.

3. SWOT ANALYSIS

STRENGTHS	**WEAKNESSES**
● Successful operation of the Hospital Pharmacy from the newly established Pharmacy Building. ● Annual cash sales of approximately Rs. 9 crore, reflecting strong operational performance. ● Formation of the Drug and Therapeutics Committee (DTC) to promote rational medicine use and Good Pharmacy Practices. ● Provision of medication counseling services as the final point of contact in the healthcare system. ● Availability of free medicines under HWS, SSU, Bipanna Nagrik Program, and OCMC,NHI through a reimbursement-based system. ● Improved cold-chain management through installation of two 225-liter refrigerators. ● Dedicated patient waiting area outside the Central Pharmacy, supporting patient-centered pharmacy services.	● Limited availability of adequate human resources in relation to the increasing workload. ● Dependence on timely procurement and supply of medicines and medical items. ● Limited space and infrastructure for further expansion of pharmacy services. ● Need for continuous staff training and capacity development in clinical and pharmaceutical care. ● Manual or partially automated processes may increase the risk of delays and documentation errors. ● Need for further strengthening of inventory management and stock forecasting systems.

• Centralized pharmacy services with improved accessibility and organized medicine dispensing.	
OPPORTUNITIES • Expansion of clinical pharmacy and patient-centered pharmaceutical care services. • Further development of medication counseling and medication therapy management. • Strengthening digital inventory management and pharmacy information systems. • Expansion of reimbursement-based services for government and social welfare programs. • Collaboration with academic institutions for research, training, and evidence-based pharmacy practice. • Development of quality assurance, pharmacovigilance, antimicrobial stewardship, and rational medicine-use programs. • Potential to expand pharmacy services to meet the increasing healthcare needs of the institution.	**THREATS** • Increasing patient load and demand for medicines may place additional pressure on pharmacy resources. • Risk of medicine shortages due to procurement delays, supply-chain disruptions, or market shortages. • Rising medicine prices and fluctuations in procurement costs may affect financial sustainability. • Risk of expiry and wastage of medicines due to changes in demand or inadequate forecasting. • Changes in government policies, reimbursement mechanisms, and procurement regulations may affect pharmacy operations. • Maintaining uninterrupted cold-chain conditions during power interruptions or equipment failure remains a potential risk. • Competition and changing expectations regarding pharmacy services may require continuous improvement and modernization.

4. PLAN OF ACTION

- Extension of Sulav Pharmacy to Inpatient, Emergency Area
- Establishment of Hospital and Clinical Pharmacy Department.
- Ensuring good pharmacy Practices Guidelines by Drug and therapeutics committee and Hospital Pharmacy Operation Committee making it fully functional.
- Development of Hospital Formulary.
- Development of In-Floor system of distribution of medicines to each ward for enhancement of accessibility and availability.
- Extending pharmacy Services to operate pharmacovigilance activities and adverse drug reaction (ADR) reporting.
- Extending pharmacy Services to Studies on drug utilization and quantification.
- Extending pharmacy Services to antimicrobial stewardship program, proper antimicrobial utilization review and provide data on antimicrobial use.

14.12 STORE SECTION
14.12.1 GENERAL STORE SECTION

Mr. Maheshwor Rai:	Section Officer	& Incharge
Mr. Ashutosh Kumar Jha	Senior Clerk	
Ms. Alina Tamang	Senior Clerk	
Mr Rajendra Kumar Rai	Helper-4	
Mr. Hare Krishna Yadav	Helper-1	

1. ACTIVITIES:

1. Activities like; receiving purchased goods, stock entry, and stock issue to be concerned; are transparently managed and controlled through Store Management Software System called (QSTORE).
2. The General Store prepares the yearly Tender Requirement as per the yearly demand/requirement received from different Departments/Hospital wards/Divisions /Sections and submits to the higher authority for the approval.
3. As per the approved requirement or demand made by different departments, hospital wards, Division, section the General Store Section generates Demand Order (DO) and forwards it to the concerned authority for approval for the purchasing process as per specification.
4. The General Store Section plays a vital role for storekeeping and providing day to day requirements of non-medical goods both consumable and none consumable for running of departments, hospital wards, Divisions, sections, units round the clock.
5. The General Store Sections keeps stock and issue records of Assets/Furniture/Electrical Goods/ Hardware Goods/Computer Assets & Spare parts/Office Goods/ Cleaning Goods/ Stationery Goods/ Printing items/Machinery items/Refrigerator etc.
6. All the activities of the store are fully automated and controlled through store management Software (QSTORE).
7. The General Store receives the purchased goods that are purchased through the institute's several modes of purchasing system. Such goods are received through Goods Received Note (GRN) via Store Management Software System (QSTORE). After quality checked and approved by the Quality Control Committee then only Purchase Stock Entry and Stock issued is being made.
8. The General Store Section organizes the Quality Control Committee Meeting each and every time the new Goods are received. Every goods is to be quality checked and approved through the Quality Control Committee. The Quality Control Committee has the right to check the quality of supplied goods/ask the users' feedback/ask for replacement if the quality is not matched with the mentioned standard quality/only pass and approve good quality Goods.
9. The General Store Sections maintains the stock of old goods/furniture and prepares lists of old goods for auction.

General Store at a Glance
(Categories/Items the General Store Section deals):

1. Printing Goods
2. Stationeries
3. Cleaning Items
4. Office Goods
5. Food items (Rasan Khadhyana/Rasan Vegetable)
   a. Hospital Kitchen (Diet for Hospital Admitted Patients)
   b. BPKIHS Guest House
6. Animal Fodder (Foods for Hospital animals Sheep/Rabbit)
7. L.P Gas
8. Hardware items
9. Computer Items:
   a. Computer Spare Parts
   b. Computer Assets
10. Laundry Chemicals
11. Electrical items
12. Vehicle Spare Parts
13. Machinery Items/Refrigerator
14. Steel furniture (Office/Residence)
15. Wooden Furniture (Office/Residence)
16. LDO Fuels (Generator/Incinerator)
17. Store management of Old used Goods/Furniture
18. To process for Auction of Old unused Goods:
    a. Refrigerators
    b. Furniture (Steel/Wooden)
    c. Computer Parts
    d. Tires
    e. Water Tanks
    f. Batteries (Computer/Vehicle/UPS Battery)

2. PLAN OF ACTION

- The General Store Section is planning roof maintenance and painting the store rooms, where the valuable goods are being stored. They are very old and have water leakage problems in every rainy season.
- The store rooms should be maintained with a proper ventilation system, electrical wiring, lights & fans. These safety measures are required for safety of goods and assets.
- General Store needs to upgrade to advance Store Management Software System for proper management.
- For the security reason the General Store Section is in need of Installation of more CC cameras.

- Plan to make necessary processes for the auction of old non-used fridge/TV/computer spare parts/Furniture/vehicle tires & other goods.

14.12.2 MEDICAL STORE SECTION

Mr. Sanjeev Kumar Karna	Officer (Computer) & Head
Ms. Panch Maya Tamli	Administrative Assistant
Mr. Shyam Sundar Mehta	Administrative Assistant
Mr. Ajit Kumar Jha	Helper
Mr. Ajit Ranamagar	Helper

1. ACTIVITIES

1. Functions of the Medical Store Section is a vital part of the Institute and plays role in providing day to day requirements of the Hospital for well functioning of Lab services, Radiology services, Wards, Operation Theaters, ICU, CCU, NICU, PICU, Departments, Sections and Units round the Clock.
2. Receipt of incoming goods (consumables/assets) from all sources and Identification : These include supplies from vendors, manufacturing companies, donor agencies and Government donations. Identifying the goods and defining all items in stock. A Goods Receipt Note (GRN) has been made after receiving the goods in the Medical Store Section.
3. Inspection of all receipts: Inspection involves the examination of goods receipt/consignments, for which a Quality Control Committee has been constituted and all the received goods (Consumables/Assets) are tested and examined by the Quality Control Committee and feed back report has also be taken from the relevant user/department. Stock entry has been done after the Quality test of the particular items.
4. Storage and preservation: Once the goods are received in the Medical Store, are stored in their proper place for the ease of retrieval process after identification.
5. Issue and Despatch: Goods are issued to the Departments/Sections/Units/Wards/ OPDs after checking the stock of particular goods, according to their approved demand order.
6. Everyday 2:00 to 5:00 PM has been allotted to check and update the Stock inventory. Items having null stock a demand order has been prepared by the Store Section to put forward for further procurement process.
7. Yearly requirement of consumable and asset items has been prepared by the Medical Store for tender processing.
8. All the activities of the Medical Store Section are fully computerized and automated for which a Store Inventory Software QSTORE has been running.
9. As per the requirement of the Hospital or demands made by the different Ward, Departments, Section, a demand orders (DO) has been prepared by the Medical Store Section and put forward for further procurement process.

2. PLAN OF ACTION

1. Having a very small area of the Medical Store, it is very tough to manage the placement of the goods. So, the area of the Medical Store Section will be increased. At least 2 rooms of 15/15 size are required immediately to manage the goods and place properly.
2. Regular Civil/Electric/AC maintenance work is required in the Medical Store Section.
3. Hand Inkjet or Sticker printer is required to mark BPKIHS Property in all the goods of the Medical Store.
4. A freezer is necessary for the goods that are required to keep in minus temperature.
5. Roof repairing is necessary to stop rain water inside the godowns.
6. Regular spraying of anti-fungal liquid to remove fungal activities, for goods safety is necessary.

14.12.3 DENTAL STORE

NAME OF THE INCHARGE:

Mr. Shamim Akhtar Ansari, Section officer & Head

1. BACKGROUND

Dental Store is established to provide required Dental Materials, Instrument and Assets to the dental department as and when required .

2. ACTIVITIES

1. Procurements of Dental materials, Instruments and Assets and issuing to the needy departments.
2. Inspection of all receipts: Inspection involves the examination of good receipt consignment which a Quality control committee has been constituted and all the receipts for consumable /Assets and Instrument are tested and examined by the Quality control committee and feedback report has also been taken from the relevant user /departments.
3. Stock entry has been done after quality test of the particular items
4. Storage and preservation: Once the goods are received in the Dental Store, They are Stored in the proper place for the ease of retrieval process after identification .
5. Issue and Dispatch: Goods are issued to the Departments after passing the quality.
6. Yearly requirement of Dental materials and Instrument items has been prepared by the Dental Store for Tender processing.
7. All the activities of Dental Store Section are fully computerized and automated for which a Store inventory Software QSTORE has been running.
8. Stock Verification: Physical verification has been done in the Dental Store in Quarterly basis.

3. PLAN OF ACTION

A wooden Rack 6x8 fitted is necessary for the goods Instrument of required.

BLANCE SHEET OF THE ITEMS PROCURED

SN	ITEMS	STOCK OF 080/081	PROCURED IN 081/082	STOCK FOR 082/083	REMARKS
1	Dental Assets	1021520.00	151471550	44000.00	
2	Dental instruments	28405240.36	00	3433701.72	
3	Dental Materials	12091056.86	00	18818124.31	
4	Dental Spare Parts	586419.00		129498.00	

14.13 PROCUREMENT DIVISION

MEMBERS

Kamal Kumar Raya	Deputy Manager, In charge/Chief
Sanjaya Bhattarai	Supervisor
Sanjay Kumar Karn	Administrative Assistant
Dilip Mehta	Computer Clerk

1. DIVISION PROFILE

a. Vision: To ensure uninterrupted, ethical and cost effective procurement of quality Medical, General Supplies and Services that support excellent patient care research and medical education.

b. Mission: To procure quality medical, general products and services through transparent, efficient and compliant processes at minimum cost.

c. Core Functions:

- Planning and demand assessment.
- Market research and vendor management.
- Tendering quotation process and direct purchase.
- Quality Assurance.
- Cost Control
- Compliance and documentation
- Evaluation of Tender & Quotation
- Purchase order and contracting
- Order follow- up.
- Estimate preparation.

2. ACHIEVEMENTS

18 Online Tenders and 10 Online Quotations were floated during Fiscal Year 082/-083. Procurement process of Authorized (close System) products and local purchase

- **Major challenges:** Delayed Payment, Delay in Approval Process, Price Fluctuation and Limited Budget

- **Solution taken against challenges**: Request for Power Delegation, policy to be made either give first priority for quality or cost .

3. ACADEMIC ACTIVITIES

A few classes/rounds taken for B.Sc, M.sc. Nursing Students in each year regarding Procurement Policies & Activities

4. SWOT ANALYSIS

• **Strengths:** Bulk purchase (for a year) Strong regulatory frame work Availability of sufficient information about suppliers, product and rates.	• **Weaknesses** Late approval Budget constraint Lack of training Limited vendor on local market
• **Opportunities** E-procurement system Centralized purchase	• **Threats** Price fluctuation Possibility of low quality product supply

5. PLAN OF ACTION

- Procurement Division itself does not plan for procurement of Equipment's/Furniture's, Procurement process is done as per demand with approval from the authority.

15. STUDENTS' WELFARE SOCIETY (SWS)

1. About Us

- Official, non-political and non-profit representative body of B.P. Koirala Institute of Health Sciences students, recognized by the 32nd Senate of BPKIHS, established October 23, 2009.
- Represents all undergraduate, postgraduate, and DM/MCh fellow students engaged in study or research at the institute.
- Functions through an elected executive committee, supported by subcommittees covering academic affairs, physical and mental well-being, sports, cultural and literary activities, mess and hostel affairs, community outreach, and media and communication.
- Third elected executive committee — elected 21st September 2024, 27 members, headed by President Mr. Nabraj Kumar Dev.

2. Functions of SWS

- Protect the rights, dignity, and liberty of all BPKIHS students.
- Take initiatives for the self-development of BPKIHS students.
- Represent students in governing bodies, committees, and sub-committees within the institution.
- Maintain mutual relations with the Teachers' Welfare Society and Staff Welfare Society for the institution's progressive growth.
- Strive for the academic and intellectual growth of all BPKIHS students.

3. Source of Funds and Financial Management

- Manages the annual Student Welfare Fund contributed by all UG and PG students of BPKIHS.
- ~Two-thirds of the fund allocated to SWS for academic, extracurricular, cultural, professional, sports, and welfare activities; the remaining one-third used by the institute in coordination with SWS.
- **Approval process:** club/committee submits proposal (objectives, framework, budget, implementation plan) → reviewed by SWS → presented to institute administration for approval → budget released.
- **Post-event reporting:** financial report with bills, vouchers, and expenditure statements → Dean Academics (via SWS) → Office of the Rector → Office of the Registrar → Office of Financial Administration for audit/verification → reimbursement to SWS's official account.
- All financial statements, annual activity reports, and expenditure details presented at the Annual General Meeting (AGM), open to all UG/PG general members.
- Annual Student Activities Calendar introduced to ensure systematic, non-overlapping utilization of resources.
- **Fund supports:** Parikrama Students' Family, BPKIHS Student Blood Donation Committee, Rotaract Club of Dharan, Leo Club of Dharan, Physicians for Social Responsibility (PSRN), Nepal Medical Students' Society (NMSS) – BPKIHS Unit, and the Nepal unit of international chair in bioethics, among others.
- **Major programs:** Parikrama's Annual Students' Magazine, Literary Week, Annual Symposium; Blood Donation Committee's Inter-Medical College Medi-Quiz Competition and CME sessions; Rotaract's Voice of BPKIHS (VOB) and Rotaract Dance Sensation (RDS); Leo Club's Annual Marathon Event; PSRN's Antimicrobial Resistance (AMR) seminar; NMSS-BPKIHS's first skill-development program, including a Suturing Workshop; Bioethics Student Wing's Bioethics Day.

4. Subcommittees under SWS

- BPKIHS Sports Committee
- Central Mess Committee
- Library Committee
- Gym Committee
- Student Work-Up Team for the Physical and Mental Health Well-being Unit

- Synapse Organizing Committee 2026

4.1 Sports Committee

– Cricket practice pitch with nets; basketball court renovated; volleyball court flooring/lighting; Litchi Ground and play-area lighting; hostel badminton courts upgraded with concrete flooring/lighting.
– Football goal posts replaced; Ground No. 1 lighting installed; Ground No. 2 posts replaced; tennis court renovated (net + lighting).
– Coordinated the sports segment of Synapse 2026.

4.2 Central Mess Committee

– Advocated for dining area, lighting, furniture, drainage, and water-seepage improvements; coordinated uninterrupted water supply during shortages.
– Investigated non-compliance complaints against mess operators; recommendations submitted to hostel administration.
– Started the bidding process to reopen Mess Number 1 and the Red Canteen, closed for several years.
– Created a WhatsApp platform with student representatives and mess owners for meal-availability updates and problem resolution.

4.3 Library Committee

– Added 50 new reading seats; improved high-speed internet connectivity.
– Procured 200+ new book editions across MBBS, BDS, Nursing, Allied Health Sciences, and PG programs; renewed the UpToDate subscription.
– Proposed a 24-hour Central Library on the top two floors of the New Pharmacy Building (rooftop cafeteria, enhanced e-library, improved security) — positively received by the administration.
– Advocated for expanded CCTV surveillance in the library and institute premises.

4.4 Gym Committee

– Boys' hostel gym: repainted, new carpeting, upgraded lighting; machines repaired/repainted; new equipment procured (leg press and chest fly machines, Olympic rods, weight plates, stands, dumbbells).
– Girls' hostel gym: similar maintenance and equipment upgrades.
– Additional weight plates and machines planned for procurement.

4.5 Student Work-Up Team (Physical & Mental Health Well-being Unit)

– Established with the Office of the Rector and Office of the Dean Academics; regular review meetings under Dean Academics.
– Dedicated OPD appointment system for confidential physical/mental health consultations; 24×7 Student Support Helpline.
– Mindfulness sessions, yoga programmes, meditation workshops, mental health awareness seminars.
– Well-being orientation for newly admitted UG students; mental health sessions introduced in Arambh orientation for PG students.
– Reinstated the Faculty Mentorship Programme, assigning faculty mentors to newly admitted students.

4.6 Synapse 2026 Organizing Committee

– Revived Synapse after eight years — proposal approved with strong institute support.
– Managed sports, literary, cultural, and academic events plus sponsorship, finance, registration, logistics, and hospitality.
– 16 medical colleges (15 visiting), 7 days of academic exchange, sports, cultural performances, leadership activities.
– Transparency and financial management maintained through the official BPKIHS system.

5. Regular Activities and Students' Welfare Advocacy

- Synapse 2026 (after 8 years).
- Hippocratic Oath-Taking Ceremony and farewell — Batch 2018 and Batch 2019.
- White Coat Ceremony and Oath-Taking Ceremony — Batches 2025 and 2026.
- Farewell for Nursing and Allied Health Sciences Batch 2021 (forensic, midwifery, and clinical oaths; MIT pledge).
- Farewell for PG Batch 2022.
- Welcome Program (Aarambha) for PG batches 2025 and 2026.
- Saraswati Pooja 2082; Holi Celebration 2082.
- CME on interpreting laboratory analysis to clinical outcomes and public safety.
- Collected faculty feedback from students, in association with the Office of the Rector.
- Advocated for regular convocation to ensure timely issuance of graduation certificates.
- Presented the student agenda in the institute's Academic Committee Meeting.
- Advocated for improved security at the North and South Gates and expansion of street lighting, CCTV cameras, and security stands across student residential areas.
- Integrated the annual student cultural program into the BPKIHS Annual Day.

6. Advocacy at Federal Government and 46th and 47th Senate Meetings

- Invitee member, 46th and 47th Senate meetings; advocated for a curricula revision, now under implementation.
- Recommended expansion of super speciality services, including a burn unit and onco unit; proposed developing BPKIHS into a trauma centre serving Eastern Nepal.
- Emphasized regular academic audits; raised concerns over insufficient student hostel facilities; advocated for strengthening BPKIHS's institutional autonomy.
- Recommended upgrading BPKIHS into a full-fledged health science university for the region and recognizing it as an institution of national importance.
- **Formal memorandums submitted to:** the Ministry of Health and Population, the Ministry of Education, Science and Technology, and the Federal Parliament's Education, Health and Information Technology Committee — requesting a high-level committee and a time-bound action plan for long-term reforms.
- Met with honourable ministers, members of parliament, senior government officials, and distinguished BPKIHS alumni in national leadership positions.
- Presented student perspectives, challenges, and recommendations during official visits of the Honourable Ministers for Health and Population and for Home Affairs.

16. 29TH ANNUAL SCIENTIFIC PROGRAM

Program: 29th Annual Scientific Program 2025

Date: November 26–28, 2025

Venue: Auditorium Hall, B. P. Koirala Institute of Health Sciences (BPKIHS), Dharan

Theme: *"Transforming Education and Healthcare through Research"*

PATRONS

Prof. Dr. Bikram Prasad Shrestha	(Vice Chancellor)
Prof. Dr. Sanjib Kumar Sharma	(Rector)
Prof. Dr. Surya Prasad Sangroula	(Registrar)
Dr. Jagat Narayan Prasad	(Hospital Director)

CONVENER

Prof. Dr. Madhab Lamsal

MEMBERS

Dr. Abhilasha Sharma

Dr. Abhinaya Luitel

Dr. Abhishek Karn

Dr. Amrendra Jha

Dr. Ashok Ayer

Mr. Basanta Gelal

Dr. Bijaya Mishra

Dr. Binod Kumar Lal Das

Mr. Kisundeo Mehta

Dr. Manisha Chhetry

Dr. Mona Dahal

Dr. Parineeta Thapa

Dr. Pramendra Prasad Gupta

Dr. Punam Jha

Dr. Rajendra Kumar Chaudhari

Dr. Rajesh Gyawali

Prof. Dr. Rajiv Maharjan

Dr. Sajeev Shrestha

Dr. Sandip Shah
Mr. Santosh Kumar Yadav
Dr. Seraj Ahmed Khan
Dr. Shailesh Bhattarai
Dr. Shrijana Shrestha
Mr. Sunil Pandey

1. INTRODUCTION

The **29th Annual Scientific Program (ASP) of B. P. Koirala Institute of Health Sciences (BPKIHS)** was organized from **November 26 to 28, 2025**, at the Auditorium Hall of BPKIHS. The program was conducted under the theme **"Transforming Education and Healthcare through Research,"** highlighting the importance of research and academic scholarship in advancing health education, clinical practice, and healthcare delivery.

The Annual Scientific Program provided an important academic platform for undergraduate and postgraduate students, faculty members, researchers, and healthcare professionals to present their scientific work, exchange knowledge, and engage in scholarly discussion. It also contributed to strengthening a culture of research, scientific communication, and academic excellence within the Institute.

2. ORGANIZATION OF THE PROGRAM

The program was organized under the guidance of the Institute leadership. The patrons included **Prof. Dr. Bikram Prasad Shrestha,** Vice Chancellor**; Prof. Dr. Sanjib Kumar Sharma,** Rector; **Prof. Dr. Surya Prasad Sangroula,** Registrar; **and Dr. Jagat Narayan Prasad,** Hospital Director. **Prof. Dr. Madhab Lamsal**, Head of the Department of Biochemistry and Chairman of the Institutional Review Committee (IRC), served as the Convener. The organizing committee comprised faculty members and staff representing different academic and clinical disciplines of the Institute.

For effective planning, coordination, and execution of the scientific program, the activities were organized through the following subcommittees:

Scientific Subcommittee – responsible for coordinating the scientific components of the program, including scientific presentations, sessions, evaluation, and related academic activities.

Felicitation Subcommittee – responsible for coordinating the felicitation and recognition of distinguished participants, presenters, awardees, and other contributors to the scientific program.

Logistics and Venue Management Subcommittee – responsible for coordinating venue arrangements, logistical requirements, and the overall physical management of the program venue to ensure smooth conduct of the sessions.

Refreshment Subcommittee – responsible for coordinating refreshment arrangements for invited guests, faculty members, presenters, judges, organizers, and participants during the program.
The coordinated efforts of these subcommittees contributed to the systematic organization and smooth conduct of the three-day Annual Scientific Program.

Keynote Session

The scientific program commenced with a keynote session on **"Portal Vein Thrombosis,"** delivered by **Prof. Dr. Lawrence Spahr from Hopitaux Universitaires de Genève, Switzerland**. The keynote session provided participants with an opportunity to gain insights into an important clinical topic from an international expert and set an academically enriching tone for the scientific program.

3. SCIENTIFIC PRESENTATIONS

The 2025 Annual Scientific Program featured a substantial number of scientific presentations. A total of **167 presentations** were included in the program, comprising:
3 plenary lectures
90 oral presentations
74 poster presentations

Among these, **79 presentations were included in the prize category**, with participation from undergraduate and postgraduate students as well as faculty members of the Institute.
The large number and diverse range of presentations reflected the active research environment at BPKIHS and provided a valuable platform for dissemination of research findings across different disciplines of health sciences.

Scientific Sessions and Evaluation

A total of **11 scientific sessions** were conducted under the chairmanship of **22 chairpersons**. The scientific presentations were evaluated by panels of experienced judges. Oral presentations were assessed by **Prof. Dr. Balkrishna Bhattarai, Prof. Dr. Smriti Karki, Prof. Dr. Ram Saran Mehta, and Prof. Basanta Kumar Karna**, while poster presentations were judged by **Prof. Dr. Tara Shah, Prof. Dr. Rita Khadka, Prof. Dr. Rabin Bhandari, and Prof. Dr. Mannu Vikram**.

To ensure a balanced assessment of research quality and scientific communication, **30% of the marks were allocated to the abstract and 70% to the final presentation**. This evaluation system emphasized both the quality of the submitted research and the participants' ability to communicate their findings effectively.

Award-Winning Presentations

The program recognized outstanding scientific presentations in different categories.

Best Poster – Undergraduate Category:

Mr. Roshan Twanabasu received the award for his poster titled *"Methicillin Resistant Staphylococcus aureus (MRSA): Prevalence, Antimicrobial Susceptibility Pattern and Biofilm Production From the Nasal Isolates Among Intern Doctors and First Year MBBS Students at BPKIHS, Dharan, Nepal."*

Best Poster – Postgraduate Category:

Dr. Niraj Niroula received the award for his poster titled *"Association Between Consumption of Alcohol and the Risk of Stroke in Patients in Emergency at BPKIHS, Dharan, Nepal."*

Best Oral Presentation – Undergraduate Category:

Mr. Utsav Sitaula received the award for his presentation titled *"Knowledge and Practices of Skin Care Among Elderly Patients in a Tertiary Hospital of Nepal: Gaps and Opportunities for Improvement."*

Best Oral Presentation – Postgraduate Category:

Mr. Bishal Khattri received the award for his presentation titled *"Analysis of Kidney Stone Types and Their Risk Factors: A Hospital Based Cross-Sectional Study."*

Best Case Report:

Dr. Sushant Pandey received the award for his case report titled *"Balancing Brodie Bite: A Case Report."*

Best Faculty Presentation:

Dr. Neetu Jain received the award for her poster titled *"Comparative Analysis of Verrucous-Papillary Lesions of the Oral Cavity: Retracing the Clinicopathological Conundrum."*

4. CONCLUSION

The **29th Annual Scientific Program of BPKIHS 2025** was an important academic and scientific event that brought together students, faculty members, researchers, and healthcare professionals to share research findings and exchange scientific knowledge. With **167 scientific presentations, 11 scientific sessions, and participation across undergraduate, postgraduate, and faculty categories**, the program demonstrated the strong emphasis placed on research and scholarly activities at BPKIHS.

The successful organization of the three-day program was supported by the coordinated efforts of the **Scientific Subcommittee, Felicitation Subcommittee, Logistic and Venue Management**

Subcommittee, and Refreshment Subcommittee, working under the overall organizing structure of the program.

The theme, *"Transforming Education and Healthcare through Research,"* appropriately reflected the central objective of the program: strengthening the link between research, education, and healthcare practice. Recognition of outstanding scientific work through various awards further encouraged participants to pursue high-quality research and effective scientific communication.

Overall, the 29th Annual Scientific Program contributed significantly to fostering a vibrant research culture at BPKIHS and provided an effective platform for disseminating scientific knowledge, encouraging academic collaboration, and promoting excellence in research and healthcare education.

17. IMPORTANT COMMITTEE

17.1 **सञ्चालक परिषद**

वी.पी.कोइराला स्वास्थ्य विज्ञान प्रतिष्ठान सञ्चालक परिषदको सदस्यहरूको नामावली			
क.सं.	**नाम**	**पद**	**कैफियत**
१.	माननीय निशा मेहता, स्वास्थ्य तथा खाद्य स्वच्छता मन्त्री एवम् सहकुलपति	अध्यक्ष	पदेन
२.	सदस्य, राष्ट्रिय योजना आयोग	सदस्य	पदेन
३.	प्रतिष्ठानको भूतपूर्व उपकुलपतिहरूमध्येबाट नेपाल सरकारले मनोनित गरेको एकजना	सदस्य	
४.	विश्वविद्यालयका उपकुलपतिहरूमध्येबाट कार्यकारिणी समितिको सिफारिसमा नेपाल सरकारले मनोनित गरेका बढीमा दुई जना	सदस्य	
५.	उपकुलपति, नेपाल विज्ञान तथा प्रविधि प्रज्ञा प्रतिष्ठान	सदस्य	पदेन
६.	सचिव, स्वास्थ्य तथा जनसंख्या मत्रालय	सदस्य	पदेन
७.	सचिव, शिक्षा मंत्रालय	सदस्य	पदेन
८.	सचिव, अर्थ मन्त्रालय	सदस्य	पदेन
९.	डीन, चिकित्सा शास्त्र अध्ययन संस्थान	सदस्य	पदेन
१०.	अध्यक्ष, नेपाल स्वास्थ्य अनुसंधान परिषद	सदस्य	पदेन
११.	अध्यक्ष, नेपाल मेडिकल काउन्सिल	सदस्य	पदेन
१२.	स्वास्थ्य वैज्ञानिकहरूमध्येबाट कार्यकारिणी समितिको सिफारिसमा नेपाल सरकारले मनोनित गरेका दुईजना	सदस्य	
१३.	प्रमुख, धरान उपमहानगरपालिका	सदस्य	पदेन
१४.	शिक्षाध्यक्ष	सदस्य	पदेन
१५.	रजिष्ट्रार	सदस्य	पदेन
१६.	अस्पताल निर्देशक	सदस्य	पदेन
१७.	प्रतिष्ठानका शिक्षकहरूमध्येबाट उपकुलपतिको सिफारिसमा सहकुलपतिले मनोनित गरेका दुईजना	सदस्य	
१८.	प्रतिष्ठित विद्वान, समाजसेवी, उद्योगपति तथा व्यापारीमध्येबाट कार्यकारिणी समितिको सिफारिसमा सहकुलपतिले मनोनित गरेका बढीमा दुईजना	सदस्य	
१९.	प्रा.डा.स्मृति कार्की, उपकुलपति	सदस्य-सचिव	पदेन

17.2 कार्यकारिणी समिति

कार्यकारिणी समिति		
क.सं.	**नाम**	**पद**
१.	प्रा.डा.स्मृति कार्की, उपकुलपति, वी.पी.कोइराला स्वास्थ्य विज्ञान प्रतिष्ठान	अध्यक्ष
२.	शिक्षाध्यक्ष	सदस्य
३.	प्रतिनिधी, स्वास्थ्य तथा खाद्य स्वच्छता मन्त्रालय	सदस्य
४.	अस्पताल निर्देशक	सदस्य
५.	प्रतिष्ठानका विभागीय प्रमुखहरूमध्येबाट उपकुलपतिको सिफारिसमा सहकुलपतिले मनोनित गरेका दुईजना	सदस्य
६.	रजिष्ट्रार	सदस्य-सचिव

17.3 पुनरावेदन आयोग

पुनरावेदन आयोग			
क.सं.	**नाम**	**पद**	**कैफियत**
१.	सञ्चालक परिषद्को सदस्यहरूमध्येबाट एकजना	अध्यक्ष	प्रतिष्ठानका पदाधिकारीहरू बाहेक
२.	सञ्चालक परिषद्को सदस्यहरूमध्येबाट दुईजना	सदस्य	

17.4 डिन, सहायक डिन, वार्डेन, छात्रावास

क.सं.	**नाम**	**पद**
१.	प्रा.डा.अन्जु प्रधान	डीन (परीक्षा)
२.	प्रा.डा.अनुप घिमिरे	डीन (शैक्षिक)
३.	प्रा.डा.आशिष सुबेदि	डीन (रिसर्च)
४.	डा.विम्मी सिंह	सहायक डीन (शैक्षिक)
५.	डा.धन केशर खड्का	सहायक डीन (परीक्षा)
६.	डा. जमल गिरी	सहायक डीन (रिसर्च)
७.	डा.इन्द्र कुमार लिम्बु	डेपुटी अस्पताल निर्देशक
८.	डा.विजय श्रेष्ठ	सहायक अस्पताल निर्देशक
९.	प्रा.डा.नविन अग्रवाल	चिफ, कलेज अफ डेन्टल सर्जरी
१०.	डा.इच्छा कुमार महर्जन	डेपुटी चिफ, कलेज अफ डेन्टल सर्जरी
११.	प्रा.डा.अनुप घिमिरे	चिफ, स्कुल अफ पब्लिक हेल्थ एण्ड कम्युनिटी मेडिसिन
१२.	प्रा.रमानन्द चौधरी	चिफ, कलेज अफ नर्सिङ्ग
१३.	श्री कला थापा	मेट्रोन
१४.	प्रा.डा.शमशेर श्रेष्ठ	प्रवक्ता, प्रमुख, होस्टेल वार्डेन (UG and PG छात्रावास)
१५.	डा.अभिजीत कुमार	सह-प्रवक्ता
१६.	डा.समिर चौधरी	वार्डेन (होस्टेल)
१७.	डा.प्रिजा सुवेदी	वार्डेन (होस्टेल)
१८.	श्री सपना श्रेष्ठ	वार्डेन (होस्टेल)

17.5 ACADEMIC COMMITTEE

S.N.	Name	Designation
1.	Prof. Dr. Bikram Prasad Shrestha, Vice-Chancellor	Chairperson
2.	Prof. Dr. Sanjib Kumar Sharma, Rector	Member
3.	Prof. Dr. Surya Prasad Sangroula, Registrar	Member
4.	Dr. Jagat Narayan Prasad, Hospital Director	Member
5.	Prof. Dr. Anju Pradhan, Dean, Examinations	Member
6.	Prof. Dr. Asish Subedi, Dean Research	Member
7.	Prof. Dr. Anup Ghimire, Dean, Academics	Member Secretary
From among the HoDs:		
8.	Prof. Dr. Nirmala Limbu, HoD, Dept of Basic & Clinical Physiology	Member
9.	Prof. Nirmala Pokharel, HoD, Dept. of Maternal Health Nursing	Member
10.	Prof. Dr. Achala Thakur, HoD, Dept of Obstetrics & Gynaecology	Member
11.	Prof. Dr. Ratna Baral, HOD, Dept of Microbiology	Member
12.	Dr. Ashok Dongol, HoD, Dept. of Oral & Maxillofacial Surgery	Member
From among the teachers:		
13.	Prof. Dr. Mehul Jaisani Bohara, Dept of Oral & Maxillofacial Surgery	Member
14.	Prof. Dr. Mehul Jaisani Bohara, Dept of Oral & Maxillofacial Surgery	Member
15.	Prof. Dr. Shamsher Shrestha, Dept of Anatomy	Member
VC Nominee (National)		
16.	Prof. Dr. Manoj Humagain, Dean, Kathmandu University (KU)	Member
17.	Prof. Dr. Balakrishnan M Acharya Dean, Patan Academy of Health Sciences	Member
VC Nominee (India)		
18.	Prof. Sandip Mahajan All India Institute of Medical Sciences (AIIMS), New Delhi, India	Member
19.	Dr. N. Madhuwanthi Hettiarachhi, Sri Lanka College of Internal Medicine	Member

17.6 RESEARCH COMMITTEE

S.N.	Name	Designation
1.	Prof. Dr. Sanjib Kumar Sharma, Rector	Chairperson
2.	Prof. Dr. Anup Ghimire, Dean, Academics	Member
3.	Prof. Dr. Anju Pradhan, Dean, Examinations	Member
4.	Prof. Dr. Asish Subedi, Dean, Research	Member Secretary
Representative of different departments:		
5.	Dr. Ritesh Chaudhary, Additional Professor, General Practice & Emergency Medicine	Member
6.	Dr. Sandip Shah, Additional Professor, Department of Anatomy	Member
7.	Dr. Sailesh Bhattarai, Associate professor, SPH & Community Medicine	Member

S.N.	Name	Designation
8.	Dr. Bijaya Mishra, Associate Professor, Department of Biochemistry	Member
9.	Dr. Rekha Limbu, Assistant Professor, Department of Physiology	Member
Representative of Nepalese & International Scientists:		
10.	Dr. Umesh Nepal, Consultant & Chief, B. P. Koirala Memorial Cancer Hospital Bharatpur, Nepal.	Member
11.	Dr. Sandhya Chapagain, Senior Consultant, NAMS, Kathmandu, Nepal.	Member
12.	Dr. Puneet Saxena, Professor & Head, Department of Medicine, SMS Medical College, Jaipur (Rajasthan), India.	Member
13.	Dr. Jyotirmoy Pal, Professor of General Medicine, R. G. Kar Medical & Hospital, Kolkata, India	Member
Nominations		
14.	MS. Namita Ghimire	Member
15.	NAST representative	Member

17.7 WASTE MANAGEMENT COMMITTEE

क.सं.	**नाम**	**पद**
१.	डा. जगत नारायण प्रसाद, अस्पताल निर्देशक	अध्यक्ष
२.	डा. इन्द्र कुमार लिम्बु, डेपुटी अस्पताल निर्देशक	सदस्य
३.	डा. दिपेन्द्र प्रसाद सर्राफ, साहयक अस्पताल निर्देशक	सदस्य
४.	डा. रिता खडका, फिजियोलोजी विभाग	सदस्य
५.	श्री मेट्रोन, नर्सिङ्ग सेवा	सदस्य
६.	श्री प्रतिनिधि, इलेक्ट्रो-बयोमेड विभाग	सदस्य
७.	श्री प्रतिनिधि, सिभिल इन्जिनियरिङ्ग	सदस्य
८.	श्री नर्सिङ्ग सुपरभाइजर, मेट्रोन अफिस	सदस्य
९.	श्री प्रतिनिधि, सामान्य प्रशासन शाखा	सदस्य
१०.	श्री कविता ढकाल, Infection Control Nurse	सदस्य
११.	श्री मनोज कुमार यादव, (हाउसकिपिङ्ग) अस्पताल प्रशासन महाशाखा	सदस्य सचिव

17.8 MEDICAL BOARD OF BPKIHS

S.N.	Name	Designation
1	Hospital Director	Chairperson
2	Prof. Dr. Robin Maskey, Dept. of Internal Medicine	Member
3	Dr. Prajwal Pandey, Dept. of Dermatology	Member
4	Dr. Rinku Sah, Dept. of Microbiology	Member
5	Dr. Suban Bhandari, Dept. of ENT	Member
6	Dr. Suren Limbu, Dept. of Psychiatry	Member
7	Dr. Basant Rai, Dept. of Pediatrics	Member
8	Dr. Shweta Agrawal, College of Dental Surgery	Member
9	Dr. Manoj Shah, Dept. of Obstetrics and Gynaecology	Member
10	Dr. Dinesh Nalbo, Dept. of Surgery	Member
11	Ms. Kala Thapa, Matron	Member
12	Mr. Sunam Dahal, Supervisor, Hospital Administration	Member
13	Deputy Hospital Director	Member Secretary

17.9 LAB/RADIOLOGY AUDIT COMMITTEE

क्र.सं.	**नाम**	**पद**
१.	डा. इन्द्र कुमार लिम्बु, सहायक अस्पताल निर्देशक	संयोजक
२.	श्री वायोकेमेस्ट्री विभागीय प्रमुख वा विभागले तोकेको प्रतिनिधि	सदस्य
३.	श्री प्याथोलोजी विभागीय प्रमुख वा विभागले तोकेको प्रतिनिधि	सदस्य
४.	श्री माइक्रोवायोलोजी विभागीय प्रमुख वा विभागले तोकेको प्रतिनिधि	सदस्य
५.	श्री रेडियोलोजी विभागीय प्रमुख वा विभागले तोकेको प्रतिनिधि	सदस्य
६.	श्री ल्याब कोअर्डिनेटर	सदस्य
७.	श्री आ.प्र. महाशाखा प्रमुख वा निजले तोकेको प्रतिनिधि	सदस्य
८.	श्री मेडिकल स्टोर प्रमुख वा निजले तोकेको प्रतिनिधि	सदस्य
९.	श्री आन्तरिक लेखापरिक्षण शाखा प्रमुख	सदस्य
१०.	डा. इन्द्र कुमार लिम्बु, सहायक अस्पताल निर्देशक	सदस्य सचिव

17.10 OT USER'S COMMITTEE

क्र.सं.	नाम	पद
१.	डा. जगत नारायण प्रसाद, अस्पताल निर्देशक	संयोजक
२.	श्री विभागीय प्रमुख, नाक, कान तथा घाँटी विभाग	सदस्य
३.	श्री विभागीय प्रमुख, एनेस्थेसियोलोजी एंड क्रिटिकल केयर विभाग	सदस्य
४.	श्री विभागीय प्रमुख, सर्जरी विभाग	सदस्य
५.	श्री विभागीय प्रमुख, अर्थोपेडिक्स विभाग	सदस्य
६.	श्री विभागीय प्रमुख, डर्माटोलोजी एंड भेनेरियोलोगी विभाग	सदस्य
७.	श्री विभागीय प्रमुख, प्रसूति तथा स्त्री रोग विभाग	सदस्य
८.	श्री विभागीय प्रमुख, ओरल एण्ड म्याक्सिलोफियल सर्जरी, CODS	सदस्य
९.	श्री विभागीय प्रमुख, आँखा विभाग	सदस्य
१०.	श्री मेट्रोन, नर्सिङ सेवा	सदस्य
११.	श्री इन्चार्ज Routine OT, Gynae OT, Emergency OT, Day Care OT र CSSD	सदस्य
१२.	डा. स्वेता झा,; अस्पताल प्रशासन महाशाखा	सदस्य
१३.	श्री प्रमुख, अस्पताल प्रशासन महाशाखा	सदस्य सचिव

17.11 MORTALITY REVIEW COMMITTEE

क्र.सं.	नाम	पद
१.	श्री अस्पताल निर्देशक	संयोजक
२.	श्री डेपुटी अस्पताल निर्देशक	सह-संयोजक
३.	श्री विभागीय प्रमुख वा निजले तोकेको प्रतिनिधि, Internal Medicine	सदस्य
४.	श्री विभागीय प्रमुख वा निजले तोकेको प्रतिनिधि, Surgery	सदस्य
५.	श्री विभागीय प्रमुख वा निजले तोकेको प्रतिनिधि, Anesthesiology & Critical Care	सदस्य
६.	श्री विभागीय प्रमुख वा निजले तोकेको प्रतिनिधि, GPEM	सदस्य
७.	श्री विभागीय प्रमुख वा निजले तोकेको प्रतिनिधि, Obstetric & Gynaecology	सदस्य
८.	श्री विभागीय प्रमुख वा निजले तोकेको प्रतिनिधि, Forensic Medicine	सदस्य
९.	श्री विभागीय प्रमुख वा निजले तोकेको प्रतिनिधि, Pediatrics	सदस्य
१०.	श्री विभागीय प्रमुख वा निजले तोकेको प्रतिनिधि, Orthopedics	सदस्य
११.	श्री विभागीय प्रमुख वा निजले तोकेको प्रतिनिधि, CTVS	सदस्य
१२.	श्री विभागीय प्रमुख वा निजले तोकेको प्रतिनिधि, Cardiology	सदस्य
१३.	श्री विभागीय प्रमुख वा निजले तोकेको प्रतिनिधि, GI Surgery	सदस्य
१४.	श्री विभागीय प्रमुख वा निजले तोकेको प्रतिनिधि, Pulmonary Critical Care	सदस्य
१५.	श्री विभागीय प्रमुख वा निजले तोकेको प्रतिनिधि, Gastroenterology & Hepatology	सदस्य

क्र.सं.	नाम	पद
१६.	श्री विभागीय प्रमुख वा निजले तोकेको प्रतिनिधि, Dermatology	सदस्य
१७.	श्री विभागीय प्रमुख वा निजले तोकेको प्रतिनिधि, Ophthalmology	सदस्य
१८.	श्री विभागीय प्रमुख वा निजले तोकेको प्रतिनिधि, ENT	सदस्य
१९.	डा. सोनिया दुलाल, एसोसिएट प्रोफेसर, Oncology	सदस्य
२०.	डा. राजेश प्रसाद साह, एसिस्टेन्ट प्रोफेसर, Paediatrics Surgery	सदस्य
२१.	डा. आलोक दाहाल, एसिस्टेन्ट प्रोफेसर, Neuro Surgery	सदस्य
२२.	डा. रिकेश जंग कार्की, एसिस्टेन्ट प्रोफेसर, Urology	सदस्य
२३.	श्री धरणीधर वराल, एसिस्टेन्ट प्रोफेसर, Community Medicine	सदस्य
२४.	श्री मेट्रोन, नर्सिङ्ग सेवा	सदस्य
२५.	श्री सिस्टर वार्ड इन्चार्ज, (ICU, SICU, NICU /PICU, Gynae, Emergency)	सदस्य
२६.	श्री अस्पताल प्रशासन महाशाखा प्रतिनिधि	सदस्य
२७.	श्री प्रमुख, मेडिकल रेकर्ड शाखा	सदस्य सचिव

17.12 EMERGENCY ADVISORY COMMITTEE

क्र.सं.	नाम	पद
१.	श्री अस्पताल निर्देशक	संयोजक
२.	श्री डेपुटी अस्पताल निर्देशक	सह-संयोजक
३.	श्री सहायक अस्पताल निर्देशक	सदस्य
४.	श्री विभागीय प्रमुख General Practice & Emergency Medicine, Pediatrics and Adolescents Medicine, Obstetrics & Gynaecology, Orthopaedics, Internal Medicine, Surgery, Cardiology, Otolaryngology and HNS, Anaesthesiology & Critical Care, Radiology, Psychiatry, Dermatology & Venereology, Gastrointestinal Surgery, Ophthalmology, Gastroenterology & Hepatology, Pulmonary Critical Care & Sleep Medicine	सदस्य
५.	प्रा. डा. ज्ञानेन्द्र बहादुर मल्ल, GP&EM विभाग	सदस्य
६.	श्री ल्याव कोअर्डिनेटर तथा सब कोअर्डिनेटर	सदस्य
७.	श्री मेट्रोन	सदस्य
८.	श्री नर्सिङ इन्चार्ज (Main Emergency, Paediatric & Gynae Emergency)	सदस्य
९.	श्री प्रमुख, अस्पताल प्रशासन महाशाखा	सदस्य
१०.	प्रा. डा. रजनी गिरि, GP&EM विभाग	सदस्य सचिव

17.13 GRIEVANCE MANAGEMENT COMMITTEE

क्र.सं.	नाम	पद
१.	डा. विजय श्रेष्ठ, एसोसियट प्रोफेसर, सर्जरी विभाग	संयोजक
२.	श्री सह प्रवक्ता	सदस्य
३.	श्री मेट्रोन	सदस्य
४.	श्री मोहन कुमार राई, प्रमुख, आ.प्र. माहाशाखा सदस्य	सदस्य
५.	श्री महेश्वर राई, प्रमुख, जेनेरल स्टोर शाखा - सदस्य	सदस्य
६.	श्री अध्यक्ष, शिक्षक कल्याण समाज सदस्य	सदस्य
७.	श्री अध्यक्ष, कर्मचारी कल्याण समाज सदस्य	सदस्य
८.	श्री मनोज कुमार यादव, सिनियर हाउसकिपिंग अफिसर - सदस्य	सदस्य
९.	श्री सुनम कुमार दाहाल, प्रमुख, सामाजिकसेवा तथा बीमा शाखा सदस्य सचिव-	सदस्य सचिव

17.14 HOSPITAL DISCIPLINARY ACTION COMMITTEE

क्र.सं.	नाम	पद
१.	श्री अस्पताल निर्देशक	संयोजक
२.	श्री डिन शैक्षिक	सदस्य
३.	श्री प्रमुख, कर्मचारी प्रशासन शाखा	सदस्य
४.	श्री मेट्रोन नर्सिङ सेवा	सदस्य
५.	श्री अध्यक्ष, कर्मचारी कल्याण समाज	सदस्य
६.	श्री अध्यक्ष MDWFS	सदस्य

17.15 TUMOR BOARD TEAM

क्र.सं.	नाम	पद
१.	डा. सोनिया दुलाल, एसोसिएट प्रोफेसर, इर्न्टनल मेडिसिन विभाग	संयोजक
२.	प्रा. डा. सुधा अग्रवाल, प्रोफेसर, डर्माटोलोजी विभाग	सदस्य
३.	प्रा.डा. स्मृति कार्की, प्रोफेसर, प्याथोलोजी विभाग	सदस्य
४.	प्रा.डा. परिचा उपाध्याय, प्रोफेसर, प्याथोलोजी विभाग	सदस्य
५.	डा. अन्जु प्रधान, एडिसनल प्रोफेसर, प्याथोलोजी विभाग	सदस्य
६.	डा. पुनम पौडेल, एडिसनल प्रोफेसर, प्याथोलोजी विभाग	सदस्य
७.	डा. रोबिन मास्के, एडिसनल प्रोफेसर, इर्न्टनल मेडिसिन विभाग	सदस्य
८.	डा. धन केशर खडका, एसोसिएट प्रोफेसर, डर्माटोलोजी विभाग	सदस्य
९.	डा. दिव्य राज मिश्र, एसोसिएट प्रोफेसर, Pulmonary CC & SM विभाग	सदस्य
१०.	डा. लोकेश शेखर जयसवाल, एसोसिएट प्रोफेसर, CTVS विभाग	सदस्य
११.	डा. सिप्रा चौधरी, एसोसिएट प्रोफेसर, बाल रोग विभाग	सदस्य
१२.	डा. यमुना अग्रवाल, एसिस्टेन्ट प्रोफेसर, प्याथोलोजी विभाग	सदस्य
१३.	डा. राजन शाह, एसिस्टेन्ट प्रोफेसर, प्याथोलोजी विभाग	सदस्य
१४.	डा. मोना दाहाल, एसिस्टेन्ट प्रोफेसर, प्याथोलोजी विभाग	सदस्य
१५.	डा. याम बहादुर गुरूङ्ग, एसिस्टेन्ट प्रोफेसर, हाडजोर्नी विभाग	सदस्य
१६.	डा. रिकेश जंग कार्की, एसिस्टेन्ट प्रोफेसर सर्जरी विभाग	सदस्य
१७.	डा. शारदा खड्का, एसिस्टेन्ट प्रोफेसर, सर्जरी विभाग	सदस्य
१८.	डा. राजेश प्रसाद साह, एसिस्टेन्ट प्रोफेसर, सर्जरी विभाग	सदस्य
१९.	डा. आलोक दाहाल, एसिस्टेन्ट प्रोफेसर, सर्जरी विभाग	सदस्य
२०.	डा. भवानी खनाल, एसिस्टेन्ट प्रोफेसर, सर्जरी विभाग	सदस्य
२१.	डा. कुनाल बिक्रम देव, एसिस्टेन्ट प्रोफेसर, GI सर्जरी विभाग	सदस्य
२२.	डा. परिनीता थापा, एसिस्टेन्ट प्रोफेसर, एनेस्थेसियोलोजी विभाग	सदस्य
२३.	डा. रमेश श्रेष्ठ, एसिस्टेन्ट प्रोफेसर, स्त्री तथा प्रसुती रोग विभाग	सदस्य
२४.	डा. विकास कुमार साह, सिनियर रेसिडेन्ट, इर्न्टनल मेडिसिन विभाग	सदस्य

17.16 HOSPITAL INFECTION CONTROL COMMITTEE (HICC)

क्र.सं.	नाम	पद
१.	श्री अस्पताल निर्देशक	अध्यक्ष
२.	श्री सह - अस्पताल निर्देशक	सदस्य
३.	श्री विभागीय प्रमुख, Anesthesiology & Critical Care विभाग वा निजले तोकेको प्रतिनिधि	सदस्य
४.	श्री विभागीय प्रमुख, GP&EM विभाग वा निजले तोकेको प्रतिनिधि	सदस्य
५.	श्री विभागीय प्रमुख, Pediatric वा निजले तोकेको प्रतिनिधि	सदस्य
६.	श्री विभागीय प्रमुख, ENT विभाग वा निजले तोकेको प्रतिनिधि	सदस्य
७.	श्री विभागीय प्रमुख, Dermatology विभाग वा निजले तोकेको प्रतिनिधि	सदस्य
८.	श्री विभागीय प्रमुख, Orthopedics विभाग वा निजले तोकेको प्रतिनिधि	सदस्य
९.	श्री विभागीय प्रमुख, क्गाचनभचथ विभाग वा निजले तोकेको प्रतिनिधि	सदस्य
१०.	श्री विभागीय प्रमुख, Internal Medicine विभाग वा निजले तोकेको प्रतिनिधि	
११.	श्री विभागीय प्रमुख, Obst & Gynecology विभाग वा निजले तोकेको प्रतिनिधि	सदस्य
१२.	श्री विभागीय प्रमुख, Pathology विभाग वा निजले तोकेको प्रतिनिधि	सदस्य
१३.	Chief, CODS	सदस्य
१४.	श्री मेट्रोन	सदस्य
१५.	श्री मनोज कुमार यादव, सिनियर हाउसकिपिङ्ग अफिसर, अस्पताल प्रशासन	सदस्य
१६.	श्री कविता ढकाल, नर्सिङ अफिसर	सदस्य
१७.	श्री विभागीय प्रमुख, Microbiology 1 विभाग	सदस्य सचिव

17.17 SOCIAL AUDIT COMMITTEE

क्र.सं.	नाम	पद
१.	डा. जगत नारायण प्रसाद, अस्पताल निर्देशक	संयोजक
२.	प्रा. डा. शैलेश अधिकारी, Gastrointestinal Surgery विभाग	सदस्य
३.	प्रा. डा. बालकृष्ण भट्टराई, Anaesthesia & Critical Care विभाग	सदस्य
४.	डा. अभिजित कुमार, Surgery विभाग	सदस्य
५.	डा. शेहराज खान, शिक्षक कल्याण समाज	सदस्य
६.	श्रीमती कविता ढकाल, कर्मचारी कल्याण समाज	सदस्य
७.	श्री मोहन राई, प्रमुख, आर्थिक प्रशासन महाशाखा	सदस्य
८.	डा. स्वेता झा, अस्पताल प्रशासन महाशाखा	सदस्य
९.	श्री अशोक कुमार साह, प्रमुख, अस्पताल प्रशासन महाशाखा	सदस्य सचिव

17.18 Name List of Nursing Staff

Matron office

Ward: ICU 1-6

S.No.	Name	Designation
1	Krishna Kumari Gupta	Sr. Nursing Officer:
2	Rashmila Rai	Nursing Officer
3	Laxmi Tamang	Nursing Officer
4	Bhim Kri Purja	Staff Nurse/ Educator
5	Manikala Gurung	Staff Nurse
6	Prakritee Bhattarai	Staff Nurse
7	Ganga Darnal	Staff Nurse
8	Trisha Bhurtel	Staff Nurse
9	Manisha khatri	Staff Nurse
10	Kareena khadka	Staff Nurse
11	Sarita Kumari Sah	Staff Nurse
12	Neha Oli	Staff Nurse
13	Roshni Shrestha	Staff Nurse
14	Ritu Yadav	Staff Nurse
15	Pratibha Katuwal	Staff Nurse
16	Bimala Tamang	Staff Nurse
17	Jesika Limbu	Staff Nurse
18	Dipika Adhikari	Staff Nurse
19	Subeksha Karki	Staff Nurse
20	Babi Tamang	Staff Nurse
21	Pratiksha Rai	Staff Nurse
22	Anju Limbu	Staff Nurse
23	Puja Rajbanshi	Staff Nurse
24	Biddhya Khanal	Staff Nurse
25	Alina Gurung	Staff Nurse
26	Suja Raut	Staff Nurse
27	Kriti Adhikari	Staff Nurse
28	Rashmita Khadka	Staff Nurse
29	Manita Pokhrel	Staff Nurse
30	Sadhana Giri	Staff Nurse
31	Matrina Chaudhary	Staff Nurse
32	Pragati Mandal	Staff Nurse
33	Mausam Rai	Staff Nurse
34	Junita Ranjitkar	Staff Nurse
35	Anuva Rai	Staff Nurse
36	Isha Karki	Staff Nurse
37	Mangina Gurung	Staff Nurse
38	Sweat Chhetri	Staff Nurse
39	Uma Sarki	Staff Nurse
40	Priyanka Thakuri	Staff Nurse
41	Sapana Dhakal	Staff Nurse
42	Sabina Jimi Yakha	Staff Nurse
43	Shreya Kathayat	Staff Nurse
44	Jeeba Khatun	Staff Nurse
45	Ankita Pradhan	Staff Nurse
46	Jenifer Magar	Staff Nurse
47	Mingma Sherepa	Staff Nurse
48	Mamata Rai	Staff Nurse
49	Priyanka Shrestha	Staff Nurse
50	Puja Pokhrel	Staff Nurse
51	Bibisha Bhattarai	Staff Nurse
52	Sushmita Dhakal	Staff Nurse
53	Astha Poudel	Staff Nurse
54	Pratibha Basnet	Staff Nurse
55	Mamta Kri Chaudhary	Sr/Staff Nurse
56	Sunita Rokka	Sr/Staff Nurse
57	Ramita Rai	Sr/Staff Nurse
58	Sita Bomrel	Staff Nurse
59	Diksha Adhikari	Staff Nurse
60	Shova Sharma	Staff Nurse
61	Deepa Rai	Staff Nurse
62	Angela Kattel	Staff Nurse
63	Susmina Adhikari	Staff Nurse
64	Manisha Mehta	Staff Nurse
65	Sonal Khadka	Staff Nurse
66	Anuradha Chaudhary	Staff Nurse
67	Bijaya Rajbhandari	Staff Nurse
68	Sugam Pokhrel	Staff Nurse
69	Ranjana Kri Pandit	Staff Nurse
70	Saima Rai	Staff Nurse
71	Amrita Kri Sardar	Staff Nurse
72	Neha Mandal	Staff Nurse
73	Samita Basnet	Staff Nurse
74	Shreya Mishra	Staff Nurse

Ward: SICU Ward

S.No.	Name	Designation
1	Debu Adhikari	Senior Nursing Officer:
2	Shanta Pata	Nursing Officer
3	Regina Limbu	Senior Staff Nurse
4	Rojina Poudel	Staff Nurse
5	Nisha Poudel	Staff Nurse
6	Smritee Bhandari	Staff Nurse
7	Sharon Tamang	Staff Nurse
8	Upama Rai	Staff Nurse
9	Ravina Thapa	Staff Nurse
10	Sony Sanba	Staff Nurse
11	Kamala Rai	Staff Nurse
12	Saru Tamang	Staff Nurse
13	Anjita Karki	Staff Nurse
14	Sushila Katwal	Staff Nurse
15	Swastika Shrestha	Staff Nurse
16	Narika Chaudhary	Staff Nurse
17	Pramita Basnet	Staff Nurse
18	Sumichha Rai	Staff Nurse
19	Christina Rai	Staff Nurse
20	Neelam Gurung	Staff Nurse
21	Pramila Gurung	Staff Nurse
22	Numa Limbu Fenduwa	Staff Nurse
23	Chandrika Shahi	Staff Nurse
24	Ashmi Shrestha	Staff Nurse

Ward: Ortho Observation Ward

S.No.	Name	Designation
1	Dev Kant Chaudhary	Nursing Officer:
2	Rita Kri Shah	Senior Staff Nurse
1	Pramila Shiwa	Senior Staff Nurse
1	Binda Thaklung	Senior Staff Nurse
2	Manju Shah	Senior Staff Nurse
3	Deepika Sunuwar	Staff Nurse
4	Jamuna Limbu	Staff Nurse
5	Kajal Kri Ray	Staff Nurse
6	Dipika Tadav	Staff Nurse
7	Bhim Devi Bhandari	Senior ANM

S.No.	Name	Designation
17	Bharati Kri Shrestha	Staff Nurse

Ward: Routine OT

S.No.	Name	Designation
1	Ranjana Chaudhary	Senior Nursing Officer
1	Sushila Kumari Sah	Nursing Officer
2	Punita Kumari Yadav	Nursing Officer
3	Uma Timalsina	Nursing Officer
1	Samira Singh	Senior Staff Nurse
2	Kumari Rubi Deo	Senior Staff Nurse
3	Laxmi Shrestha	Senior Staff Nurse
4	Sarita Thakur	Senior Staff Nurse
5	Janaki Chaudhary	Senior Staff Nurse
6	Kabita Subba	Senior Staff Nurse
7	Lila Kumari Limbu	Senior Staff Nurse
8	Shova Rai	Senior Staff Nurse
9	Rita Basfor	Senior Staff Nurse
10	Anjali Gurung	Senior Staff Nurse
11	Kabita Neupane	Senior Staff Nurse
12	Gita B. K.	Staff Nurse
13	Sarina Gurung	Staff Nurse
14	Renuka Rajbanshi	Staff Nurse
15	Sunita B.K.	Staff Nurse
16	Srijana Dhimal	Staff Nurse
17	Uma Sah	Staff Nurse
18	Bandana Khadka	Staff Nurse
19	Saira Rai	Staff Nurse
20	Elina K.C.	Staff Nurse
21	Roshmi Limbu	Staff Nurse

Ward: Ortho Ward

S.No.	Name	Designation
1	Nilam KriiMandar	Senior Nursing Officer
1	Roshan Chaudhary	Senior Staff Nurse
2	Kalpana Chaudhary	Senior Staff Nurse
1	Rejina Rai	Staff Nurse
2	Sunita Kri Yadav	Staff Nurse
3	Rabina Kri Shah	Staff Nurse
4	Goma K C	Staff Nurse
5	Sabita Rai	Staff Nurse
6	Supriya Tamang	Staff Nurse
7	Sirajana Chaudhar	Staff Nurse
8	Amisha Chauhan	Staff Nurse
9	Sweta Nepal	Staff Nurse
10	Rakshya Shrestha	Staff Nurse
11	Jaya Shah	Staff Nurse
12	Sanju Uraw	Staff Nurse

Ward: Eye Ward

S.No.	Name	Designation
1	Yam Devi Chochangi Pun	Senior Nursing Officer
1	Anita Kumari sah	Senior Staff Nurse
2	Neema Limbu	Staff Nurse
1	Anjila Shrestha	Staff Nurse
2	Renu Kumari Yadav	Staff Nurse
3	Laxmi Kumari Rai	Senior ANM
4	Mina Devi Bhandari	Senior ANM
5	Bina Kumari Chaudhary	Senior ANM
6	Raj Kumari Chaudhary	Senior ANM

Ward: ENT Ward

S.No.	Name	Designation
1	Kiran Deo	Senior Nursing Officer
2	Sharmila Bishawakarma	Senior Staff Nurse
3	Anita Chaudhary	Staff Nurse
4	Pooja Neupane	Staff Nurse
5	Dhan Kumari Khadka	Staff Nurse
6	Nisha Adhikari	Staff Nurse
7	Manisha Kumari	Staff Nurse
8	Madhu Kumari Yadav	Staff Nurse
9	Kalpana Tamang	Staff Nurse
10	Nima Shrestha	Staff Nurse
11	Bijita Tamang	Staff Nurse
12	Dhan Kumari Rai	Senior ANM

Ward: Paying- I Ward

S.No.	Name	Designation
1	Tara Khadka	Nursing Officer
2	Usha Kri Ram	Senior Staff Nurse
3	Puja Kri Mahato	Staff Nurse
4	Rashmi Rai	Staff Nurse
5	Manisha Limbu	Staff Nurse
6	Asmita karki	Staff Nurse
7	Kriti Adhikari	Staff Nurse

Ward: Pulmo ICU-II (PCCU/IMCCU) Ward

S.No.	Name	Designation
1	Manju Deula	Nursing Officer
1	Sabina Kri Sah	Senior Staff Nurse
2	Sanjita Chaudhary	Senior Staff Nurse
1	Gautam Chaudhary	Staff Nurse
2	Namita Yakkha	Staff Nurse
3	Junu B.K.	Staff Nurse
4	Ankita Tuladhar	Staff Nurse
5	Kumari Sarika Deo	Staff Nurse
6	Prabha Adhikari	Staff Nurse
7	Sujata Katuwal	Staff Nurse
8	Mamata Chaudhary	Staff Nurse
9	Bhagi Maya Limbu	Staff Nurse
10	Priya Acharya	Staff Nurse
11	Kalpana Bohara	Staff Nurse
12	Terina Basnet	Staff Nurse
13	Alisha Sunuwar	Staff Nurse
14	Renuka Budhathoki	Staff Nurse
15	Sabina Rai	Staff Nurse
16	Puja Kumari Gupta	Staff Nurse
17	Meera Bhandari Pokharel	Staff Nurse
18	Amrita Yonzan Tamang	Staff Nurse
19	Sarmila Rimal	Staff Nurse
20	Alisha Ban	Staff Nurse
21	Shristika Luitel	Staff Nurse
22	Shweta Yonjan	Staff Nurse

23	Aishworya Gurung	Staff Nurse
24	Puja Kri. Chaudhary	Staff Nurse
25	Pratistha Karki	Staff Nurse
26	Teresha Rai	Staff Nurse
27	Anjalee Yadav	Staff Nurse
28	Riya Karki	Staff Nurse

Ward: Derma Ward

S.No.	Name	Designation
1	Shova Kumari Kamat	Nursing Officer
2	Sunita Shrestha	Staff Nurse
3	Anjana Bhandari	Staff Nurse
4	Manita Chaudhary	Staff Nurse
5	Purnima Khadka	Staff Nurse
6	Rina Shah	Staff Nurse
7	Ankita Narsariya	Staff Nurse
8	Shreya Rai	Staff Nurse

Ward: Cath Lab

S.No.	Name	Designation
1	Amita Limbu	Nursing Officer
2	Samana Baral	Senior Staff Nurse
3	Puspa Acharya	Staff Nurse
4	Divya Khadka	Staff Nurse

Ward: CSSD Ward

S.No.	Name	Designation
1	Usha Chaudhary	Nursing Officer
2	Basanti Devi Mehata	Staff Nurse
3	Prakriti Khawas	Staff Nurse
4	Manita Panjiyar	Staff Nurse
5	Devkala Rai	Senior ANM
6	Sabita Dahal	Senior ANM
7	Sharada Devi Gautam	Senior ANM
8	Jayanti Rai	Senior ANM
9	Ambika Devi Bhattarai	Senior ANM

Ward: Medicine-I Ward

S.No.	Name	Designation
1	Suchana Shah	Nursing Officer
2	Sweety Kri Bimal	Nursing Officer
1	Binu Chaudhary	Senior Staff Nurse
1	Priyanka Shah	Staff Nurse
2	Sanu Subba	Staff Nurse
3	Saru Rai	Staff Nurse
4	Barsha Dahal	Staff Nurse
5	Shweta Chaudhary	Staff Nurse
6	Shanta B. K.	Staff Nurse
7	Dipa Shrestha	Staff Nurse
8	Aakriti Tamang	Staff Nurse
9	Anamika Neupane	Staff Nurse
10	Reema Tharu	Staff Nurse
11	Garima Lama	Staff Nurse
12	Sumnihangma Rai	Staff Nurse
13	Pramila Rajbanshi	Staff Nurse

Ward: Medicine-II Ward

S.No.	Name	Designation
1	Gita G.C.	Nursing Officer
2	Sapana Chaudhary	Senior Staff Nurse
1	Minakshee Khadka	Senior Staff Nurse
1	Sabu Shrestha	Staff Nurse
2	Bidhaya Shrestha	Staff Nurse
3	Sabina Bhandari	Staff Nurse
4	Sushila Samba	Staff Nurse
5	Binu Mehata	Staff Nurse
6	Nilam Sah	Staff Nurse
7	Sharda Kri. Mandal	Staff Nurse
8	Simran Subba	Staff Nurse
9	Rashmi Rajbanshi	Staff Nurse
10	Monika Pradhan	Staff Nurse
11	Samiksha Wagle	Staff Nurse
12	Rojina Lawati	Staff Nurse
13	Bhawana Dev	Staff Nurse

Ward: Medicine-III Ward

S.No.	Name of Staff	Designation
1	Rojita Shakya	Nursing Officer
2	Soniya Mohara	Staff Nurse
1	Pratima Chaudhary	Staff Nurse
1	Raksha Kri Chaudhary	Staff Nurse
2	Memona Prasai	Staff Nurse
3	Sweta Bhandari	Staff Nurse
4	Junkala Rai	Staff Nurse
5	Kajal Mehta	Staff Nurse
6	Swastika Pahari	Staff Nurse
7	Punam Kri Shah	Staff Nurse
8	Kanchan Kri Das	Staff Nurse
9	Mina Maya Lungeli	Staff Nurse
10	Anu Poudel	Staff Nurse
11	Rakshya Khatiwada	Staff Nurse
12	Elisha Khadka	Staff Nurse
13	Swastika Rai	Staff Nurse

Ward: Surgery-I Ward

S.No.	Name of Staff	Designation
1	Dil Maya Kunwar	Nursing Officer
1	Momata Chaudhary	Senior Staff Nurse
2	Laxmi Chaudhary	Staff Nurse
3	Sangen Rai	Staff Nurse
4	Zina Ghimire	Staff Nurse
5	Mariyam Tamang	Staff Nurse
6	Babil Kumari	Staff Nurse
7	Punam Limbu	Staff Nurse
8	Shikha Kafle	Staff Nurse
9	Deepa Limbu	Staff Nurse
10	Nilufa Maharjan	Staff Nurse
11	Joshila Rai	Staff Nurse
12	Anuja Koirala	Staff Nurse
13	Chandra kala Rai	Staff Nurse

Ward: Surgery-II Ward

S.No.	Name of Staff	Designation
1	Phul Mya B. K	Nursing Officer
1	Pramila Maharjan	Senior Staff Nurse

S.No.	Name of Staff	Designation
2	Amrita Rai	Staff Nurse
3	Indira Katwal	Staff Nurse
4	Sujata Rai	Staff Nurse
5	SRijana Chaudhary	Staff Nurse
6	Annie Baral	Staff Nurse
7	Pranita Yadav	Staff Nurse
8	Anusha Rai	Staff Nurse
9	Ranjita B. K	Staff Nurse
10	Sujita Rajbanshi	Staff Nurse
11	Pramita Chaudhary	Staff Nurse
12	Swostika Chaudhary	Staff Nurse
13	Apsara Chaudhary	Staff Nurse
14	Riya Kumari Kharal	Staff Nurse
15	Sujan Rai	Senior ANM

Ward: Surgery-III Ward

S.No.	Name of Staff	Designation
1	Manju Lama	Senior Nursing Officer
1	Puspa Guragain	Senior Staff Nurse
2	Sriya Tamrakar	Staff Nurse
3	Sabita Kunwar	Staff Nurse
4	Sakuna Darlami	Staff Nurse
5	Sumitra Khatiwada	Staff Nurse
6	Shova Rai	Staff Nurse
7	Ranju Chauhan	Staff Nurse
8	Asmita Khatiwada	Staff Nurse
9	Junu Adhikari	Staff Nurse
10	Sarana Rai	Staff Nurse
11	Ranju Pandit	Staff Nurse
12	Geeta Sah	Staff Nurse
13	Mohini Gupta	Staff Nurse

Ward: CTVS Ward

S.No.	Name of Staff	Designation
1	Nirmala Adhikari	Nursing Officer
1	Amin Jimi Rai	Senior Staff Nurse
2	Rita Adhikari	Staff Nurse
3	Sunita Rai	Staff Nurse
4	Kalpana Parajuli	Staff Nurse
5	Ritika Chaudhary	Staff Nurse
6	Diksha Mainali	Staff Nurse

Ward: Day Care OT

S.No.	Name of Staff	Designation
1	Susan Lama	Nursing Officer
1	Pratima Karki	Senior Staff Nurse
2	Aasta Thapa	Staff Nurse
3	Bismita Dahal	Staff Nurse

Ward: Dental OPD

S.No.	Name of Staff	Designation
1	Nisha Shrestha	Nursing Officer
1	Rita Shrestha	Senior ANM
2	Chandra Kala Limbu	Senior ANM
3	Saru Rai	Senior ANM
4	Santosh Kumari Limbu	Senior ANM
5	Uma Shah	Senior ANM
6	Hari Kala Shrestha	Senior ANM
7	Tara Devi Khana	Senior ANM
8	Anju Shrestha	Senior ANM
9	Sangita Koirala	Senior ANM
10	Punam Singh	Senior ANM
11	Roshan Kri Chaudhary	Senior ANM
12	Samriddhi Rai	Senior ANM
13	Ambika Neupane	Senior ANM
14	Laxmi Devi Katri	Senior ANM
15	Sharada Khadka	Senior ANM
16	Radha Adhikari	Senior ANM

Ward: Hospital OPD

S.No.	Name of Staff	Designation
1	Dhan Kumari Ghishing	Nursing Officer
1	Samjana Chaudhary	Senior Staff Nurse
2	Sujata Basnet	Senior Staff Nurse
3	Praba Joshi	Staff Nurse
4	Aarti Lama	Senior ANM
5	Rama Basnet	Senior ANM
6	Bindu Devi Wagle	Senior ANM
7	Yasodha Bhattarai	Senior ANM
8	Pujan Subba	Senior ANM
9	Hema Rai	Senior ANM
10	Puspa Gartaula	Senior ANM
11	Shanta Khatiwada	Senior ANM
12	Kabita Guragain	Senior ANM
13	Dura Subba	Senior ANM
14	Maiya Shrestha	Senior ANM
15	Gayatri Chaudhary	Senior ANM
16	Rajita Sangraula	Senior ANM
17	Srijana Pradhan	Senior ANM
18	Khima Devi Basnet	Senior ANM
19	Durga Neupane	Senior ANM
20	Saphala Budhathoki	Senior ANM
21	Rakshya Rai	Senior ANM
22	Renu Kumari Singh	Senior ANM
23	Muna Sharma	Senior ANM
24	Sita Timalsina	Senior ANM
25	Tulsha Ghimire	Senior ANM
26	Chandra Kala Rai	Senior ANM

Ward: OCMC

S.No.	Name of Staff	Designation
1	Susmita Gupta	Senior Staff Nurse
2	Kamala Kumari Magar	Staff Nurse

Ward: Social Service Unit (S.S.U.)

S.No.	Name of Staff	Designation
1	Premlata Chaudhary	Senior Staff Nurse
2	Renu Chaudhary	Staff Nurse
3	Rakshya Wanem	Staff Nurse
4	Divyata Niraula	Staff Nurse
5	Ajita Kri Sah	Staff Nurse
6	Sangita Mehta	Staff Nurse
7	Asyush Pokharel	Staff Nurse
8	Anila Shrestha	Staff Nurse

Antenatal ward/ Labour Room/ Gynae ER

SN	NAME OF STAFF	Designation
1	MINA LIMBU	Senior Nursing Officer
1	ANJANEE GWALIN	Nursing Officer
1	NEETU CHAUDHARY	Senior Staff Nurse
2	SRIJANA RAI	Senior Staff Nurse
3	GASHU LIMBU	Senior Staff Nurse
4	KOSHILA KRI.YADAV	Senior Staff Nurse
5	SANTOSHI KRI CHAUDHARY	Staff Nurse
6	SUSHMA NEPALI	Staff Nurse
7	PUNAM RAI	Staff Nurse
8	NABINA THAPA	Staff Nurse
9	MAMATA KRI MAHATO	Staff Nurse
10	SONI KRI YADAV	Staff Nurse
11	BHUMIKA LIMBU	Staff Nurse
12	YASHODHA BASNET	Staff Nurse
13	KALPANA TAMANG	Staff Nurse
14	SONA INGNAM	Staff Nurse
15	MINA NIRAOLA	Staff Nurse
16	DIPIKA BHUJEL	Staff Nurse
17	MALATEE DEWAN	Staff Nurse
18	RANJU KRI CHAUDHARY B	Staff Nurse
19	PRAGYA LAWATI	Staff Nurse
20	MON KRI RAI	Staff Nurse
21	SESEFUNG JABEGU	Staff Nurse
22	KIRAN KUMARI SHARMA	Staff Nurse
23	NANDANI CHAUDHARY	Staff Nurse
24	RENUKA CHAUDHARY	Staff Nurse
25	MURTI KRI DAS	Staff Nurse
26	BABITA RAJBANSHI	Staff Nurse
27	SUJATA MOKTAN	Staff Nurse
28	AMRITA DEVI PHUYAL	Staff Nurse
29	SUMAN RAI	Staff Nurse
30	RENUKA RAI	Staff Nurse
31	MANIKA KRI SHARMA KHATWE	Staff Nurse
32	LEELA BK	Staff Nurse
33	NUMA SUBBA	Staff Nurse
34	KAMALA GURUNG	Staff Nurse
35	KABITA MEHTA	Staff Nurse
36	TINKI PANDIT	Staff Nurse
37	ROJILA MOTE	Staff Nurse
38	SARITA EKTEN	Staff Nurse

17.19 NAME LIST OF HEALTH-AID AND HELPER ('C' Block)

Pediatric Emergency

S.NO.	NAME OF STAFF	DESIGNATION
1.	SEETA URAW	Health-Aid
2.	PUNYA KUMARI MAJHI	Health-Aid
3.	RANJU KUMARI URAW	Health-Aid
4.	GANGA KUMARI MAJHI	Health-Aid
5.	JAMUNA KUMARI MAJHI	Health-Aid
6.	KOPILA RAMTEL	Health-Aid
7.	DAL BAHADUR TAMANG	Helper
8.	DHARMENDRA PASWAN	Helper
9.	SUMITRA KUMARI POKHREL	Helper
10.	PRAMILA KAMAR	Helper

Pediatric One Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	INDIRA B.K.	Health-Aid
2.	BASANTI URAW	Health-Aid
3.	POOJA B.K.	Helper
4.	UMA ADHIKARI	Helper
5.	KALPANA BISTA	Helper

Pediatric Two Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	BABITA URAW	Health-Aid
2.	BHIM KYUMARI RAI	Helper
3.	JANUKI B.K.	Helper
4.	PUSPA MAGAR	Helper
5.	BEGAM RAI	Helper

MCH One Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	ANJANA DEVI PARIYAR	Health-Aid
2.	URMILA DHAKAL	Helper
3.	SARITA DEVI SAFI	Helper
4.	KABITA KUMARI MUKHIYA	Helper

MCH Two Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	YOSHODA B.K	Health-Aid
2.	MANJU YADAV	Helper
3.	SURAJ MAHATER	Helper
4.	YAB KUMARI BHATTARAI	Helper

Gynae OT

S.NO.	NAME OF STAFF	DESIGNATION
1.	GITA URAW 'A'	Health-Aid
2.	TEJ KUMARI SEWA	Health-Aid
3.	BINU RAI	Helper
4.	BINOD BASFOR	Helper
5.	NIRMALA RAI	Helper
6.	KEDAR ALI MAGAR	Helper
7.	KISHOR SHRESTHA	Helper
8.	KARAN RAI	Helper
9.	PUJAN RAI	Helper
10.	DINA RAI	Helper

MICU/PICU/NICU/Nursery Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	RINA URAW	Health-Aid
2.	ANITA URAW	Health-Aid
3.	NIRMALA URAW	Health-Aid
4.	SARITA URAW	Health-Aid
5.	GITA URAW	Health-Aid
6.	KAMALA POUDEL	Helper
7.	ROSHAN BARDEWA	Helper
8.	CHANDRAKALA GHIMIRE	Helper
9.	BHIMA GHIMIRE	Helper

Neonatal Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	MINA SHAKHYA	Helper
2.	TIKA SUNDAS	Helper
3.	SEEMA BHAGAT	Helper
4.	KHIM KUMARI TAMA	Helper

Postnatal Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	PREM KUMARI MAJHI	Health-Aid
2.	BINA KUMARI SHARMA	Health-Aid
3.	KOPILA RAI	Helper
4.	SABI B.K.	Helper
5.	KUNTA PAYANGO	Helper
6.	AMRITA RAI	Helper
7.	KHUSBU MARIK	Helper

Postnatal Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	PREM KUMARI MAJHI	Health-Aid
2.	BINA KUMARI SHARMA	Health-Aid
3.	KOPILA RAI	Helper
4.	SABI B.K.	Helper
5.	KUNTA PAYANGO	Helper
6.	AMRITA RAI	Helper
7.	KHUSBU MARIK	Helper

Psychiatric Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	NIRMALA URAW	Health-Aid
2.	KALPANA B.K.	Helper
3.	JOG MAYA SHARMA	Helper
4.	SITA DEVI ADHIKARI	Helper
5.	PARBATI RANA MAGAR	Helper

Tropical Ward (Medicine – IV)

S.NO.	NAME OF STAFF	DESIGNATION
1.	MANMAYA B.K	Health-Aid
2.	GOMA RAI	Helper
3.	INDRA KUMARI RAI	Helper
4.	MAYA TAMANG	Helper
5.	RINA SHRESTHA	Helper

Oncology Ward (day Care)

S.NO.	NAME OF STAFF	DESIGNATION
1.	SALIKRAM GHIMIRE	Helper
2.	GHANSHYAM PANDIT	Helper

Antenatal/Labour Room Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	MALATI URAW	Health-Aid
2.	JYOTI MOTE	Health-Aid
3.	DURGA MAJHI	Health-Aid
4.	BAL KUMARI URAW	Health-Aid
5.	URMILA DORJEE	Health-Aid
6.	DEEPA KUMARI SEWA DARJI	Health-Aid
7.	SUSHILA B.K.	Senior Foreman
8.	DEUMAYA RAI	Helper
9.	SABITA RAI	Helper
10.	TULASHA DHUNGEL	Helper
11.	SITA KUMARI THARUNI	Helper
12.	MRNUKA POKHAREL	Helper
13.	LILA B.K.	Helper
14.	RITA BASNET	Helper
15.	KUMARI KHADKA	Helper

Name List of Health-Aid and Helper ('AB' Block)

Emergency OT

S.NO.	NAME OF STAFF	DESIGNATION
1.	MADHU PARIYAR	Health-Aid
2.	PHULWANTI RISHIDEV	Health-Aid
3.	ANITA URAW 'A'	Health-Aid
4.	SUMITRA URAW	Health-Aid
5.	REKHA KUMARI KARKI	Helper
6.	KAMAL DARJI	Helper
7.	KABITA B.K.	Helper

SICU Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	INDRA KUMARI URAW	Health-Aid
2.	PRAVA KUMARI URAW	Health-Aid
3.	ICHHA KUMARI GURUNG	Senior Foreman
4.	NITU KUMARI YADAV	Health-Aid
5.	SUSHMA SARKI	Helper
6.	RENUKA B. K.	Helper

Ortho Observation Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	ASHA KUMARI HARIJAN	Health-Aid
2.	DHATU RAM THARU	Helper
3.	DEVI PRASAD GHIMIRE	Helper
4.	SUSHILA KHADKA	Helper
5.	BIMALA RAI	Helper

Ortho Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	SHANTA PARIYAR	Health-Aid
2.	DOMANI URAW	Health-Aid
3.	BISHNU KUMARI B.K.	Health-Aid
4.	MAYA DEVI RAI	Helper
5.	REWATI DEVI RAI	Helper
6.	NABIN SHRESTHA	Helper

Eye Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	ANITA KUMARI MOCHI	Health-Aid
2.	DEVI MAYA POKHREL	Helper
3.	RAM PRASAD RAI	Helper
4.	MUNA GIRI	Helper

ENT Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	SANU MAYA B.K.	Health-Aid
2.	BISHNU KUMARI PANCHAKOTI	Health-Aid
3.	KALPANA RAI	Helper
4.	PREMLATA PANDIT	Helper
5.	LAXMI RAI	Helper
6.	UMESH SOTANG RAI	Helper

Paying I Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	MAMTA DOM	Helper
2.	TAPESHWOR MARIK DOM	Helper
3.	SHOVA DEVI	Helper
4.	AAITA RANI KAMI	Helper

Derma Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	CHANDA DEVI RISHIDEV	Health-Aid
2.	BHAWANA SHRESTHA	Helper
3.	RITA BARAILI	Helper
4.	KRISHNA KUMARI BAN	Helper
5.	BINITA PANDIT	Helper

Dialysis Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	BHIMA KUMARI B.K.	Health-Aid
2.	RADHA KUMARI URAWN	Health-Aid
3.	KAUSHILA KUMARI SINGH	Helper
4.	SITA MAHAT	Helper
5.	SUKRIYA B. K.	Helper
6.	KABITA RAI	Helper
7.	ARJUN KUMAR YADAV	Helper
8.	SANJAY KUMAR YADAV	Helper
9.	LILA SHRESTHA	Helper
10.	GHANSHYAM	Helper

Cath Lab

S.NO.	NAME OF STAFF	DESIGNATION
1.	BIRENDRA SAFI	Helper
2.	PUNAM KUMARI YADAV	Helper

CSSD Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	URMILA URAW	Health-Aid
2.	RITA KUMARI KHATWE	Health-Aid
3.	SHOVA PARIYAR	Health-Aid
4.	MAHESH TAMANG	Helper
5.	KARNA BAHADUR LIMBU	Helper
6.	LAL DEV RAM	Helper
7.	RAMBALAK PANDIT	Helper
8.	HIRA DEVI RAM	Helper

Medicine One Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	MISHRA NEPALI	Health-Aid
2.	DHAN KUMARI B.K.	Health-Aid
3.	BAL BAHADUR KHADKA	Health-Aid
4.	DHAN MAYA LIMBU	Health-Aid
5.	JANUKA KOIRALA	Helper
6.	RENUKA RIJAL	Helper

Medicine Two Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	PHUL MAYA MAJHI	Health-Aid
2.	JANUKA MAJHI	Health-Aid
3.	TIL KUMAR B.K.	Health-Aid
4.	KAJI RAI	Foreman
5.	YAM RANAPAHELI	Foreman
6.	BABITA BANTABA	Foreman
7.	ANITA PANCHAKOTI	Daily Wages

Medicine Three Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	RUPA URAW	Health-Aid
2.	ASHA URAW	Health-Aid
3.	MURALI PRASAD SHRESTHA	Senior Foreman
4.	GYANU MALLA SHRESTHA	Helper
5.	RENUKA RAI	Helper
6.	MUNA ROKKA	Helper
7.	DHATURAM CHAUDHARY	Helper

Surgery One Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	SITA B. K.	Health-Aid
2.	BINDA MAJGI	Health-Aid
3.	RITA LIMBU B. K.	Helper
4.	SARASWATI RAI	Helper
5.	SAROJ BHUJEL	Helper
6.	TIRTHA KUMARI ADHIKARI	Helper

Surgery Two Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	RADHA URAW	Health-Aid
2.	SUMITRA MAJHI	Health-Aid
3.	RITA PARIYAR	Health-Aid
4.	BECHAN YADAV	Helper
5.	MINU SHRESTHA RAI	Helper
6.	AMBIKA BASTOLA	Helper
7.	HARI PRASAD POKHAREL	Helper

Surgery Three Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	SABINA MAJHI	Health-Aid
2.	RITA URAW	Health-Aid
3.	GYATRI KUMARI KHANG	Health-Aid
4.	MOHAN POKHAREL	Helper
5.	MANJU THAPA	Helper
6.	MANJU KALIKOTE	Helper
7.	DEBIKA KATTEL	Helper

CTVS Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	JANUKA MAJHI	Health-Aid
2.	SALMA KHATUN	Helper
3.	JAY PRAKASH URAW	Helper
4.	RANJAN KUMAR YADAV	Helper

Day Care OT

S.NO.	NAME OF STAFF	DESIGNATION
1.	MAHALO KUMARI URAW	Health-Aid
2.	PABITRA POKHAREL	Helper

ICU-II (PCCU/IMCCU) Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	ASHA KUMARI URAW	Health-Aid
2.	BIJAY KUMAR MEHATAR	Helper
3.	SIMA THAPA MAGAR	Helper
4.	DURGA POKHAREL	Helper
5.	DIPA PANHANGO	Helper
6.	MICHAEL RAI	Helper
7.	RAJENDRA KUMAR URAW	Helper

Routine OT Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	KALESHWARI MAJHI	Health-Aid
2.	SUSHILA KUMARI URAW	Health-Aid
3.	MEENA SUNDAS DARJI	Health-Aid
4.	KANTI KUMARI URAW	Health-Aid
5.	DEVI KUMARI DAMAI	Health-Aid
6.	LAXMAN THAPA MAGAR	Foreman
7.	BISHNU RAJDHAMI	Foreman
8.	PRAKASH KHADKA	Foreman
9.	PANCHU MOCHI	Foreman
10.	ANOJ THAPA	Foreman
11.	KEDAR BAHADUR SIJALI	Foreman
12.	BOM BAHADUR HINGMANG	Foreman
13.	NARENDRA BAHADUR KARKI	Foreman
14.	KANCHAN PANCHAKOTI	Helper

ICU/CCU/DICU Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	AARTI SHARMA	Health-Aid
2.	BIMALA KUMARI URAW	Health-Aid
3.	GANGA MAJHI	Health-Aid
4.	DEEPA URAW 'B'	Health-Aid
5.	GOMA BISHWAKARMA	Health-Aid
6.	BIMALA LIMBU	Foreman
7.	SAROJ KARKI	Helper
8.	SUSHILA MAJHI	Helper
9.	KUSUM MAYA URAW	Helper
10.	PHUL KUMARI URAW	Helper
11.	RAMITA RAI	Helper
12.	NIR MAYA MAGAR	Helper

OPD Staff

S.NO.	NAME OF STAFF	DESIGNATION
1.	PESAL KUMAR WAGLE	Helper
2.	HEM BAHADUR BASNET	Helper
3.	PRATIMA PANDEY	Helper
4.	SITA KUITEL	Helper
5.	PUJA CHAUDHARY	Helper
6.	PARSURAM DANGI	Helper
7.	ASTA MAYA RAI	Helper
8.	SOM NATH RIMAL	Helper
9.	YUBRAJ POKHAREL	Helper
10.	RAMAN SUBEDI	Helper
11.	JAMUNA RAI	Helper
12.	HARI DEV MANDAL	Helper
13.	SABITA KARKI	Helper
14.	MIRA DHUNGANA	Helper
15.	GORE BAHADUR GHISING	Helper
16.	DEEPAK THAPA MAGAR	Helper
17.	GOMA BHATTARAI	Helper
18.	SITA ADHIKARI 'A'	Helper
19.	BICHHU BHATT	Helper
20.	TIKA RAM LIMBU	Helper
21.	GHANA SHYAM DHAMI	Helper
22.	CHITRA KARNA THAPA	Helper
23.	ANUJ MAJHI	Helper
24.	REJINA MAGAR	Helper
25.	DAMBAR BAHADUR MAGAR	Helper
26.	GANGA RAI	Helper
27.	KABITA TAMANG	Helper

Emergency Ward

S.NO.	NAME OF STAFF	DESIGNATION
1.	BABITA URAW 'B'	Health-Aid
2.	LILA KUMARI MAJHI	Health-Aid
3.	BABITA URAW 'A'	Health-Aid
4.	RAJENDRA URAW	Senior Foreman
5.	MITHU PURI	Senior Foreman
6.	TRIBAL SINGH KAMI	Senior Foreman
7.	MUNA KUMARI DEUJA	Foreman
8.	SANOT RAI	Helper
9.	DARI MAYA TAMANG	Helper
10.	RADHA B.K.	Helper
11.	KAMALA SINGAK	Helper
12.	UMA RAMTEL	Helper
13.	PARBATI HARIJAN	Helper
14.	AITA RANI NEMBANG	Helper
15.	DIPIKA B.K.	Helper
16.	RABINA THAPA	Helper
17.	SHOVA Maya LIMBU	Helper

Matron Office

S.NO.	NAME OF STAFF	DESIGNATION
1.	DAMBER KUMARI ADHIKARI	Senior Foreman
2.	INDIRA CHAPAGAIN	Helper