

# Curriculum Vitae

*Tulsi Ram Bhandari Ph.D., MPH, M.Ed.*

*(Associate Professor, Public Health)*

Department of Public Health, Faculty of Health Science, Pokhara University,  
Pokhara Metropolitan - 30, Dhungepatan, Kaski, Nepal

[tulsib2004@gmail.com](mailto:tulsib2004@gmail.com) / [tulsib2004@pu.edu.np](mailto:tulsib2004@pu.edu.np)

Cell No. 009779851240961



## Brief Personal Statement

Dr. Tulsi Ram Bhandari is a public health professional with 15 years' experience in academia and research. He completed his Ph.D. from Sree Chitra Tirunal Institute for Medical Sciences and Technology Kerala which is an Institution of National Importance, Department of Science and Technology, Government of India. He also completed master's degrees in Public Health and Behavioral Sciences. He has been involving in capacity building, monitoring, and evaluation of various development programs and having sound expertise especially in planning, design, implementation, monitoring, and evaluation of research and developmental projects, and support to the community-based organizations and civil society in capacity building. Dr. Bhandari has sound scientific writing skills and published many articles in national and international journals on maternal health and child health, food security and nutrition, occupational health and hazard, and other public health issues. He is a writer of various books and book chapters and also awarded *Nepal Bidya Bhusan Padak 'A'* by the Government of Nepal, *Ph.D. fellowship* by the University Grants Commission of Nepal, *DAAD Scholarship* by the German Academic Exchange Service, Germany and various research grants from University Grants Commission Nepal, Nepal Health Research Council, Pokhara University and other organizations. He is working as a consultant to "Action Against Hunger Nepal" which organization is the world's hunger specialist and leader in a global movement that aims to end life-threatening hunger for good within our lifetimes. He has been working as a resource person and organizing various training, workshops and seminars for enhancing the research and academic performance of the concerned people.

## PERSONAL DETAILS:

Date of Birth:	29 <sup>th</sup> Jan. 1972
Sex:	Male
Marital Status:	Married with Jagriti Aryal, have daughter and son
Parents:	Mr. Puna Ram Bhandari and Mrs. Kumari Bhandari
Nationality:	Nepali
Address:	
Place of birth:	Dhurkot Rural Municipality Ward No. - 7, Gulmi District, Lumbini Zone, Nepal
Permanent:	Sainamaina Municipality Ward No. 1, Rupandehi District, Lumbini Zone, Nepal

Mailing Address: School of Health and Allied Sciences, Faculty of  
Science and Technology, Pokhara University, Pokhara  
Metropolitan-30, Kaski, Nepal

### **EDUCATION:**

- Doctor of Philosophy (Ph.D.) in Public Health, Sree Chitra Tirunal Institute of Medical Sciences and Technology, Trivandrum, Kerala, India, from January 2012 to 2016.

**Research:** Women's autonomy and utilization of maternal health services in Kapilvastu district, Nepal

**Supervisor:** Professor, Dr. V. Raman Kutty, M Phil, MD, MPH

- Master of Public Health (MPH), Faculty of Health and Medical Sciences, Allahabad Agricultural Institute –Deemed University, India, 2007

**Research:** Safe injection practices and awareness among health care workers in tertiary level hospitals, Kathmandu, Nepal

**Supervisor:** Associate professor, Dr. Varidmala Jain, MD

- Master of Health Education, Faculty of Education, Tribhuvan University, Kathmandu, Nepal, 1999

**Research:** Competency need of teachers for teaching health, population and environment subject at secondary level in Katmandu district, Nepal

**Supervisor:** Professor, Dr. Bhimsen Devkota, PhD

- Bachelor in Population Education, Faculty of Education, Tribhuvan University, Kathmandu, Nepal – 2000
- Bachelor Honours in Demography Population Education, Faculty of Education, Tribhuvan University, Kathmandu, Nepal, 2001
- Bachelor in English and Health Education, Faculty of Education, Tribhuvan University, Kathmandu, Nepal, 1995

### **ACADEMIC ACTIVITIES:**

- Associate Professor, Department of Public Health, Faculty of Health Sciences, Pokhara University, Kaski, Nepal, from December 2009 to till.
- Assistant Professor, Department of Public Health, Faculty of Health Sciences, Pokhara University, Kaski, Nepal, from December 2009 to April 20, 2019.
- Subject Committee Member, Public Health, Faculty of Health Sciences, Pokhara University, Kaski, Nepal, from Jan. 2010 to Jan. 2012.
- Public Health Program Coordinator, Department of Public Health, Nobel College Sinamangal, Kathmandu from Jul. 2007 to Nov. 2009.
- Founder Member, Pasang Lhamu Sherpa Memorial Multiple Campus, Gongabu, Kathmandu, Nepal.

- Life Member of National Health Education Council of Nepal.
- Program Coordinator cum Lecturer of Pasang Lhamu Sherpa Memorial College, Katmandu from June 2002 to 2005 June.
- Dissertation Supervisor, Department of Health Education, Central Campus, Tribhuvan University Kirtipur, Kathmandu, Nepal

#### **WORKING EXPERIENCE**

- Associate Professor April 21, 2019, to till date, Department of Public Health, School of Health and Allied Sciences, Faculty of Health Sciences, Pokhara University, Kaski, Nepal
- Assistant Professor January 2010 to April 20, 2019, Department of Public Health, School of Health and Allied Sciences, Faculty of Health Sciences, Pokhara University, Kaski, Nepal
- Assistant Professor, Jun.2007 to Dec. 2009, Nobel College, Pokhara University, Sinamangal Kathmandu, Nepal
- Lecturer, Jun. 2002 to Jun. 2005, Pasang Lhamu Sherpa Memorial Multiple Campus, Gangabu Kathmandu, Nepal.
- Assistant Lecturer, June 2000 to June 2002, Gramin Adarsh Multiple Campus, Balaju, Kathmandu, Nepal.
- Senior Community Health Worker, 1992 to 2005, Ministry of Health and Population, Government of Nepal.

#### **RESEARCH WORKS:**

- Principal Investigator, The Status and Determinants of the Utilization of Family Planning Services among Hard-to-Reach Population (HTRPs), 2020. Funded by Family Welfare Division, Department of Health Services, MOHP, Teku, Kathmandu, Nepal
- Team Leader, Rapid Assessment of COVID-19 Related Policy Audit in Gandaki Province, Nepal, 2020. Funded by Nepal Health Research Council, Kathmandu Nepal.
- Academic Consultant, Exploring the Current State and Future of Public Health Profession in Nepal, 2020. Funded by Public Health Institute, Liverpool John Moores University, UK
- Academic Consultant, Rates and causal factors of post-treatment relapse in children suffering from severe acute malnutrition, Nawalparasi west, Nepal. Fundy By Action Against Hunger | Action Contre la Faim (ACF).
- Principal Investigator, Prevalence, Correlates and Awareness of Hypertension and Screening of Cardiovascular Diseases in a Middle-Aged Population of Rupa Rural Municipality, Kaski, Nepal, 20219, Funded by University Grant Commission, Bhaktapur, Nepal
- Principal Investigator. Rapid Assessment of Demand-Side Financing Schemes-Aama Surakshya Program: Round XI 2018. Funded by Family Health Division, Department of Health Services, MOHP, Nepal
- Factors associated with psychoactive substance initiation among adolescents in Rupandehi district of Nepal: A mixed-method approach, 2018.

- Childbirth practices and women's perceptions towards childbirth in western Nepal: A community based qualitative study, 2017.
- Women's autonomy and utilization of maternal health care services in Kapilvastu district, Nepal, 2014 to 2016.
- Choices, shift, and continuation of temporary contraceptive methods among women of reproductive age in Western Development Region, Nepal, 2012.
- Nutritional status of under five-year children and factors associated in Kapilvastu district, Nepal, 2010.
- Assessment of the feeding practice and nutritional status of under three-year children in Hetauda Municipality, Makawanpur, Nepal, 2008.
- Program evaluation: "HIV/AIDS Prevention Care and Support Project - 2004 to 2007" implemented in Arghakhanchi, Kapilvastu, Rupandehi, Palpa and Syanja districts of Nepal by Sakriya Sewa Samaj Nepal, June to July - 2007.
- Project evaluation of Community Health Development; implemented by Community Health Department (CHD) United Mission Hospital Tansen (UMHT) in Palpa district, Nepal, Jan. - Feb, 2009
- Programme evaluation "Environment Health and Sanitation Practices: World Vision International and Green Society in Lamjung;" Supported by World Vision International Nepal Lamjung and Green Society, August, 2009
- Injection practices and awareness among health care workers in Kathmandu district, Nepal, 2007.
- Occupational health hazards among Nepal telecom staff in Kathmandu district, Nepal 2004
- Competency need of teachers in health, population and environment subject in secondary level school in Kathmandu district, Nepal, 2000.

## PUBLICATIONS

1. Dangi NB, Subedi S, Gyawali M, Bhattarai A, **Bhandari TR** (2021) Medical abortion kit dispensing practices of community pharmacies in Pokhara Metropolitan, Nepal. PLoS ONE 16(1): e0244969. <https://doi.org/10.1371/journal.pone.0244969>
2. Khatri, RJ, Bishowkarma, K and **Bhandari, TR** (2020) *Professionalization of Public Health in Nepal*. Europasian Journal of Medical Sciences, 2 (2). pp. 121-127. ISSN 2717-4646.
3. **Bhandari TR**, Dangal G. COVID-19 Pandemic and Neonatal Health: What We Know so Far? Kathmandu Univ Med J. 2020;COVID-19 Special Issue 70(2):78-82.
4. Ojha J, **Bhandari TR**, Karki R. Job stress and its associated factors among working women in Pokhara Metropolitan, Nepal. Journal of the Scientific Society. 2020;47:105.
5. Shrestha N, Dangal G, Khanal G, **Bhandari TR**. Knowledge of menstrual hygiene

management among adolescent girls: what does the evidence show? *Nepal Journal of Obstetrics and Gynaecology*. 2020;15:9–17.

6. **Bhandari TR**, Wagle S, Dangal G. Practices and Women's Perceptions of Childbirth in Western Nepal: A Qualitative Study. *Journal of Nepal Health Research Council*. 2020 Apr 20;18(1):64–9.
7. Paudel S, Chalise A, Dangal G, **Bhandari TR**, Baral G. Pelvic Organ Prolapse in Countries of Different Economy: A Systematic Review. *Nepal Journal of Obstetrics and Gynaecology* [Internet]. 2019 [cited 2020 May 7];15(2). Available from: <https://www.nepjol.info/index.php/NJOG/article/view/28436>
8. Paudel S, Dangal G, Chalise A, **Bhandari TR**, Dangal O. The Coronavirus Pandemic: What Does the Evidence Show? *Journal of Nepal Health Research Council*. 2020 Apr 19;18(1):1–9.
9. Sapkota B, **Bhandari TR**. Risk Factors of Overweight among Urban School-Going Adolescents: A Case-Control Study. *Journal of Health and Allied Sciences*. 2020;10(1):13–18.
10. Singh UK, Gautam N, **Bhandari TR**, Sapkota N. Educational Intervention of Intention Change for Consumption of Junk Food among School Adolescents in Birgunj Metropolitan City, Nepal, Based on Theory of Planned Behaviors. *Journal of Nutrition and Metabolism*. 2020;2020.
11. Parajuli S, **Bhandari TR**. Prevalence of Risk Factors of Non-Communicable Diseases and Screening of Possible Cardiovascular Diseases among Adults in Devchuli Municipality of Nawalpur District, Nepal. | *Journal of Health and Allied Sciences* [Internet]. [cited 2020 Feb 17]. Available from: <https://www.jhas.org.np/jhas/index.php/jhas/article/view/121>
12. Neupane HR, **Bhandari TR**. Quality of Life of Type 2 Diabetic Patients in Pokhara Metropolitan, Kaski, Nepal: a Cross-Sectional Analytical Study | *Journal of Health and Allied Sciences* [Internet]. [cited 2020 Feb 17]. Available from: <https://www.jhas.org.np/jhas/index.php/jhas/article/view/127>
13. Dhauvadel A, Wagle S, **Bhandari TR**. Effects of nutrition education program in intention change for consuming healthy food among adolescents: A School-based study. *J Sci Soc*. 2019;46(2):41.
14. Jenny O, **Bhandari TR**. Associated factors of postpartum depression in women attending a hospital in Pokhara metropolitan, Nepal. *Indian Journal of Obstetrics and Gynecology Research* 6 (2019) 369–373
15. Chalise A, **Bhandari TR**. Postpartum Depression and its Associated Factors: A Community-based Study in Nepal. *J Nepal Health Res Counc*. 2019 April- Jun 17(43):200-05.
16. Pandey M, **Bhandari TR**, Dangal G. Workplace Violence and its Associated Factors among

Nurses. *J Nepal Health Res Counc.* 2018 Jan 1;15(3):235–41.

17. Neupane R, **Bhandari TR**. Prevalence of Non-Communicable Diseases and its Associated Factors among Government Employees in Biratnagar, Nepal. *Journal of Nepal Medical Association.* 2018;56(209):497–503. Available from: <https://www.jnma.com.np/jnma/index.php/jnma/article/view/3476>
18. **Bhandari TR**, Kutty VR, Sarma PS, Dangal G. Safe delivery care practices in western Nepal: Does women's autonomy influence the utilization of skilled care at birth? van Wouwe JP, editor. *PLOS ONE.* 2017;12(8): e0182485. Available from: <https://dx.plos.org/10.1371/journal.pone.0182485>
19. Parajuli K, Chhetry M, **Bhandari TR**, Paneru D, Shrestha N, Tamrakar A, et al. Choices, Shift and Continuation of Temporary Contraceptive Methods among Women of Reproductive age in Western Development Region of Nepal. *Nepal Journal of Obstetrics and Gynaecology.* 2016;10(2):73. Available from: <http://www.nepjol.info/index.php/NJOG/article/view/14344>
20. Dangal G, **Bhandari TR**. Updates on Maternal and Child Health. *Kathmandu Univ Med J (KUMJ).* 2016 Jun;14(54):94–5.
21. **Bhandari TR**, Kutty VR, Ravindran TKS. Women's Autonomy and Its Correlates in Western Nepal: A Demographic Study. Dalby AR, editor. *PLOS ONE.* 2016;11(1): e0147473. Available from: <https://dx.plos.org/10.1371/journal.pone.0147473>
22. **Bhandari TR**, Sarma PS, Kutty VR. Utilization of maternal health care services in post-conflict Nepal. *International Journal of Women's Health.* 2015;783. Available from: <http://www.dovepress.com/utilization-of-maternal-health-care-services-in-post-conflict-nepal-peer-reviewed-article-IJWH>
23. **Bhandari TR**, Dangal G. Abortion Practices in Nepal: What does Evidence Show? *Nepal Journal of Obstetrics and Gynaecology.* 2015;10(1):3. Available from: <http://www.nepjol.info/index.php/NJOG/article/view/13186>
24. **Bhandari TR**, Dangal G. Emergency Obstetric Care: Strategy for Reducing Maternal Mortality in Developing Countries. *Nepal Journal of Obstetrics and Gynaecology.* 2014;9(1). Available from: <http://www.nepjol.info/index.php/NJOG/article/view/11179>
25. **Bhandari TR**, Dangal G, Sarma PS, Kutty VR. Construction and Validation of a Women's Autonomy Measurement Scale with Reference to Utilization of Maternal Health Care Services in Nepal. *JNMA J Nepal Med Assoc.* 2014;52(195):925–34.
26. **Bhandari TR**, Dangal G. Safe Delivery Care: Policy, Practice and Gaps in Nepal. *Journal of Nepal Medical Association.* 2013;52(192). Available from: <https://www.jnma.com.np/jnma/index.php/jnma/article/view/2443>
27. **Bhandari TR**. Nutritional Status of Under Five Year Children and Factors Associated in Kapilvastu District, Nepal. *Journal of Nutritional Health & Food Science.* 2013;1(1). Available from: <http://symbiosisonlinepublishing.com/nutritionalhealth-foodscience/nutritionalhealth-foodscience06.php>
28. **Bhandari TR**. Maternal and Child Health Situation in South East Asia. *Nepal Journal of*

Obstetrics and Gynaecology. 2013;7(1). Available from:  
<http://nepjol.info/index.php/NJOG/article/view/8825>

29. Chaudhary AK, **Bhandari TR**. Prevalence of Tobacco Use and Its Associated Factors among School Going Adolescents in Birgunj Sub-Metropolitan, JHAS, 2016, Vol. 5, No. 1 P 72-76
30. **Bhandari TR**. Health system research: Development, designs and methods, JHAS 2013;3,1:60-64.
31. **Bhandari TR**. Dangal G. Maternal mortality: paradigm shift in Nepal. N J Obstet Gynaecol 2012; 7:5–10.
32. **Bhandari TR**. Maternal health issues in Nepal and ways forward. JHAS 2012;2 (1):64-69.
33. **Bhandari TR**. Knowledge on HIV/AIDS among secondary Level school students in Kathmandu, Nepal. JHAS 2010;1,1:64-19.
34. **Bhandari TR**. Safe injection practices and awareness among health care workers in tertiary level hospitals, Kathmandu, Nepal. J Nepal Health Res Council. 2008,6,1(2)
35. **Bhandari TR**. And RK Adhikari. Occupational health hazards and care provision of employees in Nepal Telecom, Kathmandu district of Nepal. J Nepal Health Res Council. 2006,4,2.
36. **Bhandari TR**. Competency need of teachers in health, population and environment subject in secondary level, Katmandu district, Nepal. Journal of Health, Physical and Population Education Department, Tribhuvan University, Kirtipur, Nepal 2006.
37. **Bhandari TR**. Textbook “Management of school health programme” for Master Degree in Health Education. Kathmandu: Kshitiz Publication, Kritipur, 2010.
38. **Bhandari TR**. And HS Chhetri. Textbook “Management and supervision in school health programme” for Master Degree, Health Education. Kathmandu: Kshitiz Publication, Kritipur, 2005.
39. Numbers of articles are published in different journals, magazines, and newspapers.

#### **PRESENTATIONS:**

- Bhandari TR. Household Food Security and Nutritional Status of Under-Five-Year Children in Nepal: A case study in Syangja District. “Anthropology of Food and Health” to be held from 27th to 29th February, 2020 at University of Delhi, India.
- Bhandari TR. UN Yadav, Use of Psychoactive Substances and Associated Factors among School Going Adolescents in Rupandehi District, Nepal. First National Conference on Universal Health Coverage and Pathway to SDG in Nepal, 15-16 May 2019.
- Bhandari TR, Childbirth Practices and Women’s Perception towards Childbirth in Western Nepal: A Community-based Qualitative Study. 4th National Summit of Health and Population Scientists in Nepal, 11-12 April 2018. Nepal Health Research Council, Nepal.
- Bhandari TR, Gangal G, Sarma PS, Kutty VR. Construction and validation of a women’s autonomy measurement scale with reference to the utilization of maternal health care services in

Nepal. Scientific Fete 2015, Sree Chitra Tirunal Institute for Medical Sciences and Technology, Trivandrum, India, March 18, 2015.

- Bhandari TR. Emergency obstetric care: a strategy for reducing maternal mortality in developing countries. Scientific Fete 2014, Sree Chitra Tirunal Institute for Medical Sciences and Technology, Trivandrum, India, March 15, 2014.
- Bhandari TR. Women's autonomy and utilization of maternal health services in Kapilvastu district, Nepal. Academic seminar on public health issues. Bielefeld University, Universitätsstraße 25, 33615 Bielefeld, Germany. December 20, 2013.
- Bhandari TR and Kutty VR. Global maternal mortality reduction strategies and influence in Nepal. XI South East Asia Regional Scientific Meeting of the International Epidemiological Association, Pokhara, Nepal, September 27-29, 2013.
- Bhandari TR, Kutty VR and Dangal G. First National Midwifery Conference on 'Midwifery education: policy into action, saving lives of the women and newborns' Kathmandu, Nepal. September 14-15, 2013.
- Bhandari, TR. Nutritional status of under five year children and factors associated in Kapilvastu district, Nepal. Scientific Fete 2013, Sree Chitra Tirunal Institute for Medical Sciences and Technology, Trivandru, India, March 25, 2013.

#### **PARTICIPATION:**

- 6th Annual Scientific Symposium on Agriculture – Nutrition Pathways & 25 Years of Nepal's Progress in Nutrition from 27-29 November 2018 in Kathmandu, Nepal.

#### **RESEARCH SUPERVISION:**

- Risk factors associated with overweight and obesity among urban school adolescents in Pokhara Metropolitan, Nepal: A case-control study. (Master thesis)
- Awareness about Type-2 Diabetes and Quality of Life of the Diagnosed People in Pokhara Municipality: A community-based study. (Master thesis)
- Effects of Educational Intervention for Changing Intention to Consume Healthy Food among Adolescents in Nepal: A School-based Study (Master Thesis)
- Effectiveness of Educational Intervention on Intention of Behavior Change for Preventing Junk Food Consumption among School Adolescents in Birgunj Metropolitan: Based on Theory of Planned Behavior. 2018. (Master Thesis)
- Effect of Motivational Counseling on Intentional Change of Quitting Smoking Among Heart Disease Patients in Dhanusha District, Nepal, 2018. (Master Thesis)
- Study of Nutritional Status of the Under Three Year Children in Hetauda Municipality, Nepal, 2006. (Master thesis)
- A Case Study on Occupational Health Hazards and Care Provision of Nepal Telecom in Kathmandu, Nepal, 2004. (Master thesis)

#### **AWARDS AND GRANTS:**

- Faculty Research Grants 2016, Research Center, Pokhara University, Nepal



- German Academic Exchange Service (DAAD) Scholarship in Bielefeld University, Germany, Oct to Dec 2013,
- PhD Fellowship 2011, University Grants Commission, Nepal.
- Faculty Research Grants 2010, Faculty of Science and Technology, Pokhara University, Nepal
- Mini Research Grants 2010, University Grants Commission Nepal.

#### **TRAINING and WORKSHOP**

- Ethics in Public Health Research, Sept. 08 to 14, Sree Chitra Tirunal Institute for Medical Sciences and Technology, Trivandrum, India
- Advance Health Systems Research Methodology, Feb. 22nd to March 6th, 2008, Nepal Health Research Council (NHRC).
- Statistics in Public Health, May 5<sup>th</sup> to 12<sup>th</sup>, 2010, Pokhara University, Lekhanath 12, Kaski Nepal.
- RRA, PRA and PLA Tools Development Workshop, 3<sup>rd</sup> July to 10<sup>th</sup> July 2009, Nobel College, Kathmandu, Nepal.
- Teacher Training, 6th Nov. to 7th Nov, 2007, Faculty of Health Science, Nobel College, Kathandu, Pokhara University.
- VCT (Voluntary Counseling and Testing) on HIV/AIDS, 12th May to 21st May 2004.
- Basic Health System Research Methodology, 26th Sept. to 2nd Oct. 1999, Nepal Health Research Council (NHRC).
- Different short term training, conducted by the Ministry of Health and Population, Nepal.

#### **COMPUTER SKILLS:**

Microsoft Word, Excel, PowerPoint, Page Maker, SPSS, R, RQDA, WEFT, Epi-data

#### **INTERNATIONAL VISIT:**

India, UAE, Germany, Netherlands, France, Belgium, Luxembourg

#### **LANGUAGE SKILLS**

Nepali- Native language, English and Hindi

#### **References**

##### **Dr. V Raman Kutty, Professor**

Achutha Menon Center for Health Science Studies, Sree Chitra Tirunal Institute for Medical Sciences and Technology, Trivandrum, Kerala India

Cell No.:0919847060199 (Mobile)

E-mail: [kuttyr@gmail.com](mailto:kuttyr@gmail.com) / [rkutty@sctimst.ac.in](mailto:rkutty@sctimst.ac.in)

##### **Dr. Ganesh Dangal, Professor**

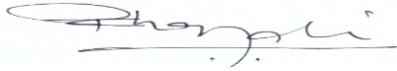
National Academy for Medical Sciences, Kathmandu, Nepal

Phone No. +9779851055036

Email: [ganesh.dangal@gmail.com](mailto:ganesh.dangal@gmail.com)

#### **DECLARATION**

I declare that the information given above is true the best of my knowledge.

A handwritten signature in black ink, appearing to be "Phong Li", written over a horizontal line.

Signature

Date: January 31, 2021