

SHAS BULLETIN

(Official Bulletin of School of Health and Allied Sciences, SHAS, PU)

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Vol. 1, Issue 1 (July-September, 2019)

२२ औं पोखरा विश्वविद्यालय दिवस मनाइयो

पोखरा विश्वविद्यालयको २२ औं स्थापनादिवसको अवसरमा PUSPA का सदस्यहरूले स्कूल अफ हेल्थ एण्ड एलाईड साइन्सेस वरपर रोपिएका फुल तथा जडिबुटीहरूको गोडमेल तथा मलजल गरि मनाईएको थियो । उक्त जडिबुटीहरू २१ औं पो.वि. दिवसको अवसरमा PUSPA कै सदस्यहरूले वृहत् वृक्षरोपण कार्यक्रम संचालन गरि रोपण गरेका थिए ।



Health Sciences Faculty Research Grant for 2076/77

Every year, the School of Health and Allied Sciences, Faculty of Health Sciences, Pokhara University has been providing research grants to the faculty members of the school. Through this opportunity, the faculty members are continuously benefited from the research experience which plays an important role in their academic development. A maximum of one lakh will be provided per research project. The research proposal for the Fiscal Year 2076/77 has been called on August 14, 2019.

कर्मचारीको पदोन्नति

यस पोखरा विश्वविद्यालय स्कूल अफ हेल्थ एण्ड एलाईड साइन्सेसमा सहायक (कम्प्युटर ल्याव) पदमा कार्यरत कर्मचारी श्री संगिता बराल (चालिसे)मिति २०७६ श्रावण महिनादेखि (खुल्ला तर्फबाट) सहायक प्रशासक (लेखा परिक्षण अधिकारी) पदमा बढुवा भई पोखरा विश्वविद्यालय केन्द्रिय कार्यालयमा सरुवा हुनु भएको छ । यस स्कूल उहाँको उत्तरोत्तर प्रगतिको कामना गर्दै हार्दिक बधाई व्यक्त गर्दछ ।

Winners of Research Grants from the University Grants Commission (UGC)

This year the School of Health and Allied Sciences, Faculty of Health Sciences, Pokhara University has been able to grasp four research grants from the University Grants Commission (UGC) under two different categories of grants.

S.N.	Principle Investigator	Co-Investigator	Research Title	Amount
1.	Sushil Panta, PhD	Atisammodavardhana Kaundinnayana	Evaluation of Phytochemical, Antioxidant and Hepatoprotective Activities of Selected Medicinal Plant of Nepal	4 Lakhs
2.	Dipendra Kumar Yadav, PhD	Raju Pandey	Nutritional Status, Dietary Practice and Quality of Life among Elderly Population of Gandaki Province	3 Lakhs
3.	Tulsi Ram Bhandari, PhD	Jenny Ojha	Prevalence, Correlates and Awareness of Hypertension and Screening of Cardiovascular Diseases in a Middle-Aged Population of Rupa Rural Municipality, Kaski, Nepal	3 Lakhs
4.	Nirajan Shrestha, PhD	Bimala Bhatta	Barriers in the Utilization of Sexual and Reproductive Health Services among Adolescent in Western Region of Nepal	3 Lakhs

Clinical Clerkship I Conducted

Students of M. Pharm. (Clinical Pharmacy), Second Semester completed the Clinical Clerkship I at Manipal Teaching Hospital, Fulbari, Pokhara from June 9 – August 5, 2019.



Hospital and laboratory visit for B.Sc.MLT

A 5 days Hospital Based Laboratory visit and Demonstration tour was organized for the students of B.Sc. MLT, Sixth Semester, 13th batch from July 2, 2019. The tour was supervised by Santosh Gupta, Assistant Professor, SHAS. From this visit, the students gathered knowledge about various techniques and equipments used in laboratory and which helped them to enhance the performance of the students. The following hospital based laboratories of Kathmandu, Dhulikhel and Lalitpur were visited this year.

1. Central Diagnostic and Research Laboratory (CDRL), Kathmandu
2. Institute of Medicine (IOM), Maharagunj, Kathmandu
3. National Public Health Laboratory (NPHL), Teku, Kathmandu
4. Dhulikhel Hospital, Dhulikhel
5. Anandwan Leprosy Hospital, Lele, Lalitpur



नयाँ कर्मचारी नियुक्ति

यस पोखरा विश्वविद्यालय स्कूलहप हेल्थ एण्ड एलाईड साईन्सेसको लेखा शाखामा मिति २०७६ श्रावण १ गते देखि मुख्य सहायक (लेखा) पदमा श्री भूमिका त्रिपाठी तथा स्वास्थ्य सहायक पदमा श्री विमिका वस्ती नयाँ नियुक्ति भई आउनु भएकोछ । त्यसै गरी यसै पोखरा विश्व विद्यालयमा कार्यरत सहायक (रिसेप्सन) पदमा कार्यरत श्री सिर्जना तिवारी मुख्य सहायक (प्रशासन) पदमा पदोन्नति भई सरुवा भएर यस स्कूलमा २०७६ श्रावण १ गतेवाट हाजिर हुनु भएकोछ ।

New Issue of JHAS

The ninth volume and first issue of 2019 of Journal of Health and Allied Sciences (JHAS, ISSN Print 2091-2579, Online 2091-2587) was released on September 22, 2019 (Ashoj 5, 2076). The ceremony was graced by the presence of Mr. Buddhi Raj Joshi, Officiating Vice Chancellor, Dr. Ajay Thapa, Officiating Registrar, Deans of the different faculties, Exam controller of the University, Directors of different schools and faculty members. The event was chaired by Dr. Damaru Prasad Paneru, Director, SHAS and the Editor in Chief of the Journal. The journal articles are uploaded in school web: www.pushas.edu.np/journal. Author copies of the journal are made available from the school.

Guest lectures in MPH program

Guest lectures by experts add quality to education system because the students will get opportunity to meet and interact with the experts in relevant field which helps them to understand the practical aspects intensely. Following guests were invited for the lectures to the students of MPH program, faculty members and staffs of the school.

S.N.	Guest Professors, University	Guest Topic Delivered	Involvement/Participants	Date
1	Prof. Sharad Raj Onta, TU, IOM	Health Insurance: Issues and Challenges	Students of MPH Program and Faculty members	2076/1/22
2	Dr. Binjwala Shrestha, Asst. Prof. TU, IOM	Right-based Approach in Public Health	MPH 1 st Sem (4 th Batch)	2076/3/2
3	Prof Dr. SN Mishra, Dean, School of Management, KIIT University, Bhubaneswar, India	Leadership in Quality Education	All MPH Students (3 rd /4 th Batch), Faculty members and staffs	2076/3/15



Nepal Pharmacy Council Visit

Mr. Keshab Dhoj Joshi, chairperson of Nepal Pharmacy Council (NPC), Mr. Mohan Chaudhary, member of NPC and Mr. Sanjeev Pandey, officer of NPC visited School of Health and Allied Sciences, PU on July 8, 2019. The main purpose of this visit was to inspect SHAS with regard to the renewal of accreditation of Pharmaceutical Sciences program at Pokhara University.

Bioinformatics, Biotechnology and Molecular Biology Subject Committee

Pokhara University has formed a new subject committee for Bioinformatics, Biotechnology, and Molecular Biology with Prof. Dr. Bijaya Panta as the chairman of the committee. Dr. Amar Nagila, Associate Professor, SHAS and Dr. Namraj Dhami, Assistant Professor, SHAS were selected as the members of the committee which shall design curriculum for the courses to be launched in the university in near future. The program will provide an additional opportunity to study exciting and emerging courses in a beautiful city of Pokhara.



Guest Lecture in BPT Program

On Tuesday, 9th July 2019 (Ashad 24, 2076) a guest lecture was delivered by senior consultant orthopedic surgeon Dr. Padam Bahadur Khadka regarding "current issues/ future perspective on the field of Physiotherapy". Faculty members, lab staff & students were sensitized on the concerned topic.

Faculty Members of the School participated at International Conferences

Dr. Damaru Prasad Paneru, Associate Professor, presented a paper entitled “Migrant workers in Middle East countries: Do the National Health Systems of host countries offer healthcare for migrants?” in an international conference with the theme - future health care and economic development, which was held in National Cheng Kung University, Taiwan from July 29 to August 2, 2019. Delegates from 17 countries participated in the conference. Dr. Paneru was accompanied by Rajesh Kumar Thagurathi, Associate Professor and Executive Director of Curriculum Development Center, Pokhara University.



Similarly, Dr. Namraj Dhami, Assistant Professor, gave a talk on “Young leaves of Arabidopsis thaliana provide a model system to investigate carotenogenesis and chloroplast development” in 30th International Conference on Arabidopsis Research (ICAR2019) which was held in Wuhan, China on June 16-21, 2019.



Mr. Chiranjivi Adhikari, Assistant Professor presented his paper entitled “Baseline Findings: Are School-based NCD Risk Factors Intervention Feasible?” in a National SDG Conference for Revitalization of PHC held on July 7-9, 2019 in Pokhara, Nepal. Likewise, an International Conference on Health Engineering in Disaster was organized in Pokhara, Nepal on August 18-20,

2019, in which Mr. Chiranjivi Adhikari presented on “Actual or Perceived Risk of Disasters and Diseases-Which Accounts Better?”

Recently, Mr. Komal Prasad Malla, Assistant Professor and PhD Scholar presented on Biodegradable Electrospun Composite Fibers Comprising Polycaprolactone, Poly-L-lactic Acid, Gelatin, Vitamin D3, and Natural Hydroxy-apatite in 5th International Symposium on Advances in Sustainable Polymers held in Kyoto Institute of Technology (KIT), Matsugasaki, Sakyo Ku, Kyoto, Japan on October 17, 2019.



Three faculty members from Medical Laboratory Science Program, SHAS, participated in The Liver Week-2019, BEXCO in Busan, South Korea. Professor Bishnu Raj Tiwari presented on Prevalence and Distribution of Hepatitis and Liver Cirrhosis among Elderly: Evidence from the 2017 National Survey of Older Koreans. Mr. Suresh Jaiswal, Assistant Professor presented on Seroprevalence of Hepatitis-C Virus and Tuberculosis Coinfection among HIV Infected Individuals and Bhoopendra Sharma, Instructor presented on HIV-HCV Coinfection: Prevalence and Associated Risk Factors in the Western Region of Nepal.

Research Grants received from Ministry of Social Development, Gandaki Province, Nepal

Students of MPH received grants from Ministry of Social Development, Gandaki Province, Nepal to conduct their research projects is given below. This generous contribution by Gandaki province shall motivate the students towards research and eventually help in improvement of health systems of Nepal. A huge congratulation to all the winners!

S.N.	Name	Program and Batch	Thesis title
1	Mr. Kamal Bahadur Budha	MPH; Batch 2017-19	Perceived Effectiveness of Pictorial Health Warning Labels on Tobacco Product and Associated Factors among Smokers and Quitters in Kaski District, Nepal
2	Ms. Arati Poudel	MPH; Batch 2017-19	Perception of Health Workers on their Role, Needs and Barriers on Integrating Mental Health Services in Primary Health Care Settings of Kaski District
3	Mr. Rajendra Regmi	MPH; Batch 2017-19	Quality of Life and its Determinants among Infertile and Non-infertile Women: A Case-control Study in Gandaki Province, Nepal
4	Mr. Nabaraj Paudel	MPH; Batch 2017-19	Antenatal Care Services Utilization and its Associated Factors at Pokhara Metropolitan City

स्कूल बस खरिद

स्कूल अफ हेल्थ एण्ड एलाईड साइन्सेसले यस अन्तर्गत सञ्चालित कार्यक्रमहरूमा अध्ययनरत विद्यार्थीहरूको विभिन्न अस्पताल तथा संस्थाहरूमा हुने प्रयोगात्मक अभ्यास तथा इन्टर्नसिपमा जाँदा आवश्यक पर्ने यातायात सुविधाका लागि १ थान स्कूल बस खरिद गरेको छ । उक्त बस भारतको टाटा मोटर्स कम्पनी बाट नेपाल सरकार द्वारा प्रदान गर्ने भन्सार छुट सुविधा प्रयोग गरी खरिद गरिएको हो ।



Contributions of Dr. Eunhwa Choi at SHAS, PU

Dr. Eunhwa Choi contributed at SHAS, Pokhara University, especially in public health program in various ways from July 15, 2016 to July 14, 2019 as a visiting professor. Dr. Choi was supported by National Research Foundation of Korea to serve as a Techno Peace Corps Volunteer in SHAS. During her stay at school, Dr. Choi was intensively involved in teaching, research activities, field visits for bachelor and master level students of public health program. Some of her field activities with students include,

1. Water Quality Test in Lekhnath (2017 ~ 2019) to measure the level of E. coli in water samples.
2. Air quality or sound level measurement (2018, 2019)
3. Catchy Slogan Contest: March 28 to April 26, 2018 (best slogan printed in T-shirts)

Similarly, Dr. Choi has completed a number of projects

1. Level of environmental pollution and people's awareness towards it in Pokhara, Nepal (supported by National Research Foundation of Korea with a grant of 478,000 NPR including a Particulate matter analyzer)

2. Level of Sound Pollution and People's Awareness towards it in Pokhara City, Kaski, Nepal (supported by National Research Foundation of Korea with a grant of 194,298 NPR including a Sound level measuring equipment)

From September 2019, Dr. Choi will be engaged in a Cooperation Research on Biochar Production and Application for Enhancement of Agricultural Productivity in Nepal. The project shall be completed with the support of Faculty of Science and Technology, Pokhara University and School of Engineering, Seoul National University. The school acknowledges the generous contributions of Dr. Choi and wishes her good luck for her success.

Free health checkup program

A sudden and untimely death of people is not only the grievous situation to the family but also is the irony of the country. It becomes more ironical when we know that timely diagnosis of the causative agent could prevent the death. Still in our society people do not seek the health care facilities until their daily activities are affected by the disease. Sometimes it may be too late to cure certain diseases. Even though the disease could be treated, the morbidity is increasing. Regular health checkup for the risk factors of different disease can prevent these deaths to some extent. There are many other diseases which kill people of productive age group.

In contest of our society, there are very few people who are health conscious and go for regular health checkup even though they are economically strong. There is also another group who knows the importance of regular health checkup but ignores or are not economically strong to do so. A vast number of people come under the group who do not have knowledge about it and their economic status does not allow them to spend the money on health checkup.

Understanding these scenarios, School of Health and Allied Sciences, Pokhara University and PUBMAS organized a "FREE- HEALTH CHECKUP PROGRAM" at Radha Krishna Briddha Ashram, Pokhara -31, with a slogan "Our Initiative to Better Health" on August 22, 2019 (Bhadra 5, 2076).

This was a multipurpose project primarily intended to screen the probable risk for diseases of public. In this campaign, people living in Briddha Ashram and Gurukul received their health checked up for free of cost. The following services were provided in the campaign.

1. Physical measurements (Height, weight, Body mass index (BMI))
2. Blood pressure (B.P)
3. Blood sugar
4. Uric acid
5. Triglyceride



Awards on 40th Education Day

On the occasion of 40th Education Day (September 8, 2019), three faculties and three graduates of the school were awarded by Rt. Hon. President Bidya Devi Bhandari. Dr. Niranjana Shrestha, Assistant Professor was awarded with the prestigious Education Day Award to honour his outstanding academic contribution to Pokhara University. Similarly, Assistant Professors Dr. Sushil Panta and Dr. Jaya Prakash Sah received Nepal Vidya Bhushan "Ka" gold medals for their PhDs. Likewise, Ms. Shristee Neupane, M. Pharm. graduate and Ms.

JanakiPathak, MPH graduate received Nepal VidyaBhushan “Kha” for standing University top in M. Pharm. and MPH respectively. Ms. Ashmita Sapkota, B.Sc.M.L.T graduate received Nepal VidyaBhushan “Ga” for standing University Top in Bachelor level and Chatra VidyaPadak for standing University Top amongst girls in bachelor level. The school was privileged to receive the awards and congratulates all the recipients and wishes good luck for their successful future.



Dr. Niranjan Shrestha



Dr. Sushil Panta



Dr. Jay Prakash Sah



Ms. Shristee Neupane



Ms. Janaki Pathak



Ms. Ashmita Sapkota

Visitors at SHAS

Delegates of Bangladesh Scout visited the School of Health and Allied Sciences, Pokhara University on July 28, 2019. Similarly, a team of delegates led by Mr. Prajwal Rajbhandari from Research Institute of Bioscience and Biotechnology, Kathmandu visited the School of Health and Allied Sciences, Pokhara University on September 19, 2019. The delegation had a meeting with Dr. Damaru Prasad Paneru, Director of the School and discussed on the possibilities to organize an International Conference in collaboration.



QAA for SHAS

The School of Health and Allied Sciences is in the process of achieving QAA issued by UGC – Nepal. Therefore, the school is engaged in documentation and self-study report preparation by forming a 3-membered committee “Internal Quality Assurance Committee (IQAC)” under the co-ordinator ship of the School Director, Dr. Damaru Prasad Paneru. The committee has been working on the QAA system of its institution.

The IQAC has formed a 5-membered “Self-Assessment Team (SAT)” to prepare, update and submit Self Study Report (SSR) to the QAA Division of UGC. The SAT team includes Mr. Nim DC as a coordinator, Mr. Bijay Subedi, Mrs. Sunita Sharma, Mr. Bhupendra Sharma and Mrs. Sharada Banstola as members. The team has been updating SSR and annexes as per the recommendation of pre visit of Peer Review Team (PRT) of UGC by forming different sub committees. Similarly, the team

has been writing the response report to PRT and scheduling to call for final visit by UGC for the accreditation. This SSR contains the overall information of SHAS from the beginning of the institution to the present day. It includes infrastructures, and overall activities of the school. Since it was established with a view to develop the country by providing qualified, talented and skilled manpower with high moral and ethics in the field of health sciences, it has tremendously contributed to the career enhancement of students in health sectors through quality education. The school has understood that it has significant documents for overall academic performances of the institutions. Such documentation helps for the better academic performance as well as overall activities in future also.

In fact, this self-study report(SSR) is a guideline not only to formulate academic plans, policies and procedures but also to focus on implementation and documentation of these policies to fulfill the emerging needs of qualitative education. It also facilitates the school to perform academic programs comprehensively, scientifically and systematically. The documents of the institution help the school to evaluate the shortcomings or weakness of previous year and ways to solve these shortcomings in coming days.

Memorandum of Understanding (MoU) for B. Pharm. Program

MoU was signed between School of Health and Allied Sciences (SHAS), Pokhara University and Manipal Teaching Hospital (MTH), Manipal College of Medical Sciences (MCOS) on May 15, 2019 for the next four years. Dr. Damaru Prasad Paneru, Associate Professor and Director of SHAS, and Prof. Dr. B.M. Nagpal, Dean of MCoMS signed the agreement in presence of Mr. Nim DC, Coordinator of B. Pharm., Mr. Atisammodavardhana Kaundinnayana, Coordinator of M. Pharm., Dr. M. L. Sharma, Director of MTH and Dr. Sudesh Gyanwali, Associate Professor and Chief of pharmaceutical services, for the cooperation with each other by providing

available facilities for academic and research purposes to the students of Bachelor of Pharmaceutical Sciences (B. Pharm.). Additionally, MCOMS and MTH shall support Hospital Training of the students.



Tracer study

Tracer Study Committee was formed on April 24, 2019 (Baisakh 11, 2076) to trace out the graduates of SHAS in 2017 and 2018 AD and draw inferences regarding their employability status. The committee collected the information via email (shastrace17@gmail.com) and by direct contact to the graduates.

प्रयोगशाला उपकरणहरू खरिद

स्कूल अफ हेल्थ एण्ड एलाईड साइन्सेसद्वारा यस स्कूल अन्तर्गत सञ्चालित कार्यक्रमहरूको विभिन्न प्रयोगशालाहरूमा आवश्यक पर्ने करिब चौसठ्ठी लाख रुपैया बराबरको विभिन्न उपकरणहरू खरिद भएको छ । मुख्य गरेर प्रयोगशाला विज्ञान एवं औषधी विज्ञानसंग सम्बन्धित Chemiluminescence Immunoassay Analyzer (CLIA), Teaching Microscope, Fourier Transformer Infra Red (FTIR) Disintegration Apparatus जस्ता उपकरणहरू खरिद भएका छन् । उक्त उपकरणहरूको खरिदबाट विद्यार्थीहरूको प्रयोगात्मक अभ्यास देखि लिएर शिक्षकहरूको अनुसन्धान कार्यमा समेत टेवा पुग्नेछ ।

Industrial Tour of B. Pharm. Students

From August 21 to 28, 2019, the students of B. Pharm. Sixth Semester campaigned for industrial tour for the partial fulfilment of the curriculum of B. Pharm. The group of the students led by Sumit Bahadur Baruwat Chhetri, Assistant Professor, SHAS visited different pharmaceutical industries from Nawalparasi to Mahendranagar.

They visited Time Pharmaceuticals, Sumi Pharmaceuticals, Asian Pharmaceuticals, Universal Pharmaceuticals and Panas Pharmaceuticals. From this visit the students were benefited on the knowledge of pharmaceutical industries from the prospective of different units and channels. Furthermore, they received the opportunity to collect information about their future role in career as a member of pharmaceutical industry.



Ethno-medicinal tour of B. Pharm Students



Ethno-medicinal tour 2019 was organized for the students of B. Pharm. Fourth Semester from August 22 to 29, 2019. From this tour, the students became familiar with medicinal plants having diverse geographical and climatic conditions. The tour was supervised by Sangam Subedi, Assistant Professor, SHAS. By visiting the different locations of Eastern Nepal, it gave them a chance to socialize and learn about the vast array of plants which are of great importance in the medicinal field due to the possibility of being potential

sources for therapeutics or curative aids globally. Nepal with glory represents 2.80 % of total medicinal plants in the planet. There are 399 endemic flowering plants in Nepal of which about 63 % are from the high mountains, 38 % from the mid hills, and only 5 percent from the Terai and Siwaliks. Medicinal plants are abundantly found in: the Terai region of Nawalparasi, Chitwan, Bardia, Dhanusha, and other places too. Their journey of exploring several medicinally potent plants started from Pokhara towards Eastern regions of the country. In this short trip they could locate the herbs zones and the species in those areas. However they were highly motivated in medicinal plant research.

Memorandum of Understanding (MoU) for BPT

An MoU was signed between Bachelor of Physiotherapy (BPT), School of Health and Allied Sciences, Pokhara University and Manipal Teaching Hospital, Manipal College of Medical Sciences on August 29, 2019 for the next five years. Dr. Damaru Prasad Paneru, Associate Professor and Director of SHAS, and Prof. Dr. B.M. Nagpal, Dean of MCOMS signed the agreement for the following objectives:

- 1) From semester I to III, students of BPT will be sent to Laboratory of Department of Anatomy, MCOMS, Deep Height for anatomy practical (cadaver study). For this faculty member of Anatomy from the School will be accompanying the students.
- 2) Students of BPT, Fifth semester will be sent to Department of physiotherapy



(Manipal Teaching Hospital, Fulbari, Pokhara) for Clinical Education 3 (Musculoskeletal and neurological physiotherapy).

- 3) MCOMS will provide a furnished classroom with audiovisual equipment for 20 students from Fifth semester onwards
- 4) For other semesters (Sixth to Ninth), the requirements will be reviewed by mutual understanding as per the curriculum, requirement of NHPC and infrastructure of MTH physiotherapy department.

Similarly, another MoU between Bachelor of Physiotherapy (BPT), School of Health and Allied Sciences, Pokhara University and Pokhara Academy of Health Sciences (PAHS) was signed on August 11, 2019 for the next five years. Dr. Damaru Prasad Paneru, Associate Professor and Director of SHAS and Prof. Dr. Narendra Bikram Gurung, Dean of PAHS signed the agreement for the following objectives:

- 1) Students of Fourth and Fifth semesters will be sent to Department of physiotherapy (PAHS-Hospital) for Clinical Education 1 (Basic physiotherapy) and Clinical Education 3 (Musculoskeletal and neurological physiotherapy)
- 2) For other semesters (Sixth to Ninth), the requirements will be reviewed by mutual understanding as per the curriculum, requirement of NHPC and infrastructure of MTH physiotherapy department.



Alumni Association-SHAS, PU

An Alumni meet was called by the school for the purpose of establishing “Alumni Association-SHAS, PU”, on May 4, 2019 in Srijana Chowk, Pokhara. A total of 48 ex-students of SHAS (then School of Pharmaceutical and Biomedical Sciences) were present at the very meet. The Alumni-meet sanctioned the formation of nine-membered Ad-hoc Alumni Committee for the objective of finalizing alumni association constituent and planning for organizing Annual General Meeting for the materialization of historic “Alumni Association-SHAS, PU”. Following members were nominated for Ad-hoc committee.

President:	Dr. Chandan Shrestha
Vice-president:	Mrs. Bindu Malla
Secretary:	Mr. Bijay Subedi
Vice-secretary:	Mr. Sandip Pahari
Treasurer:	Miss Rasmita Regmi
Member:	Nabaraj Poudel
Member:	Manoj Sigdel
Member:	Madan Baral
Member:	Biswash Subedi



Awareness Program on 'Effect of Smoking and Menstruation Hygiene'

Recently the students of B. Pharm., Second Semester, 18th batch conducted an awareness program on 'Effect of Smoking and Menstruation Hygiene' focusing the secondary level students of Gogan Secondary School situated in Gogangauda on August 29, 2019. At the same time, the group enlightened the primary level students on 'Good and Bad Thoughts'.

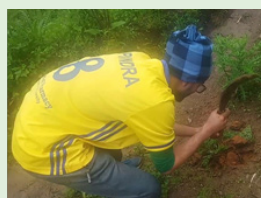
The main objective of the program was to aware the students about the major effects of smoking like cancer, ulcer, asthma, chronic lung diseases, blindness, etc. which are caused by nicotine, toluidine, acroleine, pyrene, cadmium, etc. present in cigarette. Likewise, the students shared information to aware the school girls about the associated topics related to menstruations to adolescents like what is menstruation, calculation of periods, physical problems faced by the girl, ways to deal with it, maintaining personal hygiene during the periods and some roles of male peers towards them during this problem. The primary level students were guided about good and bad thoughts for a successful life and good citizen. All the students and the teachers of the host school participated in the program and were found helpful, supporting and thankful for conducting such a useful awareness program to this patron institution. The event was also covered by national news.

Participation in One Day Workshop

Assistant Professor and M. Pharm. Program Coordinator At is Kaundinyayana participated in a One-Day Workshop on Strategy and Work plan Discussion on Access to the Genetic Resources and Distribution of the Profit organized by Ministry of Forest and Environment, Government of Nepal in Pokhara on August 8, 2019 representing Pokhara University and presented his suggestions.

Crude Drug Collection Tour

Students of M. Pharm. (Natural Products Chemistry), Second Semester and Fourth Semester visited Mustang (Jomsom, Tukuche and Potekharka) from July 26 – August 3, 2019 to collect crude drugs for their research project.



Teacher's Day

PUSPA organized a program on July 16, 2019 and honored all the Teachers on the occasion of Teacher's Day.

World Physiotherapy Day 2019

Bachelor of Physiotherapy(BPT) program of School of Health and Allied Sciences, Pokhara University and Nepal Physiotherapy Association-Gandaki Branch jointly organized “Awareness and Free Physiotherapy Camp” in Pokhara on September 7, 2019 on the occasion of World Physiotherapy Day. The program was inaugurated and declared open by Honorable Social Welfare Minister of Province 4, Mrs. Nar Devi Pun. Advocating the theme of “Chronic Pain” as formulated by World Confederation for Physiotherapy, various physiotherapists spoke about numerous perspectives and dimensions of chronic pain diagnosis and management. A total of 148 patients availed the free physiotherapy service and many more patients interacted with the physiotherapists and received counseling regarding various issues. Honorable Minister openly appreciated the efforts put in by the lead physiotherapists and students of BPT and also added encouraging and constructive suggestions regarding the programs to be conducted in the days to come.



School Website Launched

The School of Health and Allied Sciences, Pokhara University launched its own website with the URL <https://pushas.edu.np> on September 7, 2019. Earlier the activities of the school were featured in the University Website only (<https://pu.edu.np/>). Apart from the regular features like History, Organizational Structure, Salient Features of the School, Admission procedure, Profiles of the teaching and nonteaching staffs and information regarding the different courses offered at the school, the new website also features the online version of the Journal of the School, Journal of Health and Allied Sciences (JHAS). The scientific publications of the faculties and students of the school in different national and international journals can also be navigated through the website. The profile of all the alumni of the school is also being built through this website.

Scholarships for Higher Education

Rishiram Baral, Batch 2014, B. Pharm. is awarded with Korean Government Scholarship Program (KGSP) to study Master in Biophysical at Pharmacy at Kyungpook National University. Similarly, Laxman Bastola of same batch received Scholarship under Professor to study Master and PhD in Physical Pharmacy University at Mokpo National University, South Korea. The School is proud of their achievements and for their successful future.

PUSPA ले भव्यताका साथ मनायो विश्व फर्मासिट दिवस

September 25, 2019 (असोज ८, २०७६) विश्व फर्मासिट दिवसको अवसरमा पोखरा विश्वविद्यालय फार्मेसी संघ (PUSPA) को आयोजनामा पोखरा ३३ बाघमारामा सुशील देवकोटाको सभापतित्वमा औषधिको उचित प्रयोग तथा प्रभावकारिता सम्बन्धी वृहत् जनसचेतना कार्यक्रम सम्पन्न भयो । त्यसै गरी National Pharmacist Association, Gandaki Province ले संचालन गरेको च्यालीमा PUSPAका सदस्यहरु उपस्थित थिए । सो ही दिन साँझ पोखरा विश्वविद्यालय स्कूल अफ हेल्थ एण्ड एलाईड साईन्सेसका निर्देशक डा डमरु प्रसाद पनेरु तथा बि.फार्म. कार्यक्रम संयोजक निम बहादुर डाँगीको उपस्थितिमा दिप प्रज्वलन कार्यक्रम भव्यताका साथ सम्पन्न भयो ।



Workshop on “GOOD CLINICAL LABORATORY PRACTICES (GCLP)

A two-day workshop on “Good Clinical laboratory Practices (GCLP)” was organized for the first time by the School of Health and Allied Sciences (SHAS) in association with American Society for Microbiology from September 26 – 27, 2019 at Mount Kailash Resort, Pokhara. Around 105 participants from SHAS, Nobel College, Kathmandu, Modern Technical College, Kathmandu and Crimson College of Technology, Butwal attended the workshop. The main aim of workshop was to provide knowledge on good clinical laboratory practices for quality practice at lab. A total of 38 experts delivered their expertise knowledge on different aspect of GCLP.



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