



## Nepal National Library and ISSN Number

Nepal national library, has recorded the SHAS bulletin with the International Standard Serial Number, ISSN 2717-4921 (Print) and ISSN 2717-493X (Online).

## First internal examination for Fall Semester 2020

The Internal Examination Cell of School has successfully conducted the First Internal Examinations of Master Programs from January 8-14, 2020 and Bachelor Programs from January 27 to February 3, 2020. The result of first internal examination was published on January 30, 2020.

## Visiting Faculty at Purbanchal University

Mr. Chiranjivi Adhikari, Asst. Prof. and Program Coordinator of Master of Public Health Program, SHAS served more than a week (Jan. 4-14, 2020) as a visiting faculty to School of Health Sciences, a constituent college of Purbanchal University in Gothgaon, Morang. Mr. Adhikari facilitated the students of MPH in Health Promotion and Education track in Theories and Domains of Health Behavior and Education.



## Workshop on Research Methodology and Data Analysis

A two-day workshop on Research Methodology and Data Analysis was successfully completed on February 1-2, 2020. A total of 60 participants from B.Sc. MLT final year students and M.Sc. MM and MB programs participated in the workshop. Prof. Dr. Shiba Kumar Rai was the chief guest of the program who gave an inspirational speech

and session about research. There were 15 resource persons from different institutions of Nepal. Dr. Damaru Prasad Paneru was a special guest and Mr. Suresh Jaiswal chaired the program as organizing coordinator.



## Harvard University Visit

Dr. Khem Raj Joshi, the former Dean of Faculty of Health Sciences visited Harvard University from February 2 – 7, 2020 in United States of America for "Leadership for the 21st Century" program. It was a one-week executive program led by Lecturer Tim O'Brien, a leader and adult development specialist. According to Dr. Joshi, the dynamic classroom setting forced participants to confront some of the conditions that made leadership and leaders.



## सावरी चालक श्री रामजी नेपालीलाई पितृशोक

स्कूल अफ हेल्थ एण्ड एलाइड साइन्सेजका सावरी चालक श्री रामजी नेपालीका पिता श्री नेत्र बहादुर नेपालीको यही २०७६ साल चैत्र महिनाको १४ गते असामयिक निधन भएको हुँदा स्कूल परिवार दिवङ्गत आत्माको चिरशान्तिको कामना गर्दै शोक सन्तप्त परिवार प्रति हार्दिक समवेदना प्रकट गर्दछ ।

## Participation at National Workshop



As requested by Management of Department of Health Services, Ministry of Health and Population, Associate Professor Dr. Tulsi Ram Bhandari participated in six days curriculum development workshop for developing a training manual of Masters Training of Trainers (MTOT) on Environmental Health, Health Care Waste Management and Water Sanitation and Hygiene from January 21 to 26, 2020 in Pokhara. The workshop was organized jointly by the Management Division of Department of Health Services, Ministry of Health and Population Nepal and the World Health Organization. The main objective of the workshop was to create a joint effort for addressing the environmental health, health care waste management and water sanitation and hygiene issues of Nepal. They discussed and recommended three basic training modules considering the requirements of the nation: general management required to organize training, conduct and management of training and existing policies, rules and regulations for effective organization of training in the future.

## MUN – A One Day Session at Pokhara University

Model United Nations, also known as Model UN or MUN, is an educational simulation and/or academic activity in which students can learn about diplomacy, international relations and the United Nations. MUN involves and teaches participants speaking, debating, and writing skills, in addition to critical thinking, teamwork, and leadership abilities. It is meant to engage students and allow them to develop deeper understanding into current world issues. YTS (Youth Thinkers Society), Pokhara along with the management team from Pokhara University collaborated for the conduction of a program entitled “Girl’s Education and Gender Equity” on Jan 12, 2020. Similarly different motions were raised regarding the condition, causes, barriers and the ways to overcome those barriers regarding the status of Girl’s Education and Gender Equity in different nations assigned. The president of YTS,

Sajuma Ghimire as well as the management team were amazed to see such enthusiastic youths having amazing ideology about the world issues and debate skills. A total of 23 students from different faculties took part in the program including School of Health and Allied Sciences, School of Engineering and School of Development and Social Engineering. The Best Orator award was given to Suraj Raj Keshari from the School of Engineering and the Best Delegate award was won by Gulaam Moiz Khan from School of Health and Allied Sciences.



## Sanitary Pad Vending Machine Installed

Menstruation is a natural phenomenon for females. Positive perception about menstruation and good menstrual hygiene practice safeguards the good health. Therefore, adequate attention need to be given on this matter and every place should be made menstruation friendly. In order to address the issue of female hygiene and mental health, School of Health and Allied Sciences along with the team of SQC installed **Automatic Sanitary Pad Vending Machine** at different blocks of SHAS.





### Formation of SHAS- Student Quality Circle

An orientation program on Students' Quality Circle (SQC) was organized at School of Health and Allied Sciences (SHAS) on 8th Feb, 2020. The program was organized for the class representatives (CR and Vice CR) of Bachelor and Master level students of different programs.

The motto of orientation program was to acquaint significance of SQC for newly formed SQC members and other participants. The program was facilitated by Senior Master Trainers, Mr. Narayan Prasad Sapkota and Mr. Dhurba Thapa from QUEST Nepal. The Program was chaired by Mr. Sushil Adhiakri (Coordinator of ECA Unit, SHAS) and Dr. Damaru Prasad Paneru, the Director of SHAS was the Chief Guest. Similarly, Mr. Nim DC, SAT coordinator, all the program Coordinators, CRs and the Chief Administrator of school actively participated in the program. The facilitators had put their insights and experiences on current movement and need of SQC in regional and national context.

Mr. Rajesh Kumar Yadav was nominated as the Coordinator of Ad-Hoc Committee to form a New Committee in which a member will be nominated later by the school director. To conclude the session, Mr. Yadav, SHAS-SQC Chairman, offered vote of thanks to the facilitators from QUEST, Nepal. He mentioned that the orientation program was very helpful in highlighting the significance of SQC for addressing issues related to quality assurance.



### Mr. Rob van Daleen from Elsevier at SHAS

Mr. Rob van Daleen, a Senior Publisher from Elsevier, conducted a workshop on 'How to Publish High-Quality Paper and Understanding Researcher and Publishing Ethics' on January 31, 2020, at School of Health and Allied Sciences, Pokhara University. The event was organized as a post-conference workshop after the International Conference on Bioscience and Biotechnology (ICBB) organized by Research Institute for Bioscience and Biotechnology (RIBB) at Pokhara. Mr. Rob was accompanied by Ms. Sunita Pandey, Ms. Ruksana Maharjan and Mr. Aatish Mali from RIBB in the event. Dr. Damaru Prasad Paneru, Director, SHAS thanked and felicitated the guests. Mr. Atis Kaundinnyayana, Asst. Prof. briefed about the research activities of the school. Fifty-one participants including the faculty member and master students actively participated in the workshop.



### Participation at International Conference

Mr Bijay Subedi, Program Coordinator of BPT, was selected to present his research paper on the topic **"Blood Pressure, Fasting Blood Glucose, Lipid Profile, Oxidative Stress and Antioxidative status of Paraoxonase enzyme: Comparative Approach in Nepalese Obese and Non obese"** in "3rd Asia Pacific Cardio Metabolic Syndrome Congress (APCMS 2020)" organized by "Korean Society of Cardiometabolic Syndrome" which was held in Conrad Hotel, Seoul, Korea from Feb 21 - 22, 2020. Similarly, Ms. Sapana Bhandari, student of Master of Public Health in Health Service Management also presented her research work on the topic **"Assessment of cardiovascular fitness and its association with autonomic function among healthy students at Pokhara University, Nepal "** with prestigious International Travel Grant Award.



### पुनर्ताजगी भ्रमण सम्पन्न

पोखरा विश्वविद्यालयले कर्मचारीहरूको दक्षता अभिवृद्धि, उन्नयन र ब्यक्तित्व विकासमा टेवा पुर्‍याउने र आन्तरिक पर्यटनलाई प्रवर्धन गर्ने उद्देश्यले हरेक आर्थिक वर्षमा एक पटक प्रत्येक कर्मचारीहरूलाई पुनर्ताजगी अवलोकन भ्रमण गर्ने व्यवस्था गरेको छ । यसै व्यवस्था अनुसार स्कूल अफ हेल्थ एण्ड एलाईड साइन्सेजमा कार्यरत कर्मचारीहरू मध्ये श्री प्रमेश पौडेल, श्री दुर्ग बहादुर वि.क., श्री प्रकाश पौडेल, श्री बसन्त सापकोटा, श्री रमिला सापकोटा र श्री सीता बस्ताकोटीले पोखरा विश्वविद्यालयको अन्य निकायहरूमा कार्यरत कर्मचारीहरूसंग समूह बनाई यही २०७६ साल फाल्गुण महिनाको १२ गते देखि १६ गते सम्म पाँचदिने पुनर्ताजगी भ्रमण सम्पन्न गर्नु भएको छ । उक्त समूहले नेपालका विभिन्न स्थानहरू जस्तै तनहूँको भिमाद, स्याङ्जाको चापाकोट, पाल्पाको रामपूर, तानसेन, रानीमहल, गुल्मीको तम्घास तथा पवित्र धार्मिक स्थल रेसुङ्गा जस्ता मनोरम स्थलहरूको अवलोकन भ्रमण गर्‍यो ।



### Interaction with Dr. Stefano from University of Padova, Italy

Dr. Stefano Dell'Acqua, Assistant Professor, Department of Pharmaceutical and Pharmacological Sciences, University of Padova, Italy visited the School of Health and Allied Sciences, Pokhara University on February 19, 2020. Dr. Dell'Acqua visited the laboratory facilities at the school and had a meaningful discussion with the faculty members of SHAS, PU on possible collaboration in the field of natural product research between the two Universities. Dr. Nirmala Jamarkattel, Dr. Namraj Dhami, Dr. Sushil Panta, Dr. Shila Gurung, Atis Kaundinnyayana and Nim Bahadur Dangi participated in the discussion. Before the interaction program Dr. Damaru Prasad Paneru, Director, SHAS welcomed the team at the school. Researchers Dr. Shyam Sharan Shrestha and Dr. Stefania Sut from his lab at Padova University accompanied him during the visit.



### Visit to Health Directorate of Gandaki Province

A team led by Dr. Damaru Prasad Paneru, Director, SHAS visited Health Directorate, Gandaki province on February 26, 2020. The visit was accompanied by Mr. Chiranjivi Adhikari, MPH program coordinator, Mr. Atis Kaundinnyayana, M. Pharm. program coordinator, Mr. Nand Ram Gahatraj, BPH program coordinator and Mr. Nim Bahadur Dangi, B. Pharm. program coordinator. Dr. Binod Bindu Sharma, Director of the Health Directorate was also involved in a discussion on possible collaboration between Health Directorate and SHAS.



### International Research Award 2020

IJRULA has awarded an International Research Award 2020 to Prof. Dr. Arun Kumar Koirala for the excellence in "Mothers' Behaviors in Relation to Pregnancy and Childbirth in Kathmandu, Nepal – A Hospital Based Study" on January 26, 2020. The school would like to congratulate Prof. Koirala for this great achievement.

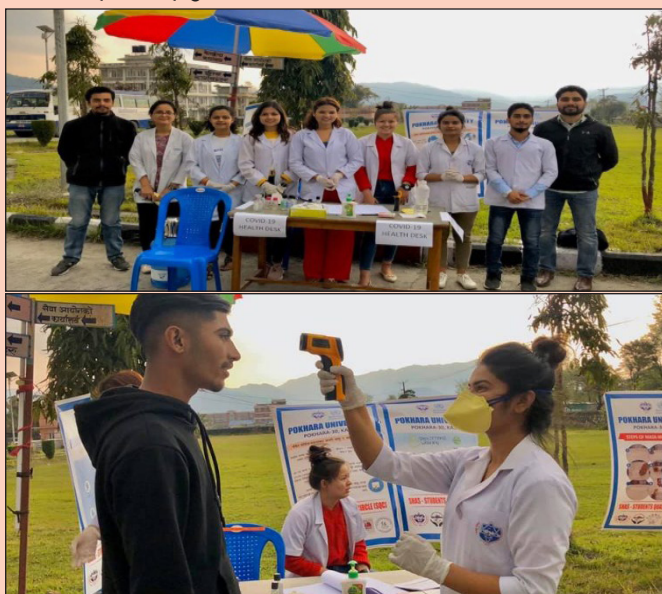


### Health Desk Established

During the COVID-19 pandemic, the SHAS-SQC established a help desk at University premises and conducted an awareness program on prevention of Corona Virus on March 19, 2020. The students provided the following services at the help desk.

- Measurement of body temperature
- Demonstration of proper use of hand sanitizer
- Demonstration of hand washing steps
- Demonstration of making masks during shortage

They shared instructions for the prevention of the global pandemic by the motive of awarning people about the virus and making people available of medical items like sanitizer, mask, gloves etc.



### Hand Sanitizer Prepared at SHAS

Under the supervision of faculties of Pokhara University, the students of Pharmaceutical Sciences prepared hand sanitizer in the large scale at Pharmaceutical Laboratory following WHO guidelines to prepare sanitizers. The sanitizer was properly labeled and distributed to different schools, office of controller of examination and central office of Pokhara University.



### B. Pharm. Thesis Defense

Thesis Defense of B. Pharm. 2015 Batch was completed on January 28, 2020. All the candidates, supervisors, faculty members, internal examiners and external examiners were present in the defense. Students performed project works related to phytochemistry and clinical pharmacy. From now onwards students were obliged to write a manuscript of their project works and submit to program coordinator in order to get character certificate.

### One Day Field Visit for Herbarium Collection

The students of B. Pharm. first semester took part in a field trip organized by the School of Health and Allied Sciences (SHAS) on February 14, 2020 as a part of their syllabus. They went to Bhurkot, Syangja for the collection of herbarium specimen. The trip was guided by Dr. Namraj Dhami, Assistant Professor, SHAS and the visit was facilitated by Mr. Nim DC, Program Coordinator of B. Pharm. The objective of the event was to introduce various medicinal plants to the students so that they can explore their medicinal values and pharmacological activities as a part of their learning process and motivate them towards aspiring future pharmacists.



### Pokhara University Fair 2020

Free Students' Union of Pokhara University organized Pokhara University Fair 2020 within the central campus of the University on February 6 – 8, 2020. All the apolitical student organizations of Pokhara University actively participated in the fair. Students of SHAS actively coordinated the Health Camp in the fair, demonstrated different stalls and participated in the various events organized. Inspirational Speeches, Poetry, Debate, Awareness Drama, Flash-mob, Dance, Singing, Art, Robo-war, Talk programs, Engineering Models were the highlights of over 40 events during the fair.





### Awareness Program on Coronavirus Disease 2019 (COVID-19)

A one-day awareness Program on Coronavirus Disease 2019 (COVID-19) was conducted by Pokhara University Students' Pharma Association (PUSPA) on March 6, 2020 to the students of Diploma in Pharmacy and Certificate in Diagnostic Radiography at Kantipur Institute of Health Sciences, New Road, Pokhara. Members of PUSPA delivered information on COVID-19 and highlighted history, transmission, clinical features, and prevention of Corona virus. They also focused on myths and facts associated with corona virus that have been wrongly highlighted in social media. One of the members discussed about the proper use of N95 respirator. This program was arranged by Mr. Nim DC, Program coordinator of B. Pharm., SHAS, PU.



### WHO-GMP Training 2020

A two-day training on World Health Organization recommended Good Manufacturing Practices (WHO-GMP) for graduating B. Pharm. students was organized from March 13 to 14, 2020. This program was organized for the 15th consecutive year. Mr. Shrikrishna Karnataki, Senior Pharma Consultant from India, Mr. Jaya Bir Karmacharya, Omnica Laboratories, Mr. Ashesh Bhandary, Time Pharmaceuticals, Mr. Santosh KC, DDA, Dr. Robhas Kusam Subedi, Meera Biotech, Mrs. Sabhiyata KhanalBashyal, Asian Pharmaceuticals, Mr. Mahesh Upadhyay, Toreva Pharmaceuticals and Mr. Ravi Raja Pradhan, Nova Genetica Pharmaceuticals were the resource persons in the training. The main objective of the training program was to provide opportunities to the students to have face-to-face interaction with the leaders of Pharma Industries of Nepal, their probable future employers.



### Health Exhibition and Health Camp at Pokhara University Fair 2020

The students of different programs of School of Health and Allied Sciences (SHAS) organized a health exhibition/camp in collaboration with the Students' Quality Circle (SQC) at Pokhara University Fair 2020. The Fair was organized by Free Students Union of Pokhara University from February 6 to 8, 2020. In the exhibition, blood samples were tested to assess blood glucose level, haemoglobin and uric acid by the students of laboratory sciences.





## Academia-Industry Dialogue on Physiotherapy

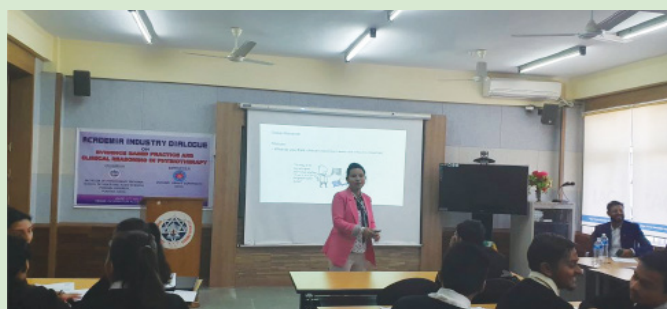
Bachelor of Physiotherapy (BPT) program of the School organized an Academia-Industry Dialogue on Evidence-Based Practice and Clinical Practice in Physiotherapy on February 27 – 28, 2020 in support of the University Grants Commission, Nepal.

The dialogue was inaugurated by Dr. Damaru Prasad Paneru, Director of School of Health and Allied Sciences. The dignitaries participated in the dialogue included Ms. Ranjeeta S Acharya (Associate Professor, Department of Physiotherapy, Kathmandu University), Mr. Govinda Mani Nepal (Lecturer, Department of Physiotherapy, Kathmandu University), Mr. Ramesh Gyawali (Lecturer, BPT Program, School of Health and Allied Sciences), and Mr. Deepak Joshi (Lecturer, BPT Program, School of Health and Allied Sciences). Thirty-eight students and interested faculty members of the school of all streams participated and interacted actively to benefit themselves and also broadened their horizon of knowledge with the help of experts' experience. The program explored a lot of issues pertaining to the evidence-based practice and clinical reasoning in physiotherapy, especially the current status, perceived barriers, opportunities and strategies of the same in the Nepalese context.

### Inauguration of the event



### Ranjeeta S Acharya Speaking at the Event



## Gardening at SHAS during Lockdown due to COVID – 19 Pandemic

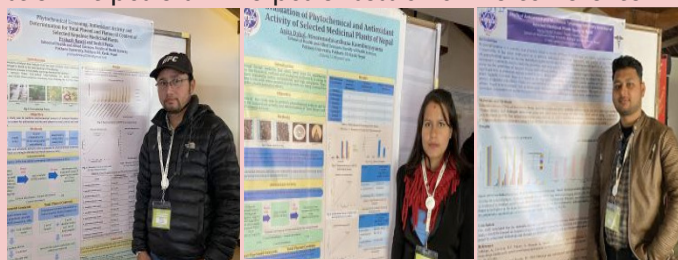
Even though lockdown is difficult, faculties and staffs of SHAS, PU, Mr. Nim DC, Program coordinator of B. Pharm, Mr. Anil Giri, coordinator of internal examination cell, Mr. Sangam Subedi, Faculty of Biopharmaceutics, Mr. Santosh Gurung, lab assistant, Mr. Prakash Rawal, student of M. Pharm utilized this lockdown period in cleaning, gardening and watering the medicinal plants around the school periphery. The team also prepared SOPs, validated and calibrated the different instruments available at laboratories of Pharmaceutical Sciences. By such activities, the team has proved that unpleasant state of being bored can be tackled by engaging oneself in purposeful and meaningful activities. During this lockdown, "I am bored" may be the most common phrase but it's not difficult to get rid of this phrase if you are willing and hard working.





### Participation in ICBB

Faculties and Students of SHAS, PU participated in the International Conference on Bioscience and Biotechnology (ICBB) organized by Research Institute of Bioscience and Biotechnology (RIBB) on Jan 28 – 31, 2020 in Pokhara. Prof. Bishnuraj Tiwari and Dr. Namraj Dhimi co-chaired the scientific sessions on Food Technology and Applied Microbiology and Agriculture and Plant Biotechnology respectively at the conference. Final year students of M. Pharm. (Natural Products Chemistry) Anita Dahal, Manoj Pandit, and Prakash Rawal presented their scientific posters in the poster session of the conference.



### Internship Posting for B.Sc. MLT Final Year Students

After completing all the academic activities of Seventh Semester, Final Year students of B.Sc. MLT were posted for six months rotatory internship from March 15, 2020 at different hospitals of Nepal like Manipal Teaching Hospital, Pokhara, Pokhara Academy of Health Science and BP Koirala Memorial Cancer Hospital, Bharatpur at different sections of pathology department.



### Participation at Pokhara Marathon

Two faculty members and 39 students of Bachelor of Physiotherapy program rendered first aid and acute physiotherapy rehabilitation services to the marathon runners on February 15, 2020 at Pokhara Rangashala during the Pokhara Marathon event.



### Pokhara Model United Nations (PMUN)-2020 Program

Ms Aakriti Dhakal, student of B. Pharm. 2nd year participated in 'Pokhara Model United Nations (PMUN)-

2020 program' which was organized by Youth Thinker's Society- Pokhara in collaboration with US Embassy-Nepal, Youth Thinker's Society at Gate Vocational FAB School, Chhorepatan, Pokhara from February 13 – 15, 2020. The event was an educational simulation and/or academic activity teaching youths about diplomacy, international relations, and the United Nations with an aim to develop participant's speaking, debating, and writing skills, in addition to critical thinking, teamwork, and leadership abilities. All the participants were divided into four different UN-committees (United Nations Office on Drugs And Crimes-UNODC, United Nations Environment Program-UNEP, United Nations High Commissioner for Refugees-UNHCR, United Nations Children's Fund-UNICEF) and were assigned with countries to represent in the respective committee debating under the given agenda. Apart from learning and exploring these activities, Ms Aakriti Dhakal also got a chance to socialize with her fellow delegates from all over the country.



### Nepal Pharmacy Council Visit and Program Accreditation

A team led by Dr. Damaru Prasad Paneru, School director, Mr. Nim DC, Program Coordinator and Mr. Hom Bahadur Thapa, Procurement officer visited the Nepal Pharmacy Council (NPC), Nepal Health Professional Council (NHPC), University Grants Commission (UGC) and Medical Education Commission (MEC) from January 21-26 for various activities. During the visit, the team collected the Accredited Certificate of B. Pharm. Program from NPC. The team also participated in the discussion of common entrance examination of post graduate level at MEC.



### ADVISORS

Damaru Prasad Paneru, PhD (Director, SHAS)

### BULLETIN PUBLICATIONS BOARD

Shila Gurung, PhD, (Coordinator)

Santosh Kumar Gupta, (Member)

Hom Bahadur Thapa, (Member)