



# ankur

....a seedling for the future growth of NEPAS....



Official Newsletter of Nepal Paediatric Society

June, 2024

## Editorial

### Celebrating a Year of Progress and Expansion

As we gather for the Annual Conference of the Nepal Paediatric Society (NEPAS), organized this year as Mini-NEPCON in the picturesque setting of Sauraha, Chitwan, it is with great pride and enthusiasm that we reflect on the remarkable achievements of the past year. The tenure of the current executive committee has been marked by significant milestones and forward strides in the realm of paediatric education and healthcare in Nepal.

One of the most notable accomplishments has been the establishment and activation of various sub-specialty chapters within NEPAS. These chapters, each focused on specific areas of paediatric care, have not only broadened our organizational scope but have also enhanced our ability to provide specialized services and support. The active engagement and activities under these chapters have been instrumental in addressing the diverse needs of our paediatric community. These initiatives have facilitated knowledge sharing, skill development, and have fostered a collaborative spirit among paediatricians across the country.

Moreover, the momentum does not stop there. The groundwork laid by our president and executive committee has paved the way for the upcoming provincial branches, many of which are on the brink of becoming fully functional. The decentralization of our efforts through these provincial branches is a testament to our commitment to making paediatric care accessible and comprehensive, reaching even the most remote corners

of Nepal with feeling of NEPAS being our main mother Organisation. This regional approach will empower local healthcare providers and create a robust support system that can respond promptly and effectively to the unique health challenges faced by children in different parts of the country.

As we celebrate these achievements at Mini-NEPCON, we are reminded that our progress is the result of unwavering dedication, teamwork, and the shared vision of countless individuals who strive to make a difference. It is a moment to acknowledge the hard work of our executive committee, the enthusiasm of our members, and the support of our partners and stakeholders.

Looking ahead, the journey is far from over. The foundation we have built this year is strong, but there is much more to accomplish. Our future endeavors will continue to focus on enhancing the quality of paediatric care, fostering innovation, and advocating for the health and well-being of every child in Nepal. We will continue to expand our reach, embrace new challenges, and work towards a healthier, brighter future for our children.

In conclusion, as we convene in Sauraha for this year's Mini-NEPCON, let us celebrate our achievements, reflect on our journey, share our knowledge and experiences and renew our commitment to the noble cause of paediatric healthcare. Together, we have made significant strides, and together, we will continue to make a lasting impact.

With gratitude and hope,  
**Editor-in- Chief**

## Editorial Board

### Advisor/Patron:

Dr. Arun Kumar Neopane

### Editor in Chief:

Dr. Santosh Pokhrel

[drsantoshpokhrel@gmail.com](mailto:drsantoshpokhrel@gmail.com)

### Editors:

Dr. Love Kumar Sah

Dr. Prakash Jyoti Pokharel

Dr. Shipra Chaudhary

Dr. Anoop Singh Ranahotra

Dr. Ram Chandra Bastola

## Hybrid CME (Nutrition Chapter)

Paediatric Nutrition Chapter has successfully conducted a Hybrid CME on 23<sup>rd</sup> May 2024, Thursday at Kathmandu Medical College. Topic of presentation was Carotenoderma: A Case Report. Dr. Mukti Ghimire did a very insightful presentation on the topic which was followed by enthusiastic participation in discussion on the current case scenario by both virtual and onsite audience. The session was moderated by Dr. Sabina Shrestha (secretary, Paediatric Nutrition Chapter) and coordinated by Dr. Pawana Kayastha (Co-Chair, Paediatric Nutrition Chapter). The program was concluded with felicitation to advisors of the chapter, respected Prof. Dr. Ramesh Kant Adhikari and Dr. Krishna Prasad Bista.

## PENSA 2023 Award .....

More details on [www.nepas.org.np](http://www.nepas.org.np)

## Paediatric Gastroenterology Chapter

1. Zoom meeting on 19<sup>th</sup> November, 2023  
Case Discussion on Transaminitis in neonates
2. First physical meeting at Aranya Boutique Hotel, Nagpokhari, Kathmandu on 10<sup>th</sup> December, 2023 (24<sup>th</sup> Mangsir 2080)  
Case Presentation: Feeding difficulties in children  
Presenter: Dr. Binita Gurubacharya
3. Second physical meeting at Vivanta Hotel, Jhamsikhel, Kathmandu on 4<sup>th</sup> May, 2024 (22<sup>nd</sup> Baisakh 2081)
  - a) Case Discussion done on Protein losing enteropathy  
Presenter: Dr. Nirjala Aryal
  - b) Protocol Presentation for Upper GI bleeding focusing on resource limited settings and in tertiary level centers  
Presenter: Dr. Surya Bahadur Thapa

## नेपास न्यूरो च्याप्टर स्थापनाको १०० दिन



More details on [www.nepas.org.np](http://www.nepas.org.np)



## Mapping and Navigating the Paediatric Gastroenterology Chapter



- Advisors: Prof. Dr. Ramesh Kanta Adhikari, Dr. Rameshwor Man Shrestha
- Chair: Dr. Binita Gurubacharya
- Co-chair: Dr. Satyam Rimal
- Member Secretary: Dr. Surya Bahadur Thapa
- Executive members: Dr. Nirjala Aryal
- Members- 17
- CME coordinators: Dr. Nirjala Aryal, Dr. Amrit Dhungel, Dr. Sumit Agrawal
- Membership coordinators: Dr. Mukesh Khadga, Dr. Nipun Shrestha, Dr. Shama Shakya
- Sponsor coordinators: Dr. Satyam Rimal

More details on [www.nepas.org.np](http://www.nepas.org.np)

## Cardiology Chapter Activities

During Congenital Heart Disease awareness week, An interaction program was organised at Nepal Television where NEPAS Cardiology chapter Chair Dr. Urmila Shakya and Member Dr. Manish Shrestha participated as the experts.





## Nephrology Chapter Activities



Under NEPAS Paediatric Nephrology Chapter, meetings were organized and discussed on various agendas and future plans of the Chapter. There are currently 13 members in the chapter. Recently three members participated an International workshop on Critical Care Paediatric Nephrology and POCUS training in India. We are planning to conduct CME and workshop in near future.

## Paediatric Pulmonology Chapter CME



On 29/02/2024 CME regarding Under five wheezers conducted at Everest hotel by Pulmonology chapter.

On 23/05/2024 Paediatric Pulmonology chapter meeting between NEPAS president and executive members held at NEPAS office, Baluwatar. Discussed on various topics for upcoming CME'S, workshop and also making guidelines on common respiratory diseases.

*More details on [www.nepas.org.np](http://www.nepas.org.np)*

## Paediatric Endocrinology Chapters

A zoom meeting was conducted on 28 Feb 2024 including all the Committee Members and a guest member from NEPAS. Various agenda were discussed where the participants were as follows:

Chair - Dr. Subhana Thapa Karki

Co-Chair - Dr. Jamun Singh

Secretary - Dr. Anupama Yadav

Member - Dr. Jyoti Agrawal

NEPAS Representative - Dr. Santosh Pokhrel

Guest, General Secretary NEPAS - Dr. Prakash Joshi

## Neonatology Chapter Activities

The Neonatal Chapter of NEPAS is dedicated to ensuring optimal health outcomes for newborns through excellence in neonatal care, research, and education. As of now, the chapter boasts 31 members. The chapter held its first introductory Zoom meeting with a larger group of members on November 12, 2023, followed by two more Zoom meetings among the executive committee to discuss various plans. Despite these efforts, the chapter has not yet managed to hold a physical meeting.

A ventilator workshop, initially planned for May 4, was canceled due to the unavailability of the lead trainer from India. However, the chapter actively participated in a SAPA session focused on the care of sick newborns, presented by Dr. Suchita Joshi on the use of corticosteroids. The chapter's most significant achievement to date is the completion of the Neonatal Standards (protocols) with the partnership with RCPCH, are now ready to be uploaded to the NEPAS App. Looking ahead, the chapter plans to conduct the ventilator workshop and provide training on Point of Care ultrasound.

## Growth, Development and Behavior Subspecialty Chapter Activities



1. A video was created on Down syndrome day (21 March 2024) and aired in social media. Several team members of the chapter gave the message in the same video
2. The chapter made a video with an idea of public awareness on autism awareness week (2<sup>nd</sup> April 2024)
3. Conducted a chapter regular zoom meeting on 19 May 2024.
4. The Chapter President was invited as a panelist and participated the PEDICON 2024.

*More details on [www.nepas.org.np](http://www.nepas.org.np)*

## Establishment of the Paediatric Critical Care Chapter: Transforming Care in Resource-Limited Settings



The recent establishment of the Paediatric Critical Care Chapter under the Nepal Paediatric Society (NEPAS) marks a significant milestone in enhancing paediatric critical care in resource-limited settings. This chapter addresses the



urgent need to improve outcomes for critically ill children in environments with limited resources, inadequate infrastructure, and a shortage of trained professionals.

More details on [www.nepas.org.np](http://www.nepas.org.np)

## Bagmati Provincial Branch formation

On 26<sup>th</sup> Jestha 2081, the first AGM of NEPAS Bagmati provincial branch took place at COMS Bharatpur where there were 30 participants (20 in person and 10 virtual).

The following Executive committee was elected unanimously. Congratulations to new Provincial branch.

1. Dr. Bal Krishna Kalakheti - Branch President
2. Dr. Naryan Bahadur Thapa - Branch Vice President
3. Dr. Om Krishna Pathak - Branch Secretary
4. Dr. Biraj Parajuli - Branch Treasurer
5. Dr. Hari Bahadur Khadka - Branch member
6. Dr. Prituja poudel - Branch member
7. Dr. Santosh Adhikari - NEPAS central committee member



## In Memoriam: Prof. Dr. Prakash Sundar Shrestha



NEPAS Past President (1996-1998)

### Giant with a Golden Heart

When I think of Prakash Sir, I picture his tall figure, his walk, and the way he nodded his head, often breaking into a sudden giggle. Many saw him as stern and stubborn, but I knew his playful side. In a crowded hall, he stood out, especially in winter with his unique black-brown Tibetan hat. His voice always reached us before he did, bringing silence to the busiest wards and OPDs. He was truly a "Larger than Life" figure in my career.

I was lucky to work under his guidance from the start of my journey in Paediatrics. At first, his strictness frustrated me and made me angry, and sometimes I even rebelled. But over time, he softened. This was his way of training. I soon discovered his golden heart. He was the person I turned to with personal and professional dilemmas, and he always guided me.

As a mentor, his teachings were not just direct but also through his work ethics that we all admired. Known as "Prakashbabu" among his international colleagues, he spoke directly and represented our country with pride. His dedication to breastfeeding advocacy was remarkable. There will never be another Prakashbabu who championed the cause of newborns and breastfeeding women like he did.

You are greatly missed, Sir.

I imagine you now, taking a peaceful walk in your sky-blue shirt, pink tie, and brown corduroy pants without a belt. You will always be remembered as a "Giant with a Golden Heart."

On behalf of all his students  
Dr. Merina Shrestha, Associate Professor, TUTH