



Ankur

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



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Editorial

A New Chapter for NEPAS and the Vision of NAP

Continuity and Commitment: Nepalese Paediatrician with the New Executive Committee

It is with immense pleasure and great optimism that the Ankur editorial team extends its warmest congratulations and best wishes to the newly elected Executive Committee of the Nepal Paediatric Society (NEPAS). The overwhelming presence of repeated members in the committee is a powerful testament to their unwavering dedication, invaluable institutional memory, and the successful trajectory they have already carved for NEPAS. This continuity provides a stable foundation for the society's ongoing initiatives in child health advocacy, professional development, and community engagement. We are confident that this blend of experienced leadership, coupled with the renewed mandate from the general assembly, will propel NEPAS to new heights, allowing it to navigate the complexities of paediatric healthcare in Nepal with even greater efficiency and impact. The collective expertise of this committee is an assurance that the welfare of Nepal's children remains in the most capable hands.

Aspiring to Excellence: Towards the Nepal College of Paediatrics (NCP)

This new executive committee takes the helm at a pivotal moment, inheriting and championing the society's boldest vision: the conversion of NEPAS into the Nepal College of Paediatrics (NCP) in the near future. This transformation is not merely a change in nomenclature; it represents a significant qualitative leap—an evolution from a professional society to a central, transformative academic institution. The Nepal College of Paediatrics (NCP) will be mandated to elevate the standards of paediatric education, foster cutting-edge research, and develop national consensus guidelines, thereby solidifying its role as the apex body for child health in the country. This ambitious goal will require the dedication and collaborative effort of every NEPAS member. We urge the new committee to prioritize strategic planning and stakeholder engagement to realize this vision, ensuring that NCP becomes the dynamic hub for excellence that our children and paediatric fraternity truly deserve.

Happy reading !!!

The Chief Editor
Ankur

Executive Committee NEPAS: 2025-2027

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- Dr. Prakash Joshi, General Secretary
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Charting the Future: President's Vision for NEPAS (2025–2027)

Maj. Gen. Dr. Arun Kumar Neopane (Retd.)
President, Nepal Paediatric Society (NEPAS)

The Nepal Paediatric Society (NEPAS), as the nation's only professional body representing paediatricians, stands as the custodian of child health in Nepal. With unity, inclusiveness, and professional integrity as its guiding pillars, NEPAS continues to strive for the holistic development of Nepalese children: through advocacy, innovation, and collaboration.

Strengths & Opportunities

- United membership and inclusive representation across Nepal.
- Broad academic, preventive, and curative expertise with national recognition.
- Strong networking potential with governmental and international partners.

Challenges Ahead

- Ensuring member satisfaction and institutional alignment with NEPAS *bidhan* (statute).
- Addressing operational dependence on limited financial sources.
- Strengthening infrastructure, staffing, and acknowledgment mechanisms for long-term sustainability.

Mission Statement

To strive for the overall development of the children of Nepal by supporting child rights and health issues, encompassing preventive, promotive, curative, and rehabilitative measures, while ensuring the professional growth and upgradation of all members.

Vision

To empower the holistic development of Nepalese children by promoting their rights, advancing child health initiatives, and supporting paediatric professionals through collaboration, policy advocacy, and strategic interventions.

Goal

To establish NEPAS as a leading center for child health research by mobilizing a growing network of paediatricians and researchers dedicated to advancing knowledge for the well-being of Nepal's children.

President's Objective Based Action Plan (2025–2027)

Objective 1: Promote Academic Excellence through Continuous Learning

- Organize over **20 academic events** including webinars, conferences, symposia, and training sessions by 2027.
- Partner with national and international academic institutions for broader participation.
- Conceptualize and **formally establish the Nepal College of Paediatrics (NCP)** by 2027, complete with constitution, faculty, syllabus, and governance structure.
- Coordinate with MEC, NMC, universities, and other stakeholders to introduce postgraduate diploma and fellowship programs.

Objective 2: Expand Public Outreach (Digital & Physical)

- Reach more than **500,000 individuals** through digital platforms such as TikTok, Facebook Reels, and short educational clips.
- Launch monthly digital campaigns via a dedicated sub-committee.
- Conduct outreach clinics in remote regions through provincial chapters and local partnerships.

Objective 3: Strengthen Clinical Standards and Emergency Care

- Update and disseminate **Standard Treatment Guidelines (STGs)** across Nepal.
- Implement **Emergency Medical Triage** systems in over 50 hospitals.
- Publish an **e-Paediatric Drug Formulary** to standardize clinical care nationwide.

Objective 4: Promote Research and Advocacy

- Initiate research projects on **climate change, school health, and malnutrition**, in collaboration with organizations such as the **Clean Air Fund** and **RCPCH**.

- Promote and publish scientific research through **JNPS** and international platforms.
- Mentor young paediatricians in research and publication ethics.
- Release **Position Papers** on emerging and important child health issues.

Objective 5: Enhance Governance and Organizational Capacity

- Build upon the strong foundations laid by past leadership.
- Foster a transparent, system-based working environment guided by **niti-niyam** (policies and principles).

- Revise and finalize the **NEPAS Constitution, Karyabidhi, and Aarthik Nirdeshika**.
- Form task forces for **legal and financial reforms** and implement new frameworks as required for sustainability and accountability.

In Closing

Having been re-elected as the President and with a renewed sense of purpose, NEPAS envisions a future where every child in Nepal enjoys the right to health, protection, opportunity and where every paediatrician plays an empowered role in shaping that destiny.

Together, we build a healthier future for Nepal's children.

Oath taking New Committee

The 44th NEPAS Day was celebrated in the presence of our past presidents, veterans, chapter chairs & colleagues. The celebration included the General Secretary & Treasurer's report, address from the President highlighting future plans and the official taking over by the new executive committee.

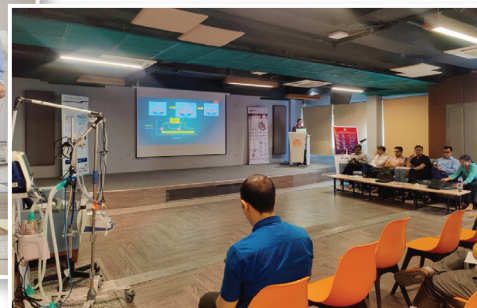


Pre Conference Workshops

"China Nepal Medical Knowledge Exchange and Academic Conference" was held a day prior to NEPCON 2025 which focused on networking between paediatricians of both countries along with signing of a MOU for future collaborations.



NIV workshop at B&B hospital, was another effective pre-conference workshop. The ventilator demonstrations were engaging, provided participants ample hands-on learning opportunities including various patient interfaces available in the Nepali market for a comprehensive training.



As part of the pre-conference workshop NEPAS collaborated with our Japanese Team from ASHA for a Neonatal Resuscitation Protocol Writing Workshop and a 2 day Neonatal Resuscitation Training with the vision to improve newborn resuscitation and care in Nepal.



सुप्रेमो इप्रमा अन्तर्राष्ट्रिय पुरस्कार २०२५ डा. श्रीधर खनालको उपन्यास सावर्णिलाई

बेलायतमा आयोजित एक भव्य कार्यक्रमका बीच सुप्रेमो इप्रमा अन्तर्राष्ट्रिय पुरस्कार २०२५ पुरस्कार द्वारा सावर्णि लाई सम्मान गरिएको छ । बिगत दुई वर्ष भित्र प्रकाशित भएका साहित्यका विविध कृति मध्य उत्कृष्ट एकलाई सम्मान गर्ने उद्देश्यले, अन्तर्राष्ट्रिय साहित्य समाज, बेलायत च्याप्टरले कृति आह्वान गरेको थियो । प्राप्त भएका कीर्तिमध्य, निर्णायक समितिद्वारा डा. श्रीधर खनालको उपन्यास सावर्णिलाई सर्वोत्कृष्ट ठहर गरेको हो ।

बुक हिल पब्लिकेसनबाट प्रकाशित उक्त उपन्यास, गत वर्ष विशेष चर्चाको रुपमा रहेको थियो । नौलो विषयवस्तु र शैलीका कारण पनि धेरैको नजर यस कृतिले खिचेको मानिन्छ । ए.आई. र मानव भविष्यको विषयलाई लिएर



रचिएको यस आख्यान, नेपालकै पहिलो रोबोटिक्स साइन्स फिक्सन भएको दाबी पनि गरिएको छ ।

डा. श्रीधर खनाल किर्तिपुर अस्पतालमा कार्यरत बाल रोग विशेषज्ञ हुनुहुन्छ ।

NEPAS Special Meetings

10th Nov 2025, there was a meeting with World Child Cancer (WCC) group with Nepal Paediatric Society (NEPAS). Very fruitful discussion was done on Position paper on Childhood Cancer in Nepal and future collaboration with WCC to work together for childhood cancer care in Nepal.

Similarly, there was a Meeting with WHO team on 2nd July 2025. Discussion was done about collaboration with NEPAS in conducting WHO activities related to child health. WHO praised the role of NEPAS in different WHO activities.



NEPAS to tie up with IAP- Intensive Care Chapter

On the occasion of 27th national conference of Indian Academy of Paediatrics- Paediatric Intensive Care chapter, held at Hyderabad (November 7-10, 2025), Nepal paediatric society (NEPAS) has actively represented as guest faculties. Dr. Pusp Raj Awasthi, Dr. Sudeep KC and Dr. Manoj Kumar Chaudhary has took part on the conference. They have participated in the various academic and scientific activities. Taking this opportunity, under the visionary leadership of NEPAS President Maj. Dr. Arun Kumar Neopane sir, a memorandum of understanding was put forwarded from NEPAS to strengthen cooperation in academic, educational, and professional development activities related to Paediatric Critical Care. It was accepted with a great respect by the IAP- PICC chapter and put forward for the discussion in their board meeting. IAP- PICC chapter has assured us on initiating the collaboration between two parties in near future. The agenda proposed in the MoU were:

1. To provide academic & technical support in organizing CMEs, symposia and skill based training sessions,
2. To facilitated participation of NEPAS members in online academic sessions & conferences,
3. To invite NEPAS representatives & experts as guest speakers or faculty members in relevant national events

4. Offer special registration discounts to NEPAS members for major national & subspecialty conferences under IAP-PICC.

This was a major milestone achieved by NEPAS and open wide horizon of opportunities for all the NEPAS members to showcase their potentials uplift their knowledge and skills related to paediatric critical care.



World Prematurity Day Celebration



2025, 17th November, The World Prematurity Day was celebrated in the Department of Paediatrics, TUTH to acknowledge all the premature babies and their parents for their struggles, courage and hope providing us motivation and encouragement to work harder and smarter. Thanks to Dr Pradeep Gupta for sharing the data of morbidity and mortality of preterm babies in 2024, and comparing it with that of 2011. The change in the last decade has provided us



valuable insight for reflecting on our practices and further planning. The data was disseminated amongst nursing staff, residents and faculties of Paediatric Department.

Similarly the day was observed at Siddhi Memorial Hospital Bhaktapur with a short presentation by Department of Paediatrics. Dr. Dhruva Shrestha highlighted the importance and challenges about the care of premature babies.

NEPAS President as special guest during NPL

NEPAS President Dr. Arun K Neupane attended one of the Nepali National Cricket League (NPL) matches as a special Guest.

He presented Prizes to the winners of the Matches. This is again a National recognition of our Society NEPAS and proud moment for all NEPAS members.



ACTIVITIES OF NEPAS AS PER THE GOALS AND OBJECTIVES

A. Proposed Projects (In the pipeline)

1. Typhoid Study (GSK): **"Impact on typhoid diseases before and after Introduction of TCV in NIP in Nepal."** With the objectives of to find out whether there has been a greater decline in various hospital-based typhoid cases in catchment areas of hospitals with higher TCV coverage as opposed to catchment areas of hospitals with lower TCV coverage after introduction of TCV in NIP Nepal and also see for changes in antibiotic resistance (sensitivity) patterns and anti-biotic use after introduction of TCV in NIP Nepal (MoU Signed).
2. Clean Air-RCPCH: The **AQ-MNCH collaboration** between **NEPAS** and **RCPCH Global** aims to generate strong evidence on how air pollution affects maternal, newborn, and child health in Nepal. It seeks to identify pollution-related health risks, link environmental and health data, and advocate for policy reform through coordinated action among government, NGOs, and development partners. Ultimately, the collaboration's purpose is not only to document air pollution's effects on MNCH but also to empower clinicians and policymakers with localized data and lived clinical experiences that can drive national and provincial action for cleaner air and improved maternal and child health. (Initial phase MoU Signed)
3. Lumbini Project-RCPCH: The **Nepal Neonatal and Emergency Paediatric Care Programme (NNEPCP) – Lumbini Expansion (2026/27)** is a two-year initiative by the Nepal Paediatric Society (NEPAS) and RCPCH Global to reduce neonatal and child mortality by strengthening hospital-based care across Lumbini Province. Building on the Madhesh phase's success—an 18% fall in neonatal case fatality and 10 new SNCUs—the programme will support five government hospitals of the province, through ETAT+ training, mentorship, and Quality Support Teams. It targets a 20% reduction in neonatal mortality, full SNCU coverage, and data-driven service improvement. The project aligns with Nepal's National Child Health Strategy and Safe Motherhood Roadmap 2030, with sustainability ensured through provincial integration and cost-sharing (Proposal MoU Signed).

4. **Nepal Neonatal Cardio Pulmonary Resuscitation of Newborns (NNCPR):** The Nepal Neonatal Cardiopulmonary Resuscitation (NNCPR) program, led by NEPAS in collaboration with ASHA Japan, the AAP, and the NNF India, is a national simulation-based initiative to standardize neonatal resuscitation training across Nepal. It fills critical gaps left by earlier community programs by training healthcare workers through basic, advanced, and trainer-level courses using hands-on simulation. Started in 2025, NNCPR aims to build a nationwide network of certified trainers and providers, ensuring sustained capacity, uniform practice, and reduced neonatal deaths through continued mentorship and collaboration with the MoHP and NHTC (MoU Signed).

B. Completed Projects

5. **Nepal Neonatal and Emergency Paediatric Care Programme (NNEPCP) Madhesh Project:** Conducted between March 2022 and December 2024 in Madhesh Province, the project aimed to reduce neonatal and paediatric mortality and morbidity by improving the quality of hospital-based care through training, mentorship, and system strengthening. The final report states that NNEPCP successfully standardized care practices, introduced national clinical guidelines, trained hospital staff in Emergency Triage Assessment and Treatment Plus (ETAT+), and established quality improvement and audit mechanisms across 12 government hospitals of Madhesh Pradesh. Key outcomes included better clinical capacity, improved clinician performance, and stronger data-driven management. The report highlights effective coordination between NEPAS, provincial hospitals, and local authorities, concluding that the model is cost-effective, scalable, and well-aligned with Nepal's national health strategies and SDGs
6. **RSV GOLD III study,** led in Nepal by **NEPAS** with **Utrecht University**, is an international project studying **RSV illness in children under two** admitted to ICUs. Initially focused on clinical and demographic data, it was later expanded to assess the **economic burden and cost-effectiveness** of RSV care and future interventions like vaccines and monoclonal

antibodies. Conducted from **2020–2024**, the study generated **local evidence and policy insights** to guide RSV prevention strategies in Nepal and other **GAVI-supported countries**

7. CPRR project-The **CPRR Phase II Project**, led by **NEPAS** with support from **HeXAN** and **STCML**, aimed to strengthen Nepal's health system in recognizing, documenting, and responding to child abuse. It focused on training healthcare providers, updating examination guidelines, creating hospital focal points, and developing national data and training modules. Ultimately, it sought to empower clinicians and policymakers with the knowledge and evidence needed to drive lasting child protection action across Nepal.
8. Paediatric Critical Care Chapter-NEPAS: The **MoU between NEPAS and the Indian Academy of Paediatrics–Paediatric Intensive Care Chapter (IAP-PICC)** establishes a five-year collaboration to **advance paediatric critical care through joint academic programs, workshops, fellowships, and knowledge exchange**. Both parties aim to strengthen professional ties, enhance clinical skills, and promote shared learning opportunities for paediatricians in Nepal and India

C. Others

9. NEPAS Webinars

- a. Breathing Battles; Navigating Allergic Rhinitis. Speaker Dr. Kabita Keyal, Moderator: Dr. Amrit Ghimire. [5th Nov 2025 (19th Kartik 2082)]
 - b. Newton's third Law of Drugs: Healing or Harming? The Paradox of Paediatric Drug Therapy. Speaker Dr. Grishma Upreti, Moderator Dr. Binita Gurubacharya. [25th Sept 2025 (9th Asoj 2082)]
10. **A comprehensive database of all members** is maintained in the NEPAS Secretariat archives, in both digital and hard copy formats. The database includes information categorized by province, facility, subspecialty, age, and sex.

11. **Facility Survey:** NEPAS is currently conducting a facility survey of all hospitals with various levels of NICU services within the Kathmandu Valley, with plans to gradually extend this survey to other healthcare facilities across Nepal. **Drug Formulary:** NEPAS Formulary of drugs is in the final stages of review and editing.
12. **Standard Treatment Guidelines (STGs):** These are being compiled by the Paediatric Critical Care Chapter and the Paediatric Nephrology Chapter of NEPAS. The compiled guidelines will be published as a book and made available in the Standards section of the NEPAS mobile application. Other chapters are encouraged to contribute their respective sections.
13. **ID Cards:** Distribution is ongoing. A total of 292 ID cards have been printed, of which 214 have been distributed. Members who have not yet received their cards are requested to contact the NEPAS Office.
14. **Membership Drive:** The membership drive is ongoing but progressing slowly. The current total number of members stands at 749.
15. **NEPAS Life Membership Certificates:** So far, certificates of LM No; 602 to 736 have been printed and distributed. Other members who have not yet received their certificates are requested to contact the NEPAS Office.
16. **Revision of Karyabidhis:** The revision process is ongoing, and new Karyabidhis are being formulated. Members are encouraged to review them and provide feedback or suggestions. They are also invited to propose topics of importance for Position Papers to be issued by NEPAS.
17. **NEPAS Constitution Amendment:** The initial draft of the amended constitution has been shared with all members via email and the WhatsApp group. Members are requested to actively participate by suggesting amendments that serve the collective interest of members and contribute to the improvement of child health in Nepal.

Breastfeeding Week Picture Collage



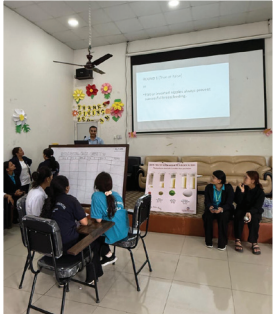
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@ TUTH



@ Kathmandu Model Hospital



@ Sumeru Hospital



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FEW GLIMPSES: NEPCON-2025





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NEPAS Special Press Release

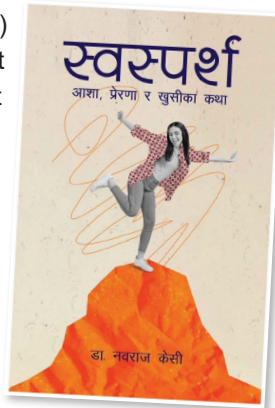
Advocating for Child Health : NEPAS Press release against Nepal government's: "SwornaBhasma/Swornachurna program"

<div data-bbox="212 373 387 563">  </div> <div data-bbox="466 373 1185 489"> <h3>नेपाल पेडियाट्रिक सोसाईटी</h3> <h3>NEPAL PAEDIATRIC SOCIETY (NEPAS)</h3> </div> <div data-bbox="462 489 1190 570"> <p>जि.प्र.का. काठमाण्डौ प्र.नं. १७/०४३/४४, प्यान नं. ३०१९५३६२ Contact No: 9803594327 G.P.O. Box No. 2668, Baluwatar, Kathmandu, Nepal Email: nepas2010@gmail.com ; office@nepas.org.np / website: www.nepas.org.np</p> </div> <div data-bbox="197 574 504 600"> <p>Ref. No. 2025-NEP/0824-0020</p> </div> <div data-bbox="1125 580 1291 609" data-label="Text"> <p>मिति: २०८२ भदौ ८</p> </div> <div data-bbox="197 637 338 666"> <p>ADVISORS</p> </div> <div data-bbox="197 666 458 808"> <p>Dr. Ramesh K. Adhikari Dr. Kulesh B. Thapa Dr. Laxman P. Shrestha Dr. Krishna P. Bista Dr. R.P. Bichha</p> </div> <div data-bbox="197 834 368 891"> <p>EXECUTIVE COMMITTEE</p> </div> <div data-bbox="197 919 474 976"> <p>President Dr. Arun Kumar Neopane</p> </div> <div data-bbox="197 1004 462 1063"> <p>Vice President Dr. Ram Hari Chapagain</p> </div> <div data-bbox="197 1092 408 1146"> <p>General Secretary Dr. Prakash Joshi</p> </div> <div data-bbox="197 1174 419 1231"> <p>Treasurer Dr. Keshav Agrawal</p> </div> <div data-bbox="197 1257 458 1316"> <p>Secretary Dr. Deepak Rajbhandari</p> </div> <div data-bbox="197 1340 414 1399"> <p>Joint-Treasurer Dr. Smriti Mathema</p> </div> <div data-bbox="197 1432 338 1463"> <p>MEMBERS</p> </div> <div data-bbox="197 1465 478 1755"> <p>Dr. Bimala Baniya Dr. Biraj Parajuli Dr. Bishow Nath Adhikari Dr. Deepak Mishra Dr. Love Kumar Sah Dr. Pawana Kayastha Dr. Sangita Shakya Dr. Santosh Adhikari Dr. Srijana Basnet</p> </div> <div data-bbox="197 1777 440 1882"> <p>INTERNATIONAL AFFILIATION International Pediatric Association (IPA)</p> </div> <div data-bbox="197 1893 434 1950"> <p>Asia Pacific Pediatric Association (APPA)</p> </div> <div data-bbox="197 1959 434 2018"> <p>South Asian Pediatric Association (SAPA)</p> </div>	<div data-bbox="879 637 994 670"> <p>प्रेस विज्ञप्ति</p> </div> <div data-bbox="547 701 1136 733"> <p>विषय: बालबालिकालाई स्वर्णभस्म/स्वर्णकल्प खुवाउने सरकारी अभियान सम्बन्धमा</p> </div> <div data-bbox="499 757 1382 928"> <p>नेपाल पेडियाट्रिक सोसाईटी (NEPAS) ले बालबालिकालाई स्वर्णभस्म / स्वर्णकल्प खुवाउने सरकारी अभियान, "इम्युन बुस्टर" को रूपमा वितरण गर्ने बारेमा औपचारिक असहमति प्रकट गर्दछ। NEPAS ले आज (२०८२ भदौ ८ मा) जारी गरेको स्थिति-पत्र (Position Paper) अनुसार, हालसम्म उपलब्ध वैज्ञानिक प्रमाण, बाल-सुरक्षा, गुणस्तर र जोखिम तथा नियामक स्पष्टता अपर्याप्त देखिएको हुँदा शिशुहरूमा स्वर्णकल्प बाट "प्रतिरक्षा प्रणालीको वृद्धि" हुने आधारको को अभाव, Heavy Metal (Gold) सम्बन्धी जोखिम, र DDA दर्ता/ब्याच-परीक्षण सार्वजनिक नभएका कारण उपरोक्त विषयमा NEPAS को सहमति नरहेकोले वैज्ञानिक प्रमाण, बाल-सुरक्षा र नियामक पारदर्शिता नआएसम्म उक्त अभियान स्थगित (moratorium) गरी अघि नबढाउन सरकार समक्ष आग्रह गर्दछ।</p> </div> <div data-bbox="499 954 1382 1096"> <p>प्रमुख आधारहरू: क्लिनिकल प्रमाणको अभाव, Gold (Heavy Metal)-Gold (gold salts वा न्यानोपार्टिकल सन्दर्भ) बाट हानिको सम्भावना स्पष्ट देखिन सक्ने, बजार सर्वेक्षणमा केही आयुर्वेदिक उत्पादनमा सिसा (Lead) / पारो (Mercury) / आर्सेनिक (Arsenic) आदी भेटिने तथ्य तथा बाल-शिशु-विषाक्तता (Lead Poisoning) का घटनाहरू पनि दर्ता भएको र औषधि व्यवस्था विभाग (DDA) को दर्ता प्रमाणपत्र नम्बर, वैधता, सङ्केत/उमेर तथा प्रयोग हुने Certificate of Analysis (COA) सार्वजनिक नभएसम्म बाल-उपयोगमा उपरोक्त पदार्थ दिन नहुने NEPAS का सम्पूर्ण सदस्यहरूको मत छ।</p> </div> <div data-bbox="499 1120 793 1148"> <p>नेपाल पेडियाट्रिक सोसाईटीको सिफारिस</p> </div> <div data-bbox="537 1148 1382 1399"> <ol style="list-style-type: none"> स्वर्णभस्म/स्वर्णकल्प वितरण कार्यक्रम तत्काल स्थगन गर्नु पर्ने। मुलुकमा अन्य औषधी जन्य पदार्थ प्रयोगमा ल्याउनु अघि अवलम्बन गर्नुपर्ने जस्तै गरी, सम्पूर्ण प्रकृया पुगे नपुगेका सम्बन्धमा, DDA ले आफ्नो आधिकारिक धारणा तथा नियामक पारदर्शिता सार्वजनिक गर्नु पर्ने। कार्यक्रमले शिशु समेट्ने भए उमेर-सुरक्षा सम्बन्धी, मह भएको कुनै पनि पदार्थ दिन मिल्ने / नमिल्ने गरी स्पष्ट उमेर चेतनावनी राख्नु पर्ने। यसको सार्वजनिक प्रयोग गर्ने पर्ने भएमा, प्रयोग गर्नु अघि विशेष अध्ययन अनुसन्धान पश्चात सुरक्षित छ भनि प्रमाणित भए मात्रै प्रयोग गर्ने। नेपाल सरकारले स्रोत-साधन प्राथमिकताहरू जस्तै : विशेष स्तनपान, समयमै खोप, भिटामिन-ए, पखालामा जिडूक, पोषण र WASH जस्ता प्रमाणित उपायहरूमा लगानी विस्तार गर्नु पर्ने। </div> <div data-bbox="499 1426 807 1456"> <p>अभिभावकहरू र चिकित्सकहरूलाई सन्देश</p> </div> <div data-bbox="537 1456 1382 1596"> <ol style="list-style-type: none"> एक वर्ष (१२ महिना) मुनिका शिशुलाई मह नदिनुहोस्। स्वर्णभस्म/स्वर्णकल्प को "इम्युन बुस्टर" दाबीबारे उच्च-गुणस्तरीय प्रमाण नआएसम्म कृपया सावधानी अपनाउनुस्। बाल-स्वास्थ्य बलियो बनाउन विशेष स्तनपान, समयमै खोप, उचित पोषण/स्वच्छता र समयमै उपचार नै प्रमाणित उपाय हुन्। यस सम्बन्धि कुनै पनि शंका भएमा वा उपरोक्त स्वर्णभस्म सेवन पश्चात कुनै प्रतिकूल असर देखिएमा आफ्नो नजिकैको बालरोग विशेषज्ञ चिकित्सकसँग तुरुन्त परामर्श लिनुहोस्। </div> <div data-bbox="499 1620 1382 1679"> <p>सारांशमा एक वर्ष (१२ महिना) मुनिको उमेरका बाल बालिकाहरूमा मह निषेधित भएको पृष्ठभूमिमा तथा Gold सम्बन्धी जोखिम र नियम-प्रक्रियामा पारदर्शिता नआएसम्म यो अभियान स्थगित गर्नु उचित हुनेछ।</p> </div> <div data-bbox="499 1703 616 1734"> <p>मिडिया सम्पर्क</p> </div> <div data-bbox="499 1734 860 1847"> <p>डा. राम हरि चापागाई Nepal Paediatric Society (NEPAS) Secretariat E-Mail: info@nepas.org.np Web: www.nepas.org.np</p> </div> <div data-bbox="1069 1838 1254 2002"> <p> डा. अरुण कुमार न्यौपाने अध्यक्ष नेपाल पेडियाट्रिक सोसाईटी बालुवाटार, काठमाण्डौ</p> </div>
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In 'Swasparsha', literature becomes Nepal's most accessible medicine : A must read book by Dr Nawaraj KC.

Dr. Nawaraj KC's 'Swasparsha' (self-touch) is more than just a collection of stories; it represents a deep exploration into what must be recognised as literary-medical practice. It deliberately blurs traditional lines between the roles of writer and healer, suggesting that literature itself acts as an essential tool for social diagnosis, community therapy, and cultural renewal.

Dr KC, a committed paediatric specialist deeply rooted in Karnali, bases his book on the real experiences of the people he has met: patients, families, and individuals from a region that often exists only as an abstraction in the national consciousness. The book's structure—divided into 'Self-struggle', 'Self-discovery', and ending with 'Self-touch' or 'Self-healing'—is very important. This division reflects the



stages of psychological recovery, guiding the individual from a state of isolated pain toward acceptance and shared communal experiences.

The real strength of 'Swasparsha' lies in its deliberate use of clear, simple, and sincere language. Beyond its therapeutic utility, the book operates as a powerful act of cultural reclamation, challenging the historical marginalisation of Karnali in Nepali literary and political discourse.



We recommend you all to go through this unique second creation of Dr. Nawaraj after huge success of his first book "Sunya Ko Mulya".

Dr. Nawaraj KC is a Senior Pediatrician working at Karnali Provincial Hospital, Surkhet.

Condolence

With deep reverence, we remember Dr. Yogendra Bhakta Shrestha- a brilliant mind, a joyful soul, a healer whose life was woven with devotion to children and to his nation. As one of the founding pillars of the Nepal Paediatric Society (NEPAS) and its very first President, Dr. Shrestha planted seeds that blossomed into a community of doctors dedicated to the wellbeing of Nepal's children. What began as a vision in his heart now stands as a living testament to his dedication.

In the wards of 'Kanti Children's Hospital, he was more than a clinician, he was a guardian. He carried worry for every child as if they were his own, blending the precision of an academician with the tenderness of a parent. To his students, he was not only a mentor but also a lighthouse, brilliant in thought, patient in guidance, and joyful in spirit. Away from the hospital, he was a lover of literature, a seeker of spiritual knowledge, and a patriot who believed that a healthier child meant a stronger nation. His life was a poem of service, each line dedicated to compassion, each verse written with care. Though his voice has fallen silent, his song endures in the Society he nurtured, in the countless doctors he inspired, and in the children whose laughter was his greatest reward.

We, at NEPAS and beyond, bow our heads in gratitude. His legacy is not measured in years alone, but in the lives, he touched, the wisdom he shared, and the love he gave so freely. May his soul rest in eternal peace, and may his memory continue to whisper to us to serve with brilliance, to teach with joy, and to love with all our hearts.

An event to share condolences was organised at NEPAS Office to memorise his contributions to Nepal and abroad in the field of paediatrics.

