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



Official Newsletter of Nepal Paediatric Society

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Editorial

Message from the President

Dear Colleagues,

It is my pleasure to invite paediatricians, residents, nurses, and all professionals working in child health to participate in Gandaki NEPCON-2026, which will be held on April 10–11, 2026 at Hotel Barahi, Lakeside, Pokhara. Organized by the Nepal Paediatric Society (NEPAS), this conference will bring together colleagues from across the country for learning, discussion, and professional collaboration.



The conference theme, "Quality Paediatrics in Federal Nepal: Strengthening Referral Systems and Standardised Care," reflects our shared commitment to improving the quality and coordination of paediatric care across Nepal. The scientific program includes a diverse mix of practical sessions addressing many of the current challenges in child health.

I warmly encourage all NEPAS members and colleagues to register early and actively participate in this important academic gathering. Your engagement strengthens our professional community and contributes to advancing paediatric care in Nepal.

Pokhara, with its serene lakes and magnificent Himalayan backdrop, provides an inspiring setting for both academic exchange and collegial interaction. I look forward to your active participation in making Gandaki NEPCON-2026 a meaningful and memorable event.

Warm regards,

Maj. Gen. Dr. Arun Kumar Neopane
Nepal Paediatric Society (NEPAS)
Gandaki NEPCON-2026

A Season of Growth and Celebration

As we stand on the threshold of the Nepali New Year 2083, it is a privilege to extend my warmest greetings and best wishes to every member of the Nepal Paediatric Society (NEPAS). This new year symbolizes a fresh start and a renewed commitment to the health and well-being of the children we serve.



It is also a time to celebrate our collective progress. A defining milestone in our journey toward establishing the Nepal College of Paediatrics has been the incredible collaborative spirit shown by our various NEPAS chapters. By leading the formulation of National / NEPAS guidelines on core paediatric topics, our chapters have provided the clinical cornerstone necessary for academic and professional excellence. This unified effort ensures that every child in Nepal receives standardized, high-quality care suitable to our soil and it paves the way for our future as a formal college.

The spirit of this collaboration will be on full display at our upcoming signature event. We are thrilled to invite you all to the Annual NEPAS Conference, Gandaki NEPCON, which will be held in the breathtaking city of Pokhara on April 10-11. Set against the serene backdrop of the Himalayas and Fewa Lake, this conference is not just a platform for sharing medical knowledge, but also a space to reconnect with peers and mentors. We look forward to seeing the diverse voices of our society come together in Pokhara to share insights and strengthen our resolve. Let us step into 2083 with the same dedication that has brought us this far, working hand-in-hand for a healthier future for the next generation.

Dr Santosh Pokhrel
The Chief Editor, Ankur

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Message from Organising Secretary of Gandaki NEPCON-2026

It gives me immense pleasure to welcome all respected paediatricians, faculties, residents, nurses, and distinguished guests to Gandaki NEPCON 2026, being organized in the beautiful city of Pokhara.

This conference is a significant academic gathering that aims to bring together paediatric professionals from across the country to share knowledge, research, and experiences in child health. As paediatricians, we carry the profound responsibility of safeguarding the health and future of our children, and such platforms allow us to strengthen our commitment through scientific exchange and collaboration.

I sincerely believe that Gandaki NEPCON 2026 will provide an excellent opportunity for learning, professional networking, and discussion on emerging challenges and innovations in paediatric care. The conference will

feature enriching scientific sessions, presentations, and interactions that will further enhance our clinical practice and academic growth.

I warmly welcome all delegates to Pokhara and wish you a fruitful academic experience along with pleasant moments in this beautiful city of lakes.

Thank you.



Prof. Dr. Ramchandra Bastola
Organising Secretary
Gandaki NEPCON 2026
Pokhara, Nepal

Handover of a mannequin

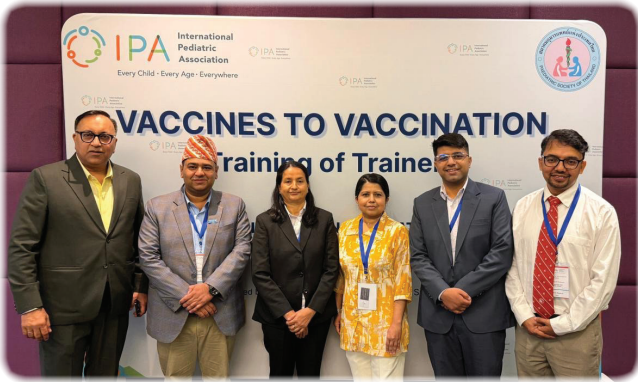
A formal handover of a mannequin, Advance life support (ALS) Baby trainer was conducted from Laerdal Global Health to Nepal Paediatric Society (NEPAS) to support training and capacity building in neonatal and infant resuscitation. ALS baby trainer is a professional grade resuscitation manikin designed for High-Performance CPR skills and team training. It is also designed for intraosseous infusion (IO) training and advanced airway management training, enabling first responders and teams to train for a variety of scenarios. In addition to realistic chest compressions and head movements, the manikin is equipped with advanced sensors. Connected to a feedback device, these sensors measure every compression and ventilation, helping to train for a new level of precision and proficiency.

The handover took place on 23rd March 2026 at NEPAS office, in the presence of representatives from both organizations. ALS Baby Trainer will be utilized for teaching programs such as Neonatal Cardiopulmonary Resuscitation (NCPR), Paediatric Advanced Life Support (PALS) and other skill-based workshops conducted by NEPAS.



This contribution aims to strengthen hands-on training for healthcare professionals, improve resuscitation skills, and ultimately enhance infant outcomes in Nepal. NEPAS expressed its appreciation to Laerdal Global Health for their continued support in advancing paediatric and neonatal healthcare education.

Trainer's Training on Vaccinology



Representing NEPAS Dr. Sangita Puree and Dr. Santosh Pokhrel attended the Trainer's Training on Vaccinology. The event with the theme "Vaccines to Vaccination" was held at Thailand Bangkok which was organised by International Paediatrics Association (IPA). South Asian countries Bangladesh, Pakistan, Myanmar and Nepal were the participants and the host was Paediatric Society of Thailand. Along with NEPAS representatives there were representatives from WHO Nepal and Immunisation division of Ministry of Health, Nepal.

UN Day Observation



Representing Nepal Paediatric Society, Our President Dr Arun Kumar Neopane attended the 80th UN Day and 75th year of UN in Nepal on the 11th of December 2025 at UN House, Pulchowk, Lalitpur Nepal. In picture are the WHO Nepal staff. The Red NEPAS tie glooming everywhere.

Participation in the XXVII Congress of Paediatricians of Russia



NEPAS President Dr. Arun Kumar Neopane participated in the XXVII Congress of Paediatricians of Russia as International delegate. Congress of Paediatricians is one of the world's oldest and most respected paediatric associations. This landmark international congress brought together paediatricians, researchers, and child health leaders from across the globe to exchange knowledge,

share scientific advances, and strengthen international collaboration. Such platforms play a vital role in advancing paediatric care, improving clinical practice, and reinforcing our shared commitment to safeguarding the health and future of children worldwide. It's a proud moment for NEPAS and all its members.

The Art of Manuscript writing : Workshop for Paediatricians



NEPAS in collaboration with Nepal Association of Medical Editors (NAME) successfully conducted a training on “The Art of Manuscript Writing: for Paediatricians” covering diverse topics from Nepal’s research scenario, why and how to write, leveraging using AI along with hands on sample exercises by a diverse group of dynamic faculty. Starting from new budding paediatricians to well settled Professors of Paediatrics took the benefit of the program.

Training to use Artificial Intelligence confidently in Paediatrics



NEPAS in collaboration with Deerwalk Training Center successfully conducted a practical, interactive full day training to help paediatricians understand and confidently use Artificial Intelligence (AI) tools to enhance clinical decision-making, improve patient communication and streamline daily workflow. According to one of the happy participant Paediatrician the training helped them in empowering them to Use AI Safely, Ethically, and Effectively.

Paediatric Nephrology Chapter Activities

The Paediatric Nephrology Chapter of NEPAS has remained actively engaged in advancing academic excellence, professional collaboration, and capacity building in paediatric kidney care.

A series of educational and scientific activities have been successfully conducted and are planned in the coming months. Highlights of these initiatives are outlined below:

1. Virtual Continuing Medical Education (CME)

The chapter conducted a virtual CME session on January 28, 2026. The session was delivered by Dr. Bimala Baniya on the topic “*Approach to Hematuria in Children*”.

“The presentation provided a comprehensive overview of diagnostic approaches, clinical evaluation, and management strategies for paediatric hematuria, emphasizing practical insights for clinicians. The session was skillfully moderated by Dr. Mandira Shrestha.



2. Participation in the 6th Conference of Nepal Society of Nephrology

Members of the Paediatric Nephrology Chapter actively participated in the 6th Conference of the Nepal Society of Nephrology held on February 13–14, 2026, in Pokhara, Nepal. The conference was attended by Dr. Ajaya Kumar Dhakal, Dr. Vivek Kumar Todi, and Dr. Mandira Shrestha.

During the scientific sessions, Dr. Ajaya Kumar Dhakal delivered an insightful presentation titled “*Long-*

term Outcome of Childhood-Onset Kidney Disease: Paediatric Insight for Adult Nephrologists.

"The session, chaired by Dr. Vivek Kumar Todi, highlighted the critical importance of structured transition care from paediatric to adult nephrology services. The discussion underscored the need for developing dedicated transition clinics to ensure continuity of care and improved long-term outcomes for patients with childhood-onset kidney diseases.

3. Upcoming International Teaching Course and Workshop

In collaboration with the International Paediatric Nephrology Association (IPNA), the Paediatric Nephrology Chapter is organizing a two-day teaching course and workshop titled "*International Integrated Paediatric Nephrology Course*."

"This program is scheduled for April 3-4, 2026, in Kathmandu, Nepal.

The central theme of the course is "*Glomerulonephritis and Other Kidney Diseases Across Subspecialties*."

"The event will bring together distinguished national and international faculty, offering participants an excellent opportunity for in-depth learning, case-based discussions, and skill enhancement in paediatric nephrology.

4. International Representation and Recognition

Dr. Bimala Baniya, an active member of NEPAS, has been invited to attend the upcoming World Congress of Nephrology (WCN 2026). In addition, she will participate in a specialized workshop on *Peritoneal Dialysis (PD) for Saving Young Lives*, reflecting international recognition of her contributions and commitment to paediatric nephrology. Her participation is expected to further strengthen knowledge exchange and bring global best practices to Nepal.

Neurology Chapter : Educational workshop



The 2nd educational workshop of Neurology Chapter of Nepal Paediatric Society (NEPAS) was conducted on Epilepsy with the objective of bridging knowledge gaps, refining clinical judgement and strengthening practical competencies in the diagnosis and management of epilepsy. The program brought together physicians, nurses, and allied health professionals to enhance their understanding of seizure classification, updated treatment protocols, surgical intervention and role of diet in epilepsy,

emergency management of status epilepticus, and long-term patient care strategies. The program successfully reinforced adherence to evidence-based standards, promoted interdisciplinary coordination, and empowered healthcare professionals to deliver safer, more efficient, and compassionate epilepsy care - marking a significant step toward strengthening clinical excellence and improving outcomes for individuals living with epilepsy.

International Integrated Paediatric Nephrology Teaching Course



The International Integrated Paediatric Nephrology Teaching Course was successfully conducted in Kathmandu, on 3rd and 4th April 2026, with the support of the International Paediatric Nephrology Association (IPNA). The course was hosted by the Nepal Paediatric Society (NEPAS) and jointly organized by the Paediatric Nephrology Chapter of NEPAS and the Department of Paediatrics, Maharajgunj Medical Campus. The program was specifically designed for paediatric residents and early-career paediatricians, aiming to strengthen knowledge and clinical decision-making in childhood kidney diseases. More than 80 participants from institutions across Nepal attended the course.

The course was conceptualized in response to the increasing burden of chronic kidney disease (CKD) and

end-stage renal disease (ESRD) in children, conditions that impose significant emotional and financial challenges on families, particularly in resource-limited settings where renal replacement therapy remains limited. The two-day course included keynote lectures, scientific sessions by national and international paediatric nephrologists, case-based learning sessions, multidisciplinary subspecialty discussions, and panel discussions.

The overwhelming participation and engagement reflected the growing need for structured paediatric nephrology education. It is hoped that participants will enhance early recognition, timely management, and appropriate referral of children with kidney diseases while disseminating acquired knowledge within their respective institutions.

Workshop on Paediatric Nutrition

Dr Pawana Kayastha, attended a day workshop representing NEPAS Nutrition Chapter as a Chair. The Program focused on bridging the gap to strengthen the health system.

The workshop focused on the importance of collaboration with expertise by government and various organizations for the betterment of MCH, thus improving quality and coverage of nutrition.





**NEPAS Research Grant 2025
Result**

Grant Category	Grant Name	Applicant selected	Research Title	Nodal center
I	Sardar BMA Research Grant for UG/Interns/MO	None		
II	Mrigendra Samjhana Paediatric RG for PG student/Junior paediatricians	None		
III	NEPAS RG for Young Paediatric Researchers	Dr. Raj Kumar Nepal	Prevalence of malnutrition and its association with parental lack of awareness of nutritional problem in their children and other sociodemographic determinants among under five children visiting paediatric department of district hospital.	Sankhuwasabha
IV A	NEPAS Child Health Research grant for Practicing paediatrician	Dr. Hari Krishna Banskota	Health, Nutrition, and Socio-economic Inequities among Dom Children in Madhesh Province, Nepal : A Mixed-Methods Study	Sarlahi
IV B		Dr. Sandeep Shrestha	Clinical Profile of Neonates Born with Birth Defect in Tertiary Health Care Center in Rural Nepal.	Jumla
V	NEPAS Research Grant for Paediatric Nurses	Rasana Shrestha	Use of standard recording tool and monthly audits to reduce incidence of critical incidents in Pediatric Intensive Care Unit (PICU): A before and after quality initiative study in a level III PICU of a tertiary care teaching hospital in Kathmandu, Nepal	Kathmandu