

# The Harbinger

A Bimonthly Magazine of the Students of BPKIHS



From Parikrama Students' Family

## Heartily Thanks

Parikrama Students' Family expresses heartily gratitude to Prof. Dr. Arpana Rijal, Department of Dermatology and Venereal Diseases for her invaluable contribution of books worth Rs. Fifty-thousand to Parikrama Library. Also, our sincere thanks goes to Nepalaya Publication and Fine print publication for contributing books of their publication, Nagarik Daily and Himal Khabarpatrika for their daily complimentary subscription to Parikrama Library. We expect this help to continue in the future for the prosperity of Parikrama Library.

## Cartoon Corner



"OK, it's just a sprain, but lay off avenging for about a week or so."

## BPKIHS Anniversary 2014

The legacy continued this year too, as BPKIHS commemorated its 21st anniversary with two unequivocally remarkable events: Marathon and Oration.

Dharan witnessed as many as 800 participants in the marathon including staff, students and members of the faculty; on the morning of 9th September. In spite of the threatening downpour, the starting point at the DSP Office, Zero Point carried upon itself a hostile atmosphere and an overwhelming response—the runners vying for the T-shirts which were imprinted with the theme 'Conquering Milestones for Health Care.' Very much evident was

the fraternity among students, house officers, residents, teachers and es-



teemed guests of BPKIHS.

Around 40 volunteers at different stations were seen busy providing the runners with water and glucose as they paced their way through the course.

Yet another event, as every year which embarked the avid BPKIHS-

Sians away from their daily hectic schedule towards the venture of audacity; the journey of celebration.

Not just the marathon, Oration that welcomed Prof. Ramesh Kant Adhikari, Principal of Kathmandu Medical College and Past Dean of Institute of Medicine, as the Chief Guest and orator marked a humongous success with almost 250 students there to listen

what he had to deliver. Prof. Adhikari, a prolific speaker, was commended for his transcendental views regarding ethics in the context of contemporary Nepali medical fraternity. The program was followed by the prize distribution to the merit holders and the toppers.

## 1st National Inter-Medical School Physiology Quiz in Nepal 2014

The 1st National Inter-Medical School Physiology Quiz, Nepal for undergraduate medical students was held at B.P. Koirala Institute of Health Sciences, Dharan, Nepal from June 20 to 21, 2014.

It was organized very successfully by the Department of Basic and Clinical Physiology with the help of Parikrama Students' Family (PSF) and Students' Welfare Society (SWS) BPKIHS. Prof. Dr. Cheng Hwee Ming, Department of Physiology, Faculty of Medicine, University of Malaya, Malaysia was invited

as the Quiz Master to conduct the quiz wonderfully here.

Nine teams from different Medical colleges across Nepal; Institute

of Health Sciences (PAHS), Lalitpur; Nepalese Army Institute of Health Sciences (NAIHS), Kathmandu and B.P. Koirala Institute of Health Sciences (BPKIHS), Dharan; participated in the quiz.

Each team consisted of three students.



All participants were very enthusiastic and actively participated in the quiz.....

(continued)



## Five Mind Bending Movies You Must Watch

### 2001 : A Space Odyssey

Directed by Stanley Kubrick, this might be the most thought provoking and bizarre movie you have ever seen. It's not a normal movie by any standards and you must have a lot of patience to watch this movie. This movie questions humanity and higher form of intelligence in most confusing way possible. The last 20 minutes are the most interesting to watch.

### Mulholland Drive

Directed by David Lynch, another director known for his bizarre films, others are inland empire , eraserhead. This is another movie that will leave you dumbfound for days. Starting as a normal drama the ending will leave your head running what really happened in the movie. Watch second time for a better understanding.

### Pi

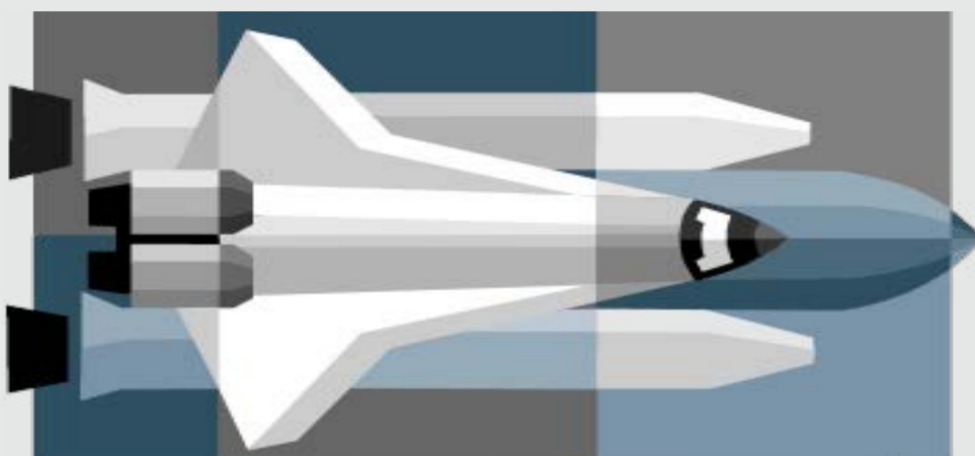
Directed by Darren aronofsky who brought us Oscar winning "Black Swan" and "Requiem for a dream", this one is about a mathematician searching a number that will unlock universal patterns . shot in black and white this movie will also leave questioning yourself what the hell the movie was about.

### Rashomon

Directed by the great Akira Kurosawa this one is a thought provoking one. It's about a simple crime viewed through 4 different peoples opinion . a simple yet stunning achievement by Akira after which he established as one of all-time great. It does not give you a definite answer but you will love analyzing the possibilities.

### The Fountain

Another Darren aronofsky movie on the list. It's a story of love, death, spirituality and fragility of our existence in the world. It's a fantasy and a sci-fi movie spanning 3 lives. Its screenplay might be a little hard to digest but watch carefully and it's just a simple story waiting to be analyzed by you.



*Ujwal Basnet*  
MBBS 2013

### A NEVER ENDING JOURNEY

*When I was young I had heard, life would be full of opportunities,  
But as I grew up I realized it revolves around the word casualties..  
Family, friends, teachers and everyone dear to you have high hopes,  
And just the fear of not being able to live up to that makes my eyes shed tears...  
Stethoscope in my ears, white coat on my shoulders and people taking appointments to meet me was all in my dreams,  
And now that I am moving towards it, I see thousands of people every day and I question myself am I even in the right stream??  
But , I know my hard work will sooner or later lead me to my aspirations,  
As I know I will always have people by my side who are my motivation....  
All my cousins and friends asking how much do you study and their mouths are full of taunts,  
But I am sure once I achieve what I am dreaming for it would be them who are going to flaunt...  
Today, I am just thinking of the day I aerially become a doctor,  
And all those people who tried discouraging me will be congratulating me since I will be a doctor..*

*Surbhi Agarwal*  
MBBS- 2014

### प्रकृति मेरो देश

डाँडापाखा लालीगुरास फूल फुलिदिंदा  
बसन्तको पालुवासँगै कोइली भुलिदिंदा  
तराईका सम्म मैदान अनि हिउँचुलीको देश  
थरीथरी जातजाति अनि आफ्नै भाषाभेष  
हाँसून् सुमन वनमा खुसी भई रमाएर  
गाओस् कोइली पालुवामा भाका मिलाएर  
हिमाल, पहाड, लेक, वेसी धेरै सुन्दर वन  
मौसम पिच्छे फेरिन्छ, पालुवा थाहा नपाइकन  
जङ्गलका चरा पनि वादलभित्रै रुन्छन्  
मेरो देशका खोलानाला आँसु भित्रै घुम्छन्  
कहाँबाट हेर्दाहेदै कालो बादल आयो  
थाह्रै नपाइ एकैछिन्मा यो देशमा छायो  
अशान्ति छ जताततै छैन शान्तिको बास  
रगतमा डुबेको छ आज मेरो देश  
हटोस् रोग, भोक, अशिक्षा गाउँ र बस्तीबाट  
देखिओस् नेपालीको मुहारमा शान्ति, जोस र आँट ।

*कञ्चन वास्तोला*  
सि.एन्. २०१२, तेस्रो वर्ष

## Pindeshwori Bolbam Health Camp 2014

Dedicating a psalm to Lord Neelkantha with a sole motive of vitalizing world peace and understanding through a framework of friendship and service, Rotaract club of Dharan Ghopa took under its wings the responsibility of continuing a long set trend of serving the devotees of Pindeshwor Bolbam this year too. Apart from other health focused projects like dental camps, KHDC check up program, first aid trainings. PAILA, free drug pharmacy aiding to specific populations, this particular program has been completely dedicated to pilgrimage of Pindeshwor temple in Dharan for the month of Shrawan. In the desire of paying homage to lord Shiva, these devotees travel a long way barefoot under scorching sun and insult their health with some adverse medical conditions at this health camp.

With the prime objective of providing first aid to sick people, distributing primary medicines and imparting general health education, the program was successfully conduct-

ed this year too. It was a four week program with camps on consecutive Sunday evenings till next Monday afternoon under the leadership of experienced doctors and nurses aided by Rotaract volunteers. Ranging from the problems of dehydration to referral situations, the program was suc-



cessful in providing service to 600+ pilgrimages. Under the financial support of BPKIHS and rotary club of Dharan, the parent club of Rotaract club of Dharan Ghopa, "the camp" was conducted in the periphery of the temple to make it easier to be accessed by the needy. The providing included analgesic distribution, TT vaccination, dressings, antimicrobi-

als, glucose supplementation, treatment of minor respiratory and gastric problems along with distribution of free drugs to attendees. Apart from the mentioned details as reported by the coordinator of the program and health service director of club, Rtr. Sunil Shah, the program helped expose the medical students as volunteers to the local health problems and maneuvers to deal with it as well as increase the motto of fellowship among club members. The response to the program was collected to be very satisfactory by the pilgrims themselves.

Thus this health camp helped us add an effort and take a leap for mankind with pure intentions of delivering service to orient our society more towards the world peace and stability. With this successful venture, we on behalf of our club, present this responsible promise to enact to our extremes of efforts to proving and promoting our motto of "Reinforce to act and service".

## Parikrama Library Week Report

PSF celebrated 'The library week' from June 22-28 on the occasion of 6th anniversary of Parikrama Library with a theme 'To read is to grow'. On this special occasion, we organized various events like

Fast writing competition, book review writing competition, bookmark designing competition and literary quiz. The winners of the events were awarded with prizes amidst a small ceremony on 28th June which was glorified by the presence of our advisors and guests.

This was followed by a small birthday celebration on the evening to commemorate the 6th birthday of Parikrama Library. The events received an overwhelming response and could not have been a success without the enthusiastic participation from everyone.



### Congratulations to the winners !!!

**Fast writing competition**  
1st Dibya Nepal BDS 2012  
2nd Siddhartha Chamling Rai BDS 2012  
3rd Grishma Pokharel MBBS 2012  
Namita Limbu CN 2013

### Book review Competition

**Nepali**  
1st Buddhi Khadayat BDS 2010  
2nd Shusil Regmi MBBS 2012  
3rd Grishma Pokharel MBBS 2012

### English

1st Sambidha Sen Thakuri BSc. Nursing 2012  
2nd Anish Kumar Shah MBBS 2012  
3rd Siddharth Azad MBBS 2011

### Bookmark designing competition

1st Jamila Miya (Bsc.MLT 2012)  
2nd Nihangma Patangma(BDS 2013)  
3rd Aishwarya Rai (CN 2012)  
Seema Sawalimbu (CN 2012)

### Literary Quiz

1st Barun Kumar Roy Prasoan Ghimire  
Jeeb Narayan mandal

2nd Dr. Bijay Mehta  
Dr. Sriram Khata  
Dr. Amit Jha

3rd Sunil Bogati  
Shusil regmi  
Mahadev Bhatta

*Bimal Chand*  
BDS 2014

Offers Superior Normotension.....

# LOSAP

Losartan Potassium 25mg & 50mg Tabs.

For the natural progression of the condition

# GLIPIZ

Glipizide 5mg Tabs.



The PPI with proven efficacy

# PANOCID DR

Pantoprazole 40 mg Captabs

For Spedy Recovery

# AZITH

Azithromycin 250mg, 500mg Tabs. & Susp.



## The Meaningful Lemonade

The late Dr. Roger Bone was a great medical educator, researcher, leader and an accomplished clinician. However, upon developing renal carcinoma (cancer) he had a different perspective on life in general and end of life in particular. Here is one of the article "Taste of Lemonade" that he wrote during that phase of his life. Please enjoy reading it. Every once in a while, you appreciate just being some place. The location need not be exotic. The event need not be earth-shaking. The moment in history need not be defining. It is just a place. At a certain time. And it is important to you. I experienced this sensation recently on a Friday noon time. It was an hour before the fall Convocation for first-year medical students at the Medical College of Ohio where I serve as president and chief executive officer. My staff had arranged for me to meet informally with the new students in our outdoors Commons area before the Convocation. I arrived early, before the students had been released from their morning orientation session. The Commons was green and full of late-summer flowers. A fountain splashing water was the only sound. There was a light breeze. I uncovered one of the punch bowls that had been set out and helped myself to a cup of lemonade. The taste of lemonade brought me no profound Proustian remembrance. But it did make me feel alive at that moment. Just nine months earlier, on Christmas Day, I had first passed some blood. At the time, I remembered that I had fallen Christmas Eve while unpacking some books and bumped the costo-vertebral area on my right side. I assumed that the hematuria resulted from minor trauma. However, I knew that the potentially more serious conditions of tumor or kidney stone were probable because the trauma was trivial. The fact that I felt no renal colic led me to believe that my problem was not a stone. I was worried about a tumor. I decided not to seek treatment because of the holiday and to see if my condition improved. There was no hematuria the next two days. On Tuesday, I was back on campus; however, during a three-hour administrative meeting, I experienced excruciating back pain. After the meeting, I went to the bathroom and

attempted to urinate. I could only pass blood and blood clots. Fortunately, my personal physician was also attending the meeting. After examining the hematuria, he consulted with our chairperson of urology and they agreed that a CT scan should immediately be taken of my abdomen. The scan showed no definite evidence of tumor. However, the kidney was grossly enlarged from a suspected expanding hematoma. By this time it was 6 PM, and the staff at the Medical College Hospital had typed and cross-matched me for 4 units of blood to be used in case the hematoma ruptured. An aortogram was scheduled to rule out tumor. Two intravenous catheters were placed in each of my arms, and I was given narcotics around the clock. The pain increased beyond the point at which drugs could provide relief. The pain caused a vasovagal reaction: my heart rate dropped to the 30s, and my systolic blood pressure fell to 60 mm Hg. Nurses called my physician, who pushed fluids to increase my blood pressure. An aortogram was performed, followed by chest films to check for metastases. The chest films were normal, but the aortogram showed a tumor the size of an orange surrounded by hemorrhage in my kidney. I was taken straight to surgery, where, after I had been given general anesthesia and an epidural, my urologist removed my right kidney and adrenal gland. My recovery was uneventful save for paresthesias of my feet, a transient complication of the epidural, and hypertension resulting from fluid overload. I was discharged after a week and was back to work full-time four days later. Quickly, as the weeks passed, my life returned to normal and administrative and academic crises ebbed and flowed. But I found that things were not quite as they were before. I found that I had become more contemplative. Some months after my operation, in the introduction of the Mosby Year Books for which I serve as editor, I noted four "observations": 1. Good health is often taken for granted; however, it is the most precious commodity one possesses. 2. One's spouse, children, family, and friends are the essential ingredients that allow one to endure an experience such as a serious and unexpected illness. 3. When faced with death, one recognizes the

importance of God and one's relationship to God. 4. The things one does throughout one's life that seem so urgent are, most of the time, not so important. Now, sipping lemonade and waiting in the Commons for the new medical students, I thought of my Convocation speech folded in my inside coat pocket. It contained much of the usual rhetoric about medicine as a noble profession with its great demands and equally great rewards. However, the speech also contained two literary references that I would not and perhaps could not have used a year ago. Only after my own illness and recovery have I come to fully understand the meanings embedded in the words of Thornton Wilder and Henry David Thoreau. Thornton Wilder's quintessential American drama *Our Town* has three acts that represent in order birth, marriage, and death. The acts almost read as a medical school curriculum outline. In the third act, the young wife Emily, who has died in childbirth, returns to observe her family and friends in Grover's Corners. Seeing how little time people take to enjoy life, she asks in a contemplative moment: "They don't—understand—do they?" I would suggest to the students in my speech that they must find the time to balance the scientific with the humanistic. To find not only time but also the energy to be with family and friends and to enjoy the arts or a good novel or a fine dinner. I would emphasize that this is critical not only for emotional well-being, but also to balance the rush and impact of scientific knowledge. Thoreau, even at the very beginning of the Industrial Age, observed the growing frantic pace of life and wrote in *Walden* that "the mass of men lead lives of quiet desperation." Now, in the sunlit Commons, the first students hurried toward me, ignoring the flowers and fountains but intent on keeping to their orientation schedule. I wondered how much of my speech would get through to them. I wondered if they would understand the meaning behind the Wilder and Thoreau quotes, that despite the frenetic pace of modern medicine, it is still essential to pause and appreciate life and maybe remember the taste of lemonade on a summer afternoon. Roger C. Bone, MD Toledo, Ohio

If you would like to submit your articles for the upcoming issue of Parikrama magazine, please contact any of the Parikrama Students' Family Members or email us your articles at [parikrama.bpkis@gmail.com](mailto:parikrama.bpkis@gmail.com)

## And In This Deep, Dark Chamber, I Badly Mourn

There's nothing like before when I was a little kid, loud and pampered

But today I find my wounds open and sore for mature, I had grown! I so rue it and in this deep, dark chamber, I badly mourn.


I open my eyes, and see no one beside for I have hurt people and gave way to hatred there's a killing flame that lies within me, unextinguished It renders me forlorn!

I perish here, solitary And in this deep, dark chamber, I badly mourn!

Wish I could get a reincarnation To undo the wrong and do the undone I see all my sins Still cannot go for rectification Am I reaping the seeds I had sown? I wonder And in this deep dark chamber, I badly mourn!

I try to venture in a part Of finding the loopholes I behold the shocking truth The ordeal of getting stabbed, Straightway through the chest. Realization dawns and leaves me blown. I stand there so numb. In this deep, dark chamber I badly mourn.

I am nostalgic I long for the good old days The contrast amid then and now Makes me feel sick. I feel broken, I feel torn I want to get absolved And in this deep dark chamber, I badly mourn.

 Sanjana Verma  
MBBS- 2014



## International Bike Tour at Kazakhstan

It was the night of 15th June, 2014. I had dozed off on my study table with my cheeks over the page 343 of Robin's pathology which had made me sleep too early. A whistle sound from a smart phone (not too weird to guess in sleep) strike the tympanic membrane of my ear which alarmed me and made me wake up all of a sudden. I reached for my spectacles which I got at the end of the table. With inner curiosity about what it was, my thumb started flicking the touch pad till I came to the option "notifications". Oh my God it said just like this "Congratulations! Bimal Khadka you have been selected from Nepal for IPPNW bike tour 2014 Semey to Astana." I couldn't believe my eyes it was dream turn into reality. The wish I had for so long of going to the IPPNW bike tour was fulfilled.

You may be wondering what IPPNW is. IPPNW stands for International Physician for Prevention of Nuclear War established in 1980s with the coalition of Soviet and American doctors during the heightened era of cold war at that time. It prevented the nuclear war between the two blocks (The Soviets and The Americans) for which it was awarded the UNESCO Prize 1984 and Nobel Peace Prize 1985. Since then it has been actively working on prevention of nuclear war and abolition of nuclear weapons. With changing time it has broadened the horizon of its activities by working in prevention of small arm and gun violence, medical peace work, refugee camps in Palestine. Recently in 2013, it was involved in passing law on Arms Trade Treaty vice UN General Assembly and it restricts the flow of Arms and Ammunitions in conflict zones and restricts the trade of such weapons in large amount.

Up to the present time, it has been expanded over 66 countries with 200,000 physicians and medical professionals actively involved in practical implementation of the IPPNW objectives through awareness programmes, campaigns and conferences with the mobilization of the local people.

As Nepal does not have a diplomatic relation with Kazakhstan, I had to get VISA through Embassy of Kazakhstan in New Delhi. After obtaining the VISA on 1st of July; I had about 1 month time period before the 'Bike tour' and this interval was a period of torture for me as I

had annual board examination. I could hardly concentrate on my studies because of the excitement about the adventure I was expecting a month later. My eyes used to be on the lines of books whereas all my mind and whole of my heart were lost on the imagination of the beautiful journey I was about to venture. My restless heart finally got normalized with the end of my last paper which meant travelling on air the following day. I boarded a train to New Delhi and on the flight to Astana my exciting journey to Kazakhstan began. On August 6th at 8 pm when sun was still glowing at the horizon of Kazakhstan I finally arrived at my destination. A local coordinator named Karima greeted me at the airport and I was united with IPPNW family members (Arashdeep from India, Michelle and Canny from USA, Gerli from Estonia). That night we stayed at Karima's apartment. I was overwhelmed that day with the hospitality of Kazakhstan.

The following morning we travelled to Semey on a train where we were expected by media, local people, mayor, physicians and medical professionals. Semey (semipalatinsk) nuclear testing site (1949-1989) where 568 nuclear bombs were tested



by the Soviets. This is an abandoned area of 18,500 km<sup>2</sup> where the nuclear tests affected 300,000 people living there.

Even 5th generation of people at Semey have genetic abnormalities from the mutations caused by the radiation. We were provided an opportunity to be at the epicenter of the nuclear testing site which is recorded to have high levels of radiation (upto 30 microsat per hour on the surface) even today. This huge land area is found to be unsuitable for habitation, cultivation and cannot be used for any purpose for some 100 years to come.

Aims of bike tour

1) Promotion of intercontinental cultural ex-

change and strengthening the bonds between the different IPPNW member countries by bringing medical professionals from those countries at Kazakhstan.

2) Advocate for international peace by increasing the friendship, mutual understanding and sharing of knowledge.

3) Study of the impacts nuclear tests have precipitated on the locals and knowing their level of understanding about the nuclear weapons and its hazards.

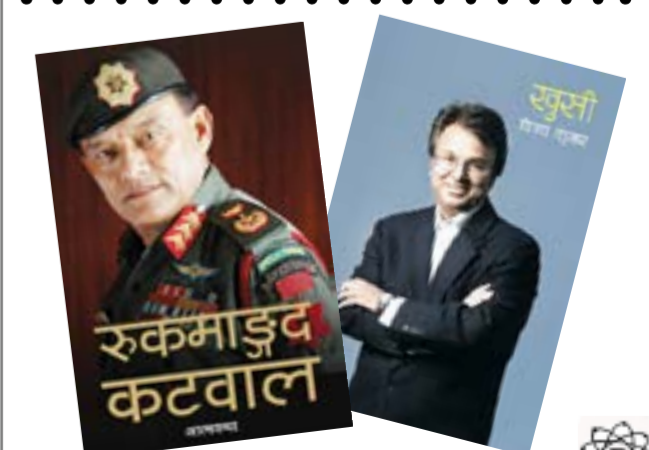
4) Insemination of awareness regarding the hazards like cancer, genetic abnormalities brought about by the radiations from nuclear weapons.

The adventurous 800 km journey from Semey to Astana was completed on 24th August. On average we cycled 60 km everyday beginning from 8 am in the morning till 5 pm with few hours' intervals for lunch and snacks. We were escorted by 15 vehicles. Lunch, snacks, dinner and shelter were provided by the local people and everyday we used to be at new place, interact with new people, which was the charm of the bike tour. The daily changing landscapes, beautiful panorama of salty lakes, steeps, horses grazing on those steeps, the amazing Bainour National Park, the greetings from people anywhere we stop, the cultural concerts and Kazakhstani food and cuisines (horse meat- national dish) are the important pieces which make up a grand memory of this beautiful country in my mind.

On 25th August the day after successful completion of bike tour we were greeted by 200 medical students and 500 doctors from different countries who came to attend the "Student and World congress". The best part of all this is that my stay at Kazakhstan ended with me being elected as the international student representative of IPPNW as well as a board member of IPPNW. This post was indeed a great opportunity but at the same time a great responsibility to integrate with the members from 66 countries together. At a glance, this journey is proved to be not just a recreational bike tour abroad but a life changing event for me.

Lastly, I am really thankful from my inner heart to the PSR Nepal and the people who helped me get through IPPNW bike tour and ISR (international student representative) membership.

Now Available at  
Parikrama Library!!!



### कालापानी

कालापानी हाम्रो मुटु  
किन दिन्छौ चिर्न तिमी  
कहिले उठ्छौ नेपालको  
अमृत्यु गुन तिन तिमी ।  
  
उठ अब अन्धकारमा  
उज्यालो त फुटाउनु छ  
विस्तारवादी भारतबाट  
कालापानी छुटाउनु छ ।

नेपालीको न्यानो माया  
कालापानी विस्यो कि त  
फर्किएर यही नेपाललाई  
हेर्ने आशा मयो कि त ।

त्यही शत्रुको आधिपत्य

स्वीकार पो गयो कि त  
निस्सासिदै घाटी रेटौ  
आत्महत्या गयो कि त ।  
श्राप लाग्ला कि आमको  
यदि यसो भयो भने  
कालापानी नेपालबाटै  
छुट्टिएर गयो भने ।  
  
आमालाई रुबाएर  
हाँसीहासी वस्नेहरु  
समयमै सचेत होऊ  
कालापानी पस्नेहरु ॥



लक्ष्मी ठगुन्ना  
सि.एन्. प्रथम वर्ष



## KNOW YOUR TEACHER

**Name:** Dr. Rita Khadka

**Date and Place of Birth:** Aug 25, 1968; Biratnagar, Nepal

**Permanent Address:** Biratnagar-13, Nepal

**Father's and Mother's Name:** Dr. Ram Dev Khadka, Mrs. Kunti Devi Khadka

**Spouse and Children:** Mr Jay Pd Shah (husband), Leeza Shah (daughter), Deepak Shah (Son)

**Schooling and Education:**

**S. L. C. :** Adarsha Balika Secondary School, Biratnagar, Nepal

**I. Sc. & B. Sc. (Biology):** Mahendra Morang Adarsha Multiple Campus, Biratnagar, Nepal

**M. Sc. (Medical Physiology):** B. P. Koirala Institute of Health Sciences (BPKIHS), Dharan, Nepal

**Ph. D. :** All India Institute of Medical Sciences (AIIMS), New Delhi, India

**Special Degree and Trainings:**

Assessment of cardiovascular ANS function, heart rate variability, blood pressure variability, and baroreflex sensitivity (AIIMS, New Delhi, India)

The autonomic laboratory: Indications, Standard tests (Vienna, Austria)

Modern Recording Techniques in Physiology and Pharmacology (New Delhi, India)

Clinical Neurophysiological Techniques (Candy, Sri Lanka)

Current Trends in Resources on Biomedical Sciences (Kolkata, India)

Novel Techniques in Body Composition Studies and Mineral Metabolism (Bangalore, India)

Professional development on essentials of education technology (BPKIHS, Dharan)

How to write a scientific paper (AIIMS, New Delhi, India)

Clinical Epidemiology and Basic Biostatistics (BPKIHS, Dharan)

Systematic Review of Health research (Kathmandu, Nepal)

Effective presentation skill (Birmingham, UK)

PowerLab: acquisition of data for life sciences research and laboratory applications (Kuala Lumpur, Malaysia)

**Researches:**

**Ph. D. thesis work:** Correlation between Cardiovascular Autonomic Functions and Indicators of MI in Patients Presenting Anginal Symptoms

**M. Sc. thesis work:** Effect of yoga on cardiovascular autonomic responses in hypertensive patients

Principal investigator of Research

Changes in cardiac autonomic drive in peri-menopausal women after yogic intervention: Relation with female hormone and lipid profile

Effect of yoga on cardiovascular autonomic activity and reactivity in essential hypertension

**Supervised various other researches as guide & co-guide**

**Countries visited:** India, Austria, Japan, Taiwan, Singapore, Sri Lanka, Malaysia and England

**Awards/Prizes/ Achievements:**

Awarded with Nepal Bidhya Bhushan award, category A by President of Nepal on Sep 8, 2014.

Awarded with Young Investigator award by the 7<sup>th</sup> Congress of Federation of Asian and Oceanian physiological Societies (FAOPS-2011), held in Taipei, Taiwan from Sep 11 to 14, 2011.

Awarded with Young Investigator Travel Grant award by the 36<sup>th</sup> Congress of the International Union of Physiological Sciences (IUPS2009), held in Kyoto, Japan from July 27 to Aug 1, 2009.

Awarded with degree of Doctor of Philosophy by All India Institute of Medical Sciences, New Delhi, India on Apr 16, 2009

Conducted 1<sup>st</sup> National Inter-Medical School Physiology Quiz, Nepal in June 2014 at BPKIHS, very successfully as a founder member

Established Physiological society of Nepal (PSN) as a founder member,

Worked hard in Short-term PhD Program Committee constituted for developing curriculum/prospectus for PhD program in BPKIHS

Invited as a guest speaker by several physiological societies and delivered the talk

Served as a Judge in International Union of Physiological Sciences (IUPS) held in Birmingham, UK in July, 2013 for poster presentation and in

11<sup>th</sup> Inter-Medical School Physiology Quiz in Kuala Lumpur, Malaysia in Aug, 2013.

**Career:**

Associate Professor, Department of Basic and Clinical Physiology

Vice President, South Asian Association of Physiologists (SAAP)

General Secretary, Physiological Society of Nepal (PSN)

**Hobbies:** Reading, teaching, research, singing, and cooking

**Unforgettable moments:** there are lots of unforgettable moments in my life few are mentioned here;

**Painful:** I was alone and lost the way to the Hotel, where I stayed in Taiwan around 9:40 pm in 2011 and Handbag snatched by robber in Kuala Lumpur, Malaysia in 2014.

**Pleasure:** Appreciation by several scientists in Vienna, Austria and Taipei, Taiwan for my research work and presentation

**Source of inspiration:** There are many sources of inspiration but the constant sources are my parents, my husband, and my gurus (Prof. K K

Deepak, AIIMS, New Delhi and Prof. BH Paudel, BPKIHS)

**Future Plans:**

To strengthen autonomic function lab, Department of Basic and Clinical Physiology, BPKIHS

Yoga and Life style clinic, BPKIHS is under Department of Basic and Clinical Physiology, to strengthen this clinic. To plan some training courses of yoga for students, staffs, faculties of BPKIHS and their family.

To work for improvement of teaching-learning and research activities of PG students of Physiology

To regularize national physiology quiz for undergraduate medical students

To complete all ongoing research projects and to write a big research project for international funding and collaboration

**Things to be improved in BPKIHS:**

Faculty and staffs evaluation system

Feedback system for all activities of BPKIHS

Maintenance of BPKIHS properties like there are lots of herbs and shrubs on the roof of many building that should be cleared off in time

**What books of Physiology would you refer to the students?**

Understanding of Medical Physiology by R L Bijlani

Textbook of Medical Physiology by Guyton and Hall

Review of Medical Physiology by Ganong

**Message to the Students:**

You, all students of BPKIHS, are pride of this prestigious institute. Your effort, knowledge, skill and behavior will determine your future as well as the fame of this institute. Thus, work hard for gaining all these things. Start studying by making concept from the beginning of your course.

**Suggestions to Parikrama Students' Family:** Parikrama Students' family is working hard and doing very well. Keep it up.



## कलम

कलम हुँ म, सबैको हातहातमा नाच्ने  
सधैंभरि अरुको साथमा रही बाँच्ने ।  
खान लाउन चाहिँदैन जतन गरे पुग्छ ।  
हेलशा गरी फाल्यो भने मन मेरो दुच्छ ।  
कहिले हुन्छ हातहातमा अनि कहिले गोजी भित्र  
बनाउंछु जिन्दगीमा केवल असल मित्र  
मलाई चिन, सबैको भविष्य नै छु म  
नजान्नेको हातमा परे काल बनी दिन्छु म  
सबैलाई ठूलो मान्छे बनाउने मेरो जिम्मेवारी  
जस्तै सडकट परे पनि गर्छु बफादारी ।  
कैले राम्रो त कहिले नराम्रोको हातमा परे होला  
सधैंभरि व्यस्त नै छ मेरो जीवनचोला  
हेला हैन सबैले माया गर्ने गर  
तिम्रो भविष्य बनाइदिने मेरो अभिभारा ।



लक्ष्मी न्यौपाने  
सि.एन्. २०१२, तेस्रो वर्ष

## SYNAPSE 2014

(All Nepal Medical College  
Meet)

Coming Soon

**HOW TO BE A PARIKRAMA  
LIBRARY MEMBER**

ITS SIMPLE!!!

Submit 2 passport size photographs and

Rs. 150\* at Parikrama Library during

its opening hours-

Tuesday, Friday, Saturday and Sunday

6pm – 8pm

Onebook can be borrowed at a time

for 2 weeks. Delay will be charged.

\* membership must be renewed every

year with Rs. 25.



www.npl.com.np

Proud to be associated with

**HARBINGER**

This Bulletin is Sponsored by: **Nepal Pharmaceuticals Lab. Pvt. Ltd.**



Editor-In-Chief: Sabin Nepal

Designer: Suyash Dawadi

English Editor: Niraj Paudel

Nepali Editor: Navin Bhatt