# The Barbinger

A Bimonthly Magazine of the Students of BPKIHS





From Parikrama Students' Family

# Heartily Thanks

Parikrama Students' Family expresses heartly gratitude to Prof. Dr. Arpana Rijal, Department of Dermatology and Veneral Diseases for her invaluable contribution of books worth Rs. Fiftythousand 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 Parikirama Library.

### Cartoon Corner



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

# **BPKIHS Anniversary 2014**

its 21st anniversary with two unequivocally markable events: Marathon and Oration.

Dharan witnessed as many as 800 participants in the marathon including students staff, members and of the faculty; on the morning of 9th September. In spite of threatening the 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 legacy continued this year the fraternity among students, house

too, as BPKIHS commemorated officers, residents, teachers and es-

Sians away from their daily hectic schedule towards the venture of au-

> dacity; the journey of celebration.

Not just the marathon, Oration that Prof. Kant Adhikari, Principal humongous success with almost 250

welcomed Ramesh Kathmandu Medical College and Past Dean of Institute of Medicine, as the Chief Guest and orator marked a 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.



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 BPKIH-

# 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 Pari-Students' krama Family (PSF) and Students' Welfare Society (SWS) BP-KIHS. Prof. Dr. Cheng Hwee Ming, Department Physiology, Faculty of Medicine, University of Malaya, Malaysia was invit-

ed as the Quiz Master to conduct the quiz. Prof. Ming is an expert in conducting inter-medical school physiology quiz. He has

been conducting this event in Malaysia for last 12 years. He conducted the quiz wonderfully here.

Nine teams from different Medical colleges across Nepal; Institute rahawa; Gandaki Medical College (GMC), Pokhara; Kathmandu University School of Medical Sciences (KUMS), Kathmandu; Nobel Medical College, Biratnagar; Patan Academy of Health



of Medicine (IOM), Kathmandu; KIST Medical College (KISTMC), Kathmandu; Universal College of Medical Sciences (UCMS), Bhai-

Sciences (PAHS), Lalitpur; Nepalese Army Institute of Health Sciences (NAIHS),Kathmandu and B.P. Koirala Institute of Health Sciences (BPKI-HS), Dharan; participated in the quiz. Each team consisted three students.

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

(continued)



**Editorial** 

"If a nation loses its storytellers, it loses its childhood." We vow not to be lost, for we got to tell the adult medicos the tale of a youngster; who now metaphorically has grown up from a mere institute to a full-fledged nation.

From Dr. Bone's cup of lemonade to the piece of cake marking library's anniversary, Suarez's notorious bite to Götze's spectacular volley, cursory reading of Guyton and Hall to leaping purchase of Harrison's, taking grueling exams to sighing home the holidays, from Modi's exhilarating speech to Malaysia-Kazakhstan cameo, downpour-turneddisaster of Sunkoshi to the reconciling health camp, welcoming newbies to their new home to bidding farewell to successful seniors, the galloping PULSE to anticipating the glorifying SYNAPSE, senate meetings to scanty wards — anecdotes the eye of an editor could captivate following the release of 25th progeny of Harbinger till date.

Recasting Harbinger into what you hold in your hand was actually a novice job for it was an inception we could pursue on our own, thanks to the faith our senior Parikramites had upon us. Nevertheless the making has been a wonderful beautiful endeavors for us and a remarkable experience as well.

Let me put my pen down for now. Warm wishes for the upcoming big festive. Happy reading !!!

दिमाकमा नाँच्थ्यो, बस्, नेपालको नाम रोशन गर्न पाए भनेर । सोही दिन हाम्रा लागि दोस्रो रुपमा पनि विशेष थियो । त्यसै दिन साँभ हुने सांस्कृतिक कार्यक्रममा हामीले पनि हाम्रो कशलता देखाउने मौका पाएका थियौँ । जम्मा ९० वटा कलेजहरु मध्ये १४ वटा कलेजले मात्र प्रर्दशन गर्ने मौका पाएका थिए र त्यसमध्ये हामी पनि परिएकोमा निकै खसी थियौँ, तर जिम्मवारी पनि त्यत्तिकै थिपएको थियो। हामीलाई लागेको थियो, हाम्रो देशलाई चिनाउने मौका यही हो, विश्वको ध्यान । हामीले नेपालको तर्फबाट नेपाललाई चिनाउन प्रस्तुति (Power Point presentation) गर्ने निर्णय गऱ्यौ।

मैले नेपाली राष्ट्रिय पोसाक दौरासुरुवाल लगाएर प्रस्तुति दिने तयारी गरेका थिए। हाम्रो कलेज अनि देशको नाम लिएर हामीलाई बोलाए कार्यक्रम सञ्चालकले । डर ाइरहेको मुटुलाई दरिलो पार्दै उँभिए करीब ८०० जना सजिएको अनि नेपाली भण्डा र खुक्री देख्दा त भन् नो प्रस्तृति श्रीगणेश गरे । नेपाललाई विश्वका सामु प्रस्तुति दिन पाएकोमा खुसी लागिरहेको थियो। उताबाट विभिन्न परिकारहरु अवगत गराइन् । उनीसँगै हामीले

The quiz consisted of both written and oral quiz rounds. Written quiz round consisted of true and false type of questions with negative marking and oral quiz round (final round) consisted of MCQs, openended questions, audio-visuals, and rapid-fire rounds All questions were based on physiological concepts and applied aspects.

The Winner of the 1st NIMSPQ was BPKIHS. The participants from BP-KIHS were Amrit Devkota,

Sunil Bogati and Satyam Mahaju. Similarly, IOM got the second position and NAIHS was able to get the third position. Students in highest position in written quiz round also received prizes; Amrit Devkota (BPKIHS) and Sujit Kumar Darnal (KISTMC) for the 1st position, Raj Kumar Nepal (Nobel Medical College) for the second position, and Prem Shankar Chaurasia (NAIHS) and Sailesh Karki (KISTMC) for the third position. The Judges were from BPKIHS and other medical colleges.

All the participating teams and guests appreciated the effort of Dr. Rita Khadka and other members of

organizing committee, and the expertise of Prof. Ming for making out the event a grand success. Suggestions of the Rector Prof. Dr. Bikram Pd. Shrestha and the Dean, Academics Prof. Dr. Sudha Agrawal played very important role for the success of the event. Department of Basic and Clinical Physiology, representatives from PSF and SWS, worked together to make the event a success. BPKIHS and few sponsors funded for this event.

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# मलेसिया भ्रमणः नियात्रा

नवीन भट्ट एम्बीबीएस्-२०१२, तेस्रो वर्ष

एयरएसियाको विमान क्वालालम्पर विमानस्थलमा ओर्लिदा स्थानीय समय अनसार बिहानको ७:१५ भएको थियो । अवतरण गर्ने बित्तिकै ानमा नयाँ जोश र उमङ्ग प्रक्षेपण भएको थियो । बिहानको भिरसमिसेमा सुताहा अपित् कान्तिमय अनुहार दर्शाउँदै अध्यागमनतिर लम्कियौ । हिजो जहाज चढुनुभन्दा अधिको असहजताले गर्दा यहाँ पनि मन असहज भैरहेको थियो

मलाया विश्वविद्यालय. क्वालालम्पर, मलेसियाले अगष्ट २० र २१ मा आयोजना गर्न गइरहेको 12th IMSPO (१२ औं अन्तर्राष्टिय अन्तरमेडिकल स्कल फिजियो लोजी हाजिरीजवाफ प्रतियोगिता) मा भाग लिन हामी त्यस तर्फ लागेका थियौँ नेपालको प्रतिनिधित्व गर्दै । हामी जम्मा ७ जना थियौ BPKIHS का ५ जना विद्यार्थी अनि एक जना एसोसिएट प्रोफेसर डा. रीता खडुका म्याम र उहाँका श्रीमान् जयप्रसाद शाह सर।

१२औं IMSPO विश्वभरका चिकित्सा विश्वविद्यालयका विद्यार्थीहरुबीच फिजियोलोजी विषयमा हाजिरीजवाफ प्रतियोगिता हो । यसमा भाग लिन विश्वभरका करिब ९० विश्वविद्यालयका लगभग साढे चारसय दिमागहरु प्रतिस्पर्धामा उत्रेका थिए। हामीले पिन नेपालको प्रतिनिधित्व गर्दै त्यहाँ सहभागिता जनाउन पाउँदा निकै हर्षित थियौ । विगत ३ वर्षदेखि निरन्तर नेपालको प्रतिनिधित्व गर्दै हाम्रै कलेज सहभागी भैरहेकाले गर्दा पिन जिम्मेवारी भन् थिपएको महशुस हन्थ्यो । तर पनि हिम्मत हारेका थिएनौ।

२० अगष्ट, बिहान ७ बजे हामीले सेन्टल पोइन्टमा लिखित परीक्षा दियौँ। मेरो हात मृटुमाथि थियो। नेपालको तस्वीर यहीँ सुप्रदीप्तित भैरहेको थियो। एउटै क्रा

मलेसियन साथी यान जिङ भन्दै थिइन्, "Navin your presentation was so nice I liked it, Hope to be in Nepal soon"। म खुसीले गद्गद् भए र सिटमा बस्न नपाउँदै ब्रुनाइँका सहभागी साथीहरु मेरो समीप आए अनि नेपालको सुन्दरता देखि मन्त्रमुग्ध भएको करा बेलिविस्तार लगाए, छिट्टै नेपाल आउने बाचा दिए।

विश्वभरका ९० कलेजहरुबीच भएको लिखित परीक्षामा हामी छानिदा हाम्रो खसीको सीमा रहेन तर जिम्मेबारी उत्तिकै थिपएको थियो । मुख्य मौखिक हाजिरीजवाफ तथा समापन समारोह हुनेवाला थियो आलमबिनामा। निकै रो माञ्चकारी तवरले चल्यो प्रतियोगिता। हामीले जीत भने आत्मसाथ गर्न सकेनौँ । लिखित र मौखिक हाजिरजवाप( วको नतीजा मिलाएर गर्दा हामी १८ औं स्थानमा रहेछौ । तथापि ७२ वटा देशलाई उछिनेर यस स्थानमा पुग्नु पिन गौरवकै विषय लाग्यो र त्यहाँबाट फर्कियौ हामी।

जमातको अगाडि । सबै मलाई कुरेर बसेका थिए । म अायोजकले हरेक कलेजका लागि एकजना गाइड सहयो जाने बित्तिकै तालीको ओइरो बज्यो । दौरासुरुवालमा भीको रुपमा छुट्याएका थिए । यसै अनुरुप हाम्रो कले जको गाइडको रुपमा मलाया विश्वविद्यालयकी एम् तालीको गड्गडाहट सुनिथ्यो । अनि मैले "नमस्कार वीबीएस् दोस्रो वर्षकी छात्रा यान जिङ रहेकी थिइन् । उनले नै हामीलाई खाना खानलाई देखि लिएर कलेज भ्रमण लगायत अरु कुराहरुमा सहयोग गरिरहेकी थिइन् चिनाउने चिनारीहरु प्रस्तुत गर्दै अनि मनमोहक फोटाहरु । कार्यक्रम सिकएपछि, निजकैको मुख्य बजार घुमाउन देखाउँदै गए। अन्ततः नेपालमा सबैलाई फेरी स्वागत लग्ने उनको प्रण अनुसार उनले नै हामीलाई घुमाउन गर्दै बिदा भए नेपाली भण्डा फर्फराएर । तालीको गर्ड् लिगन् । उनले ठाउँठाउँमा मुख्यमुख्य आकर्षक कुराहरु गडाहट बिजनै रहेको थियो। जे होस् राम्ररी नै आफ्नो देखाउनुका साथै मलेसियन संस्कृति, खानेकुराहरुका

हामीले पनि उनलाई नेपाली भाषा अलिअलि सिकाइरह क्रा काट्नमा खप्पिस भारत र पाकिस्तानलाई आमने यौ । उनी बेलाबेला नेपालीमा भन्ने गर्थिन्, "नवीन मेरो सामने देखिन्मा अब चैँ केही हुन्छ कि जस्तो लागेको नाम यान जिंड हो र मेरो घर पहाड़ हो"। मलाई निकै धियो। त्यितिकैमा उनले आफनो पाकिस्तानी मित्रलाई खसी लाग्थ्यो, उनलाई नेपाली भाषा अलिअलि भएपनि भन्यो, "साथी तिमीले पाकिस्तानको बारमो सबै करा सिकाउन पाएकोमा अनि उनको नेपालप्रतिको रुचि दे भन्यौ, तर एउटा क्रा भन्न छुटाएछौ" । पाकिस्तानी खेर । भन्थिन, नेपालको बारेमा उनमा यस्तो अमिट छाप पनि एकछिन अकमकायो अनि प्रश्नगत शैलीमा "के" परिसकेको छ कि उनलाई अहिले नै नेपाल उडौँउडौँ भन्दा भारतीयले जवाफ दियो, "पाकिस्तानका त केटी जस्तो लागिरहेको छ ।

आजको रात हाम्रा लागि विशेष भयो, जुन कुरा मलेसिया बसाइको सम्भानलायक क्षण थियो । होस्टेल अगाडिको सेमिनार हलमा नयाँ साथी बनाउने उद्देश्यले भेला भयौँ । मुख्यतः त्यहाँ म्यानमार, थाइल्याण्ड, भियतनाम, मले सिया, सिंगापुर, चीन, भारत, पाकिस्तान, दक्षिण अफ्रिका, बेलायत, श्रीलंका, जापान, ब्रुनाइँ, इराक, अष्ट्रेलिया, लग( ायत देशहरुका सहभागी साथीहरु थिए। हामी सबै परि चय गर्दे गफ गर्दे गयौँ। तिनीहरु पनि हामी जस्तै नयाँ साथी बनाउन लालयित थिए । भियतनाम, म्यानमार, पाकिस्तान, भारत, थाइल्याण्ड हुँदै सबैले आफ्नो देश र मेडिकल शिक्षाको बारे कुरा राखे । त्यहाँ Uncle Ho अर्थात होचि मिन्ह देखि आङ साङ सुकी सम्मका कुरा सुनिए। कतिले आफ्नो देशका पर्यटकीय क्षेत्रहरूको फोटो हरु मोबाइलबाटै देखाए इन्टरनेटको सहायताले । सबै चाख दिएर नियाल्थे अनि वाहवाहीको तारीफ हुन्थ्यो । त्यस्तै पाकिस्तानी साथी जर्घाम खान पनि आफ्नो दे शको सुन्दरताको बखान गर्न थाल्यो । त्यत्तिकैमा भार तीय मित्रले उनलाई बीचमै रोके । एकछिन सन्नाटा

केही मलायन भाषाका शब्दहरु सिकिरहेका थियौ । साथै छायो । कुक्र-बिराला जस्तै लिडिरहने र एकअर्काका एकदमै राम्रा हुन्छन्, Pakistani girls are very beautiful, यो त तिमीले भन्नै छुटाएछौ"। यसो भन्दा एकाएक माहोल हाँसोमा गुञ्जियो र हामी सबैले रमाइलो मान्यौ । अन्तिममा पालो हाम्रो थियो, नेपालको थियो। मसँग नेपालको वर्णन गर्न यति धेरै शब्द थिए कि कहाँबाट सुरुवात गर्ने, निकै गाह्रो पऱ्यो। अनि मैले सगर माथा देखि बुद्धसम्मका कुरा, हिमालदेखि पहाड, पर्यटन देखि रोमाञ्च अनि वीर गोर्खालीदेखि नेपाली स्वाभीम ानका कुरा सबैको बेलिविस्तार लगाए। सबै चाख मानेर स्निरहेका थिए। तिनीहरुको कौत्हलता छुयापछुयाप्ती दे खिन्थ्यो । हामी सुन्दर नगरी नेपाल, बुद्धको भूमि नेपाल, सगरमाथाको देश नेपाल, वीर गोर्खालीको देश नेपाल भन्दा तालीको बाजा बजाउँथे । वास्तवमा नेपाल त्यहाँ उपस्थित धेरैका निम्ति एक पवित्र एवं अलौकिक भूमि थियो । किनभन्दा तिनीहरुले पज्ने, तिनीहरुका संस्कारका जन्मदाता भगवान् गौतम बुद्धको जन्मथलो हो नेपाल। अनि उत्तिकै चासो थियो नेपालमाथि किनभन्दा वीर गो र्खा रेजिमेन्टका क्यान्टोनमेन्टहरु बुनाइँ, बर्मा लगायत दे शहरुमा अहिले पनि यथावत छन्। अनि त्यत्तिकै शानको

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विषय थियो नेपाल किनकि जन सगरमाथाको उचाइ छने सपना देख्छन तिनीहरु. त्यो नेपालमै थियो । अनि अज्ञातहरुका लागि पनि नेपाल चासोको केन्द्र बनिसके को थियो हिजोको मेरो प्रस्तृति पश्चात जब तिनीहरुले नेपालको सुन्दरता हेर्ने मौका पाए । त्यही रहेको भार तीय मित्रले मुख खोल्यो, "हामीसँगै जोडिएको हाम्रो छिमेकी नेपालबारे मलाई यति करा थाहै थिएन, बल्ल आज थाहा पाए। अबको साल यो स्वर्गको खानीको म स्वाद चाख्न चाहन्छ । बद्धको भिममा रमाउन चाहन्छ । म छिट्टै नेपाल जाने योजना बनाउँछ" । अरु देशका साथीहरुले पनि नेपाल एकचोटि आउनैपर्छ भन्ने करा राखे । "हामी छिट्टै स्वर्गान्भूति आभाष गर्न चाहन्छौ, ब्द्धलाई नमन गर्न चाहन्छौ"।

हामीले नयाँ साथीहरुका लागि भनेर पोष्टकार्डहरु अनि नेपालको पर्यटनबारेका आकर्षक पर्चा एवं फोटाहरु लगेर गएका थियौ । हामीले त्यहाँ उपस्थित सबैलाई बाडयौ । त्यसपछि त भान तिनीहरुको हर्षको कनै लक्ष्मणरेखा थिएन । सबैले धन्यवादको आशिष जपे । कसैले सगरमाथाका कार्डहरु नियाले, कसैले बुद्ध, कसै ले स्वर्गीय पोखरा, आदि इत्यादि । यसरी आफ्नो दे शलाई चिनाउन पाउँदा मनमा आनन्दान्भृति महश्स भयो, तन-मन देदीप्यमान भयो।

त्यसैगरी अर्को कराले पनि हामीलाई निकै खुसी बनायो । त्यो थियो, अरु देशको मेडिकल शिक्षा प्रणालीको तुलनामा हामीलाई धेरै माथि पाए । क्नै देशमा ६ वर्ष, कसैमा ८ वर्ष, अनि त्यसमा पनि हरेक वर्ष विषयगत हिसाबमा अध्ययन हुँदो रहेछ । जस्तो पहिलो वर्षमा एनाटोमी, फिजियोलोजी र बायोकेमेष्ट्री अनि दोस्रो वर्षमा प्याथोलोजी, माइक्रोबायोलोजी र फार्माकोलो जी पढ्नुपर्दो रहेछ । तर हाम्रोमा भने भिन्न छ यस अर्थमा कि हाम्रो Integrative पाठ्यक्रम छ। हामीले विषयगत भन्दा पनि प्रणालीगत हिसाबमा पढ्छौ जुन एकदमै वैज्ञानिक एवं उच्चस्तरको लाग्यो मलाई । तिनीहरु हाम्रो यो प्रणालीबारे जानकार भएर त भन् बढी नजिकिए नेपालसँग अनि आफ्नो कलेजमा त्यसो नभएकोमा गुनासो गरे।

जे होस, विकासमा पछाडि परे पनि नेपालमाथि गर्व गर ाउन सकेकोमा निकै आनन्दित भएका थियौँ। तिनीहरुको दिमाग नै फेरिएको थियो त्यसबेला देखिन कि तिनीहरुको आफ्नो देशको तुलना नेपालसँग हुन्थ्यो जसरी हाम्रो ने पालको तुलना हुने गर्छ स्वीट्जरल्याण्ड वा सिङ्गापुरसँग तर स्वमं सिङ्गाप्र नेपालसँग तुलना गरिरहको थियो, यसभन्दा गर्वको विषय के हुनसक्छ र हाम्रा लागि।

रात छिप्पिदै गइरहेको थियो । घडीमा बिहानको ४ बजिसकेको थियो । तर कसैका आँखा रसाएका थिएनन् नत कसैलाई निद्रा लागेको जस्तो देखिन्थ्यो। सबै उत्सुक थिए यसरी रमाइरहन । तर पनि हामीले भोलिपल्ट बिहानै होस्टेल छोड्नुपर्ने भएकाले गर्दा सुत्न करै लाग्यो । त्यसभन्दा अगाडि हामीले फेसब्कमा एकअर्कालाई साथीको लिस्टमा एड गरिसकेका थियौ।

हाम्रो नेपाल फर्किने टिकट दुई दिन पछि भएकाले गर्दा

२ दिनका लागि हामीले मलाया विश्वविद्यालयबाहिर नै बस्नुपर्ने थियो । जानेबेला बाहिर यान जिङ् हामीलाई करिरहेकी थिइन । उनको हातमा एउटा प्लाष्टिकको पोको थियो । त्यो पोको मेरो हातमा समाइन् उनले । आफुनो घरबाट घरमै बनाइएको मलेसियन बिस्कुटका साथै अन्य खानेक्रा ल्याएकिरहेछिन् हाम्रा लागि । हामी नि:शब्द भयौ र धेरै धेरै कृतज्ञता जनायौँ । हामीले



पनि उनलाई नेपालका बारेका पोष्टकार्ड, गाइडब्क लगायत परिक्रमा वार्षिक म्यागजिन र हार्विञ्जर द्वै मासिक पत्रिका दियौँ । साथै मलाया विश्वविद्यालयको केन्द्रीय पुस्तकालयमा परिक्रमा र हार्विञ्जर राख्नका निम्ति आग्रह गऱ्यौ । उनी पनि निकै उत्साही थिइन् र सहर्ष स्वीकार गरिन् हामीलाई धन्यवाद दिदै । हाम्रो छिट्टिनेबेला आइसकेको थियो । उनी छिट्टिन असहज मानिरहेकी थिइन् । हामीलाई पनि नरमाइलो लागिरहे को थियो । मलाया विश्वविद्यालयको सुरुको बसाइ दे खिन हामीलाई निकै सहयोग गरिरहेको थिइन उनले उनको आतिथ्यले हामी कृतज्ञ भएका थियौ । अर्को, ने पालप्रतिको उनको स्नेहले हामीलाई भान नजिक्याएको थियो । जे होस. हामीले जसरी पनि छोड्नपर्ने थियो त्यो ठाउँ, अनि नचाहँदा नचाहँदै पनि विछोडको हात हल्लायौ फेरी छिड्डै नेपालमा भेटने आशा सहित ।

जे होस् निकै नै आह्लादित पारेको थियो मलाया विश्वविद्यालयले । मलायालाई चटक्कै छाडेर जान मन थिएन। तर पनि हरेक समय मनको इच्छा कहाँ पो पुरा हुन्छ र ? हामीले २ दिन अरु बस्नुपर्ने भएकाले होस्टे लको व्यवस्था मिलाइसकेका थियौँ फर्नलफुट होस्टेलमा ।

जे होस् विदेश आविष्कार गरिरहेका थियौँ, त्यसैमा हामी रमाएका थियौँ। त्यहीँ बस्दा हाम्रो भेट बेल्जियम पुर्ख्यौ ली घर रहेकी मार्था भोसेन भन्ने आइमाईसँग भयो। १-२ वर्ष अघि देखिन विश्व भ्रमण यात्रामा लागेकी उनी भ्रमणकै क्रममा मलेसिया पुगेकी रहिछन् । हामी ने पालबाट भएको भन्ने परिचय दिने बित्तिकै उनमा हर्षको सीमै रहेन । "अहो तिमीहरु नेपालबाट आएको, सुन्दर नेपाल वाह" । उनी भन्दै गइन्, "अहिलेसम्मको मेरो भ्रमणमध्ये मैले सबैभन्दा मन पराएको देश हो नेपाल, प्रकृतिको अनुपम वरदान । वीर गोर्खाली, सहृदयी ने पाली"। हाम्रो नेपाली पर्यटनलाई अथितिदेवो: भव: बाट सुसज्जित गर्ने पुरानै चोला फेरी दोहोऱ्यायौँ, नेपालका

पर्यटकीय स्थलहरूको बारेमा जानकारी भएका किताब एवं पर्चाहरु उनलाई दियौँ। उनी निकै खुशी भईन अनि हरेक तस्वीरहरु हेर्दे आफैँ वर्णन गर्थिन, "साँच्चै यो ठाउँ स्वर्ग नै छ, मलाई धेरै मन परेको थियो", आदि इत्यादि । उनीसँग बिदा हुन नपाउँदै हामी नेपालको भन्ने थाहा पाएर टर्कीका सेल्क्क ब्यारन हामीसाम् आए अनि ने पालको वर्णन गर्न थाले । "नेपाल, सन्दर नेपाल,

> तिमीहरुसँग भेट भएर म धन्य भए म काठमाडौं, पोखरा, म्स्ताङ्ग, चितवन धेरै मिस गरिरहेको छु त्यहाँका मान्छेको गदर्श अनि आतिथ्य मेस गरिरहेको छ। म अभौ नेपाल जाने यो जना बन्दै छ । सायद अबको ६ महिनामा

हनेछु" । २ वर्ष अघि नेपाल घुम्न आएका ब्यारनका वाणीहरुले हामीलाई धन्य बनायो अनि आफैँ माथि गौरव गऱ्यौ नेपाली हुन पाएकोमा । दुई दिनको अन्तर ालमा हामीले मलेसियाका मुख्य मुख्य पर्यटकीय क्षेत्र घुमिसकेका थियौँ।

जहाज उड़ने बेला भयो। जहाजले इन्धन भरिसकेपछि बिस्तारै रनवेमा घिस्रियो र वेगवान उडयो आकासतिर मलेसियालाई तल पार्दे, बिदाइका पखेटा हल्लाउँदै। यो जहाज यात्रा हाम्रा लागि जिन्दगीकै अविस्मरणीय क्षण सावित भएको थियो । भोलिपल्ट बिहान हाम्रा म्याम डा. रीताको जन्मदिन थियो । तसर्थ क्नै न क्नै रुपले म्यामलाई सरप्राइज गर्नुपर्छ भन्ने कानेखुसी प्लान बनाइसकेका थियौँ अनुभव र मैले । मलेसियन र भार तीय समयमा २ घण्टाको फरक रहेको छ । हाम्रो उडान समय मलेसियन समय अनुसार १०:२० बजे थियो भने अवतरण समय भारतीय समय अनुसार १२:०० बजे। मलेसियन घडीमा १२ बज्न थालिसकेको थियो, एकाएक हाम्रो आँखा जहाज परिचारक (Air Host) तिर गयो । दर्भाग्य वा सौभाग्य, त्यस जहाजमा एकजना बाहेक सबै Air Host केटा नै थिए। हामीले उहाँलाई बो लायौ र बेलिविस्तारमा हाम्रो योजनाको बारेमा भन्यौ । "आज राति १२ बजे पश्चात, २५ अगष्टमा हाम्रो म्याम डा. रीता खडुकाको जन्मदिन छ। हामी उहाँलाई सरप्राइज गिफ्ट दिन चाहन्छौ । तसर्थ तपाईले यो उपहार सिट न. २४ (ग) मा बेसिरहनुभएका म्यामलाई दिनुहोस् र आज तपाईको जन्मदिन भएकाले एयर एसियाबाट तपाईलाई उपहार हो" भनेर भन्न आग्रह गऱ्यौ । अनि साथसाथै म्यामलाई केही खान रुचि भए इच्छा अनुसारको खाना एयरएसियाको तर्फबाट नि:शुल्क पाइने कुरा भन्न आग्रह गऱ्यौ । केही खानु भए त्यसको पैसा हामी दुई जनाले तिर्ने योजना बनाएका थियौँ । उसले उक्त कुरा सहर्ष स्वीकार गऱ्यो । हामीले दिएको

उपहार लगेर ठीक १२ बजे ऊ म्यामको समीप गयो । हामी चाख मानेर लुकिलुकी नियालिरहेका थियौँ । म्याम र सर सँगै बस्न् भएको थियो। फ्यालतिर बसिर हनभएका म्यामलाई उसले बोलाएर उपहार टक्रायो। अनि हामीले भने अनसार म्यामलाई केही खान मन भए एयरएसियाको तर्फबाट नि:शुल्क छ भनेर सोध्यो । म्याम त आश्चर्यचिकत हन्भएछ अनि केही खाने इच्छा देखाउन् भएनछ। म्याम र सरको मुहारमा आश्चर्यित दे दीप्यमान देखिथ्यो। यस्तो चमक देख्न पाउँदा हामीलाई निकै खुसी लाग्यो।

हाम्रो सरप्राइजको प्याकेज अभौ सकिएको थिएन । हामीले उनै परिचारकलाई बोलाएर जहाज अवतरण हुने समयमा अर्थात भारतीय समय अनुसारको १२ बजे कियटबाटै म्यामको जन्मदिनको शुभकामना घोषणा

अवतरण हुने समय आइसकेका थियो। भित्रबाट आवाज आयो हामी कलकत्ता विमानस्थालमा आइपग्न लागेको कराको । यत्तिकैमा आवाज सनियो, "आज हामीसँग विशिष्ट अतिथि हुनुहुन्छ र उहाँको आज जन्मदिन रहे को छ । उहाँ हुनुहुन्छ डा. रीता खड्का । त्यसपछि भने सबै भासङ्ग व्यक्तिए। अनि अगाडि महिला परि चारिका आएर जन्मदिनको गीत गाउन थाली Happy Birthday to You Dr. Rita Khadka..... सबैले ताली बजाए, गीत गाए, रमाइलो माने । अनुभव र मैले Plan Successful भयो भनेर खुसी मान्यौ र अन्तिममा सबै यात्र ओर्लिसकेपछि सबै जहाज परि चारकहरुलाई मुरीमुरी धन्यवाद दियौँ ।

अन्तन: फर्कियौ हामी आफनै नेपाल असिमित अनुभवहरुका सङ्गालोलाई पोका पार्दै, समयलाई बिदाइ गर्दे अनि जीवनका नवीन रङ्गहरु उर्तानलाई। सँगै छुटिरहेका थिए हाम्रा अनुभवहरु, विगत बन्दै थिए

फर्किनबेला गाडीमा म्यामलाई सोधें मैले, "म्याम एयर ्रिसयाको सरप्राइज कस्तो लाग्यो त हजुरलाई"। म्याम एकदमै हाँसिलो अनि कान्तिमय हुनुभएको थियो । मले सिया जान्भन्दा पहिलो पासपोर्ट, भिसा बनाउँदाका सास्ति, अनि मलेसियामा भाण्डै लुटिनुभएका कठिन पलहरु हराइसकेका थिए मगजबाट । सायद एयरएसिया फलिफाप भएर आएको हुनुपर्छ यसका निम्ति । अनि ती पिडालाई छोपिसकेको थियो सरको प्रमोसन भएको खबरले अनि म्यामको मिहेनतले जसले उहाँलाई ने पाल विद्याभुषण "क" पदक दिलायो । एउटा स्वर्णीम अनुभव भएको हुनुपर्छ मलेसिया यात्रा । म्यामले मुख खोल्नुभयो, "जे होस् एयरएसियाले गिफ्ट पनि एकदम राम्रो कम्पनीको घडी दिएछ, साह्रै मन पऱ्यो"।

अनुभव र म मुखामुख गरेर मुस्कुराउन थाल्यौ र भित्रभित्रै मुटुबाट गफ गरिरह्यौ मृदुलभावमा कसैले नसुन्ने गरी, "कहिल्यै घडी नलगाएकाले होला, घडी कुन राम्रो कम्पनी कुन नराम्रो, छान्नै आउँदैनथ्यो, जे होस् घडी राम्रै रहेछ, सबैको मन जित्ने"।

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# **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

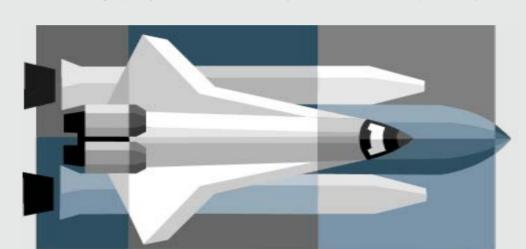
Directed by David Lynch, another director known for his bizarre films, others are inland empire, eraserhead. This is another movie that will leave you dumbfound for days. Starting as a normal drama the ending will leave your head running what really happened in the movie. Watch second time for a better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

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.

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??

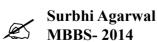
But, I know my hard work will sooner or later lead me to my aspirations, As I know I will always have people by my side who are my motivation....

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..

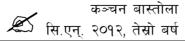




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# प्रकृति मेरो देश

डाँडापाखा लालीग्रास फूल फुलिदिँदा बसन्तको पालवासँगै कोइली भूलिदिँदा तराईका सम्म मैदान अनि हिउँचुलीको देश थरीथरी जातजाति अनि आफ्नै भाषाभेष हाँसन समन वनमा खसी भई रमाएर गाओस् कोइली पाल्वामा भाका मिलाएर हिमाल, पहाड, लेक, बेसी धेरै स्न्दर वन मौसम पिच्छे फेरिन्छ पालवा थाहा नपाइकन जङगलका चरा पनि बादलभित्रै रुन्छन मेरो देशका खोलानाला आँस भित्रै घुम्छन् कहाँबाट हेर्दाहेर्दे कालो बादल आयो थाहै नपाइ एकैछिनमा यो देशमा छायो अशान्ति छ जताततै छैन शान्तिको बास रगतमा डबेको छ आज मेरो देश हटोस् रोग, भोक, अशिक्षा गाउँ र बस्तीबाट





देखिओस् नेपालीको म्हारमा शान्ति, जोस र आँट।

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# 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 conducted this year too. It was a four week als, glucose supplementation, treat-Sunday evenings till next Monday afternoon under the leadership of expe- free drugs to attendees. Apart from Rotaract volunteers. Ranging from the coordinator of the program and the problems of dehydration to referhealth service director of club, Rtr. ral situations, the program was suc- Sunil Shah, the program helped ex-



club of Dharan Ghopa, "the camp" vaccination, dressings, antimicrobi- of "Reinforce to act and service".

program with camps on consecutive ment of minor respiratory and gastric problems along with distribution of rienced doctors and nurses aided by the mentioned details as reported by

pose 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 pilgrimages. Under the financial sup- a leap for mankind with pure intenport of BPKIHS and rotary club of tions of delivering service to orient Dharan, the parent club of Rotaract our society more towards the world peace and stability. With this sucwas conducted in the periphery of cessful venture, we on behalf of our the temple to make it easier to be acclub, present this responsible promcessed by the needy. The providing ise to enact to our extremes of efforts included analgesic distribution, TT to proving and promoting our motto

You suffered, you got the pain, It's just the enemy, before the rain, It matters, what you found there, It's just the lesson that counts there.

Hope

People left, you suffered What you found, it's just the reason. You lost somewhere, is always for

I love the way, where pain exists, I face the dark, where rain exists, Why you afraid when you fall, Don't you remember your childhood

With the happiness, the faces look With the sorrow, they seem to be In the silence, the voice from the

Limit of the happiness, will always

How it's beautiful, to look the innocent faces, How it's wonderful, to look at their

They seem to be nothing, but they are actually not, They are the champions, with the



Bimal Chand BDS 2014

faith on God.

# 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 Siddartha 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

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 Aishwarva Rai (CN 2012) Seema Sawalimbu (CN 2012)

### Literary Quiz

1st Barun Kumar Roy **Prasoon Ghimire** Jeeb Narayan mandal

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

3rd Sunil Bogati Shusil regmi Mahadev Bhatta

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The Harbinger Page 6 26th Issue, June/July 2014

### 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 Con vocation. 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 métastases. 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 fulltime 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 Waiden 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

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

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

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

Wish I could get a reincarna-To undo the wrong and do the undone see all my sins Still cannot go for rectification Am I reaping the seeds I had sown?

wonder And in this deep dark chamber, 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.

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

I badly mourn.

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.bpkihs@gmail.com



### 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 wandering 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

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 on1st 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 1)

कालापानी हाम्रो मुटु

किन दिन्छौ चिर्न तिमी

कहिले उठछौ नेपालको

अमुल्य गुन तिर्न तिमी।

उठ अब अन्धकारमा

उज्यालो त फुटाउनु छ

बिस्तारवादी भारतबाट

कालापानी छुटाउनु छ ।

हेर्ने आशा मऱ्यो कि त।

त्यही शत्रुको आधिपत्य

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.

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 km2 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 microsabat 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

कालापानी

स्वीकार पो गऱ्यो कि त

निस्सासिंदै घाटी रेटी

आत्महत्या गऱ्यो कि त

श्राप लाग्ला कि आमाको

यदि यसो भयो भने

कालापानी नेपालबाटै

छट्टिएर गयो भने।

आमालाई रुवाएर हाँसीहासीँ बस्नेहरु

समयमै सचेत होऊ

कालापानी पस्नेहरु ॥

लक्ष्मी ठग्न्ना

सि.एन प्रथम वर्ष

Promotion of intercontinental cultural ex-

change and strengthening the bonds between bringing medical professionals from those have precipitated on the locals and knowing brought about by the radiations from nuclear

The following morning we travelled to Semey

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.

the different IPPNW member countries by

increasing the friendship, mutual understand-

their level of understanding about the nuclear

the hazards like cancer, genetic abnormalities

The adventurous 800 km journey from Se-

mey to Astana was completed on 24th August.

On average we cycled 60 km everyday begin-

ning 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 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.

Advocate for international peace by

Study of the impacts nuclear tests

Insemination of awareness regarding

countries at Kazakhstan.

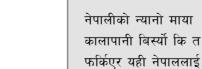
weapons and its hazards.

ing and sharing of knowledge.

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.

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Sanjana Verma MBBS- 2014



कलम

26th Issue, June/July 2014

### 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)

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)

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

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 7th 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 36th 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 1st 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 11th 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)

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 हँ म, सबैको हातहातमा नाच्ने सधैँभरि अरुको साथमा रही बाँच्ने । खान लाउन चाहिँदैन जतन गरे पुग्छ। हेलशा गरी फाल्यो भने मन मेरो द्ख्छ। कहिले हुन्छ हातहातमा अनि कहिले गोजी भित्र बनाउँछ जिन्दगीमा केवल असल मित्र मलाई चिन, सबैको भविष्य नै छ म नजान्नेको हातमा परे काल बनी दिन्छ म सबैलाई ठूलो मान्छे बनाउने मेरो जिम्मेबारी जस्तै सङ्कट परे पनि गर्छ बफादारी। कैले राम्रो त कहिले नराम्रोको हातमा परे होला सधैँभरि व्यस्त नै छ मेरो जीवनचोला हेला हैन सबैले माया गर्ने गर

तिम्रो भविष्य बनाइदिने मेरो अभिभारा।



लक्ष्मी न्यौपाने सि.एन्. २०१२, तेस्रो बर्ष

### SYNAPSE 2014

(All Nepal Medical College Meet) **Coming Soon** 

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