



VOL. 2 ISSUE 1 · MAY 2023

SENTINEL



Official Newsletter of Madan Bhandari
Academy of Health Sciences



Hey Freshers!

The MBAHS newsletter team on behalf of the whole academy warmly welcomes and congratulates all incoming freshers on this incredible milestone in their lives. Ride the tide of success, on the ocean of knowledge. Learning will let you float and ideas will let you rise to sublime heights.

It won't always be easy but you'll have a great time. We wish you all a very happy and academically fulfilling journey ahead and an outstanding stay at MBAHS.

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FROM THE EDITORIAL BOARD

After the second successful issue of the SENTINEL in the previous year, the Editorial Board is very excited to share with you our new issue of the newsletter for this year. This issue includes various news, events and research activities held at MBAHS. We would like to thank everyone who spared time and provided material for this newsletter. We welcome your feedbacks and suggestions for future editions.

Advisor

- Aashma Dahal.
- Dr.Sanyukta Gurung

Editor in chief

- Binita Ghimire

Editors

- Anjali Subedi
- Bishal Makaju
- Namita Chand
- Sailes Rasaili
- Smritika Prajapati

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Message from Rector's Desk

PROF.DR. SURENDRA SHERCHAN



It is the policy of MBAHS to facilitate social, academic and extra-curricular activities of our college students. We have embarked upon publishing two issues of scientific journals. In the similar way, we have in our plan to publish two issues of our college News Bulletin per-year. It is a matter of satisfaction that our college students have taken initiative in this regard I as a rector, am here not for more than two and half months. I find that we are undergoing through problems and challenges, be it physical infrastructure, human resources, teaching and learning facilities or facilities for extracurricular activities. But I noticed that all of are working as a family. This gives us confidence that whatever conditions may arise, the problems and challenges will be faced successfully and get solved. I want to appreciate the good work the Newsletter team have been showing in this process. I call all of you to continue this creative work in the future and wish you all the best.

Message from Dean

PROF.DURGA KUMARI KHADKA MISHRA



First of all I would like to congratulate all the students, faculties and staff of MBAHS for publishing of this issue. Knowledge is a priceless asset of human beings. Information empowers people and such type of periodicals will definitely contribute in updating what is going around us. I have joined MBAHS on 27th September 2022 as the dean of this academy, since then I have been observing its activities mainly in the academic, research and health services. During this period I have found that the education that it has been providing is very unique and practical through the experienced faculties. It has well managed teaching laboratories, adequate books and computers and clinical as well as field exposures. At the same time MBAHS has its own research center and Institutional Review Committee, it has published three issues of its journal which is peer reviewed. The students are also engaged in the research activities and various health related programme and campaigns. For the service provision this academy has its own hospital. The service utilization rate has increased more than double this year. This Academy has received approval for one more new programme of Nursing and the new session of undergraduate programme will start from 32nd Jestha 2080. We are ready to welcome all the newcomers in our MBAHS. Good Luck!

NEWS AND EVENTS IN FOCUS**Orientation Program**

MBAHS organized an orientation program for its second batch students on September 14th 2022. The program were designed to brief the students about the university policies and academic procedures. The Rector Prof. Dr. Satish Kumar Deo welcomed students of second batch and assured them about their educational journey at MBAHS. The program included cultural performances and experience sharing among the students.

**Foundation Course for Class of 2022**

One week workshop was organized with the aim to make new students familiar with college environment and to prepare them for their academic venture. Students interacted with faculties by participating in events, and activities that support their academic and personal development. Dr. Neeti Bhat briefed about the academy to the new students. The foundational course comprised of the following events.

EVENTS:

- Well being by Dr. Praktishya Khadka
- Financial literacy by Mr. Biswash Sapkota and Mr. Tapeswor Yadav
- First Aid by Dr. Sansar Babu Tiwari
- Information, Communication and Technology by Mr. Sailendra Chaudhary
- Health professionalism and ethics by Mr. Ashwin Karakheti
- Communication skills by Dr. Sanyukta Gurung
- Basic Life Support by Dr. Sanyukta Gurung
- Learning skills by Mr Namra Kumar Mahato

Inaugural Ceremony of Newly Constructed Building of Madan Bhandari Academy Health Sciences Hospital



Inaugurated by Honorable President Mrs. Bidhya Devi Bhandari

The formal inauguration ceremony of new building of Madan Bhandari Academy of Health Sciences Hetauda Hospital was conducted on 2079-11-09. It was inaugurated by Honorable President Mrs Bidhya Devi Bhandari. The inauguration ceremony was attended by Honorable Chief Minister of Bagmati Province, Honorable Health Minister, government officials, healthcare professionals, students and faculties of MBAHS and members of the local community. Honorable President appreciated the kind gesture and the facilities provided by the MBAHS, Hetauda Hospital. During his speech Honorable Health Minister mentioned about the objectives of construction of new Hospital building, services to be provided at new hospital and modern equipment and machineries which are to be installed in near future.

Welcome

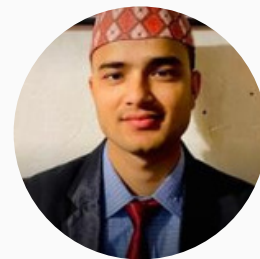
Prof. Durga joins MBAHS as new Dean

On September 27th, 2023, Prof. Durga Kumari Khadka Mishra, began her tenure as Dean of Madan Bhandari Academy of Health Sciences. Prof. Durga was the former Head, Department of Public Health at Manmohan Memorial Institute of Health Sciences. The MBAHS family warmly welcomes her and looks forward to follow her lead.



Welcoming New Faculties!

We are excited to introduce our new faculty members. Our students, as well as faculty and staff, will benefit from their expertise, research, energy and enthusiasm. Lets know each of them briefly:



Mr. Ashwin Karakheti
Department of Public Health
and Community Medicine

Dr. Aswani Chaudhary
Department of Pharmacy
and Clinical Pharmacology

Dr. Bishal Raj Joshi
Department of Biochemistry

Mr. Bipindra Pandey
Department of Pharmacy
and Clinical Pharmacology

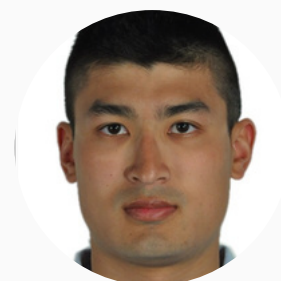


Dr. Dinesh Darnal
Department of Microbiology

Mr. Keshav Raj Bhandari
Department of Public
Health and Community
Medicine

Dr. Lokendra Yadav
Department of
Hematology

Ms. Subina Shrestha
Department of Anatomy

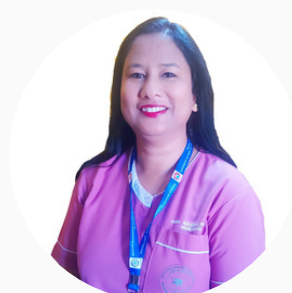


Dr. Pratiksha Khadka
Department of Clinical
Physiology

Dr. Sanyukta Gurung
Department of Clinical
Physiology

Dr. Sansar Babu Tiwari
Department of Pathology

Dr. Saurav Lal Joshi
Department of Pathology



**Ms. Indira Adhikari
(Poudel)**
Department of Nursing

Ms. Laxmi Paudyal
Department of Nursing

Ms. Anu Bajracharya
Department of Nursing

Ms. Sagun Kharel
Department of Nursing

A time to bid farewell

On 2019-10-29 we bid farewell to the wonderful leader, mentor, and advisor Prof. Dr. Satish Kumar Deo. Prof. Deo will always be remembered at this institute for his outstanding contribution and achievements throughout his tenure at MBAHS. His hard work and contribution towards the students and MBAHS during the challenging times will always be remembered. We wish Prof. Deo the best of health and happiness in his next chapter of life.



Farewell to Dr. Neeti Bhat and Dr. Alina Karna

Dr. Bhat and Dr. Karna were young passionate and hardworking mentors of MBAHS. Their hard work, dedication and positive attitude has always been an inspiration to us. Thank you for your continuous effort and hard-work. We wish you all the best in your new adventure.



Dr. Neeti Bhat
Department of Physiology



Dr. Alina Karna
Department of Pathology

MBAHS Welcomes New Rector

The MBAHS family is delighted to welcome Prof. Dr. Surendra Sherchan as a rector of this institute. We are excited to work under your leadership for further enhancement of the academic and research excellence of our institution. Your knowledge, experience and expertise will be valuable to our students and institution. We wish you a very successful tenure at MBAHS.



Congratulations

Huge congratulations to MBAHS family.

MBAHS got permission from MEC to conduct the BSc.Nursing classes from the upcoming academic session 2080.

Medical Education Commission Inspection

The MEC team visited Knowledge Village on the first day (2079-08-25) to discuss three potential nursing programmes. Following a brief introduction and discussion period, the nursing faculty gave a brief PowerPoint presentation on the MBAHS and nursing programme. The MEC team next went to three skill laboratories (Fundamental skill lab, Community and Nutritional Skill Lab, and Midwifery Skill Lab) and observed them.

The MEC team similarly reviewed all the documents that the nursing and other departments had generated.

On 2079-08-26, MEC members went to Madan Bhandari Academy of Health Science, Hetauda Facilities to observe if the hospital met the NNC guidelines. MEC members also went to Gauritar's Basic Science building on the same day. A presentation was given on the MBAHS's current programmes. Additionally, they visited the Kamane Research Center and the proposed Huprachaur nursing programme facility.



Warm Welcome to Faculty of Nursing

A warm welcome to our very first faculty of nursing. We are proud to have such outstanding addition to our MBAHS family. We wish you all the best for running the very first B.Sc. Nursing course here at MBAHS. Best wishes to the team!



MBAHS SPORTS MEET 2079-Towards healthy mind and body

“Apart from education you need good health, and for that, you need to play sports”- Kapil Dev

Highlighting the importance of sports for a healthy mind and body, Madan Bhandari Academy of Health Sciences conducted their sports meet from 26th to 29th December 2022 with a theme- ‘Sports for Health’.

Here it begins.....

On the 26th, a cold December morning at 6:00 AM, students, faculty members, members from the administrative office, and the whole MBAHS family gathered at the administration office of MBAHS located at TCN Road Hetauda. The first day of the sports meet began with an inauguration and ribbon-cutting ceremony in the presence of respected Vice Chancellor Pro. Dr. Bishwaraj Joshi, Former Rector Prof. Dr. Satish Kumar Deo, Dean Prof. Durga Kumari Khadka Mishra, guests faculties and students. The very first event was a 5 km marathon race from TCN road, Hetauda to the research center Kamane. The active participation of students and help from Madan Bhandari Academy of Health Science, Hetauda Hospital, Traffic police of Hetauda lead to a successful event.

Marathons, badminton, volleyball, football, cricket and table tennis were organized for the students. The Badminton competition was held at Kamane Covered Hall. In the boy's single event, Saroj Yadav of 1st semester played against Roshan Shrestha of 2nd semester for the finals. Roshan Shrestha won both sets with a score of 11-9 and became the Boy's single badminton champion. Similarly, in the girls' single event, Bibechana Poudel (1st sem) and Garima Gautam (1st sem) played against each other. Garima Gautam advanced as the

champion of the girl's singles badminton competition

Table tennis was held at the Research Center ,Kamane. Binita Ghimire (2nd sem) played against Rachana Blon (1st sem) for the finals. Best of three matches were played in which Binita Ghimire won, two matches and won the title for girls Table Tennis champion.

Among the boys, Bishal Khanal of (1st sem) beat his opponent Aditya Silwal (2nd sem) in the final match.

Similarly volleyball, cricket and football matches were organized for both boys and girls according to the schedule posted in page-9.



Winning teams of MBAHS Sports meet 2079

Date	Events	Winners	
		Boys	Girls
2022/12/26	Marathon	Winner: Amarnath Kumar Sah Runner-up: Safal Poudel	Winner: Sushma Katwal Runner-up; Pranisha Sharma
2022/12/27	Badminton	Winner: Roshan Shrestha Runner-up: Saroj Yadav	Winner: Garima Gautam Runner-up: Bibechana Poudel
	Table tennis	Winner: Bishal Khanal Runner-up: Aaditya Silwal	Winner: Binita Ghimire Runner-up: Rachana Blon
2022/12/28	Cricket	Winner: Team C (2nd batch)	Team A (1st batch)
	Volleyball	Winner: Team B (2nd batch)	Team A (2nd batch)
	Football	Winner: Team C (2nd batch)	Team B (2nd batch)
2022/12/29	Track Events	100m 1st- Bipin Shrestha 2nd- Nitesh Yadav 200m 400m 1st- Santosh Shrestha 2nd- Manish Poudel 800m	1st- Karishma Pandey 2nd- Ramana Rajbhandari 1st- Ranjana Ranbhat 2nd- Aastha Gaire 1st- Aastha Thapa 2nd- Sushma KC 1st- Pranisha Sharma 2nd- Ramana Raj Bhandari

Friendly Football Match: Nepal Army vs Team MBAHS

With the aim of collaboration and developing brotherhood, a friendly match was organized on 27th December at Mid-Division Headquarters, Suparetar, Hetauda between Madan Bhandari Academy of Health Sciences and Nepalese Army. The match started at around 3 pm with the presence of the Chief of Mid-Division HQs, Mr. Homnath Dawadi, Vice-Chancellor Prof. Dr. Bishwaraj Joshi, Former Rector, Prof. Dr. Satish Kumar Deo, Dean Prof. Durga Kumari Khadka Mishra and Hospital Director Dr. Dharendra Giri. Students and faculties of MBAHS and the Nepal Army were also present on the ground to support and cheer up their respective teams.

The match started with a lot of courage and determination from the MBAHS team. Although the Nepal Army team played professional football, the MBAHS team was successful in defending well and preventing the Nepal Army team from scoring a goal until the first 20 minutes. The Nepal Army team then went on to score 1 more goal in the first half. In the second half, the Nepal Army team was successful in scoring 2 more goals. The MBAHS team was successful in scoring just a single goal in the whole match at the end of the second half. The MBAHS team lost against the Nepal Army team by 1-4. Although the MBAHS team lost the match, the MBAHS team was able to play wonderful football against Nepal Army. Medals, certificates, and trophies were awarded to the winning team, the NEPAL ARMY team.

Lastly, the Chief of Mid-Division HQs assured further collaboration with MBAHS and the MBAHS family for the initiation of this friendly relationship. From the MBAHS family, the VC and the Rector of MBAHS expressed their gratitude to the Nepal Army for this opportunity.



Medics to Rescue....

Healthcare professionals from MBAHS Hetauda Hospital, Faculty members of MBAHS, and students formed several groups that were on standby throughout the events of the sports meetings. Different health camps were set up at different places during the marathon and throughout the whole event. Madan Bhandari Academy of Health Sciences Hetauda Hospital provided the ambulance to always 'stand' by to respond to major medical emergencies. The medical team always worked effortlessly with precision and care. Thanks to their hard work and dedication we could play our match with ease.

Rewarding the Winners.....

On 29th December, the last event of our sports meet was concluded with the closing ceremony. As said by Michael Jordan -"Talent wins games but teamwork and intelligence win championships". In that spirit students of 1st and 2nd semester students participated in a march past. They marched with pride and elegance to honor our guests of the event to mark the closing of the sports meet. The well-synchronized march past was led by Mr. Safal Poudal, a student in 2nd semester. Rector of MBAHS Prof.Dr. satish Kumar Deo received the salute along with other guests at the event. Up next, it was the time to acknowledge and justify every participant's hard work, self-doubt, and effort in winning a trophy. Our respected Former Rector Prof Dr. Satish Kumar Deo, Dean Prof. Durga Kumari Khadka Mishra, and coordinator Mr. Chiranjibi Chudal awarded the rightful winners with medals, trophies, and certificates of excellence. Rector Prof. Dr. Satish Kumar Deo sir shared his views on physical health and motivated us to be mentally and physically alert. A vote of thanks was proposed by the Dean Prof. Durga Kumari Khadka Mishra. She appreciated and thanked every person who actively participated to make our sports meet a success. Some students shared their experiences and views on the event with this there was a splendorous end to our sports meet 2079-80.



Connecting to the community



World AIDS Day Commemorated

"To keep everyone safe, to protect everyone's health , we need to equalize"

At 1st December 2022, 35th world aids day was commemorated at Madan Bhandari Academy of Health Science .The board members, faculties ,and students all together gathered to conduct a rally and awareness programme regarding HIV/AIDS through flash mob and drama.

Health Camp

Department of Public Health and Community Medicine of Madan Bhandari Academy of Health Sciences in association with MBAHS Hetauda hospital, had undertaken a major initiative of organizing free health check-up camp with the noble purpose of creating awareness among the masses for preventive healthcare, being the need of the hour. The health camp was organized in five different places which included Khairahani ,Chitwan, Rai Gaun, Raksirang, Bakaiya rural municipality and Kailash rural municipality with vulnerable group members who had difficulties in accessing health care services. The free heath check-up camp embraced general check-up, gynecology check-up, orthopedic check-up, eye, ear, nose and throat check-up. The health camp was a success with the help of doctors, nurses, lab technicians and student volunteers of MBAHS.

Search and Destroy

We Representing Madan Bhandari Academy of Health Sciences, students of the second semester along with the Department of Public Health and Community Medicine went on a community field visit to search and destroy the program. We visited the rural municipalities of Bakaiya, Manahari, and Bagmati.

We tried to make people aware of this vector-borne disease, its transmission, and its effect on health. The objective of the Search and Destroy program was to control the endemic of Dengue and Japanese Encephalitis. The field visit was organized for 4 days. A school health program was also organized to educate school-level students. We searched the surrounding areas by dividing students into various groups. Many favorable places for larva development were discovered and they were destroyed. We also conducted short questionnaires with local people about dengue. Assoc. Prof. Roshan Kumar Roy, Mr. Supendra Karki, and Mr.Ashwin Karakheti were moderators for this community field visit.



Beyond Classroom

Saraswati Puja 2023 Celebration

On 26th February 2023, Saraswati puja was celebrated on the honor of goddess Saraswati, the goddess of knowledge, music, wisdom, and the arts. On this auspicious occasion all the faculty members and students were gathered at the academic building of MBAHS at Gauritar Hetauda to seek the blessings of Goddess Saraswati. The ritual was graced with the presence of VC Prof.Dr. Bishworaj Joshi, Rector Pro.Dr. Satish Kumar Deo and Dean Prof. Durga Kumari Khadka Mishra .The program was followed by the cultural celebration. The celebration came to the end with the distribution of prashad and snacks.



Friday Fun

Every Friday awaits us with anticipation of something exciting and surprising. Different clubs organize different programs every Friday. There is an active participation of every faculty-student. Recreational events like dancing, singing, quizzes, poetry elocution, sanitation, and sports are organized every Friday. Extra-curricular activities are a great way for us to explore new interests, and meet new people outside of the academic studies. Apart from hectic academic classes, the extracurricular activities program helps us to relieve our stress. It also helps us to build social connections and develop valuable life skills such as leadership, time management, and teamwork.

Cleaning Up!

The student welfare committee organized a cleanliness programme as a part of our extra curricular activity programme. An active participation of all the students and faculties of Madan Bhandari Academy of Health Science was seen. Together we cleaned up our college premises, roads and bushes of our surrounding. Few more teams were engaged in gardening and plantation. There were four groups of students, three for cleaning up and one for gardening. Every group was supervised and guided by respective faculty members as planned which simplified the task. Proper waste management was done. We collected wastes and discarded it in a proper way in the end of our programme.



STUDENTS CORNER



Diverged Road

-Bishal Poudel, BPH (2nd semester)

New place, new journey, lots of excitement and at the same time weird uneasiness (probably my nervousness).

Let's travel a little back. After I gave my CEE ,I was quite sure that I was not going to get any scholarship and I even started looking for alternatives like applying abroad for studies, or joining an engineering college.

Why would anyone preparing for the medical field try to go into another field such as engineering? You may ask!

The simple answer is why not? When one has diverse interests.

Let's talk about how I got into where I am right now (MBAHS) and what has the experience been so far.

In my priority list (to be filled after you pass CEE), it was in the 7th place and somehow, I happened to get it.

It was totally a new place; the sad part is you don't have your buddies with you. As it was a new place and the family was so concerned and doubtful of my maturity, they kept me in a hostel. There were already a bunch of classmates and it took courage to talk to them and later after talking to them for an hour or so, we became closer. At this point my 50% of uneasiness about a new place fade away [1st tip: Making friends is crucial, so don't step back in making new friends - make an initiation (why can't you talk first?)

Ok chill, don't take it personally :)

Oh Ragging! please go away

As I have heard, in medical school there is intense ragging. You know how I take it as, just a senior's frustration piling up because of their intense study, releasing out in dear newly joined juniors.

Let me say again, this is how I had heard or thought but here it was totally NOT SO.

MBAHS - a gemstone

I didn't know that my university (well, now I am enrolled) was in the phase of establishment. We are the second batch of it. Seeing my seniors, I didn't feel like it was a mistake to be here. The teachers, the academics and the curriculum are so dynamic. For someone like myself who is planning to apply abroad, it seems perfect as the curriculum matches the international standards. As a student, it is intensive and hard (not gonna to lie) but I do feel we will be able to cope with it as we have teachers who are always ready to help us. The way they guide us to be a good human (disciplined) plus the Yoga in the curriculum help us achieve a calm state of mind.

My previous question of how my seniors are calm and disciplined isn't a mystery now.

Being around them, I hardly miss my family.

Hospital Laboratory Exposure to Students

Bishal Makaju, BMLT(3rd Semester)

Second semester students of laboratory medicine were introduced to the laboratory of Hetauda hospital for practical knowledge. Students were taken to the laboratory for practicals of hematology and histopathology. Students were facilitated in the laboratory by Dr. Sansar Babu Tiwari and Mr. Rajendra Paudel for practical purposes. They were oriented to all the equipment and tests done in MBAHS Hetauda Hospital and were also taught to perform some tests.

Practical experiences boost up theoretical knowledge. Students learn more easily by actually doing activities. In any field, practical activity helps structure a lesson and improve engagement and knowledge retention. Practical work can also facilitate learning in the classroom. Practical work is application of theory and theory creates a strong base for practical work. One must be able to achieve a balance between theory and practice for best results.

I Begin as a MBIAN.....

Namita Chand, BPH (2nd Semester)

A world of possibilities awaits when you are ready for the journey of the ultimate college experience with all curiosity, excitement, and vulnerability. I am more nervous because this is my first time in Hetauda. The new college, a new environment away from home makes me nervous as this is a major transition. I am excited to learn and all ready for new experiences with my arms wide open. I begin my college journey with my hostel mates, interacting with seniors' orientation and lots of workshops for self-development. Honestly, the first day when I went to the college I had a lot of questions regarding its environment and learning opportunities. Apart from that, I was uncertain if I was mentally strong enough to face it all. However, now I have the realization of not judging a book by its cover. When I saw the optimistic energy of each and everyone from the university, especially the teachers and the positivity they transfer, from that moment I literally began as a MBAIN and I can proudly say that I am at MBAHS for a reason and I am looking forward to taking huge leaps in life after college.

Experience on Introductory Classes of AIBS Course

Binita Ghimire, B.Pharmacy (3rd sem)

Introduction to diseases, the first class of every AIBS course. Introductory classes were mainly focused on diseases of a particular system, which helps to highlight the classes to be covered. It helped me draw interest about the course and test my prior knowledge about that course. It helped me to get engaged with the class lectures, connect to what I am learning and what I already know. It gave me ideas about the topics I need to focus and how I can interconnect it with different subjects. Further, it helped me to get better prepared for the upcoming lectures and be more interactive in the classes. Introductory classes were a lot more helpful for the better understanding of the course content.

Knowing the subject matter beforehand definitely helped me to choose the field or subject that suits my interest. It helps me to get better prepared for the challenges that I have to face as a student.

Learning by Doing

Hari Khadka , BPH (3rd semester)

The “Health for All” movement was a part of the Alma-Ata Declaration on Primary Health Care (PHC) in 1978 A.D. According to Alma-Ata declaration PHC is essential health care based on practical, scientifically sound and socially acceptable methods and technology made universally accessible to individuals and families in the community through their full participation, at a cost that community and country can afford.

The 1st batch students of the Public Health Department are currently involved in gaining practical knowledge of Primary Health Care in Nepal after obtaining theoretical Knowledge in the first semester. Among the three tiers of the government we have visited the local government in Makawanpur district.

On our first field visit we went to Hetauda Municipality with the guidance of our respective faculties with the aim of learning about structures, organogram, functions, role of health sector and to observe the work done to meet the elements of PHC. We went to different sections present in the municipality among which our focus was on the Health, Ayurveda and Social Welfare sections. We gained a brief knowledge about the population, health care units, health workers, health budget and environmental budget, access of health, various activities conducted till date and plans for further programme. On the second day we learned about the formation of the judiciary committee of Hetauda, policy making and co-ordination with other bodies.

On the third day of our field visit, we visited the Urban Health Promotion Center (UHPC) located on Hetauda sub-metropolitan Ward-17. We learned about roles and functions conducted by UHPC to meet the vision set by PHC. Preventive, promotive, curative services were provided by UHPC to the local population. We also learned about the recording and reporting system of UHPC. The management of free essential medicine, disaster management and intersectoral co-ordinations were interesting topics covered in the visit.

On the fourth day we gained knowledge about services provided by Health Post to general populations which includes immunization, safe motherhood, out patient department services, nutritional package for new mothers who have just given a birth to a baby. We were also able to learn about conditions and programme being conducted for controlling and preventing communicable disease, non-communicable disease and vector-borne diseases.

"हाम्रो गौरव"

स्थापना भयो छिहत्तर दुई, असोजको मासमा
गर्नेछ स्वास्थ्य सेवा अनन्त सम्म, जनजनको आसमा ।

स्वास्थ्यकर्मी जन्माउन समेटनेछ तराई पहाड हिमालय,
यो हो नेपालको पहिलो प्रादेशिक, मानिक विश्व -विद्यालय।

पहुँच हुनेछ गरीव,धनी, मेची देखि महाकालिका
सक्षम ,दक्ष स्वास्थ्यकर्मी बनाउँछौ, नेपाली वालवालिका ।

जेहेन्दार विद्यार्थीलाई छात्रवृत्ति र रोगीलाई सेवा
स्वास्थ्य क्षेत्रमा पुर्याउनेछ, राष्ट्रलाई टेवा ।

हेटौडा नगरीमा हाम्रो, बाग्मती प्रदेशको सान
यो हो मदनभण्डारी ,स्वास्थ्य विज्ञान प्रतिष्ठान ।

प्रतिष्ठानको सेवा हेरी, गर्नेछन अन्यले साभार
बाग्मती प्रदेश सरकार प्रति, व्यक्त गर्छौ आभार ।

-सन्तोस सापकोटा
विवेचना पौडेल



Grant:**Research grant Provided by Madan Bhandari Academy of Health Sciences , 2023**

S.N	Name of Principle Invstigator	Research title
1.	Dr. Prachi Bhagat	Determination of sex from hand dimension in Nepalese population
2.	Mr. Biswash Sapkota	Assessing the Indicators of the Good Pharmacy Practice Guideline in Pharmacy of Hetauda Sub-metropolitan City, Nepal
3.	Ms. Aashma Dahal	Challenges in the implementation of COVID19 Vaccination Program in Makwanpur district, Nepal
4.	Dr. Sanyukta Gurung	Empathy among Undergraduates in an Academy of Health Sciences
5.	Ms. Binita Ghimire	A study on sleeping patterns among the undergraduate medical students of Provincial University of Makawanpur district.
6.	Mr. Diwakar Prasad Pandey	Knowledge Attitude and Practice of Self-medication among Undergraduates Students in a Health Science Academy of Hetauda
7.	Mr. Prashant Kumar jha	Antimicrobial Resistance Pattern in Madan Bhandari Academy of Health Sciences, Hetauda Hospital: An Observational Study
8.	Ms. Sagun Kharel	Quality Of Life among Elderly People at Old Age Homes and its Associated Factors in Makwanpur District: A Descriptive CrossSectional Study
9.	Mr. Sujan Bhusal	Distribution of Self Medication among Undergraduates in an Academy of Health Sciences in Hetauda
10.	Assoc. Proff. Indira Adhikari Poudel	Maternal Satisfaction on Delivery Services among Postnatal Mothers in a Hospital, Makawanpur
11.	Mr. Ashwin Karakheta	Determination of Junk Food Consumption among Secondary Level School Going Adolescence in Makwanpur, Nepal
12.	Dr. Sanskar Babu Tiwari	Knowledge and Practice of Cervical Cancer in Hetauda Sub-metropolitan City: Community-based Cross-sectional Study
13.	Ms. Anu Bajracharya	Physical and Mental Health Problems among Elderly in the Selected Geriatric Home, Makawanpur
14.	Mr. Ajay Yadav	Bacterial Uropathogens in Urinary tract infection at Hetauda Hospital
15.	Ms. Laxmi Paudyal	Maternal and Neonatal Outcome: Comparison between Adolescents and Adult Pregnancy at Selected Hospital
16.	Dr. Bishal Raj Joshi	Gender Differences in Lipid Profile In Dyslipidemic Patients Visiting Hetauda Hospital
17.	Mr.Sailendra Chaudhary	UV Spectrophotometric Estimation of Amlodipine Besylate and Telmisartan in Bull Drug and Dosage form by Multi Wavelength Analysis
18.	Mr. Tapeshwar Yadav	Study of Serum Vitamin D and Vitamin B 12 status in Patients with Thyroid Disorders
19.	Ms. Jyoti Mishal	Status of Cadaver for Anatomy Education in Medical Schools in Nepal
20.	Dr.Nabin Kumar Chaudhary	Knowledge, Attitude and Practice of Patients Visiting Dental Department of Hetauda Hospital Towards Orthodontic Treatment
21.	Mr. Namra Kumar Mahato	Knowledge Attitude and Practices of Health Care Waste Management in Heatauda Submetropolitan City (Capital of Bagamati Province), Nepal.
22.	Dr. Pratiksha Khadka	Effect of Yoga in Vital Physiological Indicators and Mental Health among Undergraduate Medical Student.

FIFA World Cup 2022: The Winter World Cup

Aditya Sihwal, B.Pharmacy (3rd Sem)

What is World Cup? The quadrennial event that involve greatest footballing nations competing against each other for a title of world champion. This year the event is being held in Qatar which is the first middle east country to ever host this tournament. From being known as a desert tent, Qatar has surprised football fans throughout the world by their newly built golden stadium that sparkles the beauty of Doha city and in around Qatar.

The world cup is the most watched sporting event internationally. It happens once every four year with 32 nation, 352 players, 152 staff and millions of fans. Around 3.5 billion people watched 2018 FIFA World Cup-Russia. Neither any age group nor any season could affect the excitement that the world cup brings. The aura of streets is mesmerizing when you witness people wearing jerseys of their favorite nations, walls painted with different portraits of players as well as various country flags. The world cup is truly the best event in the world not only by the fact it has most viewership but also by the amount of time and money spent by the hosting nation. It is a event where tears are shed, hearts are broken and the spirit is lifted when the nations battle out each other in the grandest stage of all. That shivering feeling running through our spine when one's team wins the game at a nick of time, is the most exciting and thrilling of all.

This year the host is Qatar which gained spot after beating United States and Japan, which holds various controversies until now but has opened a gateway of interest for countries of the Middle East. Previously, this event was organized in the month of July, but the 22nd world cup is being held in December. The winter world cup is being hosted to escape from the blazing heat of Middle East.

Every time when the world cup begins, it always brings a lustful experience. Who else is not excited when 32 best teams of the world compete with each other? This year's tournament has also brought some major surprises and setbacks. Belgium's golden generation couldn't even make through the group stages. A 36 game winning streak carried by the Argentine National team got ended by the Saudis. Japan knocks out the Mighty Germans by beating Spain which became a world cup twist. Who would have thought that? Exit of Uruguay is also a moment to remember in this tournament: Ghana came up with an opportunity to avenge their defeat to Uruguay, but in the end both teams didn't make to knockout whereas, Portugal and South Korea advances in a fair play decision. This year the world cup is set to be the last event for some of the promising icons of football like Messi, Neymar, Cristiano Ronaldo and so on. I hope their last dance could bring trophy to their respective nations and young footballers could embrace their career, idolizing them as role models.

As the tournament progressed we got to witness many spectacular matches like of ,Brazil's run of winning six World Cup titles was put to an end by Croatia winning on penalties, but then they lost to Argentina in the semifinals who kept on marching through the finals by winning all the remaining games. The mighty Dutch team's defeat to the Argentine team on penalties was an intriguing event. The Moroccans were also the underdogs who eliminated Spain and Portugal who were one of the favorites for the World Cup but their hopes ended when they lost to France.

The final game was between France and Argentina, where they again met each other after the 2018 World Cup finals. This match was one of the classics of football where the promising stars of both teams scored a couple of goals. Mbappe scored a hat-trick and Messi scored a brace. The game had gone a distance on which Argentina were crowned the champions after a penalty shootout of 4-2. Mental resilience of the Argentine team became an example. Previously, they lost major World Cup finals consecutively in 2014 and 2018. it's a very proud moment for the Argentinians to rise array of hopes that fades away at the time of despair.

After all, the World Cup is not just a great sporting event, it is also inscribed with much deeper cultural stature and helps to strengthen friendship and co-operation among the nations. Every player dreams of winning the World Cup, but there are very few of those who are fortunate enough to actually do it.

Achievements

Articles Published/ Presentation

- Maharjan, S., Maharjan, L., Mainali, S., Lama, A., & Gurung, S. (2021). Association of thyroid stimulating hormone and iron profile among patients with subclinical primary hypothyroidism. *Journal of Physiological Society of Nepal*, 2(2), 24–28. <https://doi.org/10.3126/jpsn.v2i2.46432>
- Tapeshwar Yadav., Bhaskar, M. V., Bajracharya, J., Sharma, S. S. B., Maharjan, N., & Bhadeshwar, S. (2022). Study of Glycated Haemoglobin and Lipid Profile in Type-2 Diabetes Mellitus. *Nepal Journal of Health Sciences*, 2(1), 17–21.
- Yadav, C. K., Poudel, K., Shrivastava, A., Mehta, R., & Tapeshwar Yadav. (2022). Antidepressant Activity of the Seeds of *Zanthoxylum armatum* on Swiss Albino Mice. *Nepal Journal of Health Sciences*, 2(1), 98–103.
- Tapeshwar Yadav: Government requires more lab technicians to diminish false-report death toll. *College readers*, Vol.11, Issue 85, July 2019.
- Biswash Sapkota, Hari Prasad Devkota, Prakash Poudel: *Citrus maxima* (Brum.) Merr. (Rutaceae): Bioactive Chemical Constituents and Pharmacological Activities. *Evidence Based Complementary Alternative Medicine* 2022; May 30, 2022.
- Biswash Sapkota, Hari Prasad Devkota, Amrit Poudel, Prakash Poudel, Rashmi Thapa. *Rosa* spp. (*Rosa canina* L., *R. macrophylla* Lindl., *R. moschata* Herrm., *R. multiflora* Thunb.). *Himalayan Fruits and Berries: Bioactive Compounds, Uses and Nutraceutical Potential*. Elsevier, 2022.
- Gopal Lamichhane, Biswash Sapkota, Grinush Sharma, Prakash Poudel, Sandhya Ghimire, Hyun-ju Jung. Screening of Antioxidant, Antibacterial, Anti-Adipogenic, and Anti-Inflammatory Activities of Five Selected Medicinal Plants of Nepal. *Journal of Experimental Pharmacology*.
- Yadav A, Patel AK, Poudyal N, Amatya R, Khanal B: Prevalence of syphilis in eastern Nepal: A retrospective study, *International journal of creative and research thoughts*, 2021, 9(2). 1300-1303

Book Publication:

- *Clinical Biochemistry for Health Science- Highland Publication Pvt. Ltd. Bhotahity, Kathmandu, Nepal. 1st_Edition Essential Textbook of Clinical Pathology for General Medicine (H.A.)- Samiksha Publication Pvt. Ltd. Ghattekulo, Kathmandu, Nepal.- Tapeshwar Yadav*
- *Essential Textbook of Biochemistry and Microbiology for Diploma in Pharmacy (D.Ph.)- Samiksha Publication Pvt. Ltd. Ghattekulo, Kathmandu, Nepal.-Tapeshwar Yadav*
- *Manual of Public Service Commission (Loksewa), Medical Laboratory Technology for Laboratory Medicine (Lab. Assistant 4th Level & Lab. Technician 5th Level)- Heritage Publication & Distributors Pvt. Ltd. Bhotahity, Kathmandu, Nepal-Tapeshwar Yadav*

Grants:

- Provincial Grant was awarded to Mr. Ashwin Karakheti on the topic Facilitators and Barriers of Health Insurance in Bagmati, Makwanpur District by Nepal Health Research Council on 27th Magh 2079.

Gallery



MBAHS visit by the Honorable Health Minister of Bagmati Province Mr. Rameshwar Shrestha and Honorable Former Chief Minister Mr Dormani Paudel



Glimpse of AIDS Day 2022

Gallery



Glimpse of Sarswati Puja 2079



Students of Bachelor of Public Health Visiting Sub-metropolitan Office of Hetauda



MBIANS During Search and Destroy , School Health Programme

Gallery



VC Prof. Dr. Bishwaraj Joshi, Rector Prof Dr. Satish Kumar Deo and Dean Prof.Durga Kumari Khadka Mishra with Mr. Homnath Dawadi During Inauguration of MBAHS Sports Meet 2079



Glimpse of MBAHS Sports Meet 2079



Friday Activities



Congratulations to our dear lecturers for being selected for permanent position of lecturer



Members of Proctorial committee of MBAHS



Inaguration of New Building of MBAHS Hetauda Hospital By Honorable President



Glimpse of Health Camp on World Health Day- 2023



We MBians wish you a great year ahead!