



CURRICULUM - VITAE

Personal Details

Name : **Prof Dr. Lochana Shrestha**
Date of Birth : June 25, 1967
Nationality : Nepalese
Marital Status : Married
Qualification : **MBBS (Bangladesh), MD Community Medicine (India),
MIPH (Australia), Fellow Geriatrics (India)
Dementia Specialist**

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Current Position:

- **Professor and Head of Department of Community Medicine** in National Army Institute of Health and Science (NAIHS), Kathmandu Since November 2011.
 - **Director, Planning , Research and Development Department NAIHS since Jan/2022**
 - **Chairman of Health Home Care Nepal** (Elderly Care Home), Sanepa, Lalitpur since March 2012.
 - **Geriatric and community physician at Star hospital June/2022**
 - **Member of Ethical Review Board of Nepal Health Research Council, Nepal, since 2018**
 - **Hon. Council Member of UN International Institute on Aging, Malta/ILC-I Satellite Center for SAARC region**
 - **Member of Geriatric Expert Group, National Human Rights Commission, Nepal**
 - **Board member of Nepal Public Health Foundation since Sept 2016**
 - **President of Nepalese Society of Community Medicine (NESCOM), 2020**
 - **Member of ARDS, 2018**
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- **Member of TWG on Geriatrics at Ministry of Health and Population and National Human Rights Commission**

Education

Year	University/Institution	Degree/Certificate
2021	Certified on Dementia 2021 Massive open online course by Dementia research and education center , New South Wales, Australia	
2017	Fellowship in Geriatrics from Geriatric Society of India	
2003	The University of Sydney, NSW, Australia	Master in International Public Health (MIPH) (Under Asian Development Bank Scholarship)
1999	Kasturba Medical College, Manipal, India	MD in Community Medicine (Under University Scholarship)
1993	Chittagong Medical college, University of Chittagong, Bangladesh	Bachelor of Medicine & Bachelor of Surgery, 1 st division (Under Nepal Government Scholarship)
1986	Amrit Science College, Tribhuvan University, Nepal	Proficiency Certificate Level in Science (I.Sc.), 1 st division
1983	Central Board His Majesty's Govt. Ministry of Education, Kathmandu, Nepal	School leaving Certificate, Examination, 1 st division

Professional Experience:

Year	Designation	Employer
Feb 15 th 1995 – Mar. 18, 1996	Medical Officer	Department of Obstetrics & Gynaecology, TUTH
Mar. 25, 1996 - Dec. 31, 1997	Clinic Physician (Focal Person for MCH)	ADRA Nepal, Banepa
Feb. 10, 1998 – Dec. 3, 2000	Tutor	Dept. of Preventive & Social Medicine, Kasturba Medical College, Manipal, India

Dec 2000 - Dec, 2002	Lecturer	Dept. of Preventive & Social Medicine, MCOMS, Pokhara, Nepal
Jan 2004-Dec 2004	Lecturer	Dept. of Community Medicine Nepal Medical College, Jorpati, Nepal
Dec 2004-May 2006	Technical Expert (GFATM-UN)	National center for AIDS and STD control, Ministry Of Health and population Teku, Kathmandu, Nepal
May 2005-June 2010 (Part Time)	Associate professor	Department of Public health, National Open College, Balkhu, Kathmandu Affiliated to Pokhara University.
June 2006-October 2010	Epidemiologist (Focal person for TB and HIV/AIDS)	SAARC Tuberculosis and HIV/AIDS Center, Thimi, Bhaktapur, Nepal
Nov 2010-October 2011	Technical Advisor (Focal person for TB and HIV/AIDS)	Save the Children International Nepal

Honor/Award:

Received COAS COMMENDATION BADGE from Chief of the ARMY STAFF on 2020

Received a letter of Appreciation from NHRC, Nepal 2020

Received Honor Certificate from NHRC, Nepal 2017

Received **Appreciation Certificate** from Government and UN for **conducting and facilitating** different batches of training on **HIV and AIDS Clinical management** to produce 200 trained doctors and health workers in Nepal..2006

Received Appreciation certificate on conducting first time **NAIHS Research Convention 2022** in April 2022 at NAIHS

Extra Activities:

Member of Subcommittee of IRC Accreditation Committee of NHRC Since 2020

Member of Ethical/Technical Review Board of Nepal Health Research Council, Nepal since June/2007

Thesis Guide (external or internal) for Master in Public health/Community Medicine in Nepal/India.

External Examiner of Community Medicine in different Universities

Examiner as Subject expert in Sewa Ayog , Tribhuwan University, TU

Community Medicine/Public Health Expert in Nepal Medical Council, Nepal

Development of **Logistic guideline** for **Nepal Public Health Lab** under support from Blood Bank, Kathmandu.

Act as Principal investigator (PI) and Co-PI in different research activities related to health and public health of NHRC and Nepal Public Health Foundation and NAIHS

TOPICS OF SPECIAL INTEREST:

1. Geriatric Health 2. HIV/AIDS and Tuberculosis
3. Monitoring and Evaluation 4. Nutrition & Family Medicine
4. Maternal and Child Health , Adolescent Health
5. Disability Prevention and care

Training Achieved & Workshops Attended

Year	Title	Organizer/Venue
April 20-22, 1995	First joint Conference of National Sections	International College of surgeons of SAARC countries and Society of Surgeons of Nepal
May 23-27, 1995	Training workshop in STD case management	Department of Health Services National Centre for AIDS and STD control, Nepal
Feb. 25 – 26 1996	Workshop on Contraceptive Technology Update	Nepal Society of Obstetrics and Gynecologists in Collaboration with Ministry of Health and USAID
Jan.21- Feb.11 1997	Training on No-scalpel Vasectomy	National Health training Centre. Nepal
Jul.9-16 1997	Clinical Training Skills Course as Family Planning ‘Clinical trainer’	National Health Training Centre, JHPIEGO
Nov.7-8 1997	‘Training of Trainers’ on	Nepal Society of Obstetrics

	Reproductive Health and safe Motherhood	& Gynecologists and Asia Oceanic Federation of Obstetrics & Gynecology
Nov. 10 – 28 1997	Training course on Minilaparotomy	ADRA Family Planning Centre, Banepa, Nepal
Feb. 4 th 2000	Workshop on "Newer Vaccines: Rational and Use"	Department of Community Medicine, Trivandrum Medical College, India
Sept 3 rd -5 th 2002	Project Management	Department of Public Health University of Sydney Australia
Sept 28 th -30 th 2003	Health Economic Evaluation	Department of Public Health University of Sydney, Australia
22-23 June/2004	National Consultation Workshop on International Health Regulation	Ministry of Health/WHO Nepal
16-20 Feb/2005	Master Training of Trainers Course on PMTCT of HIV	National Center for AIDS and STD control(NCASC) UNICEF/WHO
March14-18/2005	Workshop on Data Analysis and Management	Nepal Health Research Council, Nepal
May16-18/2005	"Making UNGASS Work" in Nepal Workshop	NCASC & USAID, UNAID, Facilitated by APCASO
August 8-9, 2005	Master Training for Trainers (MTOT) on STI Case Management	HASTI-AIDS/NCASC/ WHO Nepal
Nov/2005	Master Training for Trainers On Prevention of Mother to child transmission	NCASC and UNICEF Nepal
April 5-10 th 2006	TOT training on Oral Drug Substitution therapy for IDUs	UNDP/NCASC, Nepal
7-8 May 2007	Regional Consulate Meeting on “SAARC Children Affected by HIV/AIDS”	SAARC/UNICEF ROSA Nepal
June 4-6 2007	Technical Consultation on scaling Up HIV testing and Counseling in Asia and the Pacific	WHO/UNICEF/UNAIDS Phnom Penh, Cambodia
August 6-10, 2007	Workshop on Management of Drug Resistant Tuberculosis	WHO, SEARO Faridabad, India
13-14 December 2007	Third Meeting of SAARC Expert Group on HIV/AIDS	SAARC Secretariat

April 23-25 2008	Training Workshop on Principles Good Clinical Practice and Research Ethics On Clinical Trials	NHRC/WHO/FERCAP Nepal
June 10-13 th 2014	12th Global Conference on Aging Hyderabad, India	International federation On Aging (IFA)
2-7 th Nov 2014	1st National Training Course in Geriatric Medicine	MHP, WHO, NEHCO Aberdeen UN and Robert Gordon UN UK
14-24 th Nov 2016	International Programme on Policy Formulation, Planning Implementation and Monitoring of the MIPAA	UN International Institute on Aging, Malta
Nov-2019	International Training in Research and Ethics	NHRC and WHO

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- **ICMR training on Role and Responsibilities of Ethics Committee Members on 16th March 2021 by ICMR , India**
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- **training workshop on Good Clinical Practice on 16th March 2022 by NHRC**
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Participate as facilitator/Coordinator in different activities Organized by SAARC TB & HIV/AIDS Centre and concerned SAARC country as follows:

Organizing Chairperson- The first **National Conference of Community Medicine (CONCOM)** held on 27th of August 2017 in the Auditorium Hall of Nepalese Army Institute of Health Sciences, Sanobharyang, Kathmandu.

Organizing Chairperson- The **first International training in Social gerontology** held on 20th to 27th November 2018 in Nepalese Army Institute of Health Sciences, Sanobharyang, Kathmandu in collaboration with International Institute of Aging (INIA) Malta and, Government of Nepal and WHO.

Organizing Chairman_ Basic Research Methodology training, Data management research training, Reviewer Research training at NAIHS, every year .

Participate and conduct as advisor through NESCOM Disaster management training for hospitals staff of Nepal in collaboration with HOPE under WHO support

Paper Published: (First Author)

Title of paper	Name of journal	Time
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1. Prevalence of streptococcal pharyngitis
Among school children of Pokhara valley, Nepal
(I received Scientific Award as this paper was nominated as *the best research article for the year 2002 in Nepal*) Journal of Nepal medical association Jan-March/2002
2. Health Status of school children of
Pokhara Valley, Nepal Journal of Nepal Medical Association May/June/2003
3. “Effectiveness of Reproductive Health & AIDS
Education’ among adolescent girls Journal of Nepal medical association March/April-2004
4. **KAP** study on Diabetes mellitus among diabetic
Patients of Pokhara Valley, Nepal Nepal Medical College Journal Dec/2004
5. HIV Prevalence among TB patients, Nepal Journal of Tuberculosis, Lung diseases and HIV/AIDS July/Dec 2006
6. Gender Disparity among TB Suspects
& New TB patients: a Record-Based
Retrospective Study in SAARC Member States Journal of Tuberculosis Lung diseases and HIV/AIDS Jan/June2007
7. Review of management of ART service
Delivery for people living with
HIV/AIDS in Nepal Journal of Tuberculosis, Lung diseases and HIV/AIDS No.-1, 2008
8. Changing trend on Tuberculosis in Nepal
2001-2008 Nepal Medical College Journal July/Dec 2010
9. PCR based molecular detection of
M. tuberculosis and comparison of its
efficacy against AFB based bacteriological
detection in diagnosis of Pulmonary
Tuberculosis (TB) in Nepal Journal of Institute of Medicine April 2011
10. Vitamin D status among individuals attended
in Health Home Care Centre, Lalitpur, Nepal Nepal Medical College Journal 2012
11. Geriatric Health in Nepal: Concerns and
Experience Nepal Medical College Journal 2012;15
12. Community Health Profile of four VDCs of North
West Part of Kathmandu MJSBH 2013 Vol 12
13. Motivational profiles medical students of Nepalese
Army institute of health Sciences JNHRC 2017
14. Nutrition and Health Status Assessment of
Geriatric People of one Rural district in Nepal NMC Journal 2018;20(4): 163-8
15. Nutritional and Functional assessment of INIA Journal 2019;3(2)

Elderly people of Nepal

16. COVID-19 and elderly in Nepal: Current situation
Journal of Geriatric Care and Research 2020, 7 (2)
17. Socio-psychological Study of COVID-19 Pandemic among Healthcare Workers in a Medical College of Nepal: A Descriptive Cross-sectional Study
J Nepal Med Assoc 2021;59(234):160-4
https://www.researchgate.net/publication/349947025_JNMA_I_VOL_59_I_ISSUE_234
18. Prevalence of Anemia in Adolescent Girls Attending Specific Schools of Kavrepalanchok, Nepal
J Nepal Med Assoc Vol 59 No 235 (2021)
19. **Plasma Vitamin B-12 Levels and Risk of Alzheimer's disease: A Case-Control Study**
Gerontology and Geriatric medicine SGS Publication. February 7, 2022
<https://doi.org/10.1177/23337214211057715>
20. Study on prevalence of hypertension and its factors among Nepal Army persons in selected areas of Nepal.. in NAIHS journal(MJSBH)
21. Secondary Attack Rate of Varicella Zoster Outbreak in a Military Training Centre in Nepal: A Descriptive Cross-sectional Study
22. **Prevalence of Cognitive Impairment among Older persons** Visiting Psychiatry Department of a Tertiary Level Hospital, Kathmandu, Nepal ..under process of publication

Paper presentation in conferences:

Year	Title	Organizer
March 8-9, 1996	The study of Gynaecological problems among women in rural Nepal	Fourth Annual conferences on Women's Health organized by NESOG
Feb 28–3rd March 2001	'Effectiveness of Reproductive Health & AIDS education' among adolescent girls of Udupi, India	20th All Nepal Medical Conferences of the Nepal Medical Association
April 9 th - 11 th 2001	'Effectiveness of Reproductive Health & AIDS education' among adolescent girls	5 th International Conference of NESOG

2-4/March/05	PMTCT Services in Nepal	22 nd All Nepal Medical Conference of Nepal Medical Association
July 1-5 /2005	Effectiveness of HIV/AIDS Education Among adolescent girls of Pokhara, Nepal	Seventh International Congress on AIDS in Asia and the Pacific (7th ICAAP), Kobe, Osaka, Japan
31st Oct – 4 th Nov 2006	Barriers in seeking health Care among TB suspects - Dhaka, Bangladesh	37 th Union World Conference on TB and Lung Diseases at Paris,
8-12 Nov 2007	"Success of TB control in the SAARC region"	38 th Union World Conference on TB and Lung Diseases at Cape Town
18-23 July 2010	"Crisis Care Services for PLHA in Nepal"	XVIII International AIDS Conference held in Vienna
10th – 13th June 2014	Residential Care Home For Elderly people In Nepal	12 th IFA Ageing Global Conference, Hyderabad, India
Nov 2016	Status of Elderly in Nepal	INIA, Malta
1 st October 2017	Long term care for Elderly in Developing Countries (Guest Speaker)	GSICON 2017, Tirupati, India

Speaker in following webinar:

Dementia webinar.....organized by ARDS—2018

Long term care for elderly---IFA—2020

Long term care for elderly Nepal----webinar series for SAARC region organized by UNINIA and ILC-I. March 2021

Elderly abuse in Nepal ----World Elder Abuse Awareness Day-International Seminar Day 3 by Heritage Foundation, Hyderabad –June 2021

Elderly Abuse webinar....organized by NESCOM & NAIHS.....2021

Care for elderly during Covid Nepal ...International conference organized by MOHP, Srilanka...2021

Introduction to COVID.....International conference organized by NESCOM & NAIHS...2021

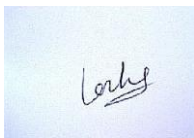
Risk of dementia...Aging and Gerontology international conference 2022

Professional Affiliation and Registration

Date	Redg. Number	Organization
Mar. 2, 1995	2108	Nepal Medical Council, Nepal
Feb. 4, 1995	23279	Bangladesh Medical and Dental Council, Bangladesh
June/2005	126	Nepal Public Health Association
2005	22472	International AIDS Society (IAS)
2006	CU-0458171	Union Member
2006	6533001	Rotary club of Swoyambhu, Kathmandu, Nepal
2010		Nepal Public health Foundation

Memberships of following organizations:

- ***Member of National Senior Citizens Federation, Nepal (n-10)***
- **IFA Membership 2015/2016 – Associate Individual Member ID: 1680**
- **Membership of Global Ageing Research Network (GARN)-the ID reference n°2014-663**
- **Geriatric Society of India- life membership (L-1125)**
- **Life member of Alzheimer's and Related Dementia society Nepal (ARDS Nepal).**
- **Hon. Member of Council of UN International Institute on Aging, Malta/ILC-I Satellite Center for SAARC region**



Signature:

References:

Prof. Dr. Nagendra Bahadur KC
Major General (Retired)
Executive Director, Nepalese Army Institute of Health Sciences
Professor of Anesthesiology and Critical Care
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Prof. Dr Bhairab hamal
Former Deputy Director
Nepalese Army Institute of Health science
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