



11th NSHPSN 2025

11th NATIONAL SUMMIT OF HEALTH AND POPULATION SCIENTISTS IN NEPAL

Health, Climate and Population Dynamics:
Building Resilient Health Systems for a Sustainable and Equitable Future

10-12 April 2025, Kathmandu, Nepal

Program Schedule

DAY I

Thursday, 10th April 2025

8:00-9:00AM	Registration/Breakfast
09:00 – 10:30 AM	<p>Inauguration Session</p> <p>Prof. Dr. Ajit Rayamajhi, Vice-Chairman, NHRC (Chair of session)</p> <p>Ms. Bidya Bhattarai, Hon'ble Minister for Education, Science and Technology (Chief Guest)</p> <p>Prof. Dr. Shiva Raj Adhikari, Hon'ble Vice-Chair, National Planning Commission (Special Guest)</p> <p>Prof. RP Bichha, Hon'ble Member, National Planning Commission (Special Guest)</p> <p>Prof. Dr. Anjani Kumar Jha, Vice-Chair, Medical Education Commission (Special Guest)</p> <p>Mr. Hari Prasad Mainali, Secretary, Ministry of Health and Population, Government of Nepal (Guest)</p> <p>Dr. Bikash Devkota, Secretary, Ministry of Health and Population, Government of Nepal (Guest)</p> <p>Mr. Bishwo Babu Pudasaini, Secretary, (Science and Technology), Government of Nepal</p> <p>Dr. Pramod Joshi, Member-Secretary (Executive Chief), NHRC</p>
10:30-11:00	Tea/Coffee Break
11:00-13:00	Plenary Session I: Building Resilient Health System (Chairs: Dr. Mahesh Kumar Maskey and Dr. Tanka Prasad Barakoti)
11:00-11:15	Keynote presentation: Using Resources Wisely in Health Sector Prof. Dr. Shiva Raj Adhikari, Hon'ble Vice-Chair, National Planning Commission
11:15 -11:30	Empowering communities to strengthen health care systems in the face of emerging health and financial challenges- Dr. Puspa Raj Pant
11:30-11:45	Impact of Climate Change and Extreme Weather Events on the Transmission Risk of Dengue Fever in China- Professor Wei Ma
11:45-12:00	Bihar Health System Digitalization (BHAVYA) – Dr. Nishant Sagar
12:00-12:15	Investing in Resilience: Nepal's Health Financing Landscape in a Changing Global Context- Dr. Guna Nidhi Sharma
12:15-12:30	Non-medical prescribing to widen access to medicines and mitigate health inequalities: International experiences – Prof. Vibhu Paudyal
12:30-12:45	From Constitutional Provision to Implementation: An Assessment of Basic Health Care Services in Nepal Using Demographic Health Survey Data- Mr. Ravi Kanta Mishra

12:45-13:00	Discussion and Chairs remarks
13:00-14:00	LUNCH AND POSTER PRESENTATION
14:00-16:00	Plenary Session II: Health Policy and System Research (Chairs: Prof. Dr. Chop Lal Bhusal and Dr. Krishna Paudel)
14:00-14:15	Keynote presentation 1: Dr. Jeremy Farrar, Chief Scientist, World Health Organization (WHO) Geneva, Switzerland
14:15-14:30	Strengthening Evidence Informed Health Policymaking in Nepal: The Critical Role of Evidence Synthesis- Prof. Padam Simkhada, PhD
14:30-14:45	Life Course and Adult Immunization-Country Experience and leads for Implementation- Prof. Dr. NK Arora
14:45-15:00	Antimicrobial Resistance and Occupational Health- Prof. Jens Seeberg
15:00-15:15	Diabetes Management by Ayurvedic Practitioners in Nepal: A Feasibility Cluster Randomized Trial Comparing Clinical Guideline to Usual Practice and an Associated Qualitative Study- Dr. Kaushik Chhatopadhyay
15:15-15:30PM	Chair remarks and closing
15:30-16:00PM	Tea / Coffee Break/ Poster Presentation

Parallel Sessions

Time	HALL A	HALL B	HALL C
16:00 –18:00	Parallel Session I: Non-Communicable diseases (Prof. Dr. Bhagwan Koirala and Dr. Chandra Bhal Jha)	Parallel Session II: Reproductive, Maternal, Neonatal and Child Health (RMNCAH) (Dr. Bibek Kumar Lal and Dr. Mahesh Puri)	Parallel Session III: Digital Health, Mental Health and Well-being (Dr. Roshan Pokhrel and Dr. Lochan Karki)
16:00-16:10	Vitamin D and Human Health: Insights from Local Studies in Nepalese Population- Dr. Binod Yadav (Invited Talk)	Community Health nurses delivered community base bundled RMNCH intervention in Nepal: Early insights from implementation research – Ms. Hira Niroula (Invited Talk)	AI: Transforming Global Health, One Algorithm at a Time -Dr. Bishal Bhandari (Invited talk)
16:10-16:20	Bio-banking and National Health Security- Dr. Mahendra Bhatt (Invited Talk)	A realist synthesis of menstrual seclusion interventions in Nepal: How programs work, for whom, in which contexts, and why- Sara Elizabeth Baumann	Insights and Challenges from the Initial Implementation of Digital Health Initiatives in Gandaki Province, Nepal- Khim Bahadur Khadka

16:20-16:30	Considerations to building a sustainable and equitable roadmap for clinical trial conduct- Evelyne Kestelyn (Invited Talk)	Socio-economic and demographic determinants of pregnancy pressure among married women in Nepal: An analysis of autonomy and ethnic disparities- Aarti Chaudhary	National Digital Health Blueprint-Mr. Ramesh Subedi (Invited Talk)
16:30-16:40	Awareness and compliance with tobacco control policies among retailers nearby school in Arghakhanchi district of Nepal: A mixed method study- Arjun Poudel	Trends and Causes of Mortality in PLHIV at Makawanpur ART Center, Hetauda Hospital- Amrit Lamichhane	Digital literacy and factors associated with digital technology use among auxiliary nurse midwives in Nepal- Sulata Karki
16:40-16:50	Spectrum of Overweight and Obesity among School Going Population of Nepal: A Meta-analysis- Pashupati Pokharel	Menstrual knowledge, hygiene management practices and hygiene needs among the school adolescent girls of Gokarneshwor Municipality, Kathmandu District- Chetana Pokharel	Mobile Based Ecological Momentary Assessment and Machine Learning for Predicting Suicidal Ideation Among Gay, Bisexual, and Other Men who Have Sex with Men- Kamal Gautam
16:50-17:00	Dietary Salt Intake in Suburban Community of Nepal: Findings from a 24-Hour Urinary Sodium Excretion – Rajendra Dev Bhatta	Measuring age interaction with pesticide exposure during pregnancy and low birth weight: A hospital based retrospective cohort study in Chitwan, Nepal – Deepesha Shilpakar	Burnout and its' associated factors among health workers: A hospital-based cross-sectional study from Pokhara- Dikshya Adhikari
17:00-17:10	Prevalence and predictors of glycemic control among diabetic patients in Lalitpur: A hospital based cross sectional study- Sanchita Subedi	Facilitators and Barriers to Human papilloma virus (HPV) Vaccine Uptake among Adolescent Girls in Kathmandu District: A Mixed-method Study- Shristi Thapa	Quality of life, stress and its coping strategies among the parents of children with autism spectrum disorder in Kathmandu valley: A mixed method study- Sajani Basan

17:10-17:20	Age-Sex Distribution of Overweight and Obesity in School-Aged Children and Its Predictors: Insights from a Multicountry Study with a Focus on Nepal- Suman Sapkota	Delivery Care Practices and Associated Barriers Among Women in Soru Rural Municipality, Nepal- Sujata Adhikari	Preliminary Impact of Multi-Component Family Intervention to Lower Depression and Address Intimate Partner Violence (MILAP) Among Young Married Women- Prakash Pant
17:20-17:30	Effectiveness of the Awareness program on Non Communicable Disease among Future Female Nursing professionals of Nepal- Sushmita Ghimire	Equity Gaps in Determinants of Neonatal Mortality in Nepal: Insights from NDHS 2016 and 2022 Analysis- Khem Narayan Pokhrel	Suicide Prevalence in Nepal: Evidence from the 2021 Census- Dogendra Tumsa
17:30-17:40	Linking community to public primary health center for management of hypertension: An implementation study of an integrated digital health application in rural Nepal- Ashraya Acharya	Correlates of never testing for HIV among men who have sex with men in Nepal- Sandhya Niroula	Prevalence Of Burnout and Its Associated Factors Among Doctors in Nepal- Arabind Joshi
17:40-18:00	Discussion and closing remarks from chairs	Discussion and closing remarks from chairs	Discussion and closing remarks from chairs

DAY II

Friday, 11th April 2025

8:00-9:00

Registration/Breakfast

Plenary Session

9:00-10:30	<p>Health Research Governance</p> <p>Chairs: Prof. Dr. Ramesh Kant Adhikari and Prof. Dr. Arati Shah)</p> <p>Session Moderator Dr. Khem B. Karki</p> <p>Panelists:</p> <p>Prof. Dr. Rajeev Shrestha Prof. Dr Prakash Ghimire Dr. Krishna Paudel Mr. Manoj Bhatta Dr. UN Yadav Dr. Sabitri Sapkota Dr. Rajendra BC</p>
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10:30-11:00

Tea/Coffee Break and Poster Presentation

Time	HALL A	HALL B	HALL C
11:00-13:00	<p>Parallel Session: 4 Infectious Disease & Epidemic Preparedness (Prof. Dr. Jeevan B Sherchand and Dr. Ranjan Bhatt)</p>	<p>Parallel Session: 5 Health Policy and System Research (Dr. Laxmi Raj Pathak and Dr. Sushil Baral)</p>	<p>Parallel Session: 6 Health Care, Emergency Medicine and Trauma Care (Dr. Kedar Nursing KC and Dr. Dipendra R Singh)</p>
11:00-11:10	<p>Advancing the Fight Against Dengue: The Development of an Effective Vaccine- Prof. Dr. Basu Dev Pandey (Invited Talk)</p>	<p>Performance of Health Facility Operation and Management Committees (HFOMCs) in Nepal: A Self-Evaluation Study- Amshu Dhakal (Invited Talk)</p>	<p>Impact of live and cloud based tele-ophthalmology system on referral patterns and disease identification at community eye centers in Nepal- Raba Thapa</p>
11:10-11:20	<p>Mapping Nepal's Infectious Disease Surveillance: Systems, Stakeholders, and Challenges- Samikshya Singh</p>	<p>Catastrophic Health Expenditures: Evaluating the Effectiveness of Nepal's National Health Insurance Program Using Propensity Score Matching and Doubly Robust Estimation- Simrin Kafle</p>	<p>Barriers to cataract surgeries as perceived by cataract visually impaired & blind >50 years participants of Nepal survey for Rapid Assessment of Avoidable Blindness- Ranjan Shah</p>

11:20-11:30	Parental motivations and perceived barriers to participating in paediatric vaccine clinical trials: Findings from the OCV-S trial in Nepal- Ram Hari Chapagain	Impoverishment impact of cancer in Nepal: A cross-sectional study from two public tertiary cancer hospitals- Pratik Khanal	Punica granatum Peel Extract Stimulates Insulin Secretion from Clonal Pancreatic BRIN-BD11 β -cells and Improves Glucose Homeostasis in High-Fat-Fed Diet-Induced Obese Mice- Prawej Ansari
11:30-11:40	Serum Zinc Levels in Leprosy Patients with ENL Reaction, Non-Reaction Controls, and Healthy Controls: A Comparative Study- Binod Aryal	Economic impact (Out-of-pocket and catastrophic health expense) of the National Health Insurance scheme in Nepal: A quantitative study- Gaj Bahadur Gurung	Road Traffic Accident Mortality in Nepal- Bishnu Prasad Dulal
11:40-11:50	Knowledge, attitude and practice towards antimicrobial resistance and antimicrobial adherence among female community health volunteers before and after an educational intervention-Nisha Jha	Utilization of Printed Health Education Materials on Family Planning, Safe Motherhood and New Born Care in Nepal- Milima Singh Dangol	Community Resilience and Disaster Response: Insights from Jajarkot and Rukum West, Nepal for 2023 Earthquake- Kanchan Thapa
11:50-12:00	Molecular Docking and Pharmacokinetic Studies of Punica granatum peel Phytocompounds to explore potential Antibacterial Activity- Amrullah Siddiki	The influence of news media on health policy making in Nepal: Insights from journalists and policymakers- Shreeman Sharma	Rehabilitation Service Needs and Referral Systems: A Pathway to Primary Health Care Integration in Karnali Province, Nepal- Brish B Shahi
12:00-12:10	Surveillance of Drug Resistance in Recurrent Leprosy cases using Mouse Foot Pad (MFP) Assay- Krishus Nepal	People's voice survey in Nepal: Service users' satisfaction and trust in the health system- Bipul Lamichhane	General Health Service Readiness, its Facilitators and Barriers among the Primary Level Public Health Facilities of Baitadi District: A Sequential Explanatory Mixed Method Study- Amrit Bist
12:10-12:20	Policy Analysis of Antimicrobial Resistance in Nepal: Challenges, Gaps, and Recommendation- Suraj Parajuli	Implementation and Assessment of Facilitation Support for Improving Health Insurance Coverage in Achham- Sanjaya Bahadur Chand	Investigating the sustainability of cooperatives in the context of leprosy and the work of leprosy mission in Nepal: a qualitative study- Suyasha Koirala

12:20-12:30	Clinical Profile of Leprosy in Children Under 10 Years in Nepal: A 29-Year Review-Mahesh Shah	Job satisfaction among local level health workers following federalization in Nepal-Prakash Adhikari	Telemedicine for Chronic disease care during the COVID-19 pandemic in Nepal: A Retrospective Study-Arun Gautam
12:30-12:40	Avoid Fluoroquinolones as Empiric Therapy, Reserve for Tuberculosis- Prabhat Adhikari	Job Satisfaction among School Health Nurses Working in Bagmati Province- Dhanush Bishwokarma	Assessment of supply chain management system of Prioritized Neglected Tropical Disease's Drugs and Diagnostics in Nepal during COVID-19-Dirghayu KC
12:40-13:00	Discussion and closing remarks from chairs	Discussion and closing remarks from chairs	Discussion and closing remarks from chairs

13:00-14:00

LUNCH BREAK AND POSTER PRESENTATION

Time	HALL A	HALL B	HALL C
14:00-16:00	<p>Parallel Session: 7</p> <p>Environmental Health, Occupational Health and Climate Change</p> <p>(Dr. Bhim Prasad Sapkota and Dr. Hari Prasad Dhakal)</p>	<p>Parallel Session: 8</p> <p>Health Inequalities and Social Development</p> <p>(Prof. Madhusudan Subedi and Ms. Sangeeta Shrestha)</p>	<p>Parallel Session: 9</p> <p>Nutrition and Food Security</p> <p>(Mr. Hemraj Subedi and Mr. Lila Bikram Thapa)</p>
14:00-14:10	<p>Building Climate Resilient Health System in Nepal- Achievements and way forward- Mr. Raja Ram Pote Shrestha</p> <p>(Invited talk)</p>	<p>Role of commercial determinants of health in use of alcohol in Nepal: An exploratory qualitative study- Preju Kandel</p>	<p>Altitude and Anemia Prevalence: A socio-geographic analysis from three districts of Nepal-Leela Khanal</p> <p>(Invited Talk)</p>
14:10-14:20	<p>Integrating Occupational Health and Safety services in Primary Healthcare System: Lesson learned from informal waste workers and farmers program in Nepal- Mr. Mahesh Prasad Joshi</p> <p>(Invited Talk)</p>	<p>Poverty and intersecting inequities in access to health services: insights from nationally representative surveys- Achyut Raj Pandey</p>	<p>Food insecurity and nutritional status among pregnant women in Kailali district, Nepal- Janaki Parajuli</p>

14:20-14:30	Healthy City Movement in Nepal: An Experience from Dhulikhel Municipality- Mr. Sandeep KC (Invited Talk)	Urban health and equity in Nepal: Analyzing social determinants, disease prevalence, and health outcomes- Sitashma Mainali	Antibiotic Resistance Profiles of Lactic acid bacteria (LABs) and Bacillus spp isolated from traditional fermented foods and beverages in Nepal- Kusha Gurung
14:30-14:40	Strengthening Toxicology Services in Nepal: Addressing the Burden of Poisoning through Posin Information Centre and Advocacy in Pesticide Regulation -Dr. Rakesh Ghimire (Invited Talk)	Participatory Approaches to Assess Living Conditions, access to health care services and Governance in Nepal's Informal Settlements- Barsha Rijal	Comparative Analysis of Child Nutrition and Feeding Practices in Intervention and Non-Intervention Areas of Mugu and Sindhupalchok, Nepal- Pratistha Acharya
14:40-14:50	Climate adaptation interventions to improve maternal and perinatal health in low- and middle-income countries: findings from a scoping review- Aamod Dhoj Shrestha	Life in Nepal's Informal Settlements: A Photovoice Study on Health, Equity and Resilience- Situ KC	Probiotics and their Postbiotics for Mitigating Aflatoxin Contamination in Food Grains: An Innovative Approach to Enhance Food Safety- Sarita Ashok Bhutada
14:50-15:00	Seasonal variation in sympathetic autonomic activity in young adults- Jay P Jha	Determinants of wealth-based inequality in mental health: a decomposition analysis of Nepal Demographic and Health Survey 2022- Parash Mani Sapkota	Innovative Functional Foods: Exploring the Health Benefits of Probiotics and Bioactive Phytochemicals- Samadhan Bhagwan Dahikar
15:00-15:10	Climate Resilience through Women's Leadership in Nepal's Koshi Province- Ganesh Dhungana	Health and illness narratives: A scoping review from anthropological perspectives- Jhabindra Bhandari	Food Insecurity Among Vulnerable Populations in Informal Settlements of Nepal: Insights from Kathmandu and Pokhara Valley- Anjita Khadka
15:10-15:20	Musculoskeletal Disorders and Other Occupational Health Outcomes Among The Sanitation Workers In Nepal: A Community Based Cross-Sectional Survey Exploring The Risk Factors, Knowledge And Practice- Samip Khatri	Trends and Inequalities in Institutional Deliveries in Nepal: Evidence from 1996 to 2022 Nepal Demographic and Health Surveys- Sujan Karki	Effect of adolescent-led school-based intervention for improving adolescents nutrition in selected schools of Sarlahi district: a mixed methods study- Neha Malla

15:20-15:30	Occupational Health Risks and Safety Awareness among Welders in Bhaktapur, Nepal - Jyoti Lamichhane	Development of Affordable Biomedical Solutions for Rural Nepal- Dikshya Chhetri	Nutritional Knowledge and Dietary Adherence among Hypertensive Patients in Lalitpur- Anusha Acharya
15:30-15:40	Risk assessment of adverse health impact on the population exposed and unexposed to landfill sites: A comparative cross-sectional study in Dhading, Nuwakot, and Kathmandu districts of Nepal- Lee Budhathoki	Co-designing urban health data hub: A multi-phase approach for digital transformation in an urban municipality of Nepal- Sampurna Kakchapati	Ecological factors that drive microbial communities in culturally diverse fermented foods- Arya Gautam
15:40-16:00	Discussion and closing remarks from chairs	Discussion and closing remarks from chairs	Discussion and closing remarks from chairs
16:00-16:30	Tea/Coffee Break and Poster Presentation		
16:30-18:00	<p>Panel Discussion: Promoting Clinical Research and Fellowships in Nepal (Session Chairs: Prof. Dr. Bhupendra Basnet and Prof. Dr. Gehanath Baral)</p> <p>Moderator: Prof. Dr. Mohan Raj Sharma</p> <p>Panellists: Prof. Dr. Ajit Rayamajhi, Prof. Dr. Sujan Babu Marahatta, Prof. Dr. Manoj Humagain, Prof. Dr. Sudha Basnet, Dr. Anil Bikram Karki, Dr. Pradip Gyanwali</p>		
18:00-21:00	Snacks and Dinner/ Social and Scientific Networking/ Cultural Program		

DAY III

Saturday, 12th April 2025

8-9AM:	Registration/Breakfast
9:00-10:30	<p>Plenary Session IV: Health Insurance</p> <p>Session Chairs: Dr. Raghu Kafle and Dr. Saroj Sharma</p> <p>Moderator: Dr. Suresh Tiwari</p> <p>Panellists: Prof. Dr. Sharad Onta, Dr. Mukti Ram Shrestha, Dr. Subash Acharya, Ms. Roshani Tui Tui</p>
10:30-11:00	Tea Break and Poster Presentation

Time	HALL A	HALL B	HALL C
11:00-13:00	<p>Parallel Session: 10</p> <p>Migration and Health</p> <p>(Chairs: Mr. Jhabindra Prasad Pandey and Mr. Ram Chandra Silwal)</p>	<p>Parallel Session: 11</p> <p>Aging and Geriatric Health</p> <p>(Prof. Dr. Lochana Shrestha and Ms. Hira Niroula)</p>	<p>Parallel Session: 12</p> <p>Essential Medicine and Pharmaceutical Products</p> <p>(Mr. Narayan Dhakal and Mr. Prajwal Jung Pandey)</p>
11:00-11:10	<p>Bridging the evidence and Policy Gap: Advancing Migrants' health in South Asia,</p> <p>Prof. Anuj Kapilashrami (Invited Talk)</p>	<p>What is known about the spirituality in older adults living in residential care facilities? An Integrative review-</p> <p>Sital Gautam</p>	<p>Ethics in research with children and adolescents- Prof. Dr. Mary Ott (Invited Talk)</p>
11:10-11:20	<p>Exploring Migration Health Research Priorities in Nepal using CHNRI Initiative-Mr. Obindra Chand</p> <p>(Invited Talk)</p>	<p>Lived Experiences of Caregivers of Dementia Patients in Nepal-</p> <p>Sudarshan Paudel</p>	<p>Predictors and Drug-Related Problems in Chronic Obstructive Pulmonary Disease Patients at a Primary Hospital in Western Nepal- Lok Raj Pant</p>
11:20-11:30	<p>Ensuring Well-being Beyond Borders: Policies on Migrant Health in Nepal -Mr. Pratik Adhikari</p> <p>(Invited Talk)</p>	<p>Barriers and Opportunities in Nepal's Aged Care: From Policy to Practice- Anjana Thapa</p>	<p>Systematic Review of Evidence Based Practice of Forecasting and Procurement of Essential Drugs and Medicines (Paracetamol and Iron Tablets) in Public Health Logistics System-Heem Sundar Shakya</p>

11:30-11:40	International Labour migration, remittance and health care expenditures in selected municipalities of Koshi Province- Susmita Nepal	A qualitative exploration of dementia care in Nepal- Jene Shrestha	Treatment Practices, Cost of Treatment and its Implications in the Management of Hypertension at Shree Birendra Hospital- Ayush Rauniyar
11:40-11:50	Impact of men's international migration on the physical health of their wives who remain behind in Nepal- Shraddha Manandhar	The Silent Crisis: Unpacking Public Health Issues for Older Adults in Nepal: Ramesh Sharma Poudel	Unlocking Insights into Medication Utilization Patterns in Nepalese Healthcare: A Meta-Analysis and Systematic Review Using WHO Prescribing Indicators- Rohit Agrawal
11:50-12:05	Discussion and closing remarks from chairs	Discussion and closing remarks from chairs	Discussion and closing remarks from chairs
12:05-12:20	Tea/Coffee Break		
12:20-13:30	<p>Oration, Award Distribution and Closing Ceremony</p> <p>Session Chair: Dr. Pramod Joshi, Executive Chief, NHRC</p> <p>Chief Guest: Mr. Pradip Paudel, Hon'ble Minister for Health and Population, Government of Nepal</p> <p>Guest: Mr. Hari Prasad Mainali, Secretary, Ministry of Health and Population, Government of Nepal</p> <p>Guest: Dr. Bikash Devkota, Secretary, Ministry of Health and Population, Government of Nepal</p>		
13:30-14:30	Lunch		
14:30-15:30	Press Meet		