

14th NEPAL PUBLIC HEALTH FOUNDATION LECTURE

Journey From Medical Officer To Professor

Prof. Dr. Nimbkar Jha



नेपाल जनस्वास्थ्य प्रतिष्ठान
Nepal Public Health Foundation

Ensuring Health as Right and Responsibility of Nepali People.



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14th NEPAL PUBLIC HEALTH FOUNDATION LECTURE

Journey From Medical Officer To Professor

Prof. Dr. Nibambar Jha



नेपाल जनस्वास्थ्य प्रतिष्ठान
Nepal Public Health Foundation

Ensuring Health as Right and Responsibility of Nepali People.

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Foreword

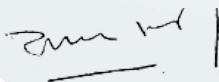
Every year since its establishment in 2010, Nepal Public Health Foundation Lecture is delivered on June 30th by distinguished individuals who have made substantial contribution in the field of Public Health. This event also marks the celebration of establishment of Nepal Public Health Foundation. The inaugural lecture was given by the Mr. Kul Chandra Gautam and the 14th NPHF lecture is delivered by Prof. Dr. Nilamber Jha. Dr. Jha is currently a Professor at the School of Public Health & Community Medicine at B. P. Koirala Institute of Health Sciences in Dharan, Nepal. He earned his MBBS from Stanley Medical College, Madras University, India, in 1988, and his MD in Community Medicine from JIPMER, Pondicherry, India, in 1996, where he was awarded a gold medal. He also holds a Diploma in Health System Management from Israel.

Dr. Jha has a long and distinguished career embracing many positions and organizations. After passing public service commission exam successfully in 1988–1993 and working in various district, zonal, and regional hospitals in Nepal, he has experience in healthcare leadership. He began working at the B. P. Koirala Institute of Health Sciences in Dharan in 1993, and during that time he has held a number of important roles, including member of the executive committee at BPKIHS and rector of the Karnali Academy of Health Sciences in Jumla. In addition, he has held Senate membership on the BPKIHS Governing Council and served as a member on the Nepal Health Research Council.

Prof. Jha has been recognized for his contributions to medical education with a WHO Fellowship and has published over 135 papers in national and international journals. His accolades include the Mrigendra/Samjhana Oration Medal at the NMA conference in 2011. He is a life member of several prestigious associations and a founding life member of the Nepal Public Health Foundation and the Nepalese Society of Community Medicine. Additionally, he has served as the past president of the Rotary Club of Dharan and the Nepalese Society of Community Medicine.

The lecture provides the milestones of his lifetime journey in medicine and public health, with a glimpse of a deep reflection of his development and experiences. Despite his physical ailments it is remarkable that he made this journey with such energy and enthusiasm and still is actively contributing in education and policies related to public health. His insights gives us a valuable perspective profoundly useful for health professionals and students who are taking their first steps in the journey to the world of Public Health. We thank Dr. Jha for accepting our invitation to deliver the Foundation Lecture.

I would like to take an opportunity to thank all those involved in the organization of the event and publication of the monograph and in particular Mr. Sakar Mainali for designing the booklet.

A handwritten signature in black ink, appearing to read 'Maskey', followed by a vertical line.

Dr. Mahesh K. Maskey
Founding Chair and Executive Chief
Nepal Public Health Foundation

Welcome Speech by Prof. Dr. Sharad Raj Onta

Respected Chair of this session
Executive Chief and Members of NPHF
Distinguished invitees
Ladies and Gentlemen

It is a great pleasure to welcome you all to the 14th Public Health Lecture Series of Nepal Public Health Foundation. This day has been a special and a distinctive day in the history of Nepal Public Health Foundation for the last one and a half of Decade since its establishment. We are inspired and encouraged by notable people who have made important contributions to the field of public health in Nepal. Public Health Lecture of today is not a ritual, nor is a celebration. This lecture is our strategic process of collective learning and accumulating knowledge transferred by esteemed speakers through the lecture. This is the basis of Nepal Public Health Foundation to advocate and to act to achieve our mission – equity and justice in health.

Public health lecture is also conceived as the platform of critical analysis of the situation of the health of people and health system of the country. This analysis provides us with the opportunity to review our actions and further strengthen them in future.

We are honored and happy to welcome Professor Dr. Nilambar Jha today to deliver our 14th Lecture Series and share his valuable insights and experiences with us. He is an academician, service provider and public health manager. Dr. Nilambar Jha is currently Professor at the School of Public Health and Community Medicine of B. P. Koirala Institute of Health Sciences in Dharan, Nepal. Dr. Nilambar Jha has contributed to health profession education in the capacity of Rector of Karnali Academy of Health Science in Jumla. In addition to his engagement in academia he has an immense experience of direct health service delivery to the people from district, zonal and regional hospitals in different parts of the country.

We are indeed fortunate to have such a distinguished scholar and practitioner with us today. On behalf of Nepal Public Health Foundation I warmly welcome Professor Dr. Nilambar Jha to the stage to deliver the public health lecture.

Introduction

It is a great honor to be invited to deliver a lecture on “My Journey from Medical Officer to Professor,” reflecting on over fifty years of service in the health sector. This presentation is a personal account, more of a memoir, highlighting my experiences and observations in public health. While significant advances have been made in health and well-being, much more could have been achieved had we paid closer attention to field realities and adapted our strategies accordingly, rather than enforcing top-down decisions. Some fundamental issues still require attention. My presentation will begin with my biography, followed by an overview of my experiences and key milestones in various roles within the health sector. I will explain why population health care took precedence over individual care for me and discuss any contributions I have made to health and population development.

Biography

Name: Dr. Nilambar Jha

Birthplace: Basatpur Village, Ward Number 4, Rautahat District

Date of birth: BS 2017-08-01; 15th November 1960 AD

Permanent Address: House no. - 83, Sewa Marg, Biratnagar-13

Qualification: MBBS, MD, Community Medicine (JIPMER, India)

Diploma in Health System Management (Israel)

- Primary Education: Sri Satyanarayan Primary School, Basatpaur, Rautahat
- Secondary Education: Sri Vishnu Secondary School, Sonapur, Sunsari
- Certificate and Diploma in Science: Mahendra Morang Campus, Biratnagar
- MBBS: Stanley Medical College, Madras University, India
- MD, Community Medicine: Jawaharlal Lal Institute of Postgraduate and
- Medical Research (JIPMER), Pondicherry, India
- Diploma in Health System Management: Galilee International Management Institute Israel

Parents: Late Bamdev Jha and Late Sunaina Devi Jha

Spouse: Mrs. Kamini Jha, MA (Home Sc.) B Ed. Teacher

Children: Dr. Shilpi S. Jha, MBBS, MD, Pathology

Dr. Anant Piyush Jha, MBBS, MD, Anaesthesiology

Dr. Nilambar Jha is a medical doctor having his post-graduate degree, MD in Community Medicine. He has been a community medicine and public health professional for over 30 years with a career spanning across Government health system and academic institutions. At present, he works as a professor of Community Medicine in the School of Public Health and Community Medicine at B. P. Koirala Institute of Health Sciences, Dharan, Nepal. This institute is a Health Sciences University with 29 academic programs in Medicine, Dental, Nursing, and public health for undergraduates and postgraduate students. The goal of the institute is teaching, service, and research. He worked as the Chief of the School of Public Health and Community Medicine for 12 years. He was also the rector of Karnali Academic of Health Sciences, Jumla, Nepal for 2 years. He was nominated as the executive board member of the Nepal Health Research Council for 3 years. He is involved in teaching, service, research, and training of health professionals in medical education, vaccine-preventable, vector-born, communicable, and non-communicable diseases. He has more than 140 national and international publications. Before joining this institute, he worked as a permanent employee in district, zonal, and regional hospitals under the Government health system of Nepal.

Present Working Experience:

Currently as a Professor, at the School of Public Health and Community Medicine, B. P. Koirala Institute of Health Sciences, Dharan, Nepal

Past Work Experience:

- **Ilam and Pachthar Hospital (April 1989 –September 1989)**

After completing my MBBS from Stanley Medical College, Madras, India in 1988, I started my career as a medical officer at Ilam Hospital in eastern Nepal. I was appointed temporarily for six months to work in the hospital as a medical officer by the Ministry of Health, Kathmandu.

I was responsible for ensuring the well-being of patients; therefore, I was involved in diagnosing and treating medical conditions, interpreting lab results, and providing prescriptions and referrals as needed. I had to take care of the patients in the outpatient department, emergency room and the inpatient department as well. Being the first posting in the hospital's doctor role, I used to work very seriously and enthusiastically. I was very happy that I had earned money for the first time. Sometimes I was granted gifts after home-based service from patients' families. I did enjoy the place, people, and climate of the Ilam. In addition, it was a great experience to be called "Doctor Saheb" by people.

During that period, I also served in Panchthar Hospital for a month. I was the only doctor for patient care in the hospital. Moreover, I had to carry out administrative duties as medical superintendent. I had to take care of many political leaders and participate in multiple district-level meetings.

After returning to Ilam, my work continued in the same way that it used to be. With time, I realized that working in the hospital would not benefit my career because everybody used to be free after 1 pm, and it was difficult to pass the time. Most of the time, even during duty hours all three doctors in the hospital were relaxed and sometimes there would be no work. I was afraid that if I continued that work, I would forget the medical knowledge and skills that I had acquired so far. Therefore, I decided not to apply to the Ministry of Health to continue my job as a medical officer after the completion of six months of tenure.

- **Private clinics in Itahari and Duhabi**

I returned to my village Sonapur, Sunsari (on the Biratnagar- Dharan Highway), and was busy in a private clinic in Itahari in the morning and in the afternoon in Duhabi. After 4 months, I noticed an advertisement for medical officers from the hospital development committee at Eastern Regional Hospital (now BPKIHS), Dharan. I was happy that I got selected for the applied post. The additional advantage was that it was near my hometown.

- **Eastern Regional Hospital, Dharan (March 1990 – November 1990)**

I joined the hospital in 1990. This hospital had 210 beds and provides services for the treatment of ex-army and their family members. This hospital was just handed from the British Government to the Nepal Government and opened to provide service to the general public. Being in the transition phase of the hospital, one physician, one surgeon, and one anesthesiologist along with one hospital manager were working in this hospital. The campus (now also) and quarters were beautiful concerning buildings and surroundings. I enjoyed working in the Department of Medicine with Dr. Fagan for a year and learned various academic and practical skills. We had a great opportunity to interact with Prince Charles, during His Excellency's visit to this hospital.

- **Koshi Zonal Hospital, Biratnagar (November 1990 –February 1991)**

After about a year of service at Dharan, I moved to Koshi Zonal Hospital, Biratnagar, to work as a medical officer. My job was to take care of the patients and attend to the emergency ward. I was fully engaged in shift work (morning, afternoon, and night) on a rotation basis. The only Koshi hospital provided patient care at that time for the massive number of people in the catchment area. So, I had to take care of more than

100 patients every day. I remember, there were many sleepless nights, especially in summer, managing diarrhea and snake bite cases. We were used to threats and harassment from almost every death of the patient and we had to take them as normal as far as possible.

The permanent type of government service was considered very prestigious, so I attended the Lok Sewa Aayog examination when I was at the Ilam posting. I passed the written examination, but could not succeed in the interview. Another time, I appeared in the Lok Sewa Aayog examination when I was working at Biratnagar and got approval for permanent service.

- **Solu Hospital, Phaplu (March 1991 –January 1992)**

I got entry into the health care system as a permanent medical officer under the Ministry of Health. My first posting was at Solu Hospital, Phaplu. I was very pleased to be posted and I enjoyed the 30-minute flight from Biratnagar to Solu. I was also happy that the hospital was very near to the airport. There were three doctors in the hospital. After the completion of the hospital work, I enjoyed walking most of the days to many “Gumbas”, eating apples from the tree, and drinking apple wine with apple chips. I worked there for a year.

- **Hetauda Hospital, Hetauda (February 1992 – June 1993)**

I was transferred to Hetauda Hospital. There were four doctors taking care of a good number of the patients. After staying there for five months, I moved to B.P. Koirala Institute of Health Sciences, Dharan in July 1993.

- **B. P. Koirala Institute of Health Sciences, Dharan (BPKIHS)**

In those days, despite my multiple attempts at a postgraduate course out of Nepal, I was left behind. I joined this institute on 23rd July 1993 with the hope of joining a postgraduate program in any of the institutions in India. After resigning from my permanent job in the Ministry of Health and two weeks of stay in BPKIHS, I was given an opportunity to upgrade to MD, Community Medicine Program at Jawahar Lal Institute of Post Graduate and Medical Research (JIPMER), Pondicherry, India. JIPMER is one of the best institutes in India for teaching, learning, service and research. I was very much impressed by the environment and people in South India, being very friendly. Professors, teachers, and staff were very simple, honest, and approachable. My stay in the Harvey house (PG hostel) was a very memorable experience. My head of the department, my guide, and my mentor Prof. Dr. D. K. Srinivasa were very helpful and trained me on many aspects, which I could not explain in words. I would like to thank him from my heart. Simply, I could say that what I have achieved today is because of his great contribution to me. All other faculties were very helpful; I must

mention one name, Prof. Dr. Gautam Ray, (then Asst. Professor), who was my co-guide and great friend. This strong friendship continues today. My postgraduate thesis topic was “Epidemiological Study of Road Traffic Accident Cases Coming to JIPMER, Pondicherry”.

I worked very hard in the MD course for 3 years and graduated with a gold medal from Pondicherry University. For 35 years in the history of the university, I was the second person to receive a medal in 1996 and the first foreign candidate to achieve the award.

I returned to BPKIHS, Dharan on 16th May 1996 and was appointed as a senior resident in the Department of Community Medicine. I worked with distinguished faculties from India in the department. I was given two important tasks, the first one was related to the implementation of the Direct Observed Treatment Short course (DOTS) in Sunsari district with the District Health Office (DHO) and Britain Nepal Medical Trust (BNMT), and the second one was related to pulse polio.

I focused on the field of injury, tuberculosis, and polio and was very serious and sincere, which shaped my career. I had the good opportunity to lead or co-investigate in many projects with national and international funding and collaboration.

My first publication is about National Immunization Day (pulse polio) awareness in Sunsari district, published in Bulletin, WHO, Geneva, 1999. This was a great motivation for me towards more research work and paper publication.

I published many articles in the field of injury and got the opportunity to represent Nepal in SEARO and many countries.

BPKIHS was the first medical institute to establish a DOTS center in 2000. In the initial years of the teaching-learning activities of Tuberculosis (TB) for MBBS students, it was spread over many semesters and was modified to be included in a defined period of time. BPKIHS TB teaching module was developed and the teaching-learning activities were set for a complete week in a single setting with active participation from all the concerned departments in our institute with the provision of a field visit to the DOTS center. The students provided very good feedback and we published the findings of the feedback in the Regional Health Forum, SEARO 2003. I was invited to speak about the BPKIHS TB teaching module and DOTS Centre experience at a WHO meeting in AIIMS, New Delhi in 2001.

Projects/ Surveys

During my 30 years of experience in BPKIHS, we were able to complete many surveys and projects. My research works contributed significantly to public health and BPKIHS as well. I must mention some of them which I felt were very important.

- Sunsari health survey -1994
- Sunsari Health Interview Survey -1996
- Study of Health institutions of eastern Nepal - 1999
- EPI coverage in Sunsari District -1999
- District TB surveillance, Sunsari -1999
- Evaluation of Safe Motherhood program in Sunsari -1999
- Study of Health Aid Program in BPKIHS -2000
- Role of Medical College in TB Control -2003
- Human Resource and Infrastructure Survey on Injury Prevention and Trauma Care in Nepal - 2003
- Study of Diphtheria, Pertussis and Tetanus cases in Nepal - 2004
- Study of Road Traffic cases at BPKIHS -2004
- Road traffic Injuries - An emerging problem in Nepal -2005
- Evaluation of Training Medical Students on DOTS at BPKIHS-2003
- Preparation of Community Diagnosis Module - 2008
- Socio-economic impact of BPKIHS on Dharan town- 2019
- Addressing the double burden of disease: improving health systems for Non-Communicable and Neglected Tropical diseases - 2016 - 2019
- PEP++ project (drug trial for the prevention of Leprosy) - 2021- 2023

Post-graduate Thesis:

As a Chief guide and co-guide, I have been involved in many theses of the postgraduate candidates in MD-Community Medicine and Tropical Diseases, MD-Hospital Administration and Master in Public Health at BPKIHS.

Conferences, Workshops, Trainings, and Seminars

I have participated in many national and international conferences, workshops, trainings, and seminars as a resource person, invited speaker, panelist, and trainer. Some of the most important ones are mentioned here:

- International Conference on the Role of the University in Health Research for Development, Madras, India, 5 - 9 February, 1995
- Third International Oncology Conference TUTH Kathmandu, Nepal, September 1996. Presented paper "Smokers and Smoking in Sunsari"
- International Conference on Reproductive Health, 15 - 19 March 1998, Mumbai India. Presented paper entitled "A Profile of DMPA or Depot-Provera Acceptors at a District Hospital of Nepal"
- International Conference "Training Professional for Further Health Care" September 5 - 10, 1999, Linkoping, Sweden, Presented paper "Evaluation of EPI Vaccine"
- International Conference on Knowledge Management of Resourcing Public Health, Clarification of Concepts and Enabling National Process, 19 - 22 March 2001, Bangkok
- 34th Public Health Association of Australia Annual Conference, Mobilizing Public Health in Adelaide, Australia. 29 September - 2 October 2002. Presented Paper "Safe Motherhood Programme in Sunsari District – A Survey from Nepal"
- 36th Union World Conference on Lung Health, 18 - 22 October 2005, Paris, France, Presented paper "Role of Medical School in TB control: the experience of Nepal"
- Regional Conference on Revitalizing Primary Health Care, 6 - 8 August 2008 Jakarta, Indonesia
- SAARC Second Conference on TB, HIV/AIDS and Respiratory Diseases, 15 - 18 December 2008, Kathmandu – Resource Person, Guest Lecture- "Role of Medical School in TB Control: A Nepal Experience, presented papers – "TB/HIV co-infection status among the newly diagnosed TB patients: "A study from eastern Nepal" and BPKIHS TB module: An innovative way to teach tuberculosis to medical undergraduates", chairperson for free paper sessions on HIV/AIDS control
- 24th All Nepal Medical Conference, 15 - 17 April, 2009. Presented paper – "Five Star Doctor for 21st Century: A BPKIHS endeavor for Nepal" and guest speaker "Revitalizing Primary Health Care: Nepal Perspective"
- World Congress on Public Health, Kolkata, 11 - 15 Feb 2015. Presented a paper "Impact of Community Health Programs in Teaching Districts of BPKIHS, Dharan Nepal"

- 13th Asia Pacific Medical Education Conference 13 - 17 Jan 2016, Singapore. Presented a paper "Use of teaching districts for training medical graduates – An innovative approach from Nepal"
- IANPHI (Public Health Institutes of the World) Annual Meeting 17 - 20 October 2006, Shanghai, China
- World NCD Congress, PGIMER, Chandigarh, India, 4 - 6 November 2017. Presented paper - Addressing the double burden of disease: improving health systems for Non-communicable and Neglected Tropical Diseases
- 3rd National Conference of Nepalese Society of Community Medicine 13 - 15 August 2022, Kathmandu. Chaired a session and talked as keynote speaker on the topic "Community Based Studies of Diabetes in Eastern Nepal. Dr. Nilambar Jha's oration medal and citation were given to Dr. Rajesh S. Pandav, WR, WHO, Nepal
- WHO Regional Workshop on "Primary Health Care Policy Review", 12 - 13 June 2001, New Delhi, SEARO Workshop on Evidence for Health Policy: Burden of Diseases, Cost-Effectiveness and Health System, Bali, Indonesia, 19 September - 9 October 2000, Harvard University and WHO
- PIS workshop for WHO-supported project for Human Resource and Infrastructure Survey on Injury Prevention and Trauma Care in South-East Asia, 22 - 23 November 2002, Bangalore, India
- Workshop on Health System Performance, Kathmandu, Organized by WHO and Management Division, Dept. of Health Services, Nepal, 21 - 22 July 2003
- Inter-country training workshop on tools and methods for Health Measurement, 17 - 22 November 2003, Yangon, Myanmar
- Quantitative models for evaluation of tropical disease control 8 - 20 January 2005, Yogyakarta, Indonesia
- Workshop on competency-based curriculum development 24 April - 5 May 2005 – Organized by BPKIHS and Boston University
- Developing Curriculum and Module to strengthen Primary Health Care to support the attainment of MDG's Goals. 8 - 10 August 2008. Jakarta, Indonesia
- Workshop on Advances in Medical Education, August 2006, COMS, Bharatpu, Nov. 2006 NMC, Nepalganj, Lumbini Medical College Palpa -2017
- Training of District Public Health Officer on Public Health Management, 28 - 30 Jan. 07, BPKIHS, Dharan, and WHO
- Research Methodology. 9 - 13 March 2008 for all first-year MD/MS residents of the National Academy of Medical Sciences (NAMS), Kathmandu
- Policy research institutions and evidence-based research informing policies to accelerate health-related Sustainable Development Goals (SDGs) 5 December 2016, Islamabad Pakistan

- As an expert for “Must Know Areas in Community Medicine” workshop in the 3rd IAPSM Young Leaders’ National Conclave in AIIMS, Bhubaneswar, India, 10 - 12 November 2022
- Technical consultation on violence and injury prevention. IIT, New Delhi, 17 - 18 September 1999

Expert, Resource Person, and Member

- International consultation on “Towards Unity of Health” 6 - 8 February 2001, WHO, BPKIHS, Dharan, Nepal. Newsletter Network of Community-oriented educational institutions for Health Science 1997
- Regional Consultation and Technical Workshop on Health Systems Performance Assessment WHO/ SEARO, New Delhi, 18 - 21 June 2001
- Resource Person - AIIMS - WHO Meeting on the Involvement of Medical Schools in TB and STD/HIV Control, 28 - 30 November 2001, New Delhi, India
- Consultant from Nepal - WHO supported project for Human Resource and Infrastructure Survey on Injury Prevention and Trauma Care in South–East Asia, 22 - 23 November 2002, Bangalore, India
- Member - International Editorial Board - Journal of Health Management, From Indian Institute of Health Management, Jaipur, India 2003 - 2006
- Consultant - Review of Epidemiology of Diphtheria, Pertussis and Tetanus in Nepal - 2004. Funded by WHO, Nepal
- Expert - Community-Based/Community Oriented Education - Expert Assistance list in the newsletter of the University of Maastricht, Netherlands, June 1998
- Technical consultation on violence and injury prevention, IIT, New Delhi, 17 - 18 September 1999
- International consultation on “Towards Unity of Health” 6 - 8 February 2001, WHO, BPKIHS, Dharan, Nepal. Newsletter Network of Community-oriented educational institutions for Health Science 1997, 27
- Regional Consultation and Technical Workshop on Health Systems Performance Assessment WHO/ SEARO, New Delhi, 18 - 21 June 2001
- Resource Person - AIIMS - WHO Meeting on the Involvement of Medical Schools in TB and STD/HIV Control, 28 - 30 November 2001, New Delhi, India
- Member - Clinical Epidemiology Unit, BPKIHS, Dharan 2002 onwards
- Member - IMCI Core Group, BPKIHS, Dharan. 2002 onwards
- Consultant from Nepal - WHO supported project for Human Resource and Infrastructure Survey on Injury Prevention and Trauma Care in South–East Asia, 22 - 23 November 2002, Bangalore, India
- Member - Taskforce for BDS internship program 2002, BPKIHS, Dharan

- Member - International Editorial Board – Journal of Health Management, From Indian Institute of Health Management, Jaipur, India 2003-2006
- Member - Academic Committee, BPKIHS – 2002 -2005 and 2008-2011
- Examiner in BPKIHS for MBBS from -2000, MD -2005, and MPH 2006 onwards till date.
- Member - BPKIHS Insurance Committee 2004
- Member - BPKIHS Health Professional Education Core group – 2004.
- Consultant - Review of Epidemiology of Diphtheria, Pertussis and Tetanus in Nepal - 2004. Funded by WHO, Nepal
- Team Leader - Extension of certificate level program to Mechi Zonal Hospital, 2004, Supported by WHO
- Examiner for undergraduates, postgraduates and MPH for BPKIHS, Kathmandu University, Purwanchal University Tribhuvan University, Patan Academy of Health Sciences, and JIPMER Puducherry, India

Nepalese Society of Community Medicine

I had a big dream to form the Nepalese Society of Community Medicine. With all our effort it was established in 2017. I was the president of the society from 2018-2020. The Nepalese Society of Community Medicine has started honoring an eminent person in the field of Community medicine and Public health with the “Dr. Nilambar Jha Citation and Oration Medal” in its 2nd conference in 2020. The First Medal was given to Prof. J P Mullai from the Department of Community Medicine, Christian Medical College, Vellore. The Second Medal was given to Dr. Rajesh Pandav, WR, WHO, Nepal in 2022. I was given the title of the “Father of Community Medicine”. The title was popular even in the quiz.

Karnali Academy of Health Sciences (KAHS), Jumla

I was appointed as the founder rector of Karnali Academy of Health Sciences, Jumla in the year 2012 by the Ministry of Health for four years. However, I had to return in 2014 to BPKIHS only after two years of deputation due to personal reasons. That was a great experience to start an institute like BPKIHS in such a remote area of Nepal. Many people including the officials of the Ministry of Health asked us why we wanted to open a medical college in Jumla. The answer was simple- it is the mandate of the Nepal Government and the act is passed by the parliament.

We had a very difficult time managing the Karnali Zonal Hospital and also convincing the people of Jumla to understand the importance of the institute. With the experiences that I had from BPKIHS, we formulated a very motivating salary scheme

for the faculties working in the remote place. Faculties were attracted to the institution. As for the academic part, we were able to start a certificate nursing course and prepare the curriculum of Health assistant which led to the foundation of the hundred-bed hospital. Now, I am very pleased to know that the MBBS and MD courses are started in KAHS with many community-based teaching/learning, service and research activities. My support and best wishes are always with KAHS.

Administrative Experience:

1. Member - Academic Committee, BPKIHS - 2002 - 2005 and 2008 - 2011
2. Senate Member - BPKIHS Governing Council - 2006 - 2009 and 2022 - 2025
3. Head of the Department of Community Medicine - 2007 - 2009
4. Chief, School of Public Health and Community Medicine from 2009 to 2011, 2014-2017
5. Rector, Karnali Academy of Health Sciences, Jumla from 28-08-2012 to 01-09-2014
6. Member of Executive Committee BPKIHS from 2014 to 2016

Reward, Fellowship, and Life Member

- Gold Medal - MD (Community Medicine) 1996 - Pondicherry University
- WHO 3 months Fellowship for training in Medical Education - India, 1997
- First Prize for the paper “Study of Awareness, Opinion, and Beliefs about HIV/AIDS among School Teachers of Dharan Nepal” - 7th Annual Scientific Program BPKIHS, Sep. 2002
- Third prize for the paper “Six Weeks Public Health Field Program of Medical Students from China: An Experience from Nepal in 22nd Annual National Conference of Indian Society for Medical Statistics, JIPMER, Pondicherry, India (19-23 January 2005)
- Member of International Epidemiological Association 2005/2006
- Oration - Mrigendra/ Samjhana oration medal - 25th ANEMECON, 24th Feb 2011, Nepalganj
- Distinguished speaker invited by Nepal Public Health Foundation, “Community-Based Medical Education and Research In Public Health” Journey from Medical Officer to Professor, 30th June 2023, Kathmandu
- Life Member - Society of Public Health Physician Nepal - 2004
- President - Rotary Club - ID - 60968, Dharan, Ghopa, Nepal - 2007/2008
- Member - Tropical and Infections Disease Centre BPKIHS. Core group - 2008
- Coordinator - Committee for the Koshi Flood Victims, BPKIHS, 2009

- Member - Executive Board, Nepal Health Research Council, Kathmandu 2005-2008
- Life member - Nepal Medical Association - No. 1330, Indian Association of Preventive and Social Medicine - No.821, Journal of Preventive and Social Medicine - No. 1084, India CLEN- No-N13-8-2004, Indian Society of Health Administrators 2006 December
- Coordinator - Committee for evaluation of the present position of human resources (teachers and staff) in BPKIHS and its projection for the future, 2010
- Founder Member - Rotary Club, Dharan, Ghopa
- Founder member - Nepal Public Health Foundation
- Founder member - Nepalese Society of Community Medicine
- President - Nepalese Society of Community Medicine, 2018 - 2020

Community-Based Medical Education (CBME)

When I joined BPKIHS in 1996 as the first MD of community medicine, I had to struggle very hard to make doctors, health professionals working in the Government Health System, and Paramedical and people understand the discipline of Community Medicine. Because MPH was thought of as the highest degree and many People in the Ministry of Health had an MPH degree and they were the key persons in the health system of Nepal. Another factor was that MD/MS courses in all disciplines were established in the Institute of Medicine (IoM), Maharajganj except Community Medicine. Because of the recognition of BPH, MPH, and other courses in their institution, they were not interested in the MD, Community Medicine program. After many interactions and great effort, MD, Community Medicine program was started in 2023 in IoM. At BPKIHS, the program was started in 2000 along with all other MD/MS courses. Now School of Public Health and Community Medicine, BPKIHS runs the programs, MD, Community Medicine and Tropical Diseases, MPH, and MD, Hospital Administration.

After my joining, I started teaching community Medicine for MBBS, later on to BDS and B Sc. Nursing. We started CBME in BPKIHS from its inception with the help of WHO. Multi-professional Education (MPE) is now recognized as the cornerstone of community-based education programs. This is especially important since there is a need for the various streams of training to appreciate the roles of each other. A shift in the location from classroom to clinical and community setting whenever feasible will enhance the extent of interaction. The “Ivory tower” concept of teaching institutions is no longer acceptable worldwide. The gap between producer and consumer needs to be bridged, at the same time, the role of the allied health workforce needs to be appreciated. Our multi-professional community health assessment program is an initiative in this direction. Feedback from students is encouraging. The community

community benefit is intraocular. BPKIHS has adopted an integrated, partially problem-based, organ system and community-based curriculum for medical graduates. The various field programs related to community diagnosis, health care delivery system, family health exercise, epidemiology for health management, managerial skills for health services, and learning in fields are incorporated into the MBBS curriculum. Five months of posting during the internship program in zonal and district hospitals and one month in the district public health office and primary health center are unique programs to make its product more socially accountable. Such exposure to MBBS students makes them attain a five-star status, i.e., caregiver, decision maker, communicator, community leader, and manager. Thus, BPKIHS is working as a pioneer in an endeavor for "Five-Star Doctors for the 21st Century".

Having talked about my journey in community-based medical education and research in public health, I want to suggest to younger colleagues that whatever you choose, in whichever field you want to work in, first decide timely and carefully by looking it's all aspects (including the environment and ecosystem) and be determined, and only then go to that field. Once you enter that field, never look back, opportunities will come, and then grab them in time. You will be successful in life and win the game. Like, the great poet, Laxmi Prasad Devkota has said that "You must have a goal to touch the moon". Like that, we must have a big goal in life with a realistic vision for the future.

Now, I conclude by saying be healthy and happy and try to make people healthier and happier. This is the soul of Community Medicine and Public Health. This will give you real satisfaction in your career and life.

I would like to thank my respected brother Dr Mahesh Maskey and the Nepal Public Health Foundation team for providing me with this great opportunity.

I am very grateful to my parents, family, and relatives for their tremendous support throughout my life. I feel very obliged to the guidance of teachers, mentors, and colleagues. I honestly appreciate all my students for their contributions to my great achievements.

JAY MAA DURGA!!!

About Nepal Public Health Foundation

Nepal Public Health Foundation (NPHF) was established in April 2010 by a group of public health specialists and activists as an independent, autonomous, non-political, and non-profit organization. It was founded with the mission of ensuring civil society's pro-active participation in public health via coordinated public health action, research, and policy dialogue for health development, particularly of the socioeconomically marginalized population. NPHF aims to prioritize public health action and research areas and facilitate interventions in collaboration with national and international partnerships, with special emphasis on building community capacity for healthcare. Through high-quality research, NPHF is committed to strengthening the health system by generating quality evidence for the policy formulation process. Health policy and system research, social determinants of health, nutrition, maternal, child, and sexual and reproductive health are its major focus areas. Since its inception, NPHF has taken initiatives to advocate for the relevant public health issues at the national and regional levels. Besides, it has established good linkages with academic institutions, civil society, and different non-governmental organizations.

Objectives of NPHF

- Engage public health stakeholders for systematic review and analysis of existing and emerging health scenarios to generate policy recommendations for public health action, especially in the context of the changing physical and social environment, the increasing health gap between the rich and the poor, and the impact of other sectors on health.
- Prioritize public health action and research areas and facilitate pilot interventions in collaboration with national and international partnerships, with special emphasis on building communities' capacity.
- Strengthen the health system through systems thinking to effectively respond to the problems of public health.
- Support and establish existing or new community-based public health training institutions.
- Ensure continuing public health education (CPHE) by disseminating the latest advancements in public health knowledge and research. We publish books, monographs, educational materials, and self-learning manuals.



OUR VISION

Ensuring health as the right & responsibility of the Nepali people.



OUR MISSION

Health efforts focusing on the socio-economic minorities.



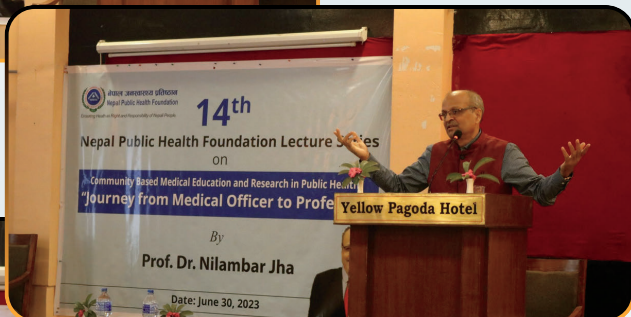
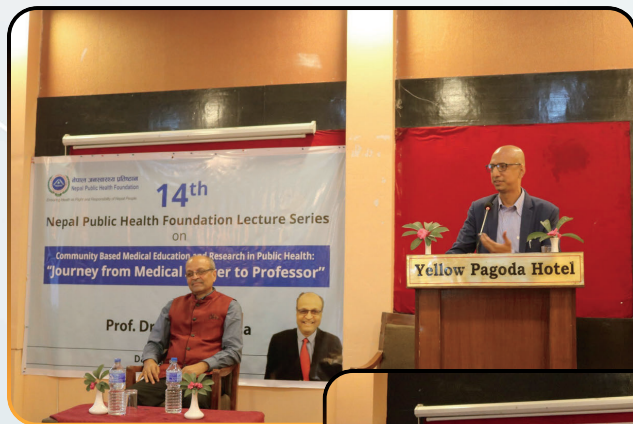
OUR GOAL

Ensure proactive civil society involvement in public health.

Thematic areas of NPHF Activities

- Health Policy and Systems Research
- Human Resource Development
- Communicable Disease Control
- Non-Communicable Disease Control
- Nutrition Research
- Maternal and Child Health
- Disaster Prevention and Management
- Coordination, Advocacy, and Communication
- Social Determinants for health
- Health Economics
- Health Technology Research
- Epidemiology, Biostatistics, and Demography
- Health Promotion and Social Mobilization
- Environmental Health and Hygiene Research

Glimpses of 14th NPHF Lecture Series:





PROF.DR.NILAMBAR JHA

**MBBS (Stanley Medical College, Madras University, India) , MD, Community Medicine (JIPMER, India),
Diploma in Health System Management (Israel)**

Current Experience:

- Professor, School of Public Health & Community Medicine, B.P.
- Koirala Institute of Health Sciences, Dharan, Nepal.
- Founding Member, Nepal Public Health Foundation.
- Trainer for various national program specially IMCI, DOTS, PEN package & immunization.

Former Responsibilities:

- Chief, School of Public Health & Community Medicine.
- Rector, Karnali Academic of Health Sciences, Jumla, Nepal.
- Executive board member, Nepal Health Research Council.
- Permanent employee in district, zonal & regional hospitals under the Government health system of Nepal.
- Involved in teaching, service, research and training of health professionals in medical education, vaccine preventable, vector born, communicable & non- communicable diseases.
- He has more than 140 nationals & international publications.