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"To make our best better"

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# CHARAK INSTITUTE OF HEALTH SCIENCE

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## News Letter *Annual*

Volume-1

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Associated with



### RUNNING PROGRAM

- General Medicine (H.A.)
- Diploma in Pharmacy
- PCL in Nursing

### OUR FEATURES

- 22 years of successful teaching in General Medicine, Diploma in Pharmacy & PCL Nursing in Gandaki Province.
- Own modern infrastructure: building, labs, e-library, library, hostel & playground.
- Runs with its own academic calendar in a student-friendly environment with expert faculty.
- Consistently produces excellent results in licensing exams.
- Students practice at own 100 bed Charak Memorial Hospital and Government Health Institutions.
- Graduates are first choice of employers and assured jobs through hospital/organization contracts.





**Chairman's Message****Mr. Kapil Pokharel**

It is with great pride and pleasure that I extend my warm greeting to all as we launch the inaugural edition of our college newsletter. This initiative marks a significant milestone in our journey to foster transparency, communication and a sense of unity within the college family. Health Science is a field that constantly evolves, and with it, so must we as an institution, as educators, and as future healthcare professionals. This newsletter will serve as a platform to share important updates, recognize achievements, highlight innovations and reflect on the impactful work being done across our college and beyond.

I encourage all the students and faculty to actively engage with this platform whether through contributor, ideas or feedback as we continue to grow together in pursuit of excellence in health education.

It gives me great pleasure to share the very first edition of the Charak Institute of Health Science Newsletter. This publication marks an important step toward highlighting the academic, clinical, and community activities of our students and faculty. Charak Institute remains deeply committed to delivering quality health education and nurturing compassionate healthcare professionals. Through this newsletter, we aim to strengthen the connection between students, faculty, staff, and the broader community.

On this special occasion, I would like to extend my heartfelt best wishes to all our students, faculty members, and the entire Charak team for continued success and a bright future ahead.

**Managing Director's Message****Mr. Ramchandra Regmi****Campus Chief's Message****Mr. Keshab Raj Adhikari**

It gives me great pleasure to announce the launch of our first newsletter, beginning with this academic session. This marks a new step forward in strengthening communication, celebrating achievements and keeping everyone informed and connected within our college. Through this newsletter, we aim to highlight important academic updates, student/ faculty accomplishments, community activities that inspire us to grow as future healthcare professionals. We believe that learning extends beyond classrooms and this initiative is one of the many ways we hope to build a more informed, engaged and inspired academic environment.

College offers diversity of health programs inclusive of General Medicine, Diploma in Pharmacy and PCL Nursing. Besides predefined curriculum, it has emphasized more on execution of endeavors that truly empower students with the knowledge and skills needed to drive progress and innovation. Experiencing 22 years of academic excellence, it ensures the vision towards Make our best better of students.

I invite you all to contribute, share and stay connected as we begin this new chapter together.

**Asst. Campus Chief's Message****Mr. Rajib Psd. Koirala**

I extend my warm greeting to all as we launch our college newsletter. As we move forward in this academic session, I would like to express my heartfelt appreciation for the dedication, resilience and hard work each one of you continues to demonstrate. Our college remains committed to excellence in healthcare education. We are building a future of skilled, compassionate and ethical health professionals. We have seen remarkable achievements in community/ hospital internship activities and best academic result. I encourage all our students to remain focused, make use of all learning resources available and engage actively in practical learning. Thank you to our faculty for your continued mentorship and tireless efforts in shaping the next generation of healthcare leaders.

It is with great pleasure that we introduce newsletter of our college providing new platform for communication and engagement. As the Administrative Officer, I am delighted to share this exciting milestone with you all.

This newsletter represents our commitment to fostering a vibrant and informed college community. It will serve as a valuable resource, providing updates on academic achievements, upcoming events, important announcements, and insightful features that reflect the diverse talents and initiatives within our institution.

We envision newsletter as a space where students, faculty, and staff can connect, share their accomplishments, and stay informed about the latest happenings at college. It is our hope that this platform will strengthen our sense of community and encourage active participation in all aspects of college life.

**Admin Officer's Message****Mr. Dipesh K. Subedi****Message from HOD General Medicine**

It gives me immense pleasure to connect with you all through this newsletter. The Department of General Medicine continues to uphold its commitment to quality technical education, producing competent and compassionate healthcare professionals who are contributing significantly to Nepal's healthcare system.

**Sagar Dawadi**

Over a few past years, we have made meaningful strides in both academic and clinical training. Our curriculum continues to evolve to meet national health priorities and global standards. Our focus remains on student-centered learning, ethical medical practice, and hands-on clinical exposure, even in the face of ongoing challenges in the healthcare sector.

I would like to extend my heartfelt gratitude to our dedicated faculty, clinical instructors, and administrative staff who tirelessly support the academic journey of our students. I also commend our students for their resilience, enthusiasm, and pursuit of excellence.

We aim to enhance our collaborations with Charak Memorial Hospital and Health Institutions, integrate more innovative teaching methods, and strengthen our monitoring and evaluation systems to ensure high-quality outcomes.

**Motivation & Orientation Session**

College has conducted motivational session to newly enrolled students of PCL Nursing, General Medicine & Diploma in Pharmacy dated on 25 Bhadra 2081. Mr. Prem Pokhrel, a guest motivational speaker, was invited to deliver an inspiring and meaningful speech. He encouraged students to stay positive. Set clear goals, and be consistent in their efforts one of the most memorable parts of the session was when he performed a creative demonstration using jars and pebbles and marbles, this activity showed students how to manage time and set priorities in life. It reminded us to focus first on the most important things, making time for smaller task and activities.

The year begins with an orientation session to welcome newly enrolled students of PCL Nursing, GM & DPH dated on 24 Bhadra 2081 and other regular students of Nursing, GM & DPH 2nd and 3rd year students were on 09 Asoj 2081 and 25 Kartik 2081 respectively. The main aim was to help first year students adjust to a new academic environment and understand what to expect in the coming years. We were introduced to the course structure; subject outlines internal assessments, and examination patterns. The session also explained the rules and regulations of the college, including attendance requirements, academic policies, which are important for maintaining discipline and responsibility.

Overall, the orientation created a warm and welcoming atmosphere, gave students the right mindset to begin their academic journey, and helped build a strong foundation for the rest of the year.



## Clinical Posting of General Medicine 2<sup>nd</sup> Year at Charak Memorial Hospital

Department of General Medicine has conducted the 56 days Clinical Posting of General Medicine 2<sup>nd</sup> year at Charak Memorial Hospital. from Falgun 1<sup>st</sup>, 2081, as part of their Curriculum. A total of 39 students attended the clinical posting. Under the supervision of instructor/ supervisor Dr. Sandesh Parajuli with a proper duty roster. Objectives of the clinical posting is to do the activities and procedures practically which had already been taught in theory and to observe different medical procedures, medicines, medical equipments etc.

In this clinical posting students were rotated in 7 departments for eight days to initiate/observed the different types of cases. Each department included a group of 6 students with one student in charge which has their own objectives. Each day supervisor conducted the pre and post conference with students at the hospital.

The clinical posting included case study, history taking, physical examination and an interactive communication with the patients. The staff members of the hospital also helped the students link the gap between the medical knowledge and medical practice of the students. The duty



in-charge/ supervisor took the attendance of the students two times in the shift i.e. at the pre and post conference time. The students had their diary to note down the patient's history, medicine name, doctors counselling and different new medical related terms and knowledge.

The clinical posting helped the students cooperate with different types of cases and also reinforced the student's ability to deal and manage with different types of medical conditions. Not only helped build up ability, but also built up the student's practical understanding about different medical procedures and surgeries. Head of department and other faculty coordinators applauded the diligence and eagerness manifested by the students in implementing the clinical posting.

## Botanical and Zoological Field Visit to Lumle (A Journey Through the Botanical and Zoological Wonders)

College has organized a botanical and zoological field visit at Lumle dated on 21<sup>st</sup> Baishakh 2025 for GM 1<sup>st</sup> year and Baishakh 28<sup>th</sup> 2025 for DPH 1<sup>st</sup> year students. A total of 39/40 students attended the field visit along with their botany teacher Mrs. Radhika Regmi and zoology teacher Mr. Subhas Chandra Bastola. Primary goal of this educational field visit to Agriculture Research Center Lumle was enriching students' practical knowledge in botany and zoology. As a region known for its rich biodiversity and agricultural research initiatives. It helped the students to identify, classify local flora and fauna and knowledge on biodiversity conservation.

Mr. Krishna Bharati as a guide from LAC gave a brief introduction about LAC. He was well versed in the knowledge regarding the crops plants as well as some animals that were present in the research premises. His expertise could be seen by the way he explained everything vividly.

The trip helped the students get important knowledge as well as experience on how different plants are grown. This visit itself was a mesmerizing experience for them all and a fruitful one in terms of knowledge as well.

## Guest Lecture on Ending LGBTQ Stigma and Discrimination

On Poush 4<sup>th</sup> 2081, College has organized a guest lecture for the students of General Medicine 3<sup>rd</sup> year on Ending LGBTQ Stigma and discrimination. Technical support was provided by Naulo Bihani Pokhara and session was facilitated by leader of the Rainbow Youth Nepal, Bindu Pariyar. A total number of 40 students were participated on the session.

The program included an interactive awareness session, poster presentations and door to door counselling. The facilitator introduced themselves, their objectives and goal of the session. The main objective of the program was to make student aware about LGBTQ and why they are discriminated. This session focused on misconception and their challenges the LGBTQs face during the life time.

This session not only helped raise awareness but also strengthened the students understanding on LGBTQ sigma and discrimination. Faculty coordinators and the facilitator praised the interest and love the student showed towards them.

## School Health Program

Students of General Medicine 3<sup>rd</sup> year successfully conducted the school health program on Accident and its Prevention, Gender Based Violence, Reproductive Health, Personal Hygiene, Mental Health on Mansir 27<sup>th</sup> & 28<sup>th</sup>, 2081 at 10 schools of Pokhara Metropolitan City. The main objective of the program was to promote a healthy, comfortable and empowered experiences for individuals and warning adolescents on different adolescents' health problem and globally rising issues attended by the students of class nine and ten. Students discussed the problems, causes, misconception and ways to minimize those problems.

Students also delivered the keynote address focusing on importance on adolescents and their raising issues or problem at that time period.

More than 400 students from classes 9 and 10 were participated in the program. The program not only helped in raising awareness but also strengthened the students to build up their confidence level and practical understanding of communicating among the different age group people. The head of department and the other faculty members commended the conscientiousness and enthusiasm demonstrated by the students during the program.

## Comprehensive Community Field Practicum: GM 3<sup>rd</sup> Year



The Comprehensive Community Field Practicum, Two-month field residential practice of the General Medicine 3<sup>rd</sup> year started from Chaitra 4<sup>th</sup> 2081 for 60 days. It is a clinical, community-based, integrated, comprehensive field experience for building the skills and abilities of the students. It also assists students in developing clinical exposure, preventive mind set and attitude to identify health problems based on the genuine requirements of the community and fix those problems via execution of the Micro Health Project

(MHP). Students sorted into three groups: A, B, and C. the separated groups were sent to three PHCC for two-months in Machhapuchhre RM Wards 6 (Dhital), PMC 16 (Armla) and PMC 21 (Kristi), respectively. Students from each group conducted the cross-sectional descriptive study on a total sample of 400 houses. Data were gathered using both qualitative and quantitative methods where MS Excel was used for analysis. Additionally, students also carried out MHP, FGD & health intervention programs at school and in the community. After the second community presentation, the duty is continued in the PHCC to gain practical knowledge on the basis of read on theory. The staffs and doctors of PHCC guided the students on clinical practices like case study immunization and vaccination, dressing, phlebotomy, suturing and how to interact with local people and handle the emergency situation. Campus Chief Keshab Raj Adhikari, Asst. Campus Chief Rajib Prasad Koirala & HOD, Sagar Dawadi supervised and observed all the activities including community assembly in all three areas.

## Curricular Field Visit: DPH & General Medicine 2<sup>nd</sup> Year



College has organized the curricular field visit at water purification, Biomedical waste management and DDC dated on 16<sup>th</sup> Jesth and Aasad 20<sup>th</sup> 2075 for General Medicine 2<sup>nd</sup> year and Chaitra 8<sup>th</sup> & 15<sup>th</sup> 2081 for DPH 2<sup>nd</sup> year students. A total of 39/40 students were participated in field visit along with the librarian Mr. Deepak Duwadi. Objectives of this visit has improving the student's knowledge on water purification, waste management, milk pasteurization etc. Students were visited on Lekhnath Drinking Water Supply for observing water purification process and District Dairy Corporation for milk pasteurization.

Mr. Rajan Thapa gave a brief introduction about the water purification process. His expertise could be seen by the way he explained everything distinctly. The students were all quick to note all the necessary things in their diary and the students didn't even realize that the time had passed as they were taking notes.

Head of the dairy Mr. Prajwol Adhikari had briefly introduction about their dairy and the milk pasteurization process. The students were taking the essential points about milk pasteurization process and thanked the head at the end for guiding them to educate about the pasteurization process.

Project Assistant of Healthcare Waste Management Center Mrs. Sheela Malla, briefly introduce and guided students to observed and got knowledge about the safe handling of sharps, expired drugs, pathological waste, contaminated materials, safe segregation, collection, treatment, and disposal of biomedical waste and all the process and activities to manage health care waste at this center.

This visit helped the students to get important knowledge as well as observed on how water is purified and milk is pasteurised. This visit itself was a mesmerizing experience for them all and a fruitful one in terms of knowledge as well.



## Comprehensive Clinical Posting General Medicine 3<sup>rd</sup> year, at CMH

Department of General Medicine has conducted curricular 120 days Comprehensive Clinical Posting for 3<sup>rd</sup> year students at Charak Memorial Hospital from Baishakh 14<sup>th</sup> 2082. Forty students had taken part in the clinical posting.

This clinical posting was well organized in a disciplined and in a consistent manner under the full supervision of duty in-charge/instructor Dr. Sandesh Prakash Parajuli. Objective of this posting was to enable students to perform comprehensive clinical assessments-previously taught in theory-and most importantly, to gain hands- on clinical exposure under the supervision of senior staff. Clinical posting included rotations through all the departments in the hospital. Students were divided into pairs and assigned to different departments and shifts (morning, evening, and night) to familiarize themselves with each area. Students were developed meaningful connections with senior staff throughout the posting by actively shadowing consultants and supervisor during ward rounds. Under the close supervision of senior nursing staff, supervisor and doctors the students performed a wide array of activities like, Patient history and physical examination, assisting in procedures such as medication administration, IV cannulation, simple wound dressings and basic emergency support- guided directly by the supervisor and senior staffs, participating in case discussion.

The students had to maintain their daily diary for 120 days and specify it clearly what they did, what their objectives were and what were the new learnings they learnt in a particular department.

Students develop skills on the clinical competence, professional behaviors and empathy through real life

exposure. This clinical posting developed the sense of togetherness between an individual in a family when someone in the family becomes sick, the process of taking a brief history of a patient, counseling to the patients and dealing with their problems, the students were able to get exposure to the OT room which helped them gain a deep knowledge on anatomy and were able to observe the procedure they read on theory through a clinical exposure. This posting not only helped the students to build ability but also build-up students' practical understanding on different medical and surgical procedures. The head of department, faculty members including the hospital staffs applauded the diligence and eagerness to learn manifested by the students in implementing the clinical posting.



## Welcome/Farewell Program to Newcomers and Outgoing Students

As per the annual schedule of college, a formal Welcome& Farewell Program for the PCL Nursing, General Medicine and Pharmacy 21/19 Batch students was organized on Mangshir 14<sup>th</sup> 2081 at college premises. All the fresher & result waiting students were present during the program in which Asst. Campus Chief Mr. Rajib Prasad Koirala & program HODs from each department delivered their welcome and best wishes speech to the participants. All the fresher were welcomed with tika and khada. Graduate students were felicitated with token of love, khada and tika. Honorable Krishna Prasad Pathak, Minister for Health of Gandaki Province, as the chief guest and Chairman Mr. Kapil Pokhrel, as the chairperson of the program and Campus Chief Mr. Keshab Raj Adhikari delivered their welcome and best wishes speech to the students. The formal session was conducted by the instructor, Mrs. Hema Gurung and students whereas the students Manisha Sapkota and Sahiba Khan of second & third year hosted the following informal session with various performances including cultural, musical, entertaining and refreshing activities. Snacks and lunch were also served during the event.



## Message From HOD Nursing

Nursing is more than a profession- it's a calling rooted in compassion, courage and commitment. In today's evolving healthcare landscape, nurses are not only caregivers but also educators, leaders and change-makers. The scope and opportunities in nursing continue to expand-from hospitals to global health, from bedside care to policy leadership.

At Charak Institute of Health Science, we take pride in shaping future nurses with knowledge, skill and heart. Our experienced faculty, practical training and nurturing environment empower students to grow into confident, competent and compassionate professionals. Choosing nursing means choosing to serve humanity and choosing Charak Institute of Health Science means beginning that journey in the right hands.

Here, we don't just teach nursing- we inspire nurses.



**Khushbu Shah**

## A Tribute to Compassion: Lamp Lighting, Oath-Taking & Nepal Nursing Day Celebration



In a heartfelt and symbolic celebration, Charak Institute of Health Sciences observed the Lamp Lighting and Oath-Taking Ceremony along with Nepal Nursing Day- all held on the same day, Magh 15<sup>th</sup> 2081. This special event marked a significant milestone for 1<sup>st</sup> Year nursing students, as they officially stepped into the noble path of nursing through the traditional lamp lighting ritual. The event began with the ceremonial lamp lighting where they took nurse's oath, vowing to

uphold the ethics and responsibilities of the profession.

To honor Nepal Nursing Day, the 2nd Year students prepared a thoughtful segment that included a brief history of nursing in Nepal, shedding light on its evolution and contributions to national healthcare. The program also featured welcome dances, poems, and student speeches along with the encouraging and appreciative speeches from the Campus Chief Mr. Keshab Raj Adhikari, Asst. Campus Chief Mr. Rajib Prasad Koirala & HOD Ms Khushbu Shah. Organized impressively in a short span of time by 2nd Year students, the program beautifully captured the essence of nursing-dedication, service, and pride in one's role as a caregiver.

## Intra College Sports Meet-2081

Promoting Unity, Energy and Healthy Competition, Charak Institute of Health Science organized a three-day Intra College Sports Meet that commenced on Magh 14<sup>th</sup> 2081 and ended on Magh 16<sup>th</sup> 2081. The competition was inaugurated by the Chairman of the college, Mr. Kapil Pokhrel and Campus Chief Mr Keshab Raj Adhikari by handing over the Volleyball to the umpire. In the competition, altogether eleven types of events for both boys and girls including basketball, volleyball, table tennis, Quiz Competition and chess were played. All the events were organized at college premises. Team events were organized year wise program. Following were the winners in different events.



S. N.	GAMES	WINNER
1.	Volleyball (Girls)	PCL Nursing 2 <sup>nd</sup> year
2.	Volleyball (Boys)	GM 2 <sup>nd</sup> year
3.	Basketball (Girls)	DPH 3 <sup>rd</sup> year
4.	Basketball (Boys)	GM 3 <sup>rd</sup> year
5.	Table Tennis (Girls)	Asha Bal, DPH 1 <sup>st</sup> year
6.	Table Tennis (Boys)	Bidhan Wagle, DPH 1 <sup>st</sup> year
7.	Running- 100m (Boys)	Sanish Gurung, HA 3 <sup>rd</sup> year
8.	Running- 100m (Girls)	Ananya Chaudhary, DPH 3 <sup>rd</sup> year
9.	Musical Chair	Binita Chhetri, GM 3 <sup>rd</sup> year
10.	Quiz Competition	Binita Chhetri, GM 3 <sup>rd</sup> year
11.	Chess	Anmol Sharma, PCL Nursing 2 <sup>nd</sup> year

All the winners & runner ups were awarded with medals, trophies and certificates on the closing ceremony of the sports competition. Speaking on the program, the Chairman, Campus Chief & asst. Campus Chief of the college traced to the significant contribution of sports to maintain discipline, team spirit as well as physical and mental fitness of our body. The college organizes such type of Sports Meet annually as a part of the regular co-curricular activities to develop the sense of brotherhood, sisterhood and integrity among the students.



## “Practice Builds Skill; Compassion Builds a Nurse” Leading in Community-Family Health, School Health, MCH: Nursing 2<sup>nd</sup> Year

Nursing 2<sup>nd</sup> year students have completed a school health and family health posting from Falgun 1<sup>st</sup> 2081 to Falgun 28<sup>th</sup> 2081 and MCH posting from Baisakh 2<sup>nd</sup> 2082 to Baisakh 18<sup>th</sup> and Jestha 1<sup>st</sup> to Jestha 18<sup>th</sup> 2082, combining classroom knowledge with real-world application.

Under the supervision of Ms. Hema Gurung and Ms. Mina Pradhan, students visited Urban Health Centre from ward no.1 to ward no.17, Pokhara, where they observed and assisted in antenatal and postnatal care, immunizations, and growth monitoring. These hands-on experiences allowed them to understand the importance of primary care and preventive services in promoting family well-being. In the community, students conducted home visits, where they performed history taking, physical examinations and formal health teaching. These visits were followed by the preparation of detailed reports, helping them refine their clinical assessment and documentation



skills.

As a part of school health programs at Peace Zone Academy and Oxford School, where they delivered interactive health education sessions on different topics which includes personal hygiene, balanced diet, mobile addiction, the effects of fast food and so on. Throughout the program, students not only enhanced their clinical competencies but also built strong community rapport. Their efforts were appreciated by families, teachers, and healthcare staff alike, highlighting the crucial role nursing students' play in community health promotion.

This initiative provided a platform for students to grow as compassionate caregivers and community educators, bridging the gap between health institutions and households. The experience reinforced the value of preventive care and the importance of early health education—starting from the cradle and extending all the way to the classroom.

## Historic Milestone: PCL Nursing 3<sup>rd</sup> Year Participation in Fully Immunized Program Declared by Pokhara Metropolitan

We are pleased to share a significant public health milestone achieved on Baishakh 2082, as Pokhara Metropolitan officially declared complete immunization coverage for children aged 15 months to 5 years across all 33 wards. This declaration marks a proud moment in the journey toward child health and disease prevention in the region.

PCL Nursing 3<sup>rd</sup> Year Students as well as faculty members from Charak Institute of Health Science had the valuable opportunity to participate in this presentation program. Through this experience, the students learned the importance of interdisciplinary collaboration, the role of FCHVs and how local governance and public health teams work together to implement and sustain immunization programs.

The Mayor and Deputy Mayor of Pokhara attended the event and expressed their gratitude to the volunteers and health professionals, while also encouraging future healthcare workers, like our students, to carry this commitment forward. College has proud to support such learning experiences that connect classroom knowledge to real-world impact.



## “Jhaki Rally on International Nurses Day 2025- Our Nurses, Our Future. Caring for Nurses Strengthens Economics”

We are delighted to share that our Nursing students enthusiastically participated in the Jhaki Rally on International Nurses Day with the theme: “Our Nurses, Our Future. Caring for nurses strengthens economies” organized by the Nursing Association of Nepal (NAN), Kaski on Baishakh 28<sup>th</sup> 2025, as part of the International Nurses Day Celebrations.

With immense creativity, teamwork and dedication, our students showcased a vibrant and meaningful tableau based on INC 2025 theme highlighting the role of nurses and the challenges that we nurses are facing these days. Their powerful message, graceful presentation and impactful theme captivated the audience and judges alike. “We are Thrilled to Announce that our Team Secured the 3<sup>rd</sup> Position Among Numerous Participating Institutions!”





### **“Rising Leaders in White Coat” Leadership & Management Posting: at CMH, Nursing 3<sup>rd</sup> year**

Department of Nursing has conducted one-month leadership & management posting at Charak Memorial Hospital for 3<sup>rd</sup> year PCL nursing students from Falgun 1<sup>st</sup> to Chaitra 1<sup>st</sup> 2081. This initiative aimed to enhance students' clinical leadership & management skills by involving them directly in ward management. Under the guidance of instructors, students took responsibility for daily ward activities-assessing care areas, preparing duty rosters and implementing change processes such as pediatric charting and visual aids for improved patient care.

Students also conducted in-service education sessions on infection prevention and burn care, which helped sharpen both skills and knowledge.

Active participation in ward presentations, administrative tasks and hospital functions boosted their confidence and professional growth. This experience nurtured essential leadership qualities and prepared them to step into future roles as competent and compassionate nurse leaders.



### **Learn the art of care in Maternity ward: Matrishishu Miteri Hospital, Nursing 3<sup>rd</sup> year**

The department of nursing successfully created an opportunity to unfold the wave of learning and compassion at Matrishishu Miteri Hospital on the date, Poush 26<sup>th</sup> to Magh 22<sup>nd</sup> 2081 and Baishakh 2<sup>nd</sup> Jesh 4<sup>th</sup> 2082, for Maternity and Gynaecology posting as per the Nursing practicum. This experience was designed to help in applying theoretical midwifery and gynecology knowledge in real life clinical setting. The aim of this posting to learn about abnormal cases, conducting normal delivery, partograph, labour management, primi and multi sets, abnormalities of placenta and cord.

Under the guidance of nursing instructors Ms Khushbu Shah, Ms Manita Kunwar, Ms Anu Basnet, Ms Surakshya Sharma and hospital staffs, students were engaged in a wide range of clinical and supportive activities that enhanced the learning, confidence and critical thinking, especially in high-risk environments like labor rooms. The responsibilities included antenatal, postnatal and neonatal assessments; educating expectant mother through interactive sessions on birth preparedness and breastfeeding and conducting normal vaginal deliveries, followed labor care protocols, managed 3<sup>rd</sup> stage of labor, provided immediate newborn and postnatal care, perineal care, 1<sup>st</sup> stage management, learned about various instruments used in maternity ward, learned to manage PPH. Students were assisted in various procedures, including manual vacuum aspiration and cesarean sections and observed patients with a range of obstetric and gynecological conditions.

This posting significantly contributed to their personal and professional development. The journey was both challenging and emotional. Helping a mother bring a new life into the world is an unforgettable experience. It taught students to be strong, compassionate and quick thinking- qualities essential for any nurse.

### **Empowering Faculties: TOT-ET & SBA Training for Faculties**

In its continuous effort to promote excellence in teaching and professional growth, college has initiated multiple faculty empowerment programs this year. Institution is proud to support its faculty members through targeted training opportunities including 12 days Training of Trainers for Effective Instruction (TOT-EI) for Ms Khushbu Shah, Binita KC and Sixty days Skilled Birth Attendant (SBA) training for Ms Anu Basnet.

These initiatives aim to enhance both theoretical knowledge and practical competency among the teaching faculty. The TOT-EI program focuses on strengthening teaching methodologies, effective classroom communication and innovative instructional strategies-empowering educators to better engage and inspire their students. Today, we have more than five TOT trained person in our college.

Simultaneously, the SBA training provides hands-on clinical skills essential for safe maternal and newborn care. Faculty members undergoing this program gain advanced knowledge in antenatal, intranatal and postnatal care, aligning with the national goals of improving maternal health outcomes.

These training programs not only enrich individual faculty careers but also contribute to the overall academic excellence of the institution. College has continued to prioritize professional development, such initiatives ensure that faculty remain updated with current standards and practices in both teaching and healthcare.

### **Clinical Journey at CMH : Nuturing Skills & Compassion, Nursing 1<sup>st</sup> Year**

Department of Nursing organized a well-structured clinical posting at Charak Memorial Hospital for nursing 1<sup>st</sup> year students from Magh 20<sup>th</sup> 2081 to Chaitra 7<sup>th</sup> 2081. With hands-on exposure and mentorship, students embarked on their initial journey after gaining foundational knowledge and skills in the demonstration lab.

Students were observed & participated in essential procedures such as intramuscular injections, vital signs monitoring, medication administration, patient hygiene and wound care. Their active involvement in bedside nursing care, health teaching and patient communication enhanced their clinical reasoning, confidence and teamwork under the guidance of all



faculty members and hospital staffs.

This exposure bridged the gap between classroom learning and clinical realities, helping students internalize patient-centered care, empathy and professional ethics. The experience played a key role in shaping their identity as competent and compassionate future nurses.

The department appreciates the dedication and progress shown by the students and looks forward to continue growth in upcoming postings.

### **Psychiatric posting at B.G Hospital and Clinical Posting at CMH: Nursing 2<sup>nd</sup> Year**

Department of Nursing organized psychiatric and clinical posting of nursing 2<sup>nd</sup> year students. from Jestha 1<sup>st</sup> to Jestha 14<sup>th</sup> 2082, students expanded their clinical expertise through psychiatric posting at BG Hospital and general clinical rotations at Charak Memorial Hospital (CMH).

At BG Hospital, students were introduced to the complexities of mental health care. Under close supervision of Ms. Anshu Kunwar and hospital staffs, they observed and interacted with patients suffering from various psychiatric conditions such as anxiety, depression, schizophrenia, and substance use disorders. The posting emphasized therapeutic communication, mental status examination, and non-judgmental care, helping students develop empathy and professionalism in handling sensitive cases.

Meanwhile, from Poush 1<sup>st</sup> to 20<sup>th</sup> 2081, from Falgun 1<sup>st</sup> to 28<sup>th</sup>, from Baisakh 2<sup>nd</sup> to Jestha 18<sup>th</sup> and Jestha 1<sup>st</sup> to 18<sup>th</sup> at CMH under the supervision of all faculty members, students rotated through departments such as medical-surgical wards and emergency units, Operation Theater, geriatric ward, ICU, Post-up etc. They practiced basic nursing procedures, patient assessments, medication administration, and documentation- strengthening their clinical judgment and hands-on skills. In addition, students prepared detailed reports regarding the use and maintenance of medical gadgets encountered during procedures and completed thorough evaluations of each procedure performed.

The faculties and hospital staff appreciated the students' active participation, teamwork, and dedication throughout their postings. These rotations marked an essential step in their journey toward becoming skilled and compassionate nursing professionals.

### **Refreshment Program: Overnight Camp to Sikles, Nursing 3<sup>rd</sup> Year**

Third-year students went for overnight camp at Sikles dated on Poush 10<sup>th</sup> 2081. The excitement began as soon as we arrived at the venue. The atmosphere was filled with chatter, laughter and curiosity. Everyone was eager to explore the place and settle into their rooms. As night fell, everyone gathered for group activities such as: campfire,

barbecue, dancing and singing. These moments helped break the ice and created a warm, inclusive environment. Waking up the next morning, we shared breakfast and explored the place surrounded by nature which gave us a sense of calm and clarity. Camp wasn't just about outdoor adventure; it was about personal growth, shared experiences and

the joy of being young, free and surrounded by friends. It is a great experience and opportunity to work as a team, adapt to new environments, appreciate simple joys and create lifelong memories which should be experienced by every student in college life once in a lifetime.



## Community Health Program: "Bridging Classrooms and Communities": Nursing 1<sup>st</sup> Year

Department of Nursing has successfully completed curricular One Month Community Posting at Kajipokhari, Pokhara-14 from Chaitra 17<sup>th</sup> 2081 to Baisakh 12<sup>th</sup> 2082. This experience allowed students to step beyond textbooks and make a real difference in people's lives. The main goal of this posting was to promote, maintain, and protect the health of population, ensuring every individual achieves optimal health under our care. Under the guidance of faculty Ms. Krishna Sunar, Ms. Salina Adhikari and Ms. Susma Acharya, students applied primary health care principles in a practical, real-world setting. Area was divided into 3 clusters; each of the students was assigned five households. Community Posting activities including collecting health-related data such as make population pyramid, find out top ten diseases, and environmental sanitation conditions, home visits, data collection, conducting physical assessments and delivering individual/group health education session on common illness, sanitation, hygiene, water purification, nutrition, immunization etc. These sessions awared and encouraged community people the adoption of preventive health practices.

Community members benefitted from basic checkups, personal counseling and warm, respectful communication our students offered. Many community members expressed gratitude for learning practical steps they could apply in their daily lives to improve health outcomes.

Students concluded with a grand data presentation on their health-related findings and the health progress of the community in the presence of the respected ward chairman Mr. Bodhraj Karki, dignitaries from college and community. This posting not only enhanced their practical skills but also brought real benefits to the people of Kajipokhari on health awareness, access to services and a renewed sense of community well-being.



## Child Health Posting at MMH & CMH: Nursing 3<sup>rd</sup> year



Nursing 3<sup>rd</sup> year students have successfully completed a clinical posting in child health at Matrisishu Maternity Hospital and Charak Memorial Hospital. This posting was held from Magh 1<sup>st</sup> to Falgun 12<sup>th</sup> and Baishakh 1<sup>st</sup> to Aasad 5<sup>th</sup> 2082 as part of the nursing curriculum.

During the practicum, students were actively involved in poster presentations, awareness program, case studies, health teaching, and immunization and counseling sessions. They worked under the supervision of experienced nursing instructors Ms. Khushbu Shah, Ms. Manita Kunwar, Ms. Anu Basnet, Ms. Surakshya Sharma and hospital staff, gaining valuable hands-on experience in child care and family-centered approaches.

This journey not only enhanced students' technical skills but also deepened their understanding of pediatric growth, development and illness. It fostered a sense of empathy, teamwork and professional responsibility-preparing them to nurture young lives with confidence and compassion.

## Disaster Management Training Program

Disaster Management Training Program was held on Ashad 15<sup>th</sup> 2082 at Charak Institute of health Sciences, Pokhara-11, Kaski under the presence of our Campus chief, Mr. Keshab Raj Adhikari and Assistant Campus Chief Mr. Rajiv Prasad Koirala. It was one day training conducted by Mr. Nawaraj Bhandari and Mr. Mohan Singh Khadka representatives of Red Cross Society. DMTP highlighted the importance of knowledge, awareness, skills and practices regarding disaster management to effectively save the life on time by preplanning and utilizing the available resources. It was conducted on two phase; Theoretical phase and Practical phase.

The training was focused on 4 cycle phases of disaster management including Mitigation, Prevention, Response and Recovery. A scenario of fire hazard was created in the college field. Thus, participants got a huge opportunity to practice and drill on how to use fire extinguisher and manage the hazard.



### Message From HOD Pharmacy

I would like to extend my warm regards to all of you as we continue our journey of academic excellence together. As the Head of the Department, I am proud to witness the continued growth, achievements, and dedication of both our faculty and students.

Following the motto “To make our best better”, our department remains committed to fostering a culture of learning, innovation, and integrity. Whether it’s academic excellence or student engagement in various activities, we strive to create an environment that nurtures curiosity, critical thinking, and lifelong learning. We aim to provide a supportive environment where

students can thrive and faculty can flourish in their teaching.

Let us work together to uphold the values of discipline, dedication, and academic success. I encourage each of you to actively participate in curricular and extra-curricular activities, take initiative in your academic growth, and collaborate in ways that uplift our entire academic community. I would like to thank everyone who has contributed to this issue, and I encourage all members of our academic family to stay involved, inspired, and committed to our shared goals.



**Binita K.C.**

### Guest Lecture & World Pharmacy Day Celebration DPH 1<sup>st</sup> Year

On Asoj 9<sup>th</sup> 2081 the department of pharmacy has organized and celebrated World Pharmacist’s Day at college. The event aimed to highlight the importance of the pharmacy profession and motivate students to take pride in their chosen field. Special guests Mr Atis Kaundinnyayana from Pokhara University and Miss Wasita Meesamat from Srinakharinwirot University, Thailand were invited as a guest speaker.

Both guests shared their personal journeys as pharmacy students in their respective countries they talked about the challenges, learning experiences, and achievements. Their stories gave us a better understanding of the path we are walking and encouraged to stay committed & confident. The session was both motivational and eye-opening, helping students gain a clearer vision of their professional future.



### Pharmacognosy Field Visit to Lwang Village : DPH 2<sup>nd</sup> Year



On Baishakh 11<sup>th</sup> 2082, as a part of a curricular field activities, 2nd year Pharmacy students have visited MRM-8 Lwang on herbarium collection focusing for promoting the identification, preservation, and study of medicinal plants. Objectives of this visit were exposure to students on medicinal plants also helped aware students about the importance of plant-based medicines in traditional and modern healthcare systems.

Students collected various medicinal plant specimens from Lwang. Each specimen was properly dried, pressed, labeled with botanical information, and preserved and submitted to Subject teacher. The collected herbarium samples may serve as valuable references for pharmacognosy education and future studies in phytochemistry and natural product research. Students also learned field collection techniques, plant taxonomy, and the conservation importance of native species along with supervisor. Students were gained knowledge & field-based learning on medicinal plants



**Plantation Program: DPH 2<sup>nd</sup> & 3<sup>rd</sup> Year**

On Chaitra 9<sup>th</sup> 2081 Department of Pharmacy has conducted Plantation program focusing on enhancing green cover, improving air quality, and promoting environmental

awareness among residents.

College Chairman Mr. Kapil Pokhrel, Campus Chief Mr. Keshab Raj Adhikari, Asst. Campus Chief Mr. Rajib Prasad Koirala, faculty and students have planted a variety of native trees and shrubs in designated areas in college premise. The initiative focused on selecting species that are well-adapted to the local climate and beneficial to biodiversity. Most of the plants as were of medicinal importance.

Students were observed the dedication and enthusiasm of all involved in creating a healthier and greener environment. The plantation program was successfully completed symbolizing the collective effort toward sustainability and ecological responsibility.

**Community Pharmacy Internship: DPH 3<sup>rd</sup> Year**

On Falgun 15<sup>th</sup> 2082, the third-year pharmacy students started their one month community pharmacy internship as the part of their curriculum activities. Students did their internship at 36 different community pharmacies inside Pokhara valley. Under the supervision of faculty members, students exposed to different community pharmacy areas of this internship was to involve in various tasks including assisting with prescription dispensing, counseling patients on medication use, managing inventory, and learning about the over-the-counter products. The internship aimed to bridge the gap between academic learning and professional practice, helping students develop essential communication and clinical skills.

This event not only helped students improve their leadership skills but also helped them differentiate between the theoretical and practical learning. Also, understood how community pharmacy is regulated.

**Comprehensive Field Visit to Pharmaceutical Industries and Drug Regulatory Authorities: DPH 3<sup>rd</sup> Year**

On Baishakh 8<sup>th</sup> 2082, as part of the academic & curriculum and in keeping with the objectives of experiential learning, real-world exposure to the practical aspects of pharmaceutical science and industry operations: The primary destinations included a local pharmaceutical manufacturing units, hospital pharmacy department with extemporaneous preparation, and drug regulation bodies, such as Lomus Pharmaceuticals, Divine HealthCare Pvt. Ltd., Ayurveda Aushad Utpadan Kendra, Patan Hospital, and Department of Drug Administration, Nepal Pharmacy Council, Nepal Medical Laboratory respectively.

During the visit of the pharmaceutical manufacturing unit, students were introduced on various stages of drug formulation, quality control measures, and good manufacturing practices (GMP). The staff at the facility provided detailed compression, capsule processes. Students also Pharmacy where insight into hospital drug prescription handling, preparation and the patient care.

Students were visited the DDA&NML included with regulatory officers insights into the complex approval, quality, import/export regulations, and post-marketing surveillance. This visit served as a reminder of the pharmacist's role as both a healthcare provider and a guardian of safety. In the bulk pharmacy, students observed the behind - the - scenes work of medicine procurement, storage, and internal distribution to various departments. We would like to comment the students for their enthusiastic participation and thank the institutions and professionals who facilitated our visit. We look forward to conducting more such educational trips that enhance the academic experience and contribute to the holistic development of our pharmacy students.

The field trip helped students bridge the gap between classroom learning and practical application, fostering critical thinking, teamwork, and a deeper interest in their future role as health professionals.



demonstrations of tablet filling, and packaging visited the Patan Hospital students gained firsthand inventory management, extemporaneous pharmacist's role in

drug regulatory bodies guided tours and sessions who provided valuable process behind drug

### School Health Program: DPH 3<sup>rd</sup> Year

On Mangsir 9<sup>th</sup> 2082, the third-year pharmacy students have conducted School Health Program on Antimicrobial Resistance beyond their curriculum activities. The event took place at 10 different schools inside Pokhara valley and had target to educate the secondary level students from those respective schools.

The program included an interactive awareness session, poster presentations, slide presentation by the groups of students. Under the supervision of faculty members, students explained the common misconceptions, and how to prevent resistance of antibiotics. The initiative was met with enthusiastic participation from the school's students. They also appreciated the students' efforts and also encouraged them to conduct more such programs often. The event not only helped raise awareness but also educated the participants about the antibiotics. These programs strengthened the student's practical understanding and community engagement. Faculty coordinators praised the dedication and teamwork shown by the students in planning and executing the event.



### A Transformative Journey: Hospital Pharmacy Internship: DPH 3<sup>rd</sup> Year

On Aasad 8<sup>th</sup> 2082, as a part of the academic curriculum, students were completed a two-week internship in the Hospital Pharmacy at Manipal Teaching Hospital- it was a meaningful and eye-opening experience that introduced students to the diverse and critical roles pharmacists play in a hospital setting. Throughout the internship, students were assigned to different divisions of the pharmacy department, including the Bulk Pharmacy, Inpatient Pharmacy, Outpatient Pharmacy, and Insurance Pharmacy. Each area offered unique insights, responsibilities, and learning opportunities. Also, students learned about stock management, labeling, FIFO methods, and temperature-sensitive storage, which are crucial to ensure continuous

drug supply and prevent wastage. In the inpatient pharmacy, students gained firsthand and exposure to dispensing medications for admitted patients. They observed how doses are calculated and dispensed based on diagnosis, with special attention to high-risk drugs, IV preparations, and pediatric dosing. This section helped us understand the pharmacist's collaborative role with doctors and nurses for ensuring safe and effective medication use.

Moving to the outpatient pharmacy, students dealt directly with patients and their prescriptions. Here they were involved in prescription reading, dispensing, and most importantly counseling patients about drug usage, side effects, storage, and precautions. The insurance pharmacy was another

eye-opening part of the internship where they learned how pharmacists verify insurance claims, check drug coverage, and coordination between the insurance desk, clinicians, and patients. Students understood the importance of proper documentation and substitution when needed, ensuring access to medicines without financial stress for the patient. Overall, this internship helped students connect their theoretical knowledge and practical hospital operations. It strengthened their understanding at pharmacy profession's responsibilities - from medication safety and patient education to system management and affordability

### Government Health Institution Internship at Machhapuchhre RM Kaski: DPH 3<sup>rd</sup> Year

As part of the curricular activities, students completed a three days internship on Jesth 25<sup>th</sup> 2082 at ten government health institution Machhapuchhre RM Kaski-Student were sorted into ten groups & separated groups were sent to the ten Health Post for three days in Machhapuchhre RM Wards 1 to 9. It was a meaningful and eye-opening experience that introduced students to the diverse and critical roles pharmacists play in a government setting. Throughout the internship, students were assigned to dispensing unit, OPD, and Insurance Pharmacy. Each area offered unique insights, responsibilities, and learning opportunities. Also, students involved in prescription reading, dispensing, and most importantly counseling patients about drug usage, side effects, storage, and precautions, stock management, labeling, FIFO methods, and temperature-sensitive storage. It helped them to understand the pharmacist's collaborative role with doctors and paramedics in ensuring safe and effective medication use.





## Entrance Nepal Topper's Choice: Why I Chose Charak Institute of Health Science

Topping the CTEVT entrance examination was a proud milestone in my academic journey. I knew that choosing the right college would shape not just my education but also lay the foundation for secure and bright future as a nurse.

After exploring various options, I chose Charak Institute of Health Science and I'm genuinely satisfied with my decision. What truly set it apart was not just the warm, student centered environment or experienced faculty but also the presence of a 100-bedded international hospital i.e. Charak Memorial Hospital which offers extensive hands-on practical training. Under the guidance of skilled staff and dedicated teachers, we are exposed to new learning experiences every single day. Having direct access to real-time clinical experiences in such well-equipped and advanced setting gives me confidence that I'll graduate not only with strong theoretical knowledge but with the skills to serve anyone, anywhere, at any time.

I'm proud to be a part of the college that blends academic excellence with real world exposure preparing us to be competent and compassionate healthcare professionals.

This path, marked by becoming the CTEVT Entrance Nepal Topper of 2081, has brought me one step closer to fulfilling my dream of becoming a dedicated nurse.



**Celi Gurung**  
PCL Nursing

### Batch Topper-2081



**Prashant Paudel**  
General Medicine

"Success is not about being the smartest—it's about being the most consistent."

You're to a journey that will shape your future. As someone who stood where you are just a few years ago, I want you to know—you don't need to be perfect to be successful. You just need the right attitude, discipline, and a strong purpose.

Welcome to Charak Institute of Health Sciences, Pokhara—a place where knowledge meets compassion, and ordinary students transform into skilled health professionals.

As a PCL General Medicine student, you are stepping into a field that demands not just intelligence, but empathy, discipline, and a lifelong commitment to learning. I once sat where you are—nervous, unsure, yet full of dreams. And today, I write this as someone who made it through with dedication and belief.



**Soniya Gurung**  
PCL Nursing

### I feel lucky to be CIHS's Student

Really it's a matter of pride for me to be a student of Charak Institute of Health Science. I am highly impressed with modern way of teaching, learning system here with highly skilled teacher, responsible and enthusiastic administration with a sound academic environment for the student.

I feel proud to be one of the best product of CIHS, who is capable enough to compete with large number of students out there. So, I recommend you all to choose the best college on right time, and make CIHS your first choice.



**Chandan Shah**  
Diploma in Pharmacy

Every student has potential; all it needs is belief, discipline, and the right direction." I am honored to be a topper at Charak Institute of Health Sciences, Pokhara. But behind every rank is a story of silent struggles, long nights, self-doubt, and a mindset that refused to quit. When I first walked into Charak Institute of Health Sciences, I wasn't the most confident, the most brilliant, or the most prepared. But I had something more powerful—hunger. The hunger to learn, to prove myself, and to become someone my future patients could rely on. To the new students—remember this: you don't have to be perfect, but you do have to be persistent. You may feel lost now, but this very place, Charak, will shape you. It shaped me. The environment here is peaceful, the teachers are mentors in the truest sense, and every challenge here will prepare you for the real world. You're not just joining a college you're stepping into your own transformation. Own it.



S. N.	Name	Designation	Qualification	Full/ Part Time
1.	Keshab Raj Adhikari	Campus Chief	MPH	Full Time
2.	Rajib Prasad Koirala	Asst. Campus Chief	MPH	Full Time
3.	Dipesh Kumar Subedi	Admin Officer	BA	Full Time
4.	Sagar Dawdi	General Medicine HOD	BPH, MPGD	Full Time
5.	Binita KC	Pharmacy HOD	M.Pharm	Full Time
6.	Khushbu Shah	Nursing HOD	M.Sc.N	Full Time
7.	Krishna Kumari Sunar	Instructor	BN	Full Time
8.	Manita Kunwar	Instructor	BN	Full Time
9.	Hema Gurung	Instructor	BN	Full Time
10.	Anshu Kunwar	Instructor	BN	Full Time
11.	Salina Adhikari	Instructor	BN	Full Time
12.	Anu Basnet	Instructor	BN	Full Time
13.	Mina Pradhan	Instructor	M.Sc.N	Full Time
14.	Susma Acharya	Instructor	BN	Full Time
15.	Sangita Timsina	Instructor	B. Pharm	Full Time
16.	Rupan Singh Thapa	Instructor	B. Pharm	Full Time
17.	Kalika Lamsal	Asst. Admin	+2 Management	Full Time
18.	Rita Sharma	Exam Section /Store	+2Management	Full Time
19.	Sabina Ghimire Adhikari	Asst. Accountant	+2Management	Full Time
20.	Sujata Basyal	Lab Asstation	CMLT	Full Time
21.	Dipak Duwadi	Librarian	SLC	Full Time
22.	Surakchya Sharma Pandey	Instructor	BNS	Full Time
23.	Akriti Dhakal	Instructor	B-Pharm	Full Time
24.	Krishna Prasad Banstola	Instructor	MSC Chemistry	Part Time
25.	Yam Kumar Sharma	Instructor	MA English	Part Time
26.	Moti Lal Lamichhane	Instructor	MA Nepali	Part Time
27.	Radhika Sapkota	Instructor	MSC Botany	Part Time
28.	Krishna Prasad Acharya	Instructor	MSC Physics	Part Time
29.	Netra Thapa	Instructor	MSC Mathematics	Part Time
30.	Subhas Chandra Bastola	Instructor	MSC Zoology	Part Time
31.	Dr. Devendra Man Palikhe	Instructor	MD	Part Time
32.	Dr. Rashmi Marasini	Instructor	MBBS	Part Time
33.	Dr. Aayush Yadav	Instructor	MBBS	Part Time
34.	Dr. Kamal Chapai	Instructor	BDS, MPH	Part Time
35.	Dr. Sandesh Parajuli	Instructor	MBBS	Part Time
36.	Bhupendra Raj Pandey	Instructor	MSC	Part Time
37.	Anju Regmi	Instructor	MN	Part Time
38.	Chet Prasad Bhandari	Instructor	MA Sociology	Part Time
39.	Tulsi Dhakal	Instructor	MN	Part Time