

News Letter Annual

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A Milestone in Healthcare Excellence,
CHARAK MEMORIAL HOSPITAL
is now



NABH
INTERNATIONAL
ACCREDITED

Associated With



Running Program

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

Our Features

- ◆ A trusted leading institution in health science education, with 24 years of teaching excellence 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.
- ◆ Extra curricular activities committee aims to provide opportunities for students to discover, nurture and showcase their hobbies, skills and talents.



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

It gives me immense pleasure to introduce the Second Volume of our College Newsletter. This edition reflects the remarkable journey, achievements, and unwavering spirit of our Health Sciences College community. Over the past months, we have witnessed significant milestones. Our students have excelled in academics, clinical training, research presentations, and community health initiatives. Several faculty members have published impactful research papers and received recognition at national forums. These accomplishments highlight our growing stature as a center of excellence in health sciences education.

As Chairman, I am committed to providing the best possible environment for learning and innovation. We are focused on expanding infrastructure, strengthening industry and hospital collaborations, fostering interdisciplinary research, and ensuring our programs meet global standards. Our goal is to develop not just skilled professionals, but visionary leaders who will shape the future of healthcare.

To our students: Dream big, work with compassion, and stay dedicated to lifelong learning. The knowledge and values you gain here will empower you to serve humanity with excellence. To our faculty and staff: Your passion and expertise remain the driving force behind our success. Together, let us continue to uphold the highest standards of integrity, innovation, and service to society. Wishing you all good health and greater achievements ahead.

It is a matter of great pride and satisfaction to present the Second Volume of our College Newsletter. This edition showcases the collective efforts, remarkable progress, and growing achievements of our dynamic Health Sciences community. In recent months, we have made significant strides in academic excellence, clinical training, research output, and community engagement. Our students have performed exceptionally well in university examinations, skill-based competitions, and outreach health programs.

Faculty members have contributed through quality research publications, seminars, and academic collaborations. These accomplishments strengthen our reputation as a leading institution in health sciences education. As Managing Director, my focus remains on creating a robust ecosystem that blends academic rigor with practical excellence. We are continuously investing in modern laboratories, advanced simulation centers, strategic hospital tie-ups, and faculty development programs to ensure our graduates are industry-ready and globally competent. To our students: Pursue knowledge with dedication and compassion. You are the future of healthcare, and your commitment today will define the quality of healthcare tomorrow.

To our faculty and staff: Thank you for your tireless dedication and invaluable contributions. Let us move forward together with renewed energy, innovation, and a shared commitment to excellence in healthcare education and service. Wishing you all success and good health.

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

I am delighted to welcome you to the Second Volume of our College Newsletter. This edition beautifully captures the energy, achievements, and progress of our vibrant College over the recent academic year.

Our students have shown outstanding performance in academics, clinical placements, community activities and community outreach programs. From organizing successful health camps to participating in community-level academic exposure the dedication and enthusiasm of our learners continue to inspire us all. Faculty members have actively contributed through workshops, and curriculum enhancements, strengthening our academic excellence. In this rapidly changing healthcare landscape, we remain firmly committed to producing competent, compassionate, and ethical health professionals. We are continuously upgrading our infrastructure with modern simulation labs, strengthening hospital partnerships, and aligning our programs with current national and international standards.

To our students: Embrace every learning opportunity with curiosity and compassion. Your future role in improving healthcare delivery is both a privilege and a responsibility. To our faculty and staff: Thank you for your relentless commitment and guidance. Let us continue to work together with integrity, innovation, and a shared vision of excellence in health sciences education and service.

Wishing everyone continued success and good health.

Asst. Campus Chief's Message**Mr. Rajib P. Koirala****My Journey: From First Batch Student to Assistant Campus Chief**

Success is not merely a destination; it is a journey shaped by perseverance, continuous learning, and an unwavering commitment to serving others. My journey began in 2002 as a student in the first batch of the Diploma in Pharmacy program at Charak Institute of Health Sciences (Former WHSA). Today, I proudly serve as Assistant Campus Chief of the same institution -a full-circle moment that reflects perseverance and dedication.

Driven by a passion for health sciences, I pursued a Bachelor of Public Health (BPH) in 2008 and a Master of Public Health (MPH) in 2015. Professionally, I contributed over three years to non-governmental organizations, gaining deep insights into community health challenges. My teaching career flourished for more than a decade at various health science colleges.

Looking back, this achievement is not just a personal milestone but a testament to the power of perseverance, continuous learning, and dedication. From being

a student in the first Diploma in Pharmacy batch to becoming a member of the institution's leadership team, my journey has come full circle.

My Message to Dear Students, Your journey in health sciences is just beginning. Never stop learning, believe in yourself, and face every challenge with patience and hard work. Studying at Charak Institute will equip you not only with a degree but also with the skills to serve society and demonstrate true leadership. Keep your dreams high. A bright future awaits you.

Scope & Opportunities of General Medicine (HA)**General Medicine HOD****Mr. Sagar Dawadi**

General Medicine is a fundamental area of health care that focuses on the prevention, promotion, diagnosis, treatment, and management of common diseases and medical conditions. For Health Assistant (HA) students, studying General Medicine provides the knowledge and

skills required to assess patients, identify health problems, provide basic treatment, and refer complicated cases when necessary. It serves as the foundation for delivering primary healthcare services in communities, health posts, clinics, and hospitals.

The scope of General Medicine is broad, covering communicable and non-communicable diseases, emergency care, health promotion, and disease prevention. Health Assistants play a vital role in providing essential healthcare services, particularly in rural and underserved areas where access to physicians may be limited. Career opportunities for HAs with expertise in General Medicine include employment in government health institutions, private hospitals, primary healthcare centers, non-governmental organizations (NGOs), international non-governmental organizations (INGOs), community health programs, and public health projects.

With further education and professional development, Health Assistants can advance into supervisory, managerial, teaching or public health leadership roles, contributing significantly to improving community health outcomes.

Orientation Program for Newcomer (Batch 22)

Charak Institute of Health Science successfully organized a comprehensive orientation programme for its newly enrolled students of PCL Nursing, General Medicine and Diploma in Pharmacy students on 23rd Bhadra 2082, at the seminar hall. The event aimed to acquaint newcomers with their academic journeys and course structures. The session also explained the rules and regulations of the college, including attendance requirements, academic policies, which are important for maintaining discipline and responsibility. Key academic insights were shared during the session, including an in-depth presentation by the Head of Department (HOD) of Pharmacy, General Medicine and Nursing. The presentation detailed the professional scope of the field, academic systems, subject frameworks, and the essential practical sessions and durations required across respective departments for the upcoming academic year.

Lending further prestige to the event, Campus Chief Mr. Keshab Raj Adhikari and Assistant Campus Chief Mr. Rajib Prasad Koirala were also present. Both dignitaries delivered motivational best wishes speeches, welcoming the fresh faces and encouraging them to pursue academic excellence. The orientation concluded successfully, leaving the new commerce well-prepared, informed, and inspired to embark on their healthcare education journeys.

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.

Botanical and Zoological Field Visit to PN Campus (A Journey through the Botanical and Zoological Wonders): GM/DPH 1st Year

College has organized a botanical and zoological field visit at PN Campus, Pokhara dated on 25th Baishakh 2083 for GM 1st year and 3th Jetha 2083 for DPH 1st year students. A total number of 40/40 students attended the field visit along with their botany teacher Mrs. Radhika Regmi and zoology teacher Mr. Subash Chandra Bastola. Objectives of this educational field visit to PNC were enriching students' practical knowledge in botany and zoology. As a region known for its rich biodiversity and agricultural research initiatives. It helped the students identify, classify local flora and fauna and knowledge on biodiversity conservation. Mr. Subash Chandra Bastola and Mrs. Radika Regmi as a guide from PNC gave a brief introduction about Zoological and Botanical background. He/She was well versed in the knowledge regarding the crops plants as well as some animals that were present in the research premises. His/Her 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.

Clinical Posting at Charak Memorial Hospital: GM 2nd Year



Department of General Medicine has conducted the 56 days Clinical Posting of 2nd year students at Charak Memorial Hospital, from 8th Chaitra 2082, as part of their Curriculum. A total of 39 students attended the clinical posting. Under the supervision of instructor/ supervisor Shreejana Timilsina with a proper duty roaster. 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 bridge the gap between the medical knowledge and medical practice of the students. Hospital 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.

Observational Visit on Water Purification and Family Planning Association: GM/DPH 2nd Year

Charak institute of health science successfully completed the educational field visit of General Medicine and Diploma in Pharmacy second year students dated on 23rd Magh 2082 and 6th Baisakh 2083 respectively, as a part of their curriculum. A total of 39/40 students took part in the educational field visit along with instructor Shreejana Timilsina under the supervision of field in charge, the educational field visit was assembled with the initial objective of the students' gain knowledge on environmental health, water purification and family planning. For the profound and intimate knowledge students were observed lekhnath drinking water purification. Mr. rajan thapa guided students and gave a brief introduction about the Water Purification process. GM second year students were observed on family planning association of Nepal kaski and conducted two hour session on family planning association objectives and activities.

The head of the office Mr. Nabraj Tiwari explained the brief introduction about the family planning, scope of family planning and safe abortion criteria. Mrs. Anjana Bhandari, who was nurse of that office she briefly explained about contraceptives devices and method. She demonstrated about contraceptives devices. Students note down important points. Some students asked question about family planning devices. All the students thanked the head at the end for guiding them to educate about the family planning.

This visit helped the students to get important knowledge as well as experienced on how water is filtered and purified and also about the family planning devices and methods. The trip itself was a mesmerizing experience for them all and a fruitful one in terms of knowledge as well.



Comprehensive Clinical Posting at Charak Memorial Hospital: GM 3rd Year

Department of General Medicine has conducted curricular 120 days Comprehensive Clinical Posting orientation dated on 2nd falgun 2082 for 3rd year students and clinical posting at Charak Memorial Hospital from 5th Falgun 2082. Thirty-Eight 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 instructor Dr. Sandesh Prakash Parajuli and Mrs. Sreejana Timilsina. 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.

Comprehensive community Field Practicum (CCFP) : GM 3rd Year

The Comprehensive Community Field Practicum (CCFP) program for the students of General Medicine 3rd Year (20th Batch) was successfully conducted in different areas of Kaski District as an essential part of the academic curriculum. This program aimed to provide students with practical exposure to community health settings and enhance their understanding of public health practices. Two-month field residential practice started from 14th Falgun 2082 to 14th jetha 2083.

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 Bhedabari PHCC , Rural Health promotion center lahachok and Annapurna community hospital Nagdada for clinical posting and Machhapuchhre RM Wards 8, 3 and Annapurna RM 2 for community health diagnosis respectively. Students from each group conducted the cross-sectional descriptive study on a total sample of 330 house hold . 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 respective health institution to gain practical knowledge on the basis of read on theory. The staffs and doctors of PHCC/HP/Hospital 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.

Guest Lecture on Antenatal Care : GM 3rd Year

Enhancing students' knowledge regarding maternal health and prenatal care, department of general medicine has conducted guest lecture on Antenatal Care for 3rd Year (20th Batch) students dated on 21st Magh 2082 in collaboration with Consultant Gynecologist and Obstetrician Dr Rupa Paneru. The resource person for the session was Dr. Rupa Paneru, a renowned Gynecologist and Obstetrician, who delivered an insightful and comprehensive lecture on the importance and management of antenatal care. During the session, Dr. Rupa Paneru elaborated on various essential aspects of antenatal care, including early registration of pregnancy, regular follow-up visits, nutritional requirements, immunization, and necessary laboratory investigations. She also highlighted the identification of high-risk pregnancies and the importance of timely referral and management. The session further covered counselling techniques for pregnant women, focusing on diet, hygiene, danger signs, and birth preparedness. Real-life clinical examples shared by the speaker helped students better understand practical challenges and appropriate management approaches in maternal care. The lecture was highly interactive, with students engaging in question-and-answer sessions and discussions. This interaction allowed students to clarify their doubts and gain deeper insights into the subject matter.



Overall, the guest lecture proved to be highly beneficial in strengthening students' understanding of antenatal care and its practical applications. It contributed significantly to their academic growth and clinical competence, preparing them to provide better care to mothers and contribute to improving maternal health outcomes.

Student Empowering Adolescent about Adolescent Health : GM 3rd Year

On 19th Mangsir 2082, 3rd year students has successfully conducted the school health program. The event took place at 9 different schools of Pokhara Metropolitan city and was aimed at awaring adolescents on adolescents health problem and globally rising issues attended by the students of class nine and ten.

The program included an interactive awareness sessions, posters and presentations, question and answer sessions and outreach counseling by the students group. Under the supervision of general medicine faculty members , the students organized the school health programs on various topics like Accident and its Prevention, Gender Based Violence, Reproductive Health, Personal Hygiene Mental Health and many more, discussing the problems, causes , misconception and ways to minimize those problems from the facilitator to the participants.

The intended outcome was met according to the set objectives due the active participation from the paticipitators.



The teachers of the school also helped the students in the clarification of the topic and they also actively got involved in the program, the students delivered the keynote address focusing on importance on adolescents and their raising issues or problem at the that time period. Participants actively participated in question and answer sessions ad they showed their interest 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.

Welcome/Farewell program to Newcomers and Outgoing students

As per the annual schedule of college, on 12th, Mangsir 2082, the college organized a vibrant Welcome and Farewell program at College premises for the PCL Nursing, General Medicine, and Pharmacy (22nd Batch) students.

The formal session, smoothly conducted by students Anmol Sharma, Sapana Gharti Magar, Swikriti Giri and Sanju Bhandari, featured inspiring welcome and best wishes speeches. Dignitaries including Chief Guest Ms. Sharada Devi Ghimire Director CTEVT Gandaki, Chairperson Mr. Kapil Pokhrel, Campus Chief Mr. Keshab Raj Adhikari, Assistant Campus Chief Mr. Rajib Prasad Koirala, and departmental HODs addressed the gathering. Freshers were warmly received with traditional tika and khada, while graduating students awaiting results were honored with a token of love, khada and tika.

Following the formalities, hosts Roshani B.K and Dipa Rai led a lively informal session. Students captivated the audience with diverse cultural, musical, and refreshing performances. The memorable celebration concluded successfully with delicious snacks and lunch served to all participants.



DPH. HOD.



Ms.Binita K.C.

Dear Students,

As the Head of the Department of Pharmacy at Charak Institute of Health Science, I am incredibly proud of our academic dedication and resilience. Pharmacy is not just a profession; it is a vital calling dedicated to improving healthcare outcomes and saving lives.

A Diploma in Pharmacy opens doors to a dynamic and expanding world of opportunities. As vital frontline healthcare professionals, our graduates have immense scope in retail and community pharmacies, hospital setups, and clinical services.

Beyond traditional roles, a D. Pharmacy qualification offers flourishing paths in pharmaceutical manufacturing, quality control, regulatory affairs, and marketing. With the continuous expansion of healthcare infrastructure and public health initiatives, the demand for skilled pharmacy technicians and professionals is higher than ever. Embrace your clinical training, stay curious, and continue striving for excellence. Your education at CIHS equips you with the knowledge and ethical grounding to make a tangible difference in patient care and public welfare. Let us keep moving forward with passion, integrity, and a commitment to advancing global health.

Biodiversity Study at Annapurna Natural History Museum: GM/DPH 1st Year

To bridge the gap between classroom theory and practical observation, first-year students embarked on an enriching educational excursion to the Annapurna Natural History Museum, located within the Prithvi Narayan (PN) Campus premises. Organized to deepen the students' understanding of botany and zoology, the field visits were conducted in two distinct batches: General Medicine (HA/DPH) first-year students visited on 31st Baishakh 2083, followed by the Pharmacy first-year students on Jestha 2, 2083.

The museum offered an immersive learning environment, showcasing an impressive and curated collection of preserved wildlife specimens, rare endemic butterflies, taxidermied birds, reptiles, and prehistoric geological fossils.

Through these exhibits, students gained valuable insights into Himalayan biodiversity, ecological conservation, and the delicate balance of local ecosystems. Beyond exploring species diversity, the academic visit provided a technical look into scientific preservation methodologies. Students closely observed practical preservation techniques, including wet preservation in laboratories and the art of taxidermy. The excursion also highlighted the vital conservation milestones achieved by the National Trust for Nature Conservation (NTNC) and the Annapurna Conservation Area Project (ACAP) in safeguarding Nepal's unique natural heritage.

By transforming theoretical concepts into tangible, hands-on exposure, the excursion successfully sparked scientific curiosity and heightened environmental consciousness among the future healthcare professionals.

The program was smoothly coordinated and facilitated by Botany Faculty member Radhika Sapkota, Zoology Faculty member Shubash Chandra Bastola alongside Laboratory Assistant Anusha Khadka, whose guidance ensured a highly productive and structured learning experience for both student groups.



Pharmacognosy Field Visit at Lwang Village: DPH 2nd Year



As a part of the Pharmacognosy curriculum, the DPH 2nd Year students participated in an educational field visit to Lwang Village on 30th Baishakh 2083. The visit was organized to provide students with practical exposure to medicinal plants, their identification, collection, preservation, and significance in healthcare. The students were accompanied by their instructor, Mrs. Amrita Poudel, and Lab Assistant Ms. Anusha Khadka.

During the visit, students explored the rich biodiversity of the area and observed a variety of medicinal plant species in their natural habitat. They learned about the botanical characteristics, traditional uses, and therapeutic importance of several medicinal plants commonly used in herbal medicine and pharmaceutical preparations.

As part of the herbarium collection activity, students collected selected medicinal plant specimens and practiced proper techniques of collection, pressing, drying, labeling, and preservation. Each specimen was documented with relevant botanical information and submitted to the subject teacher for academic purposes. The collected herbarium samples will serve as valuable reference materials for future studies in pharmacognosy, phytochemistry, and natural product research.

The field visit also provided students with hands-on experience in plant taxonomy, field identification methods, and conservation practices. Through direct observation and interaction with local resources, students gained a deeper understanding of the role of medicinal plants in traditional and modern healthcare systems.

The visit was an enriching and memorable learning experience that enhanced students' practical knowledge, scientific observation skills, and appreciation for Nepal's rich medicinal plant heritage.

Pharmaceutical Industry, DDA, NML & Regulatory Body Field Visit: DPH 3rd Year



On 29th Baishakh 2083, as part of the academic curriculum and in keeping with the objectives of experiential learning, 3rd year students embarked on a comprehensive field visit to gain real-world exposure to the practical aspects of pharmaceutical science and industry operations. The primary destinations included local pharmaceutical manufacturing units (Lomus Pharmaceuticals, Divine Health Care Pvt. Ltd., and Ayurveda Aushadhi Utpadan Kendra), a hospital pharmacy department with extemporaneous preparation facilities (Patan Hospital), and key drug regulatory bodies (the Department of Drug Administration, Nepal Pharmacy Council, and National Medical Laboratory).

During the visits to the pharmaceutical manufacturing units, students were introduced to various stages of drug formulation, quality control measures, and Good Manufacturing Practices (GMP). Facility staff provided detailed demonstrations of tablet compression, capsule filling, and packaging processes. At Patan Hospital Pharmacy, students gained firsthand insight into hospital drug inventory management, prescription handling, extemporaneous preparation, and the pharmacist's vital role in patient care. In the bulk pharmacy, they observed the behind-the-scenes work of medicine procurement, storage, and internal distribution to various hospital departments.

The visits to the drug regulatory bodies (DDA, Nepal Pharmacy Council, and NML) featured guided tours and interactive sessions with regulatory officers. These sessions provided valuable insights into the complex processes behind drug approval, quality assurance, import/export regulations, and post-marketing surveillance. This experience served as a powerful reminder of the pharmacist's dual role as both a healthcare provider and a guardian of public safety.

We commend the students for their enthusiastic participation and extend our sincere gratitude to the institutions and professionals who facilitated this visit. This field trip successfully bridged the gap between classroom learning and practical application, fostering critical thinking, teamwork, and a deeper interest in the students' future roles as healthcare professionals. We look forward to conducting more such educational trips to enhance the academic experience and contribute to the holistic development of our pharmacy students. Overall visit has supervised by instructor Rupen Singh Thapa and Bishow Parajuli.

Community Pharmacy Internship: DPH 3rd Year

On 10th Falgun 2082, third-year students commenced their one month community pharmacy internship as a core component of their academic curriculum. Students were placed across 34 different community pharmacies within the Pokhara Valley.

Under the guidance of faculty members and pharmacy preceptors, students were exposed to the daily operations of community pharmacy practice. They actively participated in various essential tasks, including assisting with prescription dispensing, counseling patients on proper medication use, managing pharmacy inventory, and learning about over-the-counter (OTC) products. The primary aim of this internship was to bridge the gap between academic learning and professional practice, thereby helping students develop vital communication and clinical skills.

This immersive experience not only enhanced the students' professional and leadership capabilities but also enabled them to effectively translate theoretical knowledge into practical, real-world application. Furthermore, it provided them with a clear, firsthand understanding of the regulatory frameworks that govern community pharmacy practice.



Hospital Pharmacy Internship at Manipal Teaching Hospital : DPH 3rd Year



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On Jestha 3, 2083, as part of their academic curriculum, third-year pharmacy students started a three-week internship in the Hospital Pharmacy at Manipal Teaching Hospital. This meaningful and eye-opening experience introduced students to the diverse and critical roles pharmacists play in a clinical setting. Throughout the internship, students were assigned to various divisions of the pharmacy department, including the Bulk Pharmacy, Inpatient Pharmacy, Outpatient Pharmacy, Insurance Pharmacy & ICU Pharmacy. Each area offered unique insights, responsibilities, and hands-on learning opportunities. In the Bulk Pharmacy, students learned essential inventory management practices, including proper labeling, the First-In-First-Out (FIFO) method, and temperature-sensitive storage protocols. These skills are crucial for ensuring a continuous drug supply, maintaining medication efficacy, and preventing

In the Inpatient Pharmacy, students gained firsthand exposure to dispensing medications for admitted patients. They observed how doses are calculated and dispensed based on specific diagnoses, with special attention given to high-risk drugs, intravenous (IV) preparations, and pediatric dosing. This rotation highlighted the pharmacist's vital, collaborative role with doctors and nurses in ensuring safe and effective medication use.

Moving to the Outpatient Pharmacy, students interacted directly with patients and their prescriptions. They were actively involved in prescription reading, dispensing, and, most importantly, counseling patients on proper drug usage, potential side effects, storage requirements, and necessary precautions. The Insurance Pharmacy proved to be another eye-opening segment of the internship. Here, students learned how pharmacists verify insurance claims, check drug coverage, and coordinate seamlessly between the insurance desk, clinicians, and patients. They gained a strong appreciation for the importance of proper documentation and therapeutic substitution when needed, ensuring patients have access to necessary medicines without undue financial stress.

Overall, this internship successfully helped students bridge the gap between theoretical knowledge and practical hospital operations. It strengthened their understanding of the pharmacy profession's multifaceted responsibilities—ranging from medication safety and patient education to system management and healthcare affordability.

Students Lead Classroom Campaigns Against Antimicrobial Resistance : DPH 3rd Year

Students Lead Classroom Campaigns against Antimicrobial Resistance: DPH 3rd Year On 10th Mangsir 2082, third-year pharmacy students successfully concluded a far-reaching, high-impact School Health Program centered on the critical global health threat of Antimicrobial Resistance (AMR). Designed to foster early awareness about public health and medicine safety, the educational outreach targeted primary-level students across nine different schools throughout the Pokhara Valley.



Antimicrobial resistance occurs when disease-causing microbes evolve to survive the very medicines designed to kill them, usually driven by the misuse or overuse of antibiotics. Recognizing that behavioral change starts from childhood, the pharmacy third year students simplified these complex pharmaceutical concepts into engaging, age-appropriate lessons for young learners. Throughout the campaign, the student facilitators utilized interactive teaching methods, visual aids, and storytelling to highlight how proper hygiene and responsible medication use keep communities safe. By stepping out of the laboratories and lecture halls into local classrooms, the students successfully demonstrated the vital community role that future pharmacists play in antimicrobial stewardship (promoting the responsible use of medicines).

The program was met with great enthusiasm by the participating schools' administrations and teachers, who praised the pharmacy students for bringing such a crucial, contemporary health topic to the primary education level. The successful execution of this nine-school campaign stands as a testament to the students' leadership, clinical preparation, and commitment to driving public health awareness across Pokhara.

Government Health Institution Internship at Machhapuchhre RM Kaski: DPH 3rd Year

From 21st to 25th Baishakh 2083, a third-year pharmacy students took their clinical and administrative skills to the field for an intensive five-day rural posting across Machhapuchhre Rural Municipality. This community-focused placement saw the senior cohort deployed across ten different government health facilities, offering them vital, first-hand exposure to rural healthcare delivery. During the posting, the students stepped directly into the frontline operations of government health posts and community health centers. They actively assisted in pharmacy management, managed medicine inventories, and handled dispensing duties. Crucially, the students engaged face-to-face with local patients, providing professional counseling on proper dosage, potential side effects, and the importance of medication adherence.



Understanding the unique healthcare challenges faced by rural residents, the five-day field experience allowed the third-year students to bridge the gap between urban institutional learning and the realities of rural grassroots healthcare. By navigating the day-to-day operations of government facilities, the future pharmacists gained an invaluable understanding of national public health systems and the vital role they play in universal access to essential medicines.

The local health facility in-charges and community leaders highly praised the students for their proactive support and professionalism, marking the posting as a milestone in the professional development.

Antimicrobial Resistance: A Growing Public Health Threat

Antimicrobial resistance (AMR) has emerged as one of the most serious global public health challenges of the 21st century. It occurs when microorganisms such as bacteria, viruses, fungi, and parasites develop the ability to survive exposure to medicines that were once effective against them. As a result, common infections become difficult to treat, leading to prolonged illness, increased healthcare costs, and a greater risk of death. Antimicrobial resistance (AMR) has emerged as one of the most serious global public health challenges of the 21st century. It occurs when microorganisms such as bacteria, viruses, fungi, and parasites develop the ability to survive exposure to medicines that were once effective against them. As a result, common infections become difficult to treat, leading to prolonged illness, increased healthcare costs, and a greater risk of death.

The misuse and overuse of antibiotics are the primary drivers of AMR. Self-medication, incomplete treatment courses, unnecessary antibiotic prescriptions, and the widespread use of antimicrobials in agriculture contribute significantly to this growing problem. If immediate action is not taken, routine medical procedures and the treatment of infectious diseases may become increasingly difficult in the future. Healthcare professionals, including pharmacists, play a crucial role in combating antimicrobial resistance. Promoting the rational use of antibiotics, educating patients about adherence to prescribed therapies, and supporting antimicrobial stewardship programs are essential strategies to slow the development of resistance.

Public awareness is equally important. Patients should use antibiotics only when prescribed by qualified healthcare professionals and should always complete the full course of treatment. Through collective efforts from healthcare providers, policymakers, and the public, we can help preserve the effectiveness of antimicrobial medicines for future generations.

Instructor, Diploma in Pharmacy



Mr. Rupam Singh Thapa

From Passion to Powerhouse: Transform Your Nursing Career at Charak

The nursing profession has evolved from bedside care into a dynamic, highly influential pillar of global healthcare. Today, the scope of nursing spans clinical mastery, advanced research, healthcare administration, and specialized education. Modern nurses are diagnostic partners, community leaders, and critical innovators who shape patient outcomes and drive healthcare policy in a rapidly changing world. At the Charak Institute of Health Sciences, we transform this expansive scope into tangible professional success. We offer premier opportunities designed to launch elite careers, including hands-on clinical rotations in state-of-the-art facilities, mentorship from seasoned industry experts, and specialized training pathways in critical care and community health leadership. Our graduates do not just enter the workforce—they enter as highly competitive, compassionate leaders ready to redefine healthcare standards. Whether your passion lies in advanced clinical practice, managing complex healthcare systems, or inspiring the next generation as a nurse educator, Charak provides the ultimate launchpad for a profound and impactful career.

Act.HOD, Nursing



Krishna Kumari Sunar

Lamp-lighting, Oath-taking and Nepal Nursing Day Celebration: The Clinical Spark

On 15th Magh 2082- coinciding with Nepal Nursing Day-Charak Institute of Health Sciences organized a meaningful Lamp Lighting Ceremony at its premises. Crafted thoughtfully by the second-year students, the event marked the formal entry of aspiring nursing students into the noble profession of healthcare. The ceremony beautifully symbolized the transition of students into compassionate caregivers. Dignitaries and nursing students lit lamps together, representing the transfer of knowledge, hope, and the timeless spirit of care pioneered by Florence Nightingale.



The atmosphere was filled with immense pride and emotion. The event featured inspirational, appreciative speeches from the Campus Chief, Assistant Campus Chief, and Nursing HOD. Adding to the celebration, students performed moving poems and dances to honor Nursing Day. The memorable event concluded on a hopeful note, leaving the new caregivers ready and inspired to serve society with utmost dedication.

First step into Clinical posting at CMH: Care in action: Nursing 1st year

First-year nursing students successfully completed an essential milestone in their professional journey with their first clinical posting at Charak Memorial Hospital, spanning from 11th to 28th Magh 2082.

The posting commenced with an orientation program that introduced students to the hospital environment, essential rules, and ethical responsibilities. Throughout the duration, students had the valuable opportunity to observe diverse medical procedures, including dressing, NG feeding, administration, and general patient care.

Under the close supervision of faculty and hospital nursing staff, students actively performed hands-on procedures such as bed making, back care, nail care, and health teaching. This practical exposure successfully bridged the gap between theoretical knowledge and clinical skill, shaping their identities as competent, compassionate future nurses. The nursing department highly appreciated the students' dedication and looks forward to similar success in upcoming clinical postings.

“Bridging Classrooms and Communities”: Community Posting : Nursing 1st Year

Department of Nursing has successfully completed curricular One Month Community Posting at Bagar-1, Kasserī Shanti Tole from 1st Chaitra to 27th Chaitra 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 Acting HOD Ms. Krishna Sunar, instructor 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 aware 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. Sahara Pradhan, dignitaries from college and community. This posting not only enhanced their practical skills but also brought real benefits to the people of Kasserī Shanti Tole on health awareness, access to services and a renewed sense of community well-being.

A Glucose Level Screening Camp was successfully conducted with technical support from CMH. The program aimed to raise awareness about diabetes and promote early detection of blood sugar abnormalities. 100 Community people were participated actively. Health counseling on nutrition, lifestyle modification, and diabetes prevention was also provided.

Nutrition Exhibition : PCL Nursing 2nd Year.

Students have to visit Urban Health Center for a week. During that posting, students have to conduct a nutritional exhibition program which was held on 12th Jestha 2083 in Pokhara-12, Urban Health Centre to spread awareness about the importance of healthy food habits and balanced nutrition among mother and under five year children.

The exhibition displayed information on food groups, nutritional requirements during different stages of life, common nutritional deficiencies, and methods of preparing nutritious meals using locally available foods. Various charts, models, posters, and food items were presented to make learning interactive and informative. Health education was provided to mothers and other visitors regarding the prevention of malnutrition and the importance of a balanced diet for maintaining good health.

The exhibition helped enhance students' knowledge, communication skills, and community awareness. It was an effective educational activity that encouraged healthy dietary practices and highlighted the role of nutrition in disease prevention and health promotion.



“Practice Builds Skill; Compassion Builds a Nurse”

Leading in Community-Family Health, School Health: Nursing 2nd Year

Skill building in nursing involves developing clinical, communication, critical thinking and leadership abilities. Second-year nursing students recently completed vital clinical postings to bridge classroom knowledge with real-world application. Their School Health Posting conducted from Magh 11th to 23rd, 2082, followed by a Family Health Posting from Chaitra 1st to 27th, 2082. Under the supervision

of Mrs. Hema Gurung and Mrs. Sofiya Shrestha, students visited Urban Health Centres across wards 1 to 17 in Pokhara, assisting with antenatal, postnatal, and immunization services. Through community home visits, students performed history taking, physical examinations, and formal health teaching to promote family well-being. Additionally, they led interactive health education sessions at Tarakunja Secondary School and Oxford Boarding School, covering essential topics like hygiene, diet, and disease awareness. This initiative significantly enhanced the students' clinical competencies and documentation skills, while reinforcing the immense value of preventive care and health care promotion.



Psychiatric Posting at B.G Hospital and Clinical Posting at CMH: Nursing 2nd Year

Department of Nursing organized comprehensive psychiatric and clinical postings for second-year students to cultivate core technical competencies and compassionate patient care. From 11th Magh to 23rd Magh 2082, students completed a specialized psychiatric posting at B.G Hospital under the supervision of Ms. Anshu Kunwar. Navigating complex mental health conditions like anxiety, schizophrenia, and depression, they practiced therapeutic communication and mental status examinations, fostering deep empathy and nonjudgmental care.

Concurrently, from 1st Mangsir to 28th Mangsir and 1st Chaitra to 28th Chaitra 2082, general clinical rotations took place at Charak Memorial Hospital (CMH) under the guidance of Ms. Hema Gurung and Ms. Anshu Kunwar. Rotating through critical departments—including the ICU, Emergency, and Operation Theater—students sharpened their hands-on skills in medication administration, patient assessment, and medical gadget documentation. Highly praised by hospital staff, these postings mark a milestone in developing skilled, well-rounded nursing professionals.

Maternity and Child Health Posting at Matrishishu Miteri Hospital and Charak Memorial Hospital: Nursing 3rd Year

Students have successfully completed their clinical posting in maternity and child health at Matrishishu Miteri Hospital and Charak Memorial Hospital. This posting was conducted from 4th Falgun to 30th Chaitra 2082, as part of nursing curriculum.

During the practicum, students were able to confidently conduct normal deliveries as well as provide comprehensive antenatal, postnatal and newborn care. Students also developed skills in pediatric assessment including growth monitoring, developmental assessment, identification of common childhood illnesses. They actively participated in poster presentations, awareness programs, case studies, health assessment, health education, immunization and counseling sessions. They worked under the guidance of experienced nursing instructors Ms. Maneeta Kunwar, Ms. Anu Basnet and Ms. Praticchhya Basnet Thapa along with hospital staff, gaining valuable hands on experience in maternity and child care and family health care. This experience enhanced their technical skills, confidence, teamwork and understanding of maternal and child health care.



“Rising Leaders in White Coat” Leadership & Management Posting: at CMH: Nursing 3rd year

Department of Nursing has conducted one-month leadership & management posting at Charak Memorial Hospital for 3rd year PCL nursing students from 3rd Jestha to 29th Jestha 2083. 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.

Empowering Faculty to Stand Against GBV

In our continuous pursuit of teaching excellence, our college recently launched a series of dynamic faculty empowerment initiatives. Highlighting this commitment, faculty members including Ms. Krishna Kumari Sunar and Ms. Susma Acharya participated in a vital 3-day orientation on Gender-Based Violence (GBV). Successfully conducted by TPO Nepal at the Waterfront Resort, Pokhara, from 2083/2/19 to 2083/2/21, this intensive session equipped educators with the critical tools needed for effective prevention and response. Participants mastered a survivor-centered case management approach, focusing on maintaining strict confidentiality, identifying needs, making safe referrals, and upholding ethical principles that respect survivor choices.

By investing in these crucial skills, we aren't just elevating individual professional growth-we are actively cultivating a safer, more supportive, and truly excellent academic environment for our entire institution.

Empowering Faculties : Instructional Skill TOT Training

College has proudly announces that two faculty members, Mr. Bishwo Raj Parajuli from the Department of Pharmacy and Mrs. Sallina Adhikari from the Department of Nursing, have successfully completed the 10-day Instructional Skills (IS) Training program. The training, organized by the Ministry of Social Development, Youth and Sports, Gandaki Province, in collaboration with the Swiss Agency for Development and Cooperation (SDC) under the QualiTY Project, took place in Pokhara from June 9–18, 2026.

The program equipped participants with vital pedagogical competencies, including student-centered learning, competency-based education, effective lesson planning, active learning strategies, classroom assessment techniques, and the use of instructional technology. Emphasis was placed on interactive teaching methods, demonstration skills, constructive feedback, and fostering critical thinking-skills especially relevant for health sciences education.

This achievement reflects CIHS's strong commitment to faculty development, teaching excellence, and quality enhancement. CIHS extends sincere gratitude to the organizing partners for this valuable professional development opportunity.



Breaking the Stigma: Art Meets Awareness on World TB Day

On March 22, the streets of Chipledhunga came alive with a powerful mission to fight tuberculosis. Japan-Nepal health and Tuberculosis Research Association joined forces with second-year PCL Nursing students from the Charak Institute of Health and Science to launch an impactful World TB Day campaign. The event kicked off at 10:00 AM with an energetic community awareness rally, where students and local residents marched side-by-side chanting slogans and distributing educational materials regarding the causes, symptoms, and prevention of TB.

The absolute highlight of the day was a compelling street drama performed right in the public square, which drew a large crowd of community members. Through powerful acting, the students vividly depicted the real-life challenges faced by TB patients, emphasizing the critical importance of seeking early medical care and adhering strictly to treatment. By beautifully blending education with local street theater, this campaign successfully broke down social stigmas and delivered vital, life-saving health messages straight to the heart of the community.



Formation of ECA Committee and Student Groups

College has formed ECA committee dated on 17th Baisakh 2082 with the objective of explore nurture students hobbies, skills and leadership talent. Mr. Sagar Dawadi has appointed as the ECA Coordinator. To ensure the effective implementation of ECA activities, a sub-committee was formed comprising Ms. Manita Kunwar, Shreejana Timilsina, Bishoraj Parajuli, and Ansu Kunwar as members. Furthermore, students from PCL Nursing, General Medicine (GM) and Diploma in Pharmacy (DPH) were divided into three groups-Annapurna, Machhapuchhre and Mardi-through a lottery system. Group leaders were selected from each group, Mamata Paneru, Bimal Nepali, and Ritu Khatri are selected for serving as the respective group leaders respectively. This structure was established to promote leadership, teamwork, and active participation in extra curricular activities throughout the academic year.



Intra House Quiz Competition

An exciting and knowledge-enhancing Quiz Competition has successfully conducted as a part of the Extra-Curricular Activities (ECA) at college on 2082-10-23. The event was conducted with the objective of promoting academic excellence, critical thinking, and active participation among students from different health science streams.



The quiz competition witnessed active and enthusiastic participation from PCL Nursing students, General Medicine students, and Pharmacy students in Annapurna, Mardhi and Machhapuchhre house. The involvement of students from diverse academic backgrounds made the event more interactive, competitive, and intellectually stimulating. The quiz was conducted in multiple rounds, including general knowledge, medical science, clinical-based questions, and rapid-fire round. Students actively participated in teams, demonstrating strong co-ordination, teamwork,

and enthusiasm. The quiz competition not only tested the knowledge of the students but also helped them identify their strengths and areas for improvement. It served as a platform for students to learn beyond textbooks and apply their knowledge in a fun and competitive setting. The winning team was recognized and appreciated for their excellent performance. All students were applauded for their active involvement, dedication, and sportsmanship throughout the competition.

The events were organized at college premises. Events were organized House wise program. Total six team were participate each group represents two team. Following were the winner and first runner up groups in events.

S.N.	Name of House	Name of Students	Position
1	Annapurna-A	Taradevi Basyal, Taruna Khanal, Aakriti Chalise	Winner
2	Machhapuchhre-A	Ronish Thapa, Ashimita Thapa, Roshni Kumari Jaiswal	First runner up

"Meditation Camp: Cultivating Mindfulness, Well-Being, and Academic Excellence."

College has organized four hours meaningful meditation camp on "Life Management Based on the Philosophy of Sadguru Osho" as a part of ECA activities. The event took place on 1st Chaitra, 2082.

The session was facilitated by Swami Yoganand who shared practical insights on leading a balanced and mindful life. Along with the discussion, participants were also guided through simple yoga practices, highlighting the importance of yoga in maintaining both physical health and mental clarity. The session emphasized how regular yoga can help reduce stress, improve

concentration, and bring a sense of inner peace, something especially important for students and healthcare professionals.

The program witnessed active participation from students, faculty, and staff, making the environment interactive and reflective. It was not just a lecture, but an experience where attendees could connect the teachings with their daily lives. Overall, the workshop successfully encouraged a holistic approach to well-being, combining philosophy, self-awareness, and the practical benefits of yoga, making it a valuable and memorable event for all who involved.

"Meditation: Enhancing Focus, Reducing Stress, Improving Performance."

Enhancing concentration and focus, reduce stress and anxiety, promote self-awareness, and develop positive thinking of the students. College has organized a meditation camp in coordination with Nepal Yuba Samiti dated on 4th Baisakh, 2083. The session was facilitated by Jamuna Thapa and Suchana Thakuri, who shared practical insights on leading a balanced and mindful life. A meditation session is an effective activity that helps students improve their mental, emotional, and academic well-being. During a meditation session, students practice deep breathing, mindfulness, and relaxation techniques that help calm the mind and improve attention and encourage students for regular participation in meditation sessions that enable students to manage academic pressure more effectively and maintain emotional balance.

Meditation offers numerous benefits for students. It improves concentration, memory, and learning ability, which can lead to better academic performance. It also helps reduce stress, anxiety, and examination-related fear, creating a more positive learning experience. Furthermore, meditation enhances self-confidence, emotional stability, and self-discipline while promoting better relationships with teachers and peers. By practicing meditation regularly, students can develop a healthier mindset, improve their overall well-being, and achieve greater success in both their academic and personal lives.



Sports Meet

The Extracurricular Activities (ECA) Management Committee of Charak Institute of Health organized a four-day Intra College Sports Meet that commenced on 29th Magh 2082 and ended on 2nd Falgun 2082. The competition was inaugurated by the Campus Chief Mr Keshab Raj Adhikari by handing over Volleyball to the umpire. In the competition, altogether there were eleven types of events for both boys and girls including basketball, volleyball, table tennis, Quiz Competition and chess. All the events were organized at college premises. A variety of indoor and outdoor sports activities, including volleyball, basketball, table tennis, running races, chess, musical chair, and spoon-marble races, were conducted with enthusiastic participation from the Annapurna, Machhapuchhre, and Mardi groups. Throughout the event, students demonstrated remarkable energy, cooperation, and competitive spirit while maintaining mutual respect and fair play. The Sports Meet not only encouraged physical well-being and recreational engagement but also strengthened unity, confidence, and teamwork among students. The successful completion of the program reflected the dedication of the ECA Management Committee and the active involvement of students, making it one of the most memorable and impactful extracurricular events of the academic year. Following were the winners in different events.

S.N	Games	Winner
1	Volleyball (Girls)	Macchapuchre
2	Volleyball (Boys))	Annapurna
3	Basketball (Girl)	Annapurna
4	Basketball (Boys)	Annapurna
5	Table Tennis (Girl)	Annapurna
6	Table Tennis(Boys)	Mardi
7	Running -100 M (Girls)	Annapurna
8	Running- 100 M (Boys)	Annapurna
9	Musical Chair (Girl)	Mardi
10	Musical Chair (Boys)	Annapurna
11	Chess	Machhapuchre
12	Spoon Marble (Girl)	Mardi
13	Spoon Marble (Boys)	Mardi



All the winners and runner ups were awarded with medals, trophies and certificates on the closing ceremony of the sports competition. Speaking on the program, Campus Chief, asst. Campus Chief and ECA coordinator 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.

Beyond the classroom: Students Witness the Rara Gold Cup Football Tournament



As part of the college's Extra-curricular activities, the DPH 2nd and 3rd Year students attended the Rara Gold Cup Football Tournament on 5th Falgun, 2082. The visit was organized to promote sportsmanship, teamwork, and recreational learning among students while providing an opportunity to experience a major sporting event.

The students enthusiastically watched the exciting football match and witnessed the competitive spirit, discipline, and

teamwork demonstrated by the participating teams. The event created an energetic atmosphere and encouraged students to appreciate the importance of physical fitness and sports in maintaining a healthy lifestyle. Apart from enjoying the match, students gained insights into event management, crowd coordination, and the role of sports in fostering social harmony and community engagement.

The tournament also provided a platform for students to interact with their peers outside the classroom environment, strengthening friendship and teamwork. The visit was both enjoyable and educational, offering students a refreshing break from routine academic activities. It highlighted the significance of balancing academic excellence with extracurricular participation for the overall development of students. The memorable experience inspired students to actively engage in sports and recreational activities as an essential component of physical and mental well-being.

Historic Milestone Participation in Fully Immunized Program Declared by Pokhara Metropolitan

students participation in fully immunized program declared by Pokhara Metropolitan We are pleased to share a significant public health milestone achieved on 11th Jestha 2083, 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. Students as well as faculty members Srijana Timelseena 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, 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.

A Memorable Chapter: Gratitude, Growth, and Guidance at CIHS

Batch Toppers-2082

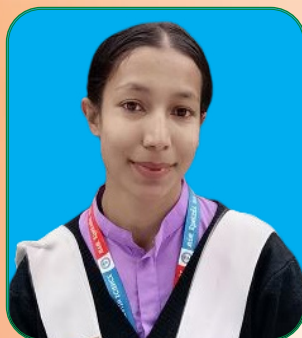


Poonam G.C.
General Medicine

“Success is not a destination; it’s a journey of consistent effort, learning and growth”. It’s an honor to be recognized as the batch topper. Looking back, this achievement is not the result of a single moment of hard work but the culmination of years of dedication, perseverance, and support from those around me.

My journey taught me that consistency matters more than perfection. Being a student of Charak Institute of Health Science, has been one of the most rewarding chapter of my academic journey. As I look my time on CIHS, I feel immense gratitude for the memories, friendships and knowledge I have gained. This institution has not only prepared me academically but has also help me grow into a confident and responsible individual. To my fellow students, I would like to share a simple message:believe in your potential.

Don’t compare your progress with others. Focus on your goals, embrace challenges and keep moving forward, even when path seems difficult. Success is not defined by grades alone but by the knowledge, character and resilience you build along the way.



Arati Kunwar
PCL Nursing

My experience at CIHS has been truly wonderful and memorable. Academically, the college provided a strong foundation through quality education, well-structured classes, and a supportive learning environment. The teachers were highly knowledgeable, dedicated, and always willing to guide us whenever we faced difficulties. Their continuous motivation and encouragement inspired me to work hard and perform my best throughout my studies.

I am deeply thankful to my parents for their constant support, sacrifices, and belief in me. Their encouragement gave me the strength and confidence to pursue my goals and overcome challenges. I am also grateful to my friends and classmates, who were always helpful and supportive. The college offered good facilities, including well-equipped laboratories, a library, and excellent clinical learning opportunities.

The practical exposure and hands-on training helped me improve my nursing skills, build confidence, and gain valuable experience. Overall, my journey here at CIHS has been an enriching experience that has prepared me well for my career.



Kismat Shrestha
Diploma in Pharmacy

Proud to Be a Student of CIHS
“Success is not measured only by marks or ranks; it is measured by the knowledge you gain, the skills you develop, and the lives you touch along the way.” My journey at Charak Institute of Health Sciences has been one of learning, growth, and self-discovery. When I first entered this institution, I came with dreams of becoming a healthcare professional. Throughout my academic years, CIHS provided me with the knowledge, practical skills, and confidence needed to pursue those dreams. The supportive teachers, well-equipped learning environment, and commitment to quality education helped me develop not only as a pharmacy student but also as a responsible individual. Every challenge I faced became an opportunity to learn, and every achievement motivated me to work harder.

As a Diploma in Pharmacy graduate, I feel proud to have been a part of the CIHS family. The values of discipline, dedication, and compassion that I learned here will continue to guide me throughout my professional career. To all future students, I encourage you to believe in your self, stay committed to your goals, and make the most of every opportunity. Charak Institute of Health Sciences is not just an educational institution-it is a place where ambitions are nurtured and futures are shaped.

Our Team

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	Kalika Lamsal	Asst.Admin	+2/intermediate	Full Time
5	Sabina Ghimire Adhikari	Asst.Account	+2/intermediate	Full Time
6	Sagar Dawdi	GM HOD	BPH, MPGD	Full Time
7	Shreejana Timilsina	GM Instructor	BN	Full Time
8	Binita KC	DPH HOD	M.Pharm	Full Time
9	Rupan Singh Thapa	DPH Instructor	B. Pharm	Full Time
10	Amrita Poudel	DPH Instructor	B.Pharm	Full Time
11	Bishwo Raj Parajuli	DPH Instructor	B.Pharm	Full Time
12	Krishna Kumari Sunar	Nursing Act. HOD	BN	Full Time
13	Salina Adhikari	Nursing 1 st year Co-ordinator	BN	Full Time
14	Anshu Kunwar	Nursing 2 nd year Co-ordinator	BN	Full Time
15	Manita Kunwar	Nursing 3 rd year Co-ordinator	BN	Full Time
16	Anu Basnet	Nursing Instructor	BN	Full Time
17	Susma Acharya	Nursing Instructor	BN	Full Time
18	Partikshya Basnet Thapa	Nursing Instructor	BN	Full Time
19	Sofiya Shrestha	Nursing Instructor	BN	Full Time
20	Durga Tiwari	Nursing Instructor	BN	Full Time
21	Anusha Khadka	Lab Asst./Hostal Warden	PCL HA	Full Time
22	Dipak Duwadi	Librarian	SLC	Full Time
23	Anju Regmi	Nursing Instructor	MN	Part Time
24	Krishna Prasad Banstola	GM/ DPH Instructor	MSC Chemistry	Part Time
25	Yam Kumar Sharma	GM/ DPH Instructor	MA English	Part Time
26	Moti Lal Lamichhane	GM/ DPH Instructor	MA Nepali	Part Time
27	Radhika Sapkota	GM/ DPH Instructor	MSC Botany	Part Time
28	Krishna Prasad Acharya	GM/ DPH Instructor	MSC Physics	Part Time
29	Gangadhar Paudel	GM/ DPH Instructor	MSC Mathematics	Part Time
30	Subhas Chandra Bastola	GM/ DPH Instructor	MSC Zoology	Part Time
31	Chet Prasad Bhandari	GM/ DPH Instructor	MA Sociology	Part Time
32	Dr. Devendra Man Palikhe	GM/ DPH Instructor	MBBS/MD	Part Time
33	Dr.Kamal Chapai	GM Instructor	MBBS	Part Time
34	Dr.Sandesh Parajuli	GM Instructor	MBBS	Part Time
35	Chandra Kant Yadav	GM Instructor	M.Sc. Medical Microbiology	Part Time
36	Dr.Adeeti Poudel	GM Instructor	MBBS	Part Time
37	Dr. Namuna Rasaili	GM Instructor	MBBS	Part Time
38	Sagar Kunwar	DPH Instructor	BPH	Part Time
39	Suresh Acharya	DPH Instructor	B.Pharm	Part Time