

SUPPLEMENT

JOURNAL OF THE NEPAL MEDICAL ASSOCIATION

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Kartik 2026

Editor deeply regrets that the name of Dr. J.R. Pandey was left out, due to error, list of members of the present Executive Committee of the Nepal Medical Association as published on page (ii) of the supplement in the last (17th) issue of Journal. Apologies are offered.

Bulletin

The General Assembly in the 4th All Nepal Medical Conference passed a resolution every 3rd month, progress made in implementing the resolutions passed in that conference be circulated to members and NMA news bulletins be issued.

Therefore Bulletin No 1 was issued in Ashad 2026 (July-Aug' 69) by the Information and Publicity Sub-committee (Chairman Dr. Rudra Man Shrestha) with the help of Hon'ble General Secretary Dr. T.M. Tuladhar and subcommittee member in Kathmandu, Dr. Krishna Rana.

It consists of (1) a report of the ceremony and attractions of the conference, with a list of papers read in the Scientific sessions. Of these the papers of Dr. Margaret Owen, Prof. V. Mathai (2 papers) Dr B.P. Sharma, Mr R.C.Verma, Dr. A.K.Bose, Dr. Pinaki Prasad Sharma, Dr. D.Das Gupta, Dr Shreemanta Banerjee, Dr. N.K.Shah, Dr Badri Raj Pandey, Dr. D.N. Regmi, Dr. Stergers, Dr. S.Gurung, Dr. Potts and Dr. Tenhave have not so far been received by JNMA for publication.

(2) List of resolutions passed by the General Assembly of NMA at this Conference.

(3) Minutes of the first meeting of the new Executive Committee as published in the

supplement of the last (Jan-April 1969) issue of JNMA.

Shall we play a mixed doubles?

Due to the efforts of Dr. (Mrs) Rita Thapa, our Vice-President and chairman of Social Welfare and Fund raising Sub-committee of NMA, a grand Table Tennis table has been installed at the NMA building in Kathmandu, through the generosity of Messrs Eastern Surgical Company. On behalf of Dr. (Mrs) Dibya Shree Malla, Chairman of Sports and Entertainment Sub-committee of NMA and all the NMA members in Kathmandu, the Editor takes the liberty of thanking the Eastern Surgical Company and Dr. Rita Thapa for the table which has remarkably increased the attendance of members at Siddhi Sadan.

Change of name.

The Executive committee meeting on 4.4.026 decided to change the name of the Legislative and Disciplinary Sub-committee under the chairmanship of Dr. L. Paudyal, to Defence Sub-committee. As one of the functions of the Sub-committee i. e. to arrange a lawyer for the Association, has been already fulfilled by Mr. Krishna Prasad Bhandari, Senior Advocate, agreeing to help members in legal complications arising in their professional life, the function of Dr. L. Paudyal's defence Subcommittee is to protect the interest of members of NMA in legal complications, with the kind help of our Association's Honorary adviser Mr. Krishna Prasad Bhandari, Senior Advocate.

Dr. Paudyal has been given the task of drafting a code of ethics for members of Nepal Medical Association and submitting it to the Executive Committee.

Fair selections and transfers

Formulated fixed criteria for selection for postgraduate training and studies which were submitted by the Nepal Medical Association have been welcomed by the authorities. Text of the letter containing these criteria is given below. Criteria for posting and transfer of NMA members will be submitted later.

Text of the Letter

The Director,
Dept. of Health Services,
HMG's Govt. of Nepal,
Singh Durbar.

Sir,

The Nepal Medical Association at its Fourth All Nepal Medical Conference resolved that there should be fixed criteria for selection of doctors for postgraduate scholarship for training and higher studies and also for posting and transfer of NMA members. That NMA should formulate such criteria and submit them to H.M.G.

In view of the recent announcement of various scholarships for 1969-70, I have the honour of submitting the formulated fixed criteria, as given below, which were approved by our Executive Committee. The order given is according to the priority and importance of the criteria enumerated.

Criteria for selection for Postgraduate Scholarship

1. Years of service with HMG

- a) Candidates who have completed 5 years or more of service either in Govt. or semi-Govt. institutions should be considered for the Scholarships irrespective of their placement.

- b) In case of candidates with only 3 years of Service, preference should be given to those who have served in a remote area for a minimum of one year during their posting.

2. Posting in different parts of the country.

The preference should be in the following order:-

- i) Remote areas a) posts under Health Services
b) posts under the Home Ministry
- ii) Towns in Hills excluding those under iv and v below.
- iii) Towns in Tarai excluding those under iv below
- iv) Towns like Biratnagar, Birganj, Bhaktapur, Nepalganj, Butaul, Jaleshwar.
- v) Kathmandu and Lalitpur

3. Academic Career:

- i) MBBS or equivalent graduation degree.
- a) Those who have obtained Honours in the University Examination.
- b) Those who have qualified within the minimum period of time for the degree (Regular candidates)
- c) Other than those under a and b (ordinary candidates)
- ii) Intermediate Science division and marks.
- iii) S.L.C. division and marks.

4. Aptitude (after having considered the preceding criteria)

- i) Candidates who have worked in a particular subject should be given preference for that line.
- ii) Candidates who have applied for one subject only should be given preference to candidates who have many alternative choices.

The JNMA has further resolved that after selection and before they go abroad, the selected candidates should be posted in the particular line in which they have been selected for training and postgraduate studies.

c.c :-
Dr. B.R. Pandey
Asst. Director, Training and
Education, Dept. of Health Services, HMG.

Yours Sincerely,
N.B. Rana
Chairman, Training and
Placement Subcommittee
Nepal Medical Association.

**Programming and budgeting of the
Scientific & Research sub-committee
Period 2026/2027.**

Mr. President,

At a meeting of this sub-committee we have worked out a tentative plan of action for the year 2026. A copy of the decisions taken then has already been communicated to you in writing, and has also been published in JNMA subsequently. I thank the Editor of the Journal Dr. Moin Shah for this.

Before putting before you the detailed plan for the next two years, I should like to have your permission to inform the House about the work done so far.

1) We had two distinguished speakers from abroad, Prof. Perkins from the University of London, and Prof. Ramalingaswamy from the All India Institute of Medical Sciences, New Delhi who spoke on Glaucoma and Endemic Goitre respectively. The detailed report on these activities have been published in the last JNMA.

2) A Symposium was held last month entitled 'Social and Medical aspects of Family Planning in Nepal'. Many distinguished speakers in the field, both medical and non-medical, read excellent papers on various aspects of this burning issue. We shall be publishing the papers either as a supplement of JNMA or as a separate issue. The symposium was inaugurated by the Honble Minister of Health.

3) Work has been proceeding smoothly on the establishment of a Central Medical Library at Siddhi Sadan. A girl has been provisionally appointed as the Librarian, and has completed a course of Librarianship at the T.U. Library. A large consignment of books and periodicals will shortly be received. The British Council has already started to donate a few periodicals. Similarly the U.S.I.S. library has agreed to transfer its Medical section to our CML. I am also happy to announce the receipt by us of a grant of Rs.350 from His Majesty's Govt. towards the establishment of CML. The bindings of periodicals and cataloguing of the books will begin immediately.

So far has been the progress made by this sub-committee. Now, Mr. President, I present to you the detailed plan for the next two years.

Preamble

As this Association is also a scientific body, it is self evident that scientific research should form the mainstay of its activities. With this in view at the last Medical Conference

held at Birgunj this sub-committee was formed. This is entirely a new venture taken up by this Association in its history.

Organisation of the sub-committee

I was provided with the honour of being the Chairman of this sub-committee. On my request the following accepted to be the members:- Drs. T.N. Bhattarai, M.R. Pandey, A.K. Sharma, R.B. Adiga, S. Bahadur, L. Poudyal, S.K. Pahar, K. Giri, J.N. Giri, P.L. Rajbhandari, G.S.L. Das, V.L. Gurubacharya, T.M. Tuladhar.

Break-down of the Plan

1. Lectures

We plan to keep on having lectures by eminent people both domestic and foreign at frequent intervals. The subject chosen will be of general interest, and as far as possible refreshments will be made available for the participants to make the occasion more attractive. In our previous gatherings refreshments were always provided. In all we have offered refreshments five times, all free, as a matter of fact no less a contribution than that of Entertainment sub-committee.

2. Symposia

We are encouraged tremendously from the success we had in our first Symposium so we are planning to have such scientific symposia at regular intervals, may be every second month. The subject for the next symposium has been chosen as 'Use and Misuse of Antibiotics'

3. Clinical conferences

We wanted to take over the clinical conferences being currently held at Bir Hospital and in a bigger and brighter form. In fact these conferences were originated and run for a long time by NMA, and suddenly due to some curious reason it fell out of our hand. Later on we decided after consultation with our friends in Bir that we shall not duplicate their already existing activity, and that they will keep on conducting such a hospital activity. However, we felt that the standard of the Bir hospital meetings could be improved and that once in while we should hold conferences with wider representation.

4. Refresher courses

There has been a great demand from many of our friends that Refresher courses be run by NMA. This year four such courses will be held and the first will be on

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'Diseases of the Digestive system.' Each course will last for approximately one week and will consist of two one hour lectures each in the afternoon, at Siddhi Sadan.

5. Distinguished personality

We will invite elderly doctors in Nepal to talk about their lifelong experiences in their own fields every six months. The first invitee will be Dr. B. B. Shingh, the Senior Anaesthetist.

6. Writing a Medical History

It has been felt that an up-to-date history of the Medical Profession in Nepal is necessary. This will be an exhaustive collection of facts and figures. A board of Senior doctors will shortly be formed to take up this formidable task.

7. The Library

It has come to our notice, though unofficially, that H. M. G. through a grant from W. H. O. is going to establish a National Medical Library in near future. NMA agreed to provide the upper hall of Siddhi Sadan for housing the Library. The staff consisting of a Librarian, an assistant librarian, and peons will be provided by H. M. G. This is indeed a very nice thing, but I must warn that this is as yet an unhatched egg. Be that as it may, our plan for the establishment of a Central Medical Library is proceeding as scheduled.

8. Research Activities

I am afraid that this aspect is not keeping a satisfactory pace. The main reason, of course, is the lack of funds. Any research project will need the involvement of personnel and materials, which involves money. We have requested H. M. G. for the grant of a fund for this purpose but as yet we have not had a favourable reply. It seems we are in a sort of a vicious circle: unless we show some research activities we are not likely to get a grant, and unless we have adequate funds we can not start any project. This vicious circle has to be broken. If our eminent doctor friends are co-operative we can start off with simple projects, say in Bir Hospital first. Certain drug companies eg Glaxo Labs. are eager to help us if we undertake a project on Anaemia. Unfortunately the last meeting of the sub-committee could not be held as many members did not turn up. In the next meeting this matter will be thoroughly discussed amongst the members and a solid plan will be worked-out.

Budget

Expenditure

Library:-

a. Furniture	2,000
b. Journal subscrip.	500
c. Books	500
d. Binding & catalogue	300

Research

a. Remuneration to the para-medical and non-medical staff	5000
b. Materials	5000
c. Transportation	2000
d. Paper work, printing, cyclostyling etc.	600

Entertainments

a. Accompanying scientific programme	1500
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Refresher course

a. Remuneration to the speakers	1200
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Other

500

Total

19,100 Say 20,050/-

2. Resources

Government grant, So far received	3500
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From NMA fund	500
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Total

4000/-

We Sincerely hope thht the deficit of Rs. 16,000/- will be made up by further Govt. assis-
tance. and other sources.

Report of Sports and Entertainment Subcommittee

The Sports and Entertainment Subcommittee of NMA has the pleasure to record a few get-together parties of NMA members and their guests at the Association Building, Kathmandu, since the formation of the subcommittee in the first meeting of the new Executive Committee in Birgunj in Feb. 1969.

On first Chaitra 025 (14.3.69) fun and supper were arranged when about 110 doctors took part. It was the second gathering of its kind arranged at the Association Building, the first being held by the previous Executive Committee to inaugurate the new building and it was the first get-together arranged by the Sports and Entertainment Committes of NMA. The gathering was a grand success. As we were not well equipped for such a warm response, some friends did not get each item of food but I thank them all for excusing me and enjoying the evening. After a short talk by our President, there was an entertainment programme and members were bid good night.

Our New Year came with all its jops and cheers. The Subcommittee wanted to wish a happy New Year to NMA members, their wives and husbands in person and arranged a get-together in the evening of 7th Baishak 2026 (19.4.1969). In the afternoon there was games competition in bridge (cards) chess and carroms, and a large number of NMA

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members took part. Dinner was arranged by courtesy of Standard Pharmaceuticals. Prizes for the winners in the games competition were distributed after dinner. The prizes were donated by Sajha Swastha Shewa. The Hon'ble Minister of Health and Foreign Affairs, Gehendra Bahadur Rajbhandari and the Hon'ble Minister of State for Health, Gunjesw Prasad Singh kindly attended the dinner. During the evening, the subcommittee made collections of a small fund for the Nepal Blind and Disabled Association by selling lucky coupons. There was a short entertainment programme at the end.

On 30 Jestha 026, the subcommittee arranged a get together to celebrate the 50th birthday of H.M. the King. NMA members and their guests joined together to wish health and happiness to His Majesty. After dinner Mr Karkat Man Tuladhar, a well known Nepalese Artist gave a violin recital and two NMA members gave a caricature performance.

The Subcommittee has decided to arrange a few get-together parties every year on the occasion of New Year, H.M. King's birthday, the Association day function in Kartik and a Sports and Entertainment day. The functions need not be limited to these occasions only and we hope to arrange even more get-togethers and games competitions.

Dr D. Shree Malla

Chairman

Sports & Entertainment Sub-Committee

Election of Central Council of NMA and of Representatives from NMA to the Nepal Medical Council: are in progress. The election committee formed by the Executive Committee consists of Drs N.B.Rana, K.J.Rana, and M.P.Dhungana. The election committee has sent nomination papers to all the direct members of NMA and has also requested the NMA branches for the same.

Report of Social Welfare and Fund raising Sub-Committee

A. Scope of social services required for any community is so vast that one could easily spend hours just describing it. Any successful social service should be based on the following facts:

1. It should meet the needs of the Community.
2. It should be supported by the Community.
3. It should have dedicated volunteers.

With the assumption that the community needs and will support Social Welfare and with the dedicated volunteers from NMA this Sub-Committee has the following plan of Social Welfare and Fund raising. Members of this Subcommittee are:-

1. Dr. Kalyan Mani Dixit
2. Dr. J.R.Pandey
3. Dr. Hemang Dixit
4. Dr. N.B.Rana
5. Dr. Moin Shah
6. Dr. N.K.Shah

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7. Dr. Badri Raj Pandey
8. Dr. N.R. Josi
9. Dr. Rita Thapa..... Chairman

Name of the social welfare service: School Health Programme

Objectives

- a) Health Education
- b) School Health service.
- c) Study of the health of School children

At present due to shortage of resources this Sub-committee would limit the school health programme only to health education and first aid and treatment of minor ailments only.

Programming.

Two high school would be chosen. Each school to be divided into two groups.

- a) Primary level group
- b) Secondary group.

Team of following category staff would make at least eight visits in a year to each of the two schools for visit, four the primary and four visits for the secondary group. The team will consists of two doctors, two nurses and a few volunteer parents.

Functions of such a team visit:

1. Education of children and their parents and teachers on simple health and hygiene
2. To Give first aid service and treat minor ailments if any required.
3. Record of health of the children in coordination with the Scientific and Research sub-committee.

Resources required:

- 1) Vehicle: in collaboration with public health team of the Dep. of Health Services
- 2) Volunteer Doctors. Members of NMA
- 3) Request to be made to the trained Nurses Association for voluntary services.
- 4) Parents to be approached for co-operation and help.
- 5) Educational materials and medicines: To begin with these may be the published Health bulletin of the Department of Health Services and medicines from doctors' samples.
- 6) Definite cooperation to be requested from district and village panchayat and leaders of local organisations.
- 7) Since this is the beginning only, some material grants from HMG would be required for medicines and educational materials and research. At present roughly about Rs 20,000/- grant would be required from H.M.G. This sum will be requested in conjunction with request from other subcommittee, such as the Scientific and Research Sub-committee. Besides, our Sub-committee would devote its time to raise funds specially for the school health programme.
- B. The social welfare and fund raising Sub-committees thanks Messrs Eastern Surgical Co. for donation of a Table Tennis Table to the Nepal Medical Association.

C. Efforts are under way for organising a charity show for raising funds for the NMA and requesting concerned authorities for grant lottery.

Tea for Mr Dhir

The President of the Nepal Medical Association was at home on the 3rd of July for tea at the Siddhi Sadan given in honour of Mr Dhir, WHO adviser who visited Kathmandu in connection with a national medical of library.

NEWS

New Secretary of Health

Mr Chitra Bahadur K.C. became the new Secretary of Health, H.M's Govt., on 21 Aug. 1969 (4th Bhadra 2026)

Honours

Our President, Dr L.N. Prasad, has been appointed Royal ENT Surgeon and elected Fellow of the American College of Surgeons in Otorhinolaryngology

Other NMA member Dr A. Hai Khan (Adviser, Journal Sub-committee) and Dr R. Shrestha, member of NMA Executive Committee (Joint Secretary) and Chairman, information and Publicity Sub-committee were honoured with Gorkha Dakshina Bahu class in the Birthday Honours list.

FRCP.

Dr Mrigendra Raj Pandey MRCP (Ed) is to be conferred FRCPE this year.

FP and MCH

Dr Y.R. Joshi has been appointed Chairman of the Family Planning and MCH Project Board.

Participants in the team for orientation in Family Planning for 3 months in the U.S. who left on 10th July 1969 were:

- Dr. D.N. Regmi, Managing Editor JNMA (Auxiliary Health Workers School)
- Dr. Chhatra Shrestha, member NMA Executive Committee (Dharan Hospital)
- Dr. S.C. Majumdar, Consultant in Family Planning
- Dr. Narayan Ram Joshi, Family Planning and MCH Project
- Dr. Ram Gautam, Jumla Hospital
- Dr. Shobha Khatri, Nepal Gunj Hospital
- Dr. Nani Maya Shrestha, Biratnagar Hospital

Nepal Tuberculosis Association

Dr Tej S. Malla, Member of NMA Executive Committee (Joint Secretary) has been elected Honorary Secretary of Nepal Tuberculosis Association.

According to evaluation report for June to August the number of Vasectomies in Chhetrapati Central clinic was 41 and in the Baghbazar clinic was 102. The total number of Vasectomies under the Project during the period was 570.

Dr Tej Singh Malla has been sent by the Nepal Tuberculosis Association to

the 20th International Tuberculosis Conference in New York from 2nd to 6th Sept. 1962. Dr Malla left Kathmandu on 21st August.

Several NMA members have been elected to the New Executive Committee of Nepal Tuberculosis Association. The New Executive Committee is as follows:—

1. Dr Jit Singh Malla
2. „ Y.R. Joshi
3. „ D.N. Gongal
4. „ N.L. Maskey
5. „ Tej Singh Malla
6. „ N.K. Shah
7. „ N.B. Rana
8. „ Moin Shah
9. Hon'ble Mrs Kamal Shah
10. Mrs Bindeshwari Shah
11. Mr Kamal Mani Dixit
12. „ Narendra Bahadur Rayamajhi
13. „ Manindra Raj Shrestha
14. „ Tek Narshing Bhattachan
15. „ Jyan Bahadur Pradhan

Drs Edgar and Elizabeth Miller

Revisited Kathmandu, attended the get together party in the NMA Building and were pleased to meet several members NMA who were old acquaintances. A reception was held at Shanta Bhavan by Dr. M. W. Anderson, Medical Director of our United Mission Medical Centre, on 23rd June 1969 in the honour of Drs Miller.

Dr Miller had been a regular contributor to our association with him.

NEPALI ON THE B . B . C .

JNMA has been informed by the BBC Press Service that since June 7, 1969 every Saturday a half hour programme is broadcast from 3 : 10 p.m. to 3 : 40 p.m. Nepal standard time on the 11, 13 and 16 Metere bands (25. 75. 21. 68. 18. 08 Megacycles) with is repeated at 9 . 55 P . M . Nepal Standard time on the 25 Metere band (11 . 955 and 11 . 91 Mega Cycles). The programme consists of current affairs with particular emphasis on items of interest of Nepal, talks with Nepali visitors to Britain, Listeners' Letters and requests for popular music to be played .

DOCTORS FROM BIR HOSPITAL :

The following doctors have left Bir Hospital : For Nuwakot, Dr . M . P . Dhungana; for Jumla Dr Madhav Joshi; and for Gorkha Dr. H . L . Shrestha .

N.B. Please notify the Journal of change of address of NMA members

EDITORS.

ORIENTATION IN PUBLIC HEALTH :

The first orientation course for District Medical Officers organised by the Department of Health Services with the help of WHO and UNICEF was held at the Siddhi-Sada from May 7 to May 30, 1969. Out of 15 Participants 13 attended the course:

- | | |
|-------------------|-----------------------------|
| 1) Bagmati Zone | Dr L.B. Thapa |
| 2) | Dr J.P. Rijal |
| 3) | Dr D.P. Upadhaya |
| 4) Narayani Zone | Dr R.M. Shrestha |
| 5) | Dr C.P. Maskey |
| 6) | Dr Bhasker Sharma |
| 7) Lumbini Zone | Dr B.N. Vaidya |
| 8) Kosi Zone | Dr Kalyan Raj Pandey |
| 9) Rapti Zone | Dr Puspa Prasad Rijal |
| 10) Seti Zone | Dr Mukund Bdr Manandhar |
| 11) Mahakali Zone | Dr Binod Dhungana |
| 12) Mechi Zone | Dr Narayan Gobinda Amatya |
| 13) Gandaki Zone | Dr Mrs Anguri Devi Shrestha |

UNICEF provided daily allowance of N. C. Rs 50/- for each participant together with travelling allowances. WHO sent a consultant. The course was on Public Health and administration problems with emphasis on integration of Malaria Programme into the general Health Services.

WHO-SEARO Conference Kathmandu:-

HM's Government of Nepal is the host for the 22nd WHO Regional Committee for South East-Asia to be held from 29th of September 1969. The topic for technical discussion in this conference is "Training of Paramedical Personnel in the health Center. Dr M. G. Candau Director General of WHO will be in Kathmandu during the conference. Delegates from eight countries including Nepal will participate.

Training Specialists in Britain

We understand that the following Selections for postgraduate studies and training have been made:—

(O. C. Mhrthopoeids)

Dr. Vishwa Raj Dali

FRCS

Dr. Chandra Prakash Maskey

Dr. Lok Bikram Thapa

Dr. Keshab Bahadur Rajbhandari

MRCP

Dr. Gopal Prasad Acharya

Dr. Pushkar Raj Satyal

Gastroenterology

Dr. Kumar Shumsher Rana

MRCOG

Dr. Hira Devi Tamrakar

Dr. Sarswati M. Padhye

D.O.

Dr Om Krishna Malla

D.L.O

Dr Jishnu Prasad Rijal

DMRD

Dr Ratna Bahadur Sakya

DA

Dr (Mrs) Jyotsna Maskey

Dr Roshana Amatya

DCH

Dr Dharma Sharan Manandhar

DCP

Dr Gokul Das Shrestha

DTCD

Dr Naryan Gobind Amatya

Dermatology

Dr Ram Kumar Shrestha

Blood Bank

Dr. Mukund Bahadur Manandhar.

Hon'y General Secretary's Notice

An Annual General Meeting will be held sometimes in the month of Falgun '026. The exact date and agenda will be circulated to the members in due course. As Amendment of the constitution of NMA is going to be one of the agenda, members who want to send their proposals for any amendment in the constitution of the Association are requested to send their suggestions by the end of Aswin 026. Such proposals should be duly proposed and seconded by at least two members of the Association.

We announce with sorrow the sad and premature demise of NMA member and consulting editor of Journal Subcommittee Dr. Shree Nivas Sharma MBBS, DOMS who was the Eye Surgeon of Bir Hospital. Details of his life and career will be published in the journal in the future.