

CURRICULUM VITAE

Name: BIRAJ MAN KARMACHARYA

Sex: Male

Date of Birth: 1st of January, 1979 A.D.

Marital Status: Married; with one son (4.5 yrs old)

Citizenship: Nepali

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Nepal Medical Council Reg. No.: 4019

Type of Registration: Permanent Specialist

Educational History

Qualification	Year (AD)	Div./Percentage	Name of Institution
1) School Leaving Certificate	1994	I / 80.64	Siddhartha Vanasthali Institute, Balaju.
2) Proficiency Certificate in Science	1994-1996	I / 72.4	St. Xavier's Campus, Maitighar; Tribhuwan University
3) MBBS	1997-2001 (internship completed in 2002)	I / 72.9*	College of Medical Sciences, Bharatpur; Kathmandu University
4) Masters of Science (Tropical Medicine)	2004-2006	CGPA: 3.85** out of the scale of 4	Department of Clinical Tropical Medicine, Faculty of Tropical Medicine, Mahidol University; Bangkok

Remarks :

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- Distinction in Biochemistry I, Physiology I, Anatomy II, Pharmacology II, Otorhinolaryngology, Community Medicine I and II, Obstetrics and Gynaecology
- Highest score in Community Medicine I and II in the batch.
- Third position in the batch as per aggregate MBBS marks.

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- First in the batch to complete the Masters program (in two years)

Awards and Scholarships

1. Outstanding Student Scholarship in school from Grade VI to X.
2. 2nd position in SIVAA (Siddhartha Vanasthali Alumni Association) Quiz Contest 1993AD.
3. 3rd position in National Inter School Quiz Contest organized by Nepal Television V 1993AD.
4. 3rd position in Inter-Valley Schools Spelling Contest 1994AD.
5. 3rd position in Inter College SAARC Radio Quiz Contest 2051 BS.
6. 1st position in Nepali Poem Competition org. by Students' Council, St. Xavier's College 1996 AD.
7. 1st position in Nepali Essay Competition org. by St. Xavier's College 1996 AD.
8. **Meritorious student scholarship from HMG, Ministry of Education** for MBBS study in College of Medical Sciences, Bharatpur, Chitawan (Jan. 1998).
9. All costs related to the study of Masters of Science (Tropical Medicine) at Faculty of Tropical Medicine, Mahidol University was sponsored by Dhulikhel Hospital Kathmandu University Hospital as one of the most promising staffs of the institution.
10. **Awarded travel grant by Geneva Health Forum** organizing committee to present paper in the Geneva Health Forum on 'Involvement of health sciences students in the community health development through community based learning.' at Geneva, Switzerland (25-28 May 2008).
11. **Research grant worth 1 million rupee awarded by University Grants Commission, Nepal** for my research proposal on 'Impact, opportunities and challenges of the community based learning (CBL) programs of Nepalese medical colleges in the development of primary health care sector of Nepal'

Extra Curricular Activities and Posts Held

1. Quiz Contests and Literary Competitions, *vide supra*.
2. Member -Mushroom Cultivation Club, Street Children Welfare Activities Club, St. Xavier's Campus
3. Secretary, College of Medical Sciences Literary Club in the year 1999 A.D.
4. President, Students' Club of MBBS 2nd Batch from 1998 till 2001, College of Medical Sciences, Bharatpur, Chitwan, Nepal
5. Student Advisor, CMS Literary Club from 2000 A.D.

6. Students' Coordinator, CMS Bioethics Club, CMS Readers' Club and CMS Writers' Club 1999-2001 A.D.
7. Students' Coordinator in various cultural and social service activities in CMS.
8. Life member, Nepal Epilepsy Society.
9. Executive Member, Nepal Epilepsy Society. (2002-2003)
10. Scientific and Souvenir Committee Member, International Symposium on Epilepsy organized by NES (2003)
11. As a **Rotarian in the Rotary Club of Dhulikhel**
 - a. 2006-2007: Member
 - b. 2007-2008: Sergeant at Arms
 - c. 2008-2009: Joint secretary
 - d. July 2010- continuing (till July 2011): Secretary
12. **President, Board of Trustees** of Childreach Nepal which is a chapter of UK Based charity Childreach UK. (since February 2010)
13. Member of the Organizing committee of '**Advancing Quality through Partnerships of Health Professions Education and Health Services Institutions**, International Conference November 13 - 17, 2010 Kathmandu, Nepal' organized by Towards Unity for Health (<http://www.the-networktufh.org/conference/>)

Participation

1. As the Team Coordinator from College of Medical Sciences, Bharatpur in 1st All Nepal Medical Students' Conference, IOM, Maharajgunj in 1999.
2. First Annual Meeting Nepalese Society of Clinical Neurosciences, 14th June, 2002, Kathmandu.
3. VIth International Surgical Conference 21-23 Nov. 2002, Kathmandu, Nepal org. by Society of Surgeons of Nepal.
4. International Symposium on Epilepsy, 17th - 18th Jan 2003., Kathmandu org. by Nepal Epilepsy Society.
5. Numerous medical and public health conferences, Numerous health camps
6. International Summer course on Problem Based Learning, University of Maastricht, Holland; June 2008 (as team leader of eight participants from Kathmandu University School of Medical Sciences)
7. Chief coordinator of institutional introductory workshop on problem based learning, Sept 10, 2008
8. Chief coordinator of the national level introductory workshop on problem based learning, Sept 19, 2008

Research Experience

Publications

(Publications related to epidemiology/maternal health/health systems)

1. Involvement of health sciences students in the community health development through community based learning. B.M. Karmacharya
Program and Abstract Book of Geneva Health Forum (Towards Global Access to Health): Strengthening Health Systems and the Global Health Workforce (25-28 May 2008). Abstract number: FC011/1
(Travel grant awarded for this presentation)
2. A unique model of health institution for a developing country: Experiences from Dhulikhel Hospital, Nepal. Karmacharya B. Bayerisches Arzteblatt 2009 (6): 300-301
3. Innovating for the health of all: Breaking the barriers. Biraj Karmacharya.
(Published as a finalist essay by Global Forum for Health Research and Lancet in YOUNG VOICES IN RESEARCH FOR HEALTH 2009); page: 70-72.
(http://www.soumya.us/GBHR_essay.pdf)
4. Linking community based primary health care with a tertiary level health institution: A novel approach to primary health care in developing countries. Karmacharya BM. (Poster presentation in Geneva Health Forum April 2010; Published in the proceedings of GHF 2010)
5. Participatory Appraisal for the assessment of a novel approach of community based primary health care system. Biraj Man Karmacharya (Article submitted for First Global Symposium on Health Systems Research, Nov 2010, Montreux, Switzerland)
6. High prevalence of Blastocystis sp. subtype 4 among rural communities in Nepal. Lee Ii Li, Suresh Kumar Govind, Biraj Man Karmacharya et al. Proceedings of 46th Annual Scientific Conference of Malaysian Society of Parasitology and Tropical Medicine. March, 2010
7. Clinical features, etiology and short term outcomes of interstitial pneumonia in HIV/AIDS patients. T Somsit, P Punnee, MK Biraj et al. Southeast Asian J Trop Med Public Health. 2005 Nov;36 (6):1469-78
8. Possible zoonotic and waterborne transmissions of Blastocystis sp. in a rural community in Bahunipati, Nepal. Lee Ii Li, Suresh Kumar Govind, Biraj Man

Karmacharya et al. Proceedings of 46th Annual Scientific Conference of Malaysian Society of Parasitology and Tropical Medicine. March, 2010

9. Typhoid fever in Dhulikhel Hospital, Nepal. Sharma N, Koju R, Karmacharya B et al. Kathmandu Univ Med J. 2004 Jul-Sep; 2(3):188-92

Others:

10. Students' perception of Problem Based Learning in Kathmandu University School of Medical Sciences. Karmacharya B, Rimal P. (Published in special edition of Kathmandu Univ Med J called Modern Trends in Medical Education. May 2009; Page number: 88-93. link: <http://kumj.com.np/ftp/monograp.pdf>)
11. Problem Based Learning perspectives in allied health sciences. Rimal P, Karmacharya B. (Published in special edition of Kathmandu Univ Med J called Modern Trends in Medical Education. May 2009; Page number: 112-121. link: <http://kumj.com.np/ftp/monograp.pdf>)
12. Telephone management of severe wasp stings in rural Nepal: a case report. Victor Patteson, Tshering Lama, Biraj Man Karmacharya (Submitted to Journal of Telemedicine and Telecare)

Research supervision/participation

(Research supervision/participation related to epidemiology/maternal health/health systems)

1. Supervised research of a student of Bachelor in Development Studies (from London, UK).
Title of dissertation: 'Development Lesson from Nepal: The Case of Dhulikhel Hospital Changing Health-seeking behaviour of rural women through microfinance.'
2. Team Leader of the ongoing research project 'Impact, opportunities and challenges of the community based learning (CBL) programs of Nepalese medical colleges in the development of primary health care sector of Nepal' (Research grant awarded by University Grants Commission, Nepal)
3. Team member of research project on 'Cervical Cancer Screening in rural women of Nepal, following community orientation of the women's groups' done in collaboration with Norwegian University of Science and Technology (NTNU)
4. Principal investigator from Kathmandu University School of Medical Sciences in the following research proposals (prepared in collaboration with ASEAN

Institute of Health Development and Faculty of Public Health, Mahidol University, Thailand) submitted to WHO Regional office of South-East Asia.

Titles:

- a) Improving maternal and child health through the community based MCH public health programs in Kavre district.
- b) Development and strengthening the primary health care system for maternal and child health care service in Kavre districts as a model in Nepal.

- 5. Supervised two researches of the medical students from Maastricht University (2007-2008) in their research topics on
 - a) Prevalence of soil transmitted helminths in the stool of the school children of three different climate zones in Nepal
 - b) Prospective study of the outcome of single dose albendazole in the school children in rural Nepal with reference to worm load in stool
- 6. Supervised medical students from the University of Malaya, Malaysia, on their research on 'Prevalence of isospora, blastocystis, cyclospora and microspora in the stool samples of school children, hospital patients and non-symptomatic adult people in Nepal.' (2009)

Others

- 7. Supervised Masters level research of Masters of Pharmacology student (Ms. Sony Shakya) of Kathmandu University. (2007)
Title: Study of adherence pattern of diabetic patients on oral hypoglycemic agents and clinical outcomes with special reference to fasting blood glucose and glycosylated hemoglobin levels.

Thesis research

Masters level thesis research entitled '**Long term safety and efficacy of generic drug combination of Stavudine, Lamivudine and Nevirapine (GPO-vir) in adult HIV-AIDS patients at Bamrasnaradura Infectious Diseases Hospital, Nonthaburi, Thailand.**'

Ongoing researches (as Principal investigator)

- Factors affecting the willingness of the health workers to work in rural areas
- **Effect of microfinance in families belonging to low socio economic strata, with particular reference to**
 - **Morbidity pattern**
 - **Participation in community health activities**
 - **Health service seeking behavior**

- **Mother and child health**
- Problem Based Learning in Kathmandu University School of Medical Sciences: strengths and limitations
- Impact of public health interventions in the cholera outbreaks in Kavre district

Trainings

Trainings on research methodology organized by Nepal Health Research Council (November 2006)

Attended Annual International Public Health Summer Course at the University of Alabama at Birmingham (UAB) School of Public Health, Birmingham, Alabama, USA ; July 6-31, 2009. (All expenses sponsored by UAB) (This visit was particularly planned to develop joint initiatives between Dhulikhel Hospital Kathmandu University Hospital and UAB School of Public Health)

Non scientific publications

1. **The Missing Link** : (An Article on the role of pharmacists in medical community) in *PharmaQuest* Sept. 2002.
2. **The Unpublished News.**: (An Article on child hackers) in *The Kathmandu Post* on 22nd of Feb 2003.

Job experience

Institution: Dhulikhel Hospital Kathmandu University Hospital	
Date: May 2003-May 2004	
<i>Job Description</i>	<i>Major responsibilities</i>
Medical officer	<ul style="list-style-type: none"> • As a medical officer in the Dept of Medicine in regular clinical works • Taking classes to the MBBS and certificate level students of allied health sciences program
Medical incharge of Dhulikhel Hospital Bahunepati outreach center	<ul style="list-style-type: none"> • Weekly visit to the center • Supervising the activities of the center • Planning and implementing various community based health activities • Coordinating with the government health system for joint programs
Institution: Dhulikhel Hospital Kathmandu University Hospital	
Date: June 2006-till date	

<i>Job description</i>	<i>Major responsibilities/activities</i>
Chief of the Department for Community Programs	<ul style="list-style-type: none"> • Planning and implementing community based health programs in the rural areas of Nepal through the ten outreach centers in coordination with all the departments of the hospital, district health office, communities and other local stakeholders. • Initiating and supervising the microfinance program amongst women's groups to strengthen the financially poor families and also mobilizing the same groups in health activities, particularly related to mother and child health. • Making new partnerships and working structures for supporting other community based hospitals (e.g., AmpPipal Hospital, Gorkha; Tamakoshi Cooperative Hospital, Ramechhap) • Initiating new community based endeavors in health programs, including establishing outreach centers in rural Nepal, organizing health camps, etc. • Conduct various community based researches as principal investigator and also as co-investigator. • Seeking new grants for community based health projects and getting involved in fund-raising programs. (In December 2009, I was the key speaker in the annual fund raising program of Namaste Stiftung, Germany) • Coordinating with the health sciences academic programs to facilitate the community based learning programs. • Guiding visiting international students for community based health programs. • Work as the hospital project director for some joint projects, e.g., <ul style="list-style-type: none"> ➤ Child health program in Timal area of Kavre district (Run with the support of INGO CCS, Italy from Dec 2007-Mar 2008.) ➤ Rural Child Health Program. (Run with the

	<p>support of Childreach International, UK, since July 2009)</p> <ul style="list-style-type: none"> ➤ Rural Reproductive Health Program (Run with the support of Scharf Stiftung, DSW, Germany, since March 2008)
Lecturer, Department of Medicine	<ul style="list-style-type: none"> • Taking classes to the allied health sciences and medical students (theory as well as bed-side) • Supervising research students related to the Department of Medicine (particularly related to infectious diseases) (For last three years, I have been involved less in the regular clinical activities because of my other responsibilities)
Problem Based Learning/Academic Coordinator	<ul style="list-style-type: none"> • Organizing, conducting and supervising regular problem based learning sessions • Training the students and staffs in PBL (Problem Based Learning) • Orienting the faculty of other disciplines and also other institutions in Nepal in PBL • Conducting researches on Medical Education • Some of the past accomplishments: <ul style="list-style-type: none"> ➤ Co-author for the proposal application to Netherlands Fellowship Program for 'Tailor made program for strengthening Problem Based Learning in Kathmandu University School of Medical Sciences' (the grant was awarded, worth euro 80,000.) ➤ Institutional team leader of the project 'Tailor made program for strengthening Problem Based Learning in Kathmandu University School of Medical Sciences' awarded by Netherlands Fellowship Program ➤ Co-author of the refreshers' course proposal application to Netherlands Fellowship Program (results due) ➤ Team leader of the eight members team attending 'International Summer course on Problem Based Learning' in the University of Maastricht, Holland, June 2008 ➤ Chief coordinator of institutional introductory workshop on problem based learning, Sept 10, 2008 ➤ Chief coordinator of the national level introductory workshop on problem based learning, Sept 19, 2008 ➤ Resource trainer on Problem Based Learning in the training of Medical Education to the residents of National Academy of Medical Sciences (Dec 2008)
Coordinator for	As the coordinator for International Collaborations, I have been involved in

International Collaborations (Since Jan 2008)	<p>developing formal relationships, working out mutual strategic plans, and also implementing the plans of activities through mutual coordination and collaboration with various international universities and organizations. Till now, I have been the focal person in the collaborations with following Universities and organizations</p> <ol style="list-style-type: none"> 1. Norwegian University of Science and Technology (NTNU), Trondheim, Norway 2. Mahidol University, Bangkok, Thailand 3. University of Graz, Austria 4. German Rotary Volunteers Doctors (GRVD), Germany 5. School of Public Health, University of Alabama (at Birmingham), Alabama, USA 6. University of Maastricht, Maastricht, Holland 7. University of New Mexico, New Mexico, USA 8. Hebrew University, Israel
Other institutional positions at Dhulikhel Hospital Kathmandu University Hospital	<ol style="list-style-type: none"> 1. Member of Dhulikhel Hospital management committee (since 2008) 2. Member of Dhulikhel Hospital Human Resource Development committee. (since 2009) 3. Member, Institutional Ethical Review Committee (since 2009) 4. Adjunct Faculty in course: Global Health - Nepal (this is a formal elective course for medical students through the University of New Mexico School of Medicine as well as an elective course for residents offered through the UNM Emergency Medicine residency program). (Dec 2008 and Dec 2009) <p>Role : Organized and led 2-day academic program at Dhulikhel Hospital Kathmandu University Hospital, including discussion of the academic and clinical activities, tour of facilities; lectures on infectious diseases and community health programs (Titles of the lectures: Community health programs of Dhulikhel Hospital; Microfinance program and mother and child health in rural Nepal)</p>

Language Fluency

- **Nepali:** Excellent
- **Newari:** Excellent
- **English:** Excellent*
- **Hindi:** Excellent
- **Thai:** Moderate

*TOEFL Scores: Internet Based TOEFL Test, on 9th of May 2009:

Reading: 27

Speaking: 26

Listening: 26

Writing: 30

Hence, total score of 109 out of 120.

GRE Registration number: 6547458

Test date: Aug 5, 2010

Scores:

- Verbal: Score: 470; % Below: 55
- Quantitative: Score: 740; % Below: 80
- Analytical Writing: Score: 4.0; % Below: 45

Hobbies

- Travelling
- Writing literary articles
- Music (Playing flute, mouth-organ)
- Reading (literature, international history and biographies)