

Curriculum Vitae

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He/Him/His

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Medical Education

College of Medical Sciences, Bharatpur, Nepal

08/2012 - 10/2019

M.B.,B.S., 12/2020**Postgraduate Training**

None

Honors & Awards

- No Alpha Omega Alpha (AOA) chapter at my school
- No Gold Humanism Honor Society (GHHS) chapter at my school
- Scholarship scheme of Ministry of Education , Government of Nepal for MBBS programme
Scholarship - The Ministry of Education in Nepal conducts an MBBS entrance exam; I ranked 39th out of 8,000.
Received: Aug, 2012

Professional Memberships

- Lions Club of Dharan Ghopa Health Professionals (Club ID -150978)
- Nepal Medical Council

Hobbies & Interests

I love exploring, from mountains to plains, finding peace in nature. When I'm not in the hospital, you can find me playing sports or learning guitar. I enjoy the thrill of teamwork and the joy of creating music. I also dream of developing a medical app to make healthcare accessible for everyone .

Certifications**Other Certifications:**

Nepal medical Council : Oct, 2019

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Experiences**Teacher**

Trinetra foundation

10/2023 - Present

Volunteer/service/advocacy

Kathmandu, Nepal

Under Dr. Shuvam Kumar Agrawal, Lions Clubs of Dharan Ghopa we have Conducted general health check-ups and educational sessions for children at the Trinetra Foundation, where we had done ,

- Food and clothes distribution to support them.
- Educated them on first aid using a specialized first aid kit to promote safety and self-care.

I

- taught them about good touch and bad touch. For example, the area covered by a swimming costume is private. If someone touches them there, they should immediately inform their parents or guardians to ensure their safety.

Most Meaningful:

I've been teaching since my school days, so it's not new to me, but teaching a blind child was truly special. It wasn't just about teaching, but about connecting and feeling. I've only done it once, but it was a memorable experience that expanded my skills beyond expectations and taught me so much.

Medical Officer

WBC Muay Thai Nepal

08/2023 - Present

Other extracurricular activities/clubs

Kathmandu, Nepal

WBC Muay Thai Fight Festival 2024 happening on 30th to 31st August at Chhaya Center, Kathmandu under Dr. Bikash Bhandari as a medical team, we were in charge of fighter's safety and health.

Before the event, we were engaged in pre competition medical examinations for all athletes to participate in the event finding any unnoticed detached tissues.

Throughout the bouts, our attendants noticed every fighter and were on standby to see if there were injury indications or health risks. We rendered first aid for cuts, bruises, and fractures and stopped fights from going on when necessary.

After every bout, we carried out the same way of approaching injuries reporting on how they were dealt with and how the athlete expected to be rehabilitated.

Most Meaningful:

My first experience as a doctor involved in sports was short but thrilling. You have to stay attentive, even when the game is intensely exciting. Maybe it was the thrill of my first time, but I found it truly exciting, and I'd love to explore more of it in the future.

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Chief Medical Officer

Mahakali provincial Hospital
Work

02/2020 - 09/2022
Mahendranagar, Nepal

Medical Officer under supervision of Dr. Arjun Bhatta , with a two-year government bond.

- Managed patients in the Emergency Department, ICU, and both indoor and outdoor settings; referred to higher centers as necessary.
- Worked in the fever clinic during the first wave of COVID-19, diagnosing symptomatic patients and referring COVID-positive cases to treatment centers.
- Conducted forensic medical reports, including autopsies, physical examinations, age estimation, and evidence collection.
- Served in the COVID-19 as 2 week rotation ICU and High Dependency Unit during the second wave as 2 week rotation , managing symptomatic patients and coordinating referrals to higher centers as needed.
- Used to teach junior on posting.

Most Meaningful:

It was an incredibly meaningful experience because many people who had known me as a khalasi now see me as a doctor. This being my first job, I learned so much both personally and professionally. Serving the community where I was born adds a deep sense of fulfillment and pride, making it all the more.

Medical Officer

Blue Diamond Society Nepal and Kathamandu Medical college
Volunteer/service/advocacy

06/2024 - Present
Kathamandu, Nepal

It is a privilege for me to have played a role in the LGBTQI+ community via the "Gender Affirmative Healthcare" initiative under the guidance of Dr. Binita Pradhan.

- We Proposed "Gender Affirmative Healthcare" to MDGPs at the Emergency Department's monthly meeting.
- We suggested that the Emergency Department's protocols include gender-affirming pronouns, which have been successfully implemented.
- We conducted a health check-up for the Blue Diamond Society Nepal, discovering that members are at a higher risk of substance abuse and depression than the general population. To tackle these issues, we put forward "Risk of Substance Abuse and Mental Wellbeing" to raise awareness and promote healthier coping strategies within the community.

National Anti Doping Member

Florida Taekwondo Dojang and Nava Pratibha Taekwondo Dojang
Teaching/mentoring

03/2024 - Present
Bheemdatta, Nepal

As a National Anti-Doping Member with NADA, coordinated by Ashim Bhandari, I contributed to promoting fairness in sports through various initiatives:

- Partnering with Hem Bahadur Basnet in the educational campaign of high school Taekwondo players in West Nepal, regarding anti-doping basics, banned substances, and Therapeutic Use Exemptions (TUEs).
- Trained athletes in basic first-aid, and so they learned the skills necessary for injury management.
- Conducted workshops on the need for nutritional safety and caution regarding dietary supplements.
- Reflected on experiences about work-life balance, as well as strategies to prevent burnout, and emphasized the importance of mental health together with physical performance.

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Medical Officer

Tikapur Hospital
Work

10/2023 - 05/2024
Tikapur, Nepal

Medical Officer under supervision of Dr. Sandesh Pandit .

- Managed patients in the Emergency Department, High Dependency Unit, and both indoor and outdoor settings; referred to higher centers as necessary.
- Conducted forensic medical reports, including autopsies, physical examinations, age estimation, and evidence collection.
- Attended training at the Dhangadi Health Training Center, from Tikapur Hospital, with emphasis on Facility-Based Integrated Management of Neonatal and Childhood Illness (FB-IMNCI). I have been through and acquired skills in Emergency Triage Assessment and Treatment (ETAT), care for newborns, and other several health issues.

Director in Club's Executive Board

Lions Club International (Club ID - 150978)
Professional organization

01/2023 - Present
Bheemdatta, Nepal

Lions Club is an International Service organization where I worked as a member and Campaign Associate to carry out various campaigns in communities. My role was to organize and manage those campaigns for successful operation.

Following are some notable projects I got involved:

- Mobile dental and medical health camps in remote parts .
- Blood donation program
- Community Outreach Project.
- Community outreach program at Bheemdatta.

Reflections: My role as a Campaign Associate with Lions Club illuminated the profound impact of community-focused initiatives in healthcare. These experiences underscored the significance of outreach and collaboration in making a positive difference in under-served communities.

Trainee

Health Training Center
Education/training

02/2021 - Present (03/2021)
Dhangadhi, Nepal

Training on Tuberculosis focusing on the treatment of Multiple Drug resistance TB.

Roles:

- Presentation on Multiple Drug Resistance TB.
- Learnt the national protocols for diagnosing and treating tuberculosis.
- Discussion on the current situation of TB in the country.
- Panel discussion on the contribution of local, regional, and national sectors to the prevention, and treatment of the disease.

Reflections:

I gained valuable insights into the challenges and advancements in treating Multiple Drug Resistance TB during the training. It was insightful to present on MDR-TB, learn about national protocols, discuss the current TB situation, and engage in a panel discussion about collaborative efforts in disease prevention and treatment.

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Medical Officer

Ministry Of Social Development, Health Directorate, Health Office , Kanchanpur

01/2021 - 10/2022

Volunteer/service/advocacy

Bheemdatta, Nepal

As the Medical officer under Dr Bhatta and Dr Sherstha as Medical team ,general health and family planning health camp held by Health Office of Ministry of Social Development, in rural area

- Undertook basic health examinations and offered contraception options to populations with limited access to health care.
- Screening for risk of Hypertension and diabetes, incidence of cervical cancer using pap and pelvic study for uterine prolapse.
- Informed the local population on the topic of breast cancer and showed how to perform a self-examination.
- Gave nutrition and exercise recommendations, prescribed drugs and treatments.

Conducted health education and preventive service in a population under served with resources.

member

Nepal Health Corps

08/2019 - Present

Other extracurricular activities/clubs

bharatpur, Nepal

This organization was established to provide basic healthcare facilities and advocacy for the health, of the underserved population.

Projects:

- Geriatric and ophthalmologic screening
- Distribution of warm clothes to the underserved population on Kanda " a underserved hamlet"
- Above 50 General health camps and "Maternal and Women's Health Camps" screened for cervical cancer and did USG of pregnant women
- "Project Butterfly," under which girls are given awareness about menstruation and taught to make reusable pads

Publications**Peer Reviewed Journal Articles/Abstracts**

Sharma, N.R., Wagle, A., Bist, M., Panthi, B., Dahal, R.P., Rokaya, R., Shrestha, R., Pokhrel, M.. Clarithromycin-induced acute liver injury in a patient with positive *Helicobacter pylori*: a case report and review of the literature. *Annals of Medicine and Surgery*. September 2023; 85(9):4629-4632. Cited in PubMed; PMID: 10.1097/MS9.0000000000001135

Article URL: <http://dx.doi.org/10.1097/MS9.0000000000001135>

Khanal Sharad, Yadav Birendra Kumar,Subedi Aabishkar,Arunachalam Shivaram Poigai,Rokaya Rajesh,Yadav Pirya, Dahal Reshma. Evaluation of Sofa Sore in Predicating Outcome of Sepsis Patients Admitted to a Tertiary Care Center in Nepal. *International Journal of Innovative Science and Research Technology*. August 2024; 9(8):1295-1303.

Publication Status: *Published*.

Article URL: <https://www.igisrt.com>

Sah Binod Kumar, Yadav Birendra Kumar ,Yadav Priya, Rokaya Rajesh ,Subedi Aabishkar, Joshi Bibek, Karki Chanda . Assess the Serum Lipid Profile in Patient with Acute Ischemic Stroke at Tertiary Care Center in Nepal. *International Journal of Innovative Science and Research Technology*. July 2024; 9(7):2247 - 2252.

Publication Status: *Published*.

Article URL: <https://www.igisrt.com>

Curriculum Vitae**Oral Presentation**

Dr Sandesh Pandit / Dr Rajesh Rokaya. Modified valsalva maneuver in PSVT . Oral presentation: As case landed in ER where no DC shock available and its difficult to find adenosine; 11/11/2023. Tikapur, Nepal.

Rokaya Rajesh. Multi drug resistant tuberculosis , its treatment , diagnosis and management. Oral presentation: seminar after training; 12/30/2024. Bheemdatta, Nepal.

Proficient Languages

- English
- Hindi
- Nepali