



P R E S E N T S



SYNAPSE - 2026

Synapse 2026

SYNAPSE 2026 is the prestigious Inter-Medical College Fest hosted by BPKIHS, bringing together students from various medical institutions across Nepal. This week-long festival celebrates academic strength, sportsmanship, creativity, and cultural diversity through competitions in sports, literature, dance, music, and concerts. It serves as a symbol of unity, collaboration, and youth leadership, aiming to connect brilliant minds through academic excellence, creativity, and expression.

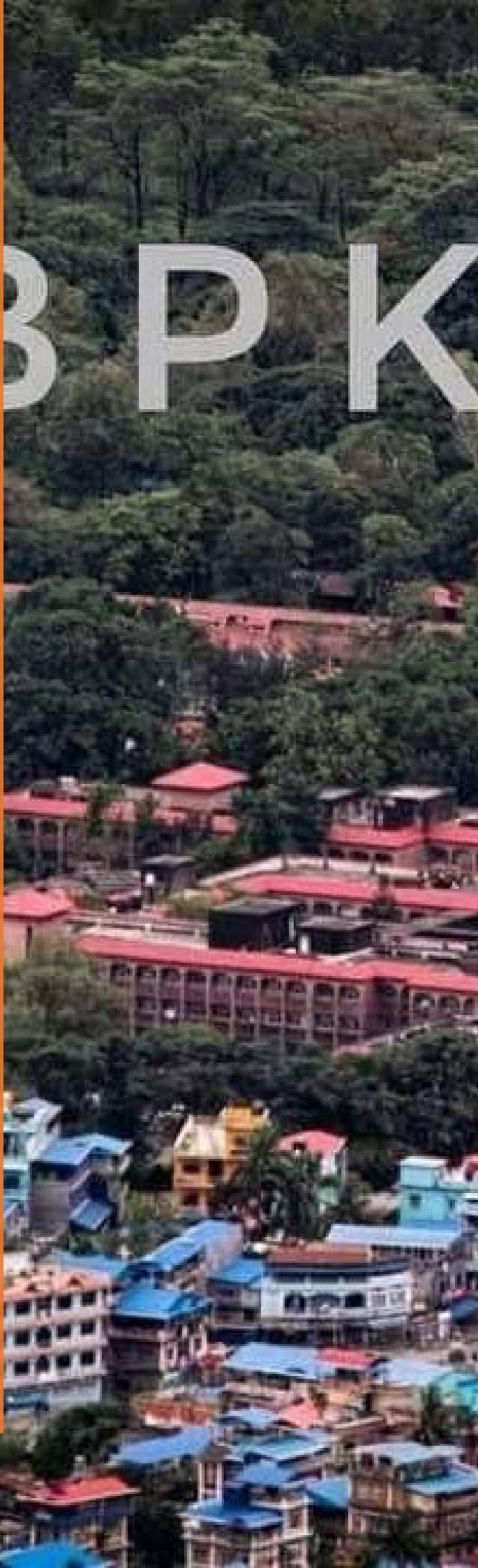


About BPKIHS

Hands throw, legs run, the heart pumps, the brain controls: the human body is a marvelous orchestral interplay of different organs and tissues, each performing unique functions for the ultimate purpose of sustaining life. But behind this monumental task of sustenance, the music doesn't come from grand instruments but from the tiny musical notes that connect and correct every small detail and sustain the sustenance itself- SYNAPSES.

From the biggest of actions to the smallest of precision, everything is made true by synapses, irrespective of chemical or electrical for it is the coming together of various neurons to form one big, interconnected stricture to serve life. And similarly on the same principle, we are proud to SYNAPSE- an intermedical school quiz event which brings together colleges from all over the country for a week-long festival mixed with sports, literature, dance, music and concert.

SYNAPSE was envisioned as a platform where medical students could come together to showcase their talents, compete with one another, and, in the process, build camaraderie and brotherhood. The week-long event features sports, literary, and cultural competitions, drawing students from across the country to a single venue at BPKIHS. With all their passion, whether on the field, on stage, or through pen and microphone, participants demonstrate their skills as time seems to stand still.





About Synapse

B.P. Koirala Institute of health sciences (BPKIHS) is an autonomous health sciences university located in Dharan, Eastern Nepal. Established in 1993 through cooperation between Nepal and India, it is named after Nepal's first democratically elected prime Minister, Bisheshwar Prasad Koirala, the institute is mandated to function as a center of excellence in medical education, research, and tertiary healthcare in Eastern Nepal.

The institute offers a wide range of undergraduate, postgraduate, and super-specialty programs in medicine, dentistry, nursing, and public health. This institute maintains a strong emphasis on community- oriented health sciences education and evidence-based practice. Through its extensive research activities, rural health initiatives, and multi-disciplinary academic environment, BPKIHS contributes significantly to strengthening Nepal's health system and producing skilled health professionals capable of addressing regional and global health challenges.



STUDENTS' WELFARE SOCIETY

विद्यार्थी कल्याण समाज

Estd. 2009

B. P. Koirala Institute of Health Sciences, Dharan

PRESIDENT

NABRAJ KUMAR DEV

IPP

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SUBIN KUMAR SAH
9814805523
9844420535

SECRETARY

RAM UDGAR YADAV

TREASURER

DR. HARDIK GOYAL

MEMBERS

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PRATIBHA YADAV
PRAVEEN BHATTARAI
YATENDRA YADAV
ARJUN YADAV

Ref No: 202-82-83

Date: 2026 JAN 28

Letter from Students' Welfare Society (SWS), BPKIHS

As frigid winter winds threaten to sap the warmth within,
And the gentle embrace of the sun lies hidden by gray clouds,
What keeps us resilient are the ties with kith and kin,
What lies ahead are aspirations proclaimed aloud.

A lot can happen in 8 years; power changes hands, values are tested, dreams evolve, priorities shift, the person you once were quietly gives way to someone new, and personal lives evolve alongside history.

Decades ago, a legacy was born in the form of Synapse, an inter-medical college fest, envisioned to unite the nation's medical fraternity. It sparked a movement, served us a purpose, but 8 years ago, it came to an untimely halt. Several attempts were made to revive the event, but unfortunately, it couldn't see the light of day.

But, while history evolves, legacy remains untouched, forged in the past and solidified as the years go by. The legacy stood through time; its purpose, unfulfilled but never forgotten, a summons we can no longer ignore. We have risen to answer it, to breathe life into what was left unfinished and carry it forward into a new dawn.

7 days of festivities, music, and glamour, where passion finds a voice amidst chaos and clamor.

7 days where athletic prowess, strength of will, and camaraderie leave a legacy of inspiration.

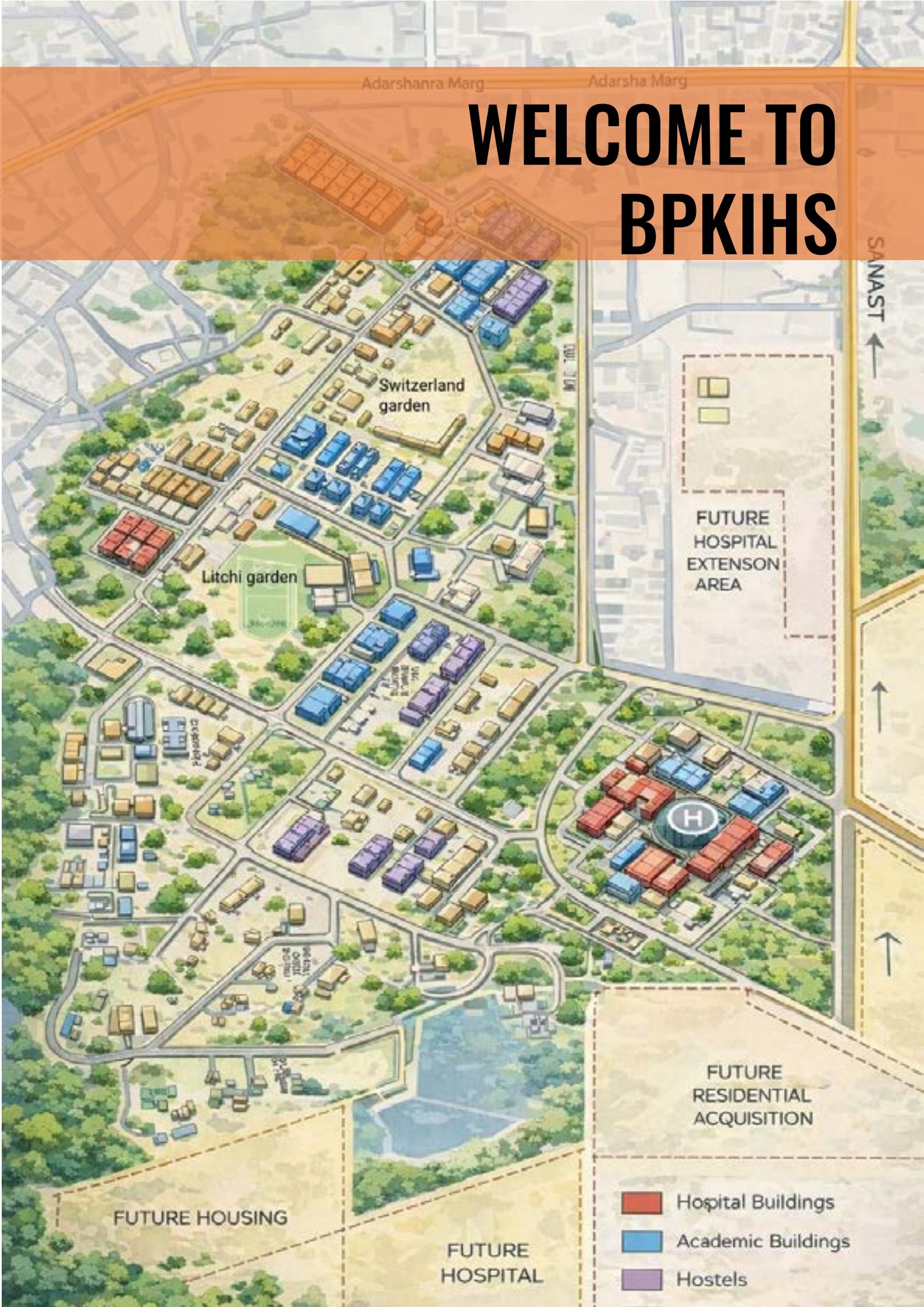
7 days exploring the intricacies of language to unravel the mysteries veiled in the mundanity of life.

Nabraj Kumar Dev

President

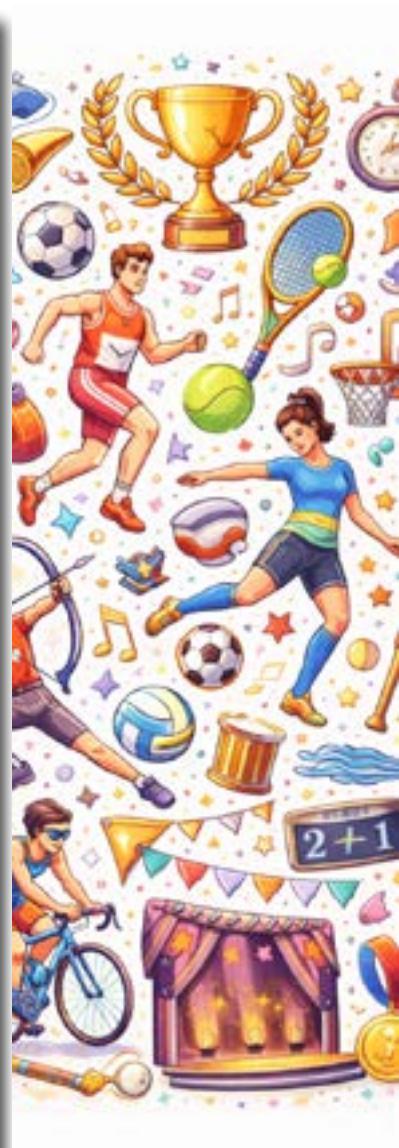
Students' Welfare Society (SWS)

WELCOME TO BPKIHS





SYNAPSE - 2026



LITERATURE

CULTURAL

SPORTS

LITERATURE EVENTS

Shades And Strokes :Art

Jan 31, 2026
LT Hall
Coordinator:
Shivendra kurmi
982-7526612



Ink And fiction: Short Story Writing

Jan 31,2026
LT Hall
Coordinator:
Shashank kashyap
(9815310188)



Think Tank Live: Extempore

Feb 1, 2026
LT Hall
Coordinator:
Siddhartha bagale
(986-7665352)



Veritas On Trial :Debate

Feb 2(Nepali Debate),
Feb3 (English Debate)
SPH Medical Tranning Hall
Coordinator:
Iksha khatiwada
(981-0443841)



Minds In Motion: Quiz

Feb 4, 2026
LT Hall
Coordinator:
Shivendra kurmi
(982-7526612)



Spell It To Win It: Spelling Bee

Feb 5, 2026
LT Hall
Coordinator:
Swarnim baral
(9707035049)



Wishpers Of Soul: Poetry

Feb 3, 2026
LT Hall
Coordinator:
Amrita aryal
(981-1568720)



Photography Competition

Jan 31,2026
Online
Coordinator:
Shashank kashyap
(9815310188)



Literature lead: Aarjav Sharma
(9802794740)

CULTURAL EVENTS

Jan 30
Dusher
Coordinator:
Abhishek Pradhan
(9814385868)

A Ramp Walk Show



Jan 31 & Feb 1
Dushera
Coordinator:
Sakshi & Suman Basnet
(9862181590)

Singing & Dancing Competition



Feb 2
Litchi Garden
Coordinator:
Bishal Khanal
(9848244659)

A Flying Lartern Show



A Spiritual Evening

Feb 3
Dushera
Coordinator:
Shivanand Pandey
(9848761204)

Bonfire and Melodies

Feb 4
Litchi Garden
Coordinator:
Jeevan Thakur
(9828734035)

Mask Party & DJ Night

Feb 5
Switzerland Ground
Coordinator:
Jeevan Thakur
(9828734035)

D Night: The Ultimate Concert



Feb 6
Switzerland ground
Coordinator:
Rasik Nepal
(9863445118)

**Cultural lead: Dr. Hritik Raj Paswan
(9840301506)**

SPORTS



Outdoor
sports



Indoor
sports



Athletics



E-Sports



GYM sports

Cultural lead: Prashant Shahi
(9868316550)

E SPORTS



PUBG MOBILE



FREE FIRE



FIFA



DOTA



CS

Venue: Gaming Den

Coordinator: Manish Mehta
9825381068

Venue: Gaming Den

Coordinator: Jhanav Maskey
9849632085

INDOOR SPORTS

Table Tennis

Categories:

Boys Doubles
Girls Doubles

Boys Single
Girls Single

Mixed Doubles



Venue:
Table Tennis Hall

Coordinator:
Ayush Nepal
9749236493

Badminton

Categories:

Boys Doubles
Girls Doubles

Boys Single
Girls Single

Mixed Doubles



Venue:
Dharan Covered Hall

Coordinator:
Rupesh Chaurasiya (9867985631)
Maheshwor Singh (9749236493)



Chess

Venue:
LT Hall

Coordinator:
Debendra Sinjapati
9742975597



Carrom

Venue:
LT Hall

Coordinator:
Debendra Sinjapati
9742975597

ATHLETICS & GYM

1. Sprint
100 m
200 m
400 m
2. Relay
4*100 m
3. Mini Marathon
Girls: 4.8 km
Boys: 6.4 km
4. Jumping Events
Long Jump
High Jump
5. Throwing Events
Shot put
Javelin Throw



1. Weight lifting competition
2. Push UP Competition
3. Pull Up / Chin Up Competition
4. Plank Hold Challenge

ATHLETICS

Venue:
Litchi Ground

Coordinator:
Sailendra Khatri
9863903406

GYM

Venue:
GYM Hall

Coordinator:
Bishwanath Baniya
9844787083

OUTDOOR SPORTS

Litchi Ground
Coordinator:
Debendra Malla
(9823305771)

Lawn Tennis Court
Coordinator:
Dr. Laxman Khanal
(9847825483)

FOOTBALL / FUTSAL



BASKETBALL

Basketball Court
Coordinator:
Subash Yadav
(9816743507)

CRICKET / CRICSAL

Litchi Ground
Coordinator:
Dr. Suraj Roy
(9810478860)

VOLLEYBALL

Litchi Ground
Coordinator:
Pratil Koirala
(9811312557)

Events and Points Table

Category / Event	Event Details	Winner	Runner-up
Sports	Football / Futsal	50 / 30	25 / 15
Sports	Cricket / Cricsal	50 / 30	25 / 15
Sports	Volleyball	30	15
Sports	Basketball	30	15
Sports	Table Tennis (Single / Double / Mixed)	10 / 20 / 20	5 / 10 / 10
Sports	Lawn Tennis (Single)	10	5
Sports	Badminton (Single / Double / Mixed)	10 / 20 / 20	5 / 10 / 10
Sports	Chess	10	5
Sports	Carrom	10	5
Sports	Swimming	10	5
E-Sports	PUBG (Squad)	20	10
E-Sports	Free Fire (Squad)	20	10
E-Sports	FIFA (Solo)	10	5
E-Sports	DOTA 2 (Solo)	10	5
Athletics	100 m	10	5
Athletics	200 m	10	5
Athletics	400 m	10	5
Athletics	Long Jump / High Jump	10	5
Athletics	Relay	20	10
Literature	Quiz	20	10
Literature	Painting / Sketching	10	5
Literature	Poem (English / Nepali)	10 / 10	5 / 5
Literature	Open Mic / Extempore	10	5
Literature	Story Writing (English / Nepali)	10 / 10	5 / 5
Literature	Spelling Bee	10	5
Literature	Debate Competition (English / Nepali)	10 / 10	5 / 5
Literature	Photography Contest	10	5
Cultural	Dance (Solo / Team)	10 / 20	5 / 10
Cultural	Singing (Solo / Band)	10 / 20	5 / 10
Cultural	Ramp Walk	10	5
Cultural	Pop Battle	10	5
Cultural	Dance Battle	10	5

ID CARD



What is the BR ID Card?

The Basic Registration ID Card (BR ID) is a mandatory official identity and entry card for all participants and attendees of Synapse 2026.

The BR ID must be worn visibly around the neck at all times while inside the BPKIHS campus during the festival.

Purpose of the BR ID Card

- Serves as the official identity of every Synapse participant and attendee
- Ensures security, verification, and smooth access control
- Grants access to designated Synapse venues

How to Obtain the BR ID Card

1. Online Registration

- All participants must complete Basic Registration through the official Synapse 2026 registration platform/app before arriving on campus.

2. On-Campus Verification & Issuance

- Upon arrival at BPKIHS, participants must report first to the Central Reception (CR) Desk
- Required documents:
 - Valid college ID card
 - Registration confirmation (digital/printed)
 - After verification, the BR ID Card will be issued.

Disciplinary Note

- Misuse, duplication, or tampering with the BR ID Card will lead to immediate disqualification and disciplinary action.
- The organizing committee reserves the right to deny entry or participation if ID regulations are violated.

Final Note

The BR ID Card is the key to your Synapse 2026 experience—your identity, access, and authorization rolled into one. Please ensure compliance with all ID-related rules to enjoy a safe, smooth, and memorable festival.

Rules & Regulations Regarding ID Card

a) Mandatory Wear

- No individual will be allowed to enter or move around the BPKI-HS campus or Synapse venues without a valid BR ID Card.
- The BR ID Card must be clearly visible at all times.

b) Spectator Access

- The BR ID Card allows holders to spectate most Synapse 2026 events.
- Entry to special / limited-seating events will be on a first-come, first-served basis.
- Separate passes may be required for special nights or premium events.

c) Participation in Events

- The BR ID Card does not automatically register participants for competitions.
- Separate event registration fees must be paid for participation in individual sports, cultural, or literary events.

d) Accommodation & Add-ons

- After obtaining the BR ID Card, participants may:
- Register for events
- Book accommodation
- Purchase passes for special nights (if applicable)

e) Loss or Damage

- No replacement will be issued for a lost or damaged BR ID Card.
- Participants are advised to handle the card carefully throughout the festival.

RULES & REGULATIONS : Synapse 2026 – BPKIHS, Dharan

1. Basic Registration (BR ID Card)

- It is mandatory for every participant and attendee to obtain the Basic Registration (BR ID Card) upon entering the BPKIHS campus.
- The BR ID Card must be collected from the Central Reception (CR) Desk after completing the registration process.

2. Code of Conduct

- All participants and guests are expected to maintain appropriate, respectful, and socially responsible behavior at all times.
- Any form of verbal abuse, physical violence, harassment, disrespectful conduct, or non-compliance with the Synapse organizing committee or security personnel will result in immediate eviction from the premises.

3. Access to Events

- The BR ID Card grants access to informal and free-entry events that do not require prior registration.
- Entry to ticketed, competitive, or special events will require separate registration or passes.

4. Seating & Entry Policy

- Due to limited seating capacity or high audience turnout, entry to certain free events will follow a first-come, first-served policy.
- Attendees are requested to cooperate with event staff and avoid arguments with security personnel regarding seating or entry limitations.

5. Prohibited Activities

- Consumption of alcohol, smoking, substance abuse, and littering in open or restricted areas of the campus are strictly prohibited throughout the duration of Synapse 2026.
- Individuals found violating these rules will be penalized and may face disciplinary action, including removal from the festival.

6. Restricted Zones

- Access to restricted areas, including zones near stages, performance areas, or operational spaces, will be limited to authorized personnel only.
- Participants and guests must respect barricades and access-control markings placed by the organizing committee.

7. ID Compliance

- The BR ID Card must be worn visibly at all times within the BPKIHS campus during Synapse 2026.
- Failure to produce a valid BR ID Card upon request may result in denial of entry to events or venues.

8. Authority of the Organizing Committee

- The Synapse 2026 Organizing Committee reserves the right to:
 - Modify rules if necessary
 - Deny entry or participation
 - Take disciplinary action in the interest of safety and smooth conduct of the festival

Compliance with these rules ensures a safe, enjoyable, and memorable Synapse 2026 experience for everyone.

Additional Note:

All participants are required to strictly adhere to the specific rules and regulations of individual events. The guidelines issued by the respective event coordinators shall be final and binding, and failure to comply may result in disqualification or disciplinary action.

Logistics & Accommodation

- Accommodation details will be communicated in due course.
- A list of available lodging options will be provided by the organizing committee.
- Participants are encouraged to contact the organizing committee for assistance or queries regarding accommodation. (986-3079433: Abhay Shukla)

Transportation:

- Transportation will be arranged from accommodations organized by the committee to the event venue.

Help desk Synapse BPKIHS 2026

Food Arrangements:

- Participants will bear their own food expenses.
- A canteen facility providing lunch and dinner will be available on campus.
- Additional food outlets are available within the college premises.
- Participants may also access nearby food establishments outside college premises .

Contact Details :

Prajwal Bikram Khand
Organizing Chairperson
984-0043578

Subin Kuamr Sah/ Ram Udggar Yadav
Organizing Secretary
9814805523/ 9807571065

Organizing Treasurer :
Dr. Thaneswor Joshi
9862335467

Cultural Lead :
Dr. Hritik Raj Paswan
9840301506

Lodging Lead :
Abhay Shukla
9863079433

Sports Lead :
Prashant Shahi
9868316550

Literature Lead :
Aarjav Sharma
9802794740

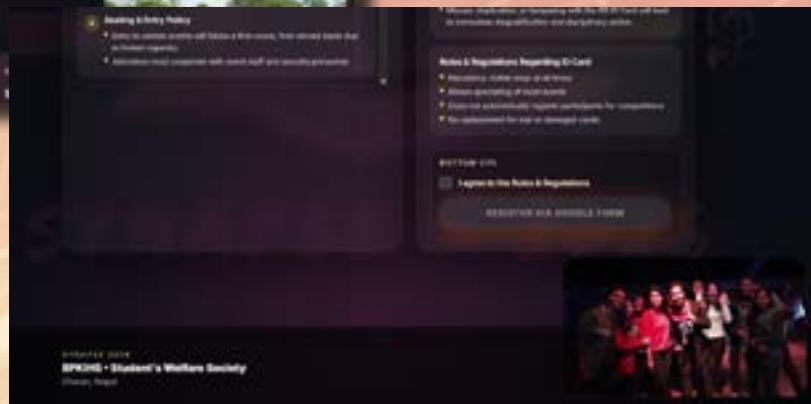
Fooding Lead:
Abhishek Basnet
9860917500

Registration Lead :
Smita Paudel
9808157011

SYNAPSE WEBSITE



www.synapse2026.bpkih.edu



CONNECT WITH US

SOCIAL MEDIA

facebook.com/synapsebpkihs2026/
instagram.com/synapsebpkihs2026/
tiktok.com/synapsebpkihs2026/
threads.com/synapsebpkihs2026/
youtube.com/synapsebpkihs/

CONTACT

contact: 984-0043578
mail: synapsebpkihs2025@gmail.com

ABOUT DHARAN:

Dharan is a city in Koshi Zone, Sunsari district, eastern Nepal city of Ex-Gorkhas, unity in diversity, Dharan lies right at the foot of hills, but the transformation when coming from Terai is dramatic. In the distance of 540 KM from Kathmandu, the city is highly rich with different culture, religion, natural beauties and modern development. Beautiful roads, remarkable homes and natural beauty aren't all that makes Dharan. It embraces cleanliness, openness, friendly hill people and their smiles. The population mainly consists of Mongolian origins. Dharan is Famous for temples, scenery and cleanliness.

Dharan Town

Some of the terrific features of the city, A Queen of Eastern Nepal, have been succeeded to attract the domestic and international tourists including south Asian in thousands of number with in a year. Bhedetar hill, all season cold, in the north of city is mostly liked by domestic and Indian tourists. View tower and Charles point are popular to view the whole hill, mountain and terai of eastern region. A total view of Dharan, Itahari and Biratnagar towns are possible from these points. The Tamor and Saptakoshi rivers running from the north and west border of Dharan have always been dream of courageous rafters for white water rafting and bath.

Dharan is Famous for

It is known for having B. P. Koirala Institute of Health Sciences, over 25 Temples and holy sites, and scenery making it one of the important pilgrimage destinations of Nepal, and Dharan is also the gateway to Nepal's popular tea growing region 'Dhankuta'. It is also known as environmentally friendly city, and a land of friendly and lovely hill people with smiling faces.

How to Reach Dharan

From Itahari, Dharan is only 20 minutes bus journey and Itahari is well connected to all the other cities of Nepal. So, anybody can come to Itahari and then take a micro van or a bus to Dharan. There are direct long distance bus routes from Kathmandu and Pokhara.

What to See and Do

Temples like Dantakali, Budhasubba, Pindeshwor, Panchakanya are places you shouldn't miss. Budhasubba is famous for bamboos that don't have tips. Couples write their names on the bamboo with the belief that they will have a long relationship. While you are in Dharan, do not miss to go for rafting from Tamor River to Koshi.

Bhedetar (Sheep's Butte) is a beautiful hillside only about 15km (and straight up) from Dharan. It marks the end of the Tarai (plains) and the beginning of the foothills of the Himalaya. There are a number of lodges along the way providing a nice view down to the south. You can view the scenic beauty of Dharan from Charles Point Bhedetar. You can visit many greenery parks like the Hariyali Park, Yalambar Park and Saptarangi Park.

Places to Visit in and while in Dharan

Temples: Dharan is one of the holy places of Nepal. It has numerous temples; Pindeshwar temple, Dantakali temple, Panchakanya temple, and Buddha Subba temple.

Bhedetar: Bhedetar is located 15 Km away from Dharan. When the sky is clear (especially during Autumn season), one can witness magnificent views of the Himalayan range, and enjoy fresh Himalayan breeze.

Skywalk : You can enjoy the breathtaking Sky Walk at Bhedetar, offering panoramic views of the surrounding hills, lush landscapes, and the vast eastern horizon. The site provides a unique experience of walking above the valley, especially mesmerizing during sunrise and sunset, making it a perfect spot for sightseeing, photography, and relaxation.

Namaste Jharana: At a distance of 20 min. from Dharan in van and 20 min. of trekking there lies a magnificent view of Namaste Jharane. The one who loves nature will surely find this place heavenly.

Namje Village : In a 30 min ride reach a hidden gem renowned for its stunning Himalayan views, terraced landscapes, and rich Magar culture. CNN listed it among the "12 Best Unheard-of Places in the World to Visit", highlighting its unique blend of natural beauty and authentic rural experiences. Its scenic beauty, cultural richness, and community-driven tourism make

Namje Valley an ideal destination for an educational and memorable college trip.

Pakhri Bash: Small hill village which had the British base camp built to Recruit Gurkha Army. Some British monuments can be found here.

Dhankuta / Hile: Tea Gardens and Bazaar: From Dharan, about 50 Kilometers of what is the most scenic drive in Nepal takes you to a place where your imagination of greenery gardens is revealed. Some say, come to Dhankuta, if you want to walk in the clouds. Meet the clouds, village folks, and greet the awesome enchanting tea gardens here, and learn some on organic tea and tea processing units in Nepal. If you are a tea lover, you will enjoy visiting a privately owned tea garden and factory named Guranse. Also visit Hile, a hill town situated at 1850 meter altitude, which is just 6 Kilometer from Dhankuta for the Hile Bazaar and gracious people.

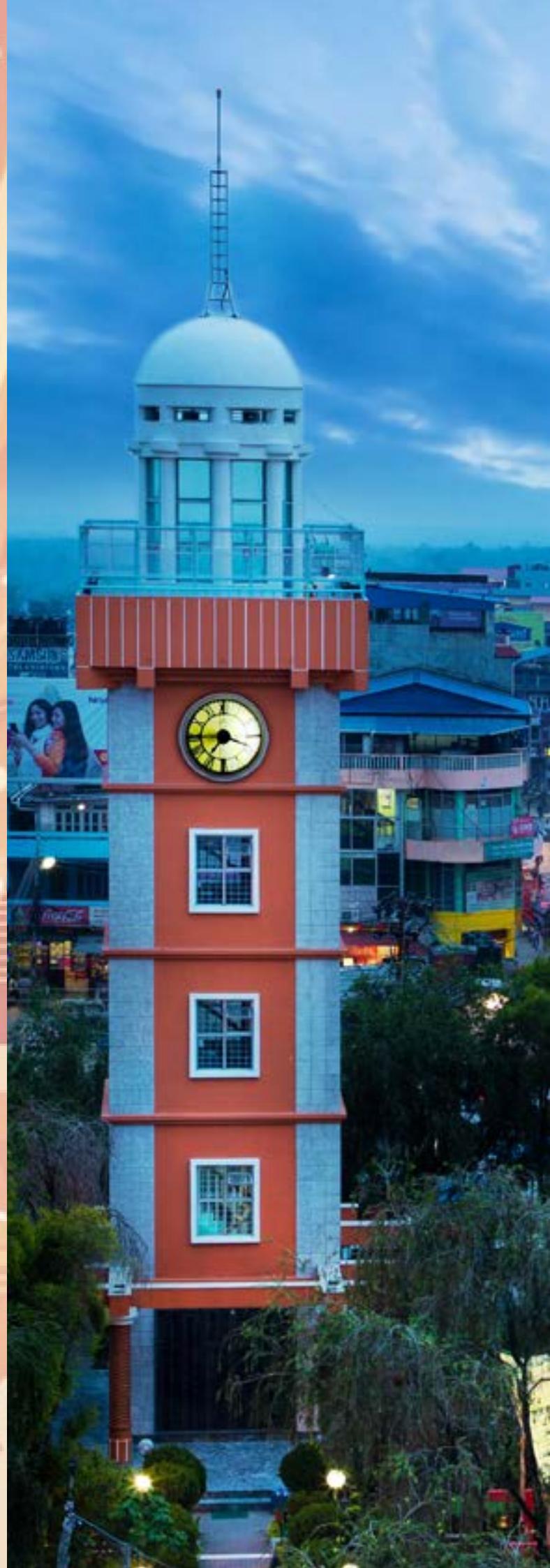
Basantapur: This hill is located about 90 KM from Dharan, and about 1 KM from Hile. It is the starting point for trekking to Kanchanjunga base camp. Beyond the hill, beautiful forests Rhododendrons (Guranse in Nepali) can be seen.

Raja Rani Hill: Excellent spot to view Kanchenjunga, Kumbhakarna, Makalu and Mt. Everest. The hill is located 20 Kilometer from Dharan.

Koshitapu : In a 1 hour ride. Visit Koshitapu and soak in its serene landscapes, lush greenery, and tranquil surroundings—an ideal escape into nature's beauty.
Ilam : Don't miss a visit to Ilam, the land of rolling tea gardens, misty hills, and vibrant local culture—perfect for capturing stunning views and experiencing nature at its finest

Ilam : Don't miss a visit to Ilam, the land of rolling tea gardens, misty hills, and vibrant local culture—perfect for capturing stunning views and experiencing nature at its finest

Baraha Kshetra: Located about 20 km from Dharan at the confluence of the Koka and Sapta Koshi rivers, Baraha Kshetra is a sacred site where Lord Vishnu is believed to have taken the form of a white boar (Varaha) to rescue the earth from the underworld. As one of Nepal's four great Chhetras, it is often revered as the first pilgrimage site on earth (Adi Kshetra), where the ancient Baraha Purana was narrated.





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