#### Dr Binod Bindu Sharma

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Education			
2014-2018	PhD (Public Health and Behavioural Sciences)	University of Newcastle, Australia	
2005-2006	Master of Public Health	State University of Bangladesh, Bangladesh	
1998-2000	Master of Sociology	Awarded the Prestigious National Medal "Nepal Bidhya Bhushan Kha"	
1993-1994	Diploma in Health Education	Tribhuvan University, Nepal	
1990-1992	<b>Bachelor of Humanities</b>	Tamil Nadu Dr MGR Medical University, India	
1989	Certificate in Ophthalmology	Council of Technical Education and Vocational Training (CTEVT), Nepal	

## **Research Experience**

## 2014 – 2018 PhD Research projects

University of Newcastle, Australia

Research title: Pathways to Improving Maternal Mortality in Rural Nepal.

- Hypothesized that health messages regarding the importance of care during pregnancy and childbirth might be effectively transmitted in rural Nepal through singing.
- Designed and developed a PhD research project based on this hypothesis and obtained ethics approval from the University of Newcastle, Australia, and the Nepal Health Research Council.
- Designed and carried out an extensive health intervention project in rural Nepal to test this hypothesis, securing the full support and participation of local community leaders.
- Organized statistically valid pre-post and 12-month follow-up surveys with the cooperation of the community, local, and district officials.

Outcomes: Research articles, eBook, abstracts, and PhD thesis published (see below).

#### 2005-2006 Master's Research Project

State University of Bangladesh, Bangladesh

Research Title: Awareness of Prevention of HIV/AIDS Among Teachers of Government Secondary Schools of Pokhara Sub-Metropolitan City, Nepal

- Designed, developed, and organized a cross-sectional research study.
- Coordinated with the district education office, government schools, and their management committees to carry out the research.

Outcome: Thesis submitted, thesis accepted, and degree awarded.

#### 1998-2000 Master's Research Project

Tribhuvan University, Nepal

Research Title: Sociological Study on Effectiveness of Anti-Tobacco Initiatives Amongst Women of the Traditional Singer (Gandharba) Community of Batulechaur, Kaski, Nepal

• Designed a cross-sectional research protocol, and coordinated with the local government and village leaders to organize the research.

Inference: People, particularly the women in the village environment, are out of reach of the anti-tobacco interventions.

## 1993-1994 Diploma Research Project

Tamil Nadu Dr. MGR Medical University, India

Research Title: Awareness of Primary Eye Care with Respect to Prevention of Night Blindness in Children Amongst Community People of Dinajpur Village, Andhra Pradesh, India

- Designed and developed research for a community survey.
- Coordinated with local leaders, officials, and NGO staff to organize the research.

Research Finding: Mothers from poorer economic backgrounds learned more than those with higher incomes.

## **Employment History**

## Feb 2023

#### Secretary

Hitherto

Ministry of Social Development and Health, Gandaki Province, Pokhara, Nepal

- Managed healthcare programs, human resources, administration, and finances of the ministry.
- Successfully lobbied for policy decisions to improve the health and education of girls. As a result, the Government of Nepal decided to invest USD 12 million annually in providing free sanitary napkins to public school-going girls in the country.
- Advocated for the allocation of an air ambulance dedicated to obstetric emergencies in the province. Resources were mobilized to airlift a total of 65 obstructed women in the last three years.

#### March 2022

#### **Chief Health Education Administrator**

- Feb 2023

Office of the Chief Minister and Council of Ministers, Gandaki Province, Pokhara, Nepal

- Providing advice to the Honorable Chief Minister on healthcare policy and program-related matters.
- Providing overall leadership in healthcare planning and implementation.
- Responsible for harnessing health promotion in all sectoral ministerial planning.
- Coordinating with external donor partners on health-related matters.
- Exploring, promoting, and harnessing innovations in healthcare delivery systems.

#### **June 2021**

#### Secretary

- Mar 2022

Ministry of Health and Population, Gandaki Province, Pokhara, Nepal

• Overall management of healthcare programs, human resources, administration, and finance (USD 20 million annually) of the ministry.

- Successfully lobbied for policy decisions to improve the health and education of girls. As a result, the Government of Nepal decided to invest USD 12 million annually in providing free sanitary napkins to public school-going girls in the country.
- Advocated for the allocation of an air ambulance dedicated to obstetric emergencies in the province. Resources were mobilized to airlift a total of 54 obstructed women in three years.
- As chair of the high-level policy development committee, provided leadership to different thematic groups and collaborated with communities, government authorities, and parliament members.
- Planned and executed an organization and management survey of the Ministry of Health and Population, Gandaki Province.
- Coordinated with UN, national, and international agencies for effective program management.

June 2019
- June 2021

#### **Director of Health Services**

Ministry of Social Development, Gandaki Province, Pokhara, Nepal

- Rolled out the intervention "Community education through singing health messages" in the control population.
- Coordinated with different federal and provincial ministries to implement air retrieval of obstructed women from remote villages.
- Successfully lobbied for policy decisions for the provision of free sanitary pads for all school-going girls in Nepal, essential to help continue their education.
- Organized free health clinics in rural communities.
- Served as group leader in the health promotion thematic group while developing provincial health policy.
- Developed long-term and short-term health program strategies.
- Evaluated cost-effectiveness of the budget.
- Organized consultative workshops for stakeholders and later collaborated with them for improved program outcomes.
- Organized review and planning workshops at local and provincial levels.
- Managed human and financial resources.
- Recorded program activities and reported progress.

**Conclusion:** The use of singing bypassed the limitations of literacy in communicating health messages, which is key to improving maternal mortality in this rural setting within a developing country. With appropriate sociocultural adaptation to the local context, this model of community education may be applicable to improve maternal health outcomes in other low-resource communities.

June 2020 - Hitherto

#### **Adjunct Lecturer**

University of Newcastle, Australia, Callaghan NSW 2308

- Involved in teaching and research activities.
- Developed research proposals and collaborated with research teams to explore grant opportunities.

 Coordinated with research teams to assess grant suitability and developed grant applications.

#### Dec 2018 - June 2019

#### **Student Researcher**

University of Newcastle, Australia, Callaghan NSW 2308

As a Student Researcher at the University of Newcastle, Australia, based in Callaghan NSW 2308, upon submission of my PhD thesis, I organized several key activities:

- Organized community orientations to enroll the intervention in the control population.
- Trained local team members on conducting the intervention in a house-to-house environment.
- Engaged local leaders and teachers in developing intervention materials in the local language.
- Organized pre-intervention community meetings.
- Implemented the intervention in 72 villages.

#### 2014 - 2018

#### PhD Researcher

University of Newcastle, Australia, Callaghan NSW 2308

- Hypothesized that health messages emphasizing the importance of care during pregnancy and childbirth could be effectively communicated in rural Nepal through singing.
- Designed and developed a PhD research project based on this hypothesis, obtaining ethics approval from the University of Newcastle, Australia, and the Nepal Health Research Council.
- Implemented an extensive health intervention project in rural Nepal to test this hypothesis, securing full support and participation from local community leaders.
- Organized statistically valid pre-post and 12-month follow-up surveys in cooperation with the community, local officials, and district authorities.

#### Mar

#### **Director**

- Oct 2014

National Health Education, Information and Communication Centre, Ministry of Health and Population, Kathmandu, Nepal

- Developed and implemented national health communication programs.
- Coordinated with national and international agencies to ensure effective and coordinated health communication programs.
- Provided leadership in the national tobacco control program.
- Coordinated with various media and communication experts to enhance health communication efforts.
- Supported and monitored district health communication programs.
- Managed human resources, finance, and administration.

#### Oct 1995

Director, Regional Health Training Center, Pokhara and Surkhet,

- Mar 2014

Ministry of Health and Population, Nepal

- Organized training needs assessment surveys.
- Developed training curricula and manuals for district health managers and health workers.
- Facilitated training sessions and evaluated training programs.
- Coordinated international training programs and hosted short-term international training tours and visits.

- Documented and disseminated the performance of training programs, including personnel administration and financial management.
- Managed human resources, finance, and administration.

Aug - Dec 1998 & Sep -Nov 2000

## **Technical Training Coordinator**

Peace Corps/ Nepal – The United States Government Agency

- Coordinated two pre-service training programs for American volunteers before their two-year volunteer assignments in Nepal.
- Coordinated language, cultural, and social interaction training programs in the villages, including subject-specific training and exposure.
- Developed the training curriculum.
- Conducted pre-service training for Water Sanitation Coordinators (American citizens) on health, water, and sanitation programs.
- Organized sessions on cross-cultural adaptation and facilitated cultural learning experiences.
- Evaluated the training program and developed a technical manual.

Apr – Oct 1995

## Ophthalmic Officer/ Regional Health Educator

Swiss Red Cross, Eye Care program, Fateh Bal Eye Hospital, Nepal

- Conducted community surveys to assess eye health needs.
- Expanded volunteer programs for community eye care across four districts.
- Organized workshops on health education management for district eye care managers.
- Planned and managed community eye care camps in collaboration with local partners.
- Conducted eye health education and promotion campaigns in communities and schools.

Aug 1987 - Jul 1993

## In-Charge, Primary Eye Care Centre, Bardia, Nepal

Swiss Red Cross, Eye Care Program, Nepal

- Coordinated with local government organizations (GOs), international non-governmental organizations (INGOs), and non-governmental organizations (NGOs) for the effective implementation of eye care programs.
- Introduced a community eye care volunteer program in collaboration with the local Red Cross chapter and the community, which later expanded to four districts.
- Planned and conducted basic training for community eye care volunteers.
- Organized community eye care camps with the assistance of trained volunteers and active community participation.
- Supported and managed daily office administration.
- Conducted eye examinations and performed minor operations.
- Recorded and reported outreach programs and events at static clinics.
- Managed human resources, finance, and administration.

#### **Publications**

Sharma BB, Loxton DJ, Murray H, Angeli GL, Oldmeadow C, Chiu S, Smith R. "A first step
to improving maternal mortality in a low-literacy setting: the successful use of singing to
improve knowledge regarding antenatal care." AMERICAN JOURNAL OF OBSTETRICS AND
GYNECOLOGY. <a href="https://doi.org/10.1016/j.ajog.2018.09.038">https://doi.org/10.1016/j.ajog.2018.09.038</a>. An intervention research video
was also published along with the article: <a href="https://youtu.be/wMATlewi-ME">https://youtu.be/wMATlewi-ME</a>

- 2. **Sharma BB**, Jones L, Loxton DJ, Booth D, Smith R. "Systematic review of community participation interventions to improve maternal health outcomes in rural South Asia." *BMC Pregnancy and Childbirth* 2018; 18(1):327. https://doi.org/10.1186/s12884-018-1964-1
- 3. **Sharma BB**, Pennell C, Sharma B, Smith R. "Reducing maternal mortality in low- and middle-income countries: the Nepalese approach of helicopter retrieval." AMERICAN JOURNAL OF OBSTETRICS AND GYNECOLOGY (2024) [C1]. doi: https://doi.org/10.1016/j.ajog.2024.01.026
- 4. **Sharma BB**, Loxton DJ, Murray H, Angeli GL, Oldmeadow C, Chiu S, Smith R. "Use of songs leads to long-term improvement in knowledge of antenatal care in a predominantly illiterate community." *Reproductive Sciences* 2018; 25:214A. <a href="http://journals.sagepub.com/doi/pdf/10.1177/1933719118759999">http://journals.sagepub.com/doi/pdf/10.1177/1933719118759999</a>
- 5. **Sharma BB**, Loxton DJ, Murray H, Angeli GL, Oldmeadow C, Chiu S, Smith R. "In Nepal, a culturally appropriate method of education regarding antenatal and delivery care was highly effective in changing behavior." *Reproductive Sciences*, Vol. 26, Issue 1, Suppl, Pages 62A-390A, March 2019. https://doi.org/10.1177/1933719119834079
- 6. **Sharma BB**. "PhD Thesis: Pathways to Improving Maternal Mortality in Rural Nepal." The University of Newcastle, Australia. <a href="https://nova.newcastle.edu.au/vital/access/manager/Index">https://nova.newcastle.edu.au/vital/access/manager/Index</a>. Link
- 7. **Sharma BB**. "Reducing the second and third delays leading to maternal mortality in low-middle income countries." March 24, 2023, *Population and Global Health*. https://www.abstractsonline.com/pp8/#!/10786/presentation/1127
- 8. **Sharma BB**, Pennell C, Sharma B, Smith R. "A low maternal mortality ratio requires an effective health system that values women." **AMERICAN JOURNAL OF OBSTETRICS AND GYNECOLOGY**. 2024 Jun 20:S0002-9378(24)00689-6. <a href="https://doi.org/10.1016/j.ajog.2024.06.020">https://doi.org/10.1016/j.ajog.2024.06.020</a>
- 9. Intervention research eBook. Link: <a href="http://au.blurb.com/ebooks/654417-pathways-to-improving-maternal-mortality-in-remote-rural-nepal">http://au.blurb.com/ebooks/654417-pathways-to-improving-maternal-mortality-in-remote-rural-nepal</a>
- 10. Bikash Gauchan, Aleena Maskey, Bishnu Bhandari, Ashok Tiwari, **Binod Bindu Sharma**, Shreeram Tiwari, Khim Bahadur Khadka, Subash Paudel, Bibek Kandel. "Severity and clinical outcome of COVID-19 patients admitted at a provincial infectious and communicable disease hospital of Nepal: a cross-sectional study." <a href="https://doi.org/10.61814/jkahs.v6i3.867">https://doi.org/10.61814/jkahs.v6i3.867</a>
- 11. **Sharma BB**. "Review of the Safe Motherhood Policy (1999) of Nepal" (Not yet published). Link: https://drive.google.com/file/d/1VefOisySKoOrrOUBCbAOzHq7eYV3dwO1/view?usp=sharing

## **Conferences/Seminars**

Year	Conference/Seminar	Location
2019	66 <sup>th</sup> Annual Scientific Meeting of the Society for Reproductive Investigation	Paris, France
2018	65 <sup>th</sup> Annual Scientific Meeting of the Society for Reproductive Investigation	Hilton, San Diego, USA
2014	2 <sup>nd</sup> Meeting of World Health Organization National Counterparts for Alcohol	WHO Headquarters, Geneva, Switzerland
2014	67 <sup>th</sup> Session of the World Health Assembly	UN Palais des Nations, Geneva, Switzerland
2014	Government initiatives to promote Mobile Health (m-Health) in the Philippines organized by Johns Hopkins University, Centre for Communication Programs (JHU CCP)	Philippines
2014	WHO Collaborating Center and Primary Health Care training programs, organized by WHO/Nepal	Sri Lanka

## **Awards**

- 1. Awarded the prestigious National Medal "Nepal Bidhya Bhushan Kha" in 2010 by the then President of Nepal, Dr. Ram Baran Yadav, for securing the highest marks (CGPA 4.0/4.0) and rank at the University of Bangladesh while studying for the Master of Public Health (MPH).
- 2. Received Travel Awards to participate in and present research findings at the 66th Annual Scientific Meeting of the Society for Reproductive Investigation, held in Paris, France (March 12-16, 2019).
- 3. Awarded "The Best Employee Award" by the Gandaki Province Government in 2021.
- 4. Awarded the "Minister of Health Bloomberg Public Health Award" for significant contributions in reducing, controlling, and regulating the import, production, sale, distribution, and consumption of tobacco products in Nepal, 2024.

## **Professional Assignments**

Date	Position
Dec 2020	Chair, Gandaki Province Health Policy Development High-Level Committee
Dec 2019	Director/Spokesperson, Gandaki Province Government COVID-19 Program
Mar 2014	Director of the National Health Education, Information, and Communication Centre
Apr 2014	Member, National Health Policy Development Thematic Committee, Nepal
2014 - 2016	Vice President, Health Promotion and Education Association, Nepal
2009 - 2013	Member, Public Health Subject Committee, Pokhara University
Since 2011	Member, Rotary International, Rotary Club of Pokhara Fishtail
Jan 2010	Member, Curriculum Development Committee for Master of Public Health Program, Pokhara University, Nepal
Feb 2006	Member/Secretary, International Training Centre Development Committee, National Health Training Centre, Ministry of Health and Population, Nepal

#### **ANNEXURE A**

## **Key Competencies and Influence on Policy Development**

## **Key Competencies**

- Leadership: Providing leadership for program development, strategy creation, and advocacy.
- **Training:** Organizing the training of trainers on a wide range of health and management issues.
- **Finance:** Developing and administering project budgets and training budgets, managing major departmental allocations of up to \$18 million USD annually.
- **Human Resource Management:** Twenty-four years of experience in managing human resources through organizational management, training, and development.
- **Coordination:** Coordinating specific training needs through workshops, curriculum development, community health projects, inter-agency collaboration, or intervention research as appropriate.
- **Risk Taking:** Transforming work culture in government systems through a results-oriented leadership development program.

#### **Influence on Policy Development**

- 1. Community Education through Dance and Singing: My research into education through dance and singing has been given detailed consideration by the Government of Nepal. Prior to the intervention, discussing pregnancy and childbirth issues was a taboo for males in the community. Surprisingly, after the intervention, this situation has reversed. Our surveys show that each pregnancy is now discussed and viewed as both a family and community responsibility. As a result, the culture of maternal care has been completely transformed in the intervention villages. Pregnancy and childbirth issues are now always discussed, and it is unusual for any family to remain ignorant and inactive regarding these matters. Recognizing the positive changes brought about by the intervention, the Government of Nepal has adopted the practice of community education through singing health messages and created a new budgeted program headquartered in Gandaki Province
- 2. Air Ambulance and Maternal Health Policies: As a result of my PhD project and further related work, the Government has announced the provision of an air ambulance, increased incentives for institutional delivery, set a requirement of four antenatal visits for expectant mothers, and improved the recording and reporting of maternal mortality. The Government has reaffirmed this commitment by making budget allocations to continue these provisions. Within 36 months of these announcements, a total of 326 obstructed women have been airlifted from rural districts to receive skilled care at federal and provincial hospitals.

#### **Advocacy and Lobbying for Policy Change**

In addition to my published work, I am constantly engaged in sharing its results and positive impacts through improved pregnancy and childbirth practices at the community level, and through advocacy at the government level to influence policy decisions.

For example, after a successful advocacy program, the Government of Nepal adopted a policy I promoted to provide free sanitary napkins to all public school-going girls. The provision of sanitary napkins will allow girls to remain in school after they start menstruating, profoundly affecting their lives and the social environment of Nepal. It will allow the girls to be better educated and improve their earning power and social standing. It will also help delay the age at marriage and the age at which they have their first child. The Government of Nepal has been allocating Nepalese Rupees 1,500 million (USD 12 million) annually to continue this program.

I have continuously worked with my supervisor, Distinguished Laureate Professor Roger Smith AM, to achieve these policy changes and sustained health outcomes in Nepal. The government of Nepal and communities are credited for the positive results achieved. A few interviews were featured on national television channels in both Nepali and English.

#### Please visit the links:

- 1. English: <a href="https://www.youtube.com/watch?v=tQXvzlBB9fE">https://www.youtube.com/watch?v=tQXvzlBB9fE</a> ABC Nepal Television | Discourse with Dr Binod Bindu Sharma
- 2. English: <a href="https://www.youtube.com/watch?v=K6fmrV2Yhok">https://www.youtube.com/watch?v=K6fmrV2Yhok</a> ABC Nepal Television |
  Discourse with Distinguished Laureate Professor Roger Smith AM and Dr Binod Bindu Sharma
- 3. Nepali: <a href="https://youtu.be/jU29FR18UPA?t=41">https://youtu.be/jU29FR18UPA?t=41</a> Maternal Mortality: A curse on civilization | Dr Binod Bindu Sharma | Janata Health | Janata Television
- **4.** Please visit the different media advocacies I have been engaged with. Link: <a href="https://binodbindu.com.np/mediacoverage">https://binodbindu.com.np/mediacoverage</a>

# ANNEXURE B Collaborations and Partnerships

#### Collaborations/Partnerships/Achievements

#### 2015 - 2017: Collaborative Vision for Sustained Transformation

• Developed projects to improve maternal health outcomes in Nepal with Laureate Professor Roger Smith and Professor Deborah Loxton.

#### **2017: Inter-University Coordination**

• Assisted the University of Newcastle, Australia, and Pokhara University in developing collaborative programs to foster academic interactions benefiting both universities and students. Plans are underway to formalize these inter-university collaborations.

#### 2017: Collaboration for Community Development

• Initiated training for Nepalese rural nurses and organized a gynecological health clinic in a remote Nepalese village with key specialists, including Dr. Henry Murray, Head of the Department of Obstetrics and Gynecology at John Hunter Children's Hospital. A team headed by Dr. Murray visited Nepal in October 2017.

#### **2014: Inter-Agency Coordination**

• Collaborated with all external donor partners (EDPs) working in health and development in Nepal to implement the "one door" policy for health education, information, and communication programs.

#### **2014: International Collaboration for Development**

• Coordinated with Johns Hopkins University Center for Communication Programs (JHU CCP) and national and local stakeholders to design, develop, and implement the Mobile Health (m-Health) program targeting youths to educate them on sexual and reproductive health issues in Nepal.

#### 2014: Nationwide Campaign for Policy Change on Tobacco Control

- As the Director of the National Health Education, Information and Communication Centre, I issued the "Directives on printing warning messages and pictures on tobacco product boxes, packets, cartons, parcels, and packaging materials, 2014." The directive increased the size of the graphic health warnings from 75 percent to 90 percent of the front and back of all tobacco product packaging, beginning in 2015.
- Organized a nationwide campaign to develop national consensus to increase the size of pictorial health warnings to 90 percent of the packaging area, the highest percentage in Asia

**Achievement:** Following my work on tobacco labeling, Nepal was awarded a Bloomberg Philanthropies Award for Global Tobacco Control in 2015, worth 10 million Nepalese Rupees.

#### 2014: Coordination for Public Education and Sensitization

• Coordinated the development of a video documentary entitled "Mission Anti-Tobacco" based on the experience of Health Minister Mr. Khaga Raj Adhikari to educate people on the consequences of tobacco use.

Link to video: https://www.youtube.com/watch?v=V4mZSGbH6 o

#### April 19-30, 2010: International Training

• Coordinated international training on "Programming to Strengthen Maternal and Child Healthcare through Community Participation" at the International Training Centre, Pokhara, Nepal.

#### **2009: International Program Management**

• Organized and hosted international observation training programs on community engagement for improved health service utilization.

#### December 6-10, 2008: Local Coordination

• Coordinated with the local Tourism College and local hotels to organize hospitality management training for healthcare providers and the staff of the International Training Centre.

#### 2007: Collaborative Initiative for Transformation

• Designed and implemented a result-oriented leadership development program, where support staff (cleaners) were trained and empowered to organize training for cleaners from other organizations, and helped manage the general affairs of the organization.

#### 2006: Teamwork for a Shared Goal

- Successfully proposed upgrading the Regional Health Training Centre in Pokhara to an International Health Training Centre to the Government of Nepal.
- Organized advocacy programs to help health executives, Members of Parliament, the National Planning Commission, and other stakeholders understand the national and international significance of the proposed International Training Centre.
- Coordinated the development of a promotional documentary on "Nepal's Vision to Develop International Training Centre."

Link to video: https://www.youtube.com/watch?v=EDe43yXXePc

- The Regional Health Training Centre, Pokhara was approved by the government as an International Health Training Centre, the first of its kind in the country.
- Ministerial communications with the World Health Organization/Nepal and the South-East Asia Regional Office are underway to develop this Centre as a WHO Collaborating Centre.

#### 2004: National Training by International Experts

• Coordinated with the Ministry of Health, the British Council, and the Nuffield Institute for Health (UK) to organize training in "Decentralized Management & Planning for Health" for senior health professionals in Pokhara.

## August-December 1998 / September-November 2000: Professional Experience with the US

#### **Governmental Agency**

• Coordinated two pre-service training programs for American volunteers before their two-year assignment in Nepal with the Peace Corps. Coordinated language, cultural, and social interactions, subject-specific training, and exposure programs in villages.

#### 1986–1995: Developing a Model of Rural Eye Care – Thinking Beyond the Box

- Worked with the Swiss Red Cross Eye Care Project as an ophthalmic professional. Organized free community-based eye care screening and surgical camps with community and Junior Red Cross circle participation.
- Assigned as Head of the first conceptual Primary Eye Care Centre to be extended from the city to remote districts. Managed the static clinic and engaged the community in eye care programs.
- Developed a community-owned eye care program model.
- Extended a similar model in rural districts of Nepal.

#### 1982–1983: Leading the Community to Achieve Higher Goals

• Coordinated and led a group of villagers to collect donations within remote villages to construct a primary school. The collected funds and the developed sense of community helped acquire the land and construct the school. The school, named "Jiwan Jyoti Primary School" in a remote village in the Parbat district of Nepal, is well-functioning with 49 students

# ANNEXURE C Teaching and Training

#### **Training/Teaching and Community Experiences**

#### 2016 Casual Academic

University of Newcastle, Australia

- Developed educational/teaching materials for Master of Public Health students.
- Conducted educational sessions
- Assessed the effectiveness of the sessions organized.

#### 1995 - 2013 **Professional Role - On the job situation**

Title: Training Chief, Director

Government of Nepal, Ministry of Health, Regional Health Training Centers, Surkhet and Pokhara

- Conducted more than 5,000 hours of training sessions for district health managers and health care providers.
- Training topics included: family planning, counseling, gender-based violence, community engagement in health care programs for sustained change, training needs assessments, district health care management, integrated management of childhood illness, logistics and inventory management, communication, resource management, coordination, use of effective training methods and material development etc.
- Organized training needs assessments of health care providers and managers to modify the training curriculum according to changing training needs.
- Managed human resources, finance and administration.

#### 2010 - 2012 Casual Academic

Pokhara University, Nepal

- Developed educational/teaching materials for Bachelor and Master of Public Health students
- Conducted educational sessions as a casual academics.
- Assessed the effectiveness of the sessions organized.
- Worked as an external expert for both student examinations and faculty recruitment processes.

#### Aug - Dec Casual / Part-time Professional

1998 and Sep Title: Technical Training Coordinator

- Nov 2000 Peace Corps/ Nepal

- Coordinated two pre-service training programs for American Peace Corps including language, cultural, and social interactions, subject specific training and exposure programs in the villages.
- Specific roles and responsibilities: Developed training curriculum

Conducted pre-service training for Water Sanitation Coordinators (American citizens) on health, water and sanitation programs.

Organized sessions on cross cultural adaptation and provided cultural learning exposures.

Evaluated the program and developed a technical manual.

#### July 1991 - **Professional Role – On the job situation**

#### Apr 1995 Title: Ophthalmic Assistant, Ophthalmic Officer

Swiss Red Cross, Eye Care program

Fateh Bal Eye Hospital, Nepalgunj, Nepal

- Organized training of trainers in primary eye care
- Organized training to community eye care volunteers
- Conducted training for ophthalmic assistants
- Conducted district wide training for community health workers on primary eye care in Banke district, Nepal
- Organized training needs assessments of health care providers and managers to modify the training curriculum according to changing training needs.
- Managed human resources, finance and administration.

#### **ANNEXURE D**

## **Professional Development, Grants and Scholarships**

#### **Professional Development**

India

- Training on "The Autonomous Health Training Institute"
   College of Public Health Sciences, Chulalongkorn University, held in Thailand,
   March 15-17
   Training on Regional Field Epidemiology 3 months
   National Institute of Communicable Diseases NICD / WHO / SEARO, held in Delhi,
- 2007 International Training Workshop on Physical Activity and Public Health 3 days, WHO, CDC, held in Bangkok, Thailand
- 2007 Health Executive Development Program (HEDP) 45 days, Department of Health Services, Nepal Administrative Staff College, WHO/Nepal
- 2004 Training Program on Capacity Building of Local Institutions 42 days, Nepal Administrative Staff College, Nepal
- Training of Trainers Course on Enhancing Competence of Trainers especially on Development of Leadership, Community Participation, Operational Research and Training Evaluation 11 days, Indian Institute of Health Management Research, (IIHMR) held in Jaipur, India
- 2004 Training for Trainers: Decentralized Management & Planning for Health 11 days, Ministry of Health, British Council, Nuffield Institute for Health, UK
- 2002 Training Workshop on Basic Radio Magazine Production 5 days, National Health Education, Information and Communication Centre, Nepal Safer Motherhood Project, Nepal
- Training on Nepal Advances in Health Communication and Advocacy 12 days, The Johns Hopkins University / School of Hygiene and Public Health, held in Nepal
- 2000 Participated in the Youth Invitation Program for the promotion of understanding amongst youths, held in Japan 1 month Japan International Cooperation Agency (JICA)
- 2000 Training of Master Trainers on Strengthening District Health Training Capacity -15 days, Nepal Administrative Staff College
- 2000 Training on "Through the Gender Lens A Practical Approach for Reproductive Health Behaviour Change Communication Programs" 5 days, The Johns Hopkins University / Population Communication Services, held in Nepal
- 1997 International Training of Trainers on District Health Care Management 3 months The Royal Tropical Institute (KIT) held in Amsterdam, The Netherlands
- 1997 Training of Master Trainers on Logistics Management 5 days, National Health Training Centre, Logistics Management Division, John Snow Inc.
- 1997 Training of Trainers on Family Planning Counseling 12 days, Government of Nepal, National Health Training Centre, Kathmandu, Nepal

#### **Grants and Scholarships**

Grants	anu Scholal ships		
2018	Project Grant to roll out the intervention	Provider:	AUD 60,000
	in the control population (A novel	The University of	
	method of community education	Newcastle, Australia	
	through singing health messages	Hunter Medical	
	developed during the PhD research)	Research Institute	
2016	Project Grant for intervention research	Provider:	AUD 20,000
	in rural Nepal	Jennie Thomas	
		Project Grant	
2016	Travel Grant to travel to Nepal for	Provider:	AUD 10,000
	intervention research	Jennie Thomas	
		Travel Grant	
2016	Grant for training equipment for training	Jennie Thomas	AUD 1,000
	interviewers	Special Grant	
2014	Scholarship to undergo PhD research	Provider: University	2018- AUD 27,082
-17	program at the University of Newcastle,	of Newcastle,	2017- AUD 26,682
	Australia	Australia	2016- AUD 26,288
			2015- AUD 25,849
			2014- AUD 4,382
2005	Scholarship to study Master of Public	Provider: UNFPA/	USD 12,500
	Health at the State University of	Nepal	
	Bangladesh, Bangladesh		
1993	Scholarship to study Diploma in Health	Provider: Swiss Red	USD 10,000
	Education, India	Cross, Eye Care	
		Project, Nepal	
1992	Scholarship to undergo training in	Provider: Swiss Red	USD 4,500
	Health Education at the Gandhigram	Cross, Eye Care	
	Institute of Rural Health and Family	Project, Nepal	
	Welfare Trust, India		
1989	Scholarship to undergo training in	Provider: Swiss Red	USD 6,000
	Community Eye Care Program	Cross, Eye Care	
	Management in Arvind Eye Hospital,	Project, Nepal	
	Madurai, India		

## Additional responsibility during COVID-19 pandemic

## Director/Spokesperson: COVID-19 prevention and control program, Gandaki province government, Pokhara, Nepal.

Dr. Binod played a crucial role in tackling the COVID-19 outbreak as the focal person in Gandaki province since the first case was reported in Nepal. When the outbreak started, he knew it would be an ordeal for everyone involved, and so, as the Incident Commander for the province, he ensured everyone contributed vigilantly and equally. He was not only the

COVID-19 focal person but also the spokesperson for the Province. He has contributed an enormous amount of time and effort in curbing the infection in the province.

Dr. Binod ensured robust coordination among all health and non-health sectors, ministries, and lobbied for resources with equal importance. He has been an important advisor to the Gandaki province government in policy, planning, strategies, and program interventions for the mitigation of COVID-19.

He was vital in bringing the preventive and curative departments together, managing 12 district hospitals, 11 public health offices, and 40 isolation centers established in the province. Dr. Binod ensured technical support was in place for more than 500 quarantine centers. He hosted and attended weekly virtual meetings with health offices, Ayurveda offices, District Hospitals, and Health Partners (NGOs/INGOs), where issues were discussed and solved. Dr. Binod's advocacy led to strengthening hospitals (establishing Intensive Care Units (ICUs) in district hospitals, which had never happened before, and providing critical care training for staff of all district hospitals). He also proposed to the government to strengthen the health sector, and as a result, the province and federal government approved NRS 330 million (USD 2.8 million) as a special grant to initiate health sector reforms.

During the COVID-19 outbreak, he also ensured that other health-related issues were not neglected. As an outcome of his PhD research inferences and consistent lobbying, an air retrieval program in Nepal was instituted in 2018. This program aimed to airlift obstructed women from rural, remote districts of Nepal. The program has been wonderfully successful in saving mothers giving life. Dr. Binod secured helicopters for rescuing high-risk pregnant women even when the airports in the province were closed. He also ensured that other regular outbreaks, e.g., dengue, scrub typhus, measles, etc., were kept in check.

Working incessantly throughout the outbreak, here are some of his achievements:

- 1. Promptly took the initiative for training healthcare professionals, particularly lab professionals, for sample collection and procuring the necessary equipment for diagnostics, quarantining, and isolating suspected and infected individuals.
- 2. Lobbied with the province government to establish intensive care units (ICUs) in each (11) district hospital. The province government approved the proposal and provided a budget for a total of 51 ICU beds in the province.
- 3. Developed laboratory and case management protocols and organized orientation training for district health teams.
- 4. Organized training for district hospital teams on critical case management.
- 5. Coordinated training for nursing staff working in the intensive care unit (ICU) environment.
- 6. Facilitated fellow officers in taking a proactive approach to disseminate public service announcements (PSAs) regarding different economic and physio-social aspects of

COVID-19 through various social media platforms. This was instrumental in penetrating the grassroots of the community with key messages to improve individual, family, and community practices.

- 7. Assessed the evolution of the situation at the global and local standpoints. Dr. Binod steadfastly advised the provincial government to continue preventive and control measures in both healthcare and community environments.
- 8. Provided strong leadership in ensuring quality health service delivery.
- 9. Visited highly vulnerable areas where diagnosed cases were being managed and monitored. These visits resulted in a high level of motivation among the healthcare providers and the community leaderships involved.
- 10. Released interviews and press releases on FMs and YouTube outlets to inform residents of the latest updates and efforts being conducted daily.
- 11. Also lobbied for special attention to the well-being and encouragement funding for those on the frontlines in the battle against the COVID-19 pandemic.

Through his position as the Health Director, Dr. Binod strives to share his vision of the future health system with the citizens of Gandaki province and inspire everyone in the health sector. His visionary perspectives have earned him the trust of the Council of Ministers, the entire health team, and the population of the Gandaki province.

#### Referees

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