

**Dr. Mrigendra Raj Pandey Shares His Education and Job Experiences in UK**



*Association of British Alumni in Nepal (ABAN) is a not-for-profit social organization affiliated with the British Council, active for the welfare of the Nepalese, who studied in UK and pursue an interest in the socio-economic development of Nepal.*

*ABAN also works for cultural & educational exchange between Nepal and Britain.*

Nepal's first MRCP physician Dr. Mrigendra Raj Pandey has joined the Association of British Alumni in Nepal as its **Life Member** on September 29 as the 500th member



and the newest Life Member until October 21, 2016.

Dr. Mrigendra Raj Pandey

mesmerized the audience in the British Council hall, where he addressed ABANian on October 23, 2016, sharing his rich experience of the British education and job during 1957 –1959.

Dr. Mrigendra completed his DTM&H with distinction from London School of Hygiene and Tropical Medicine in July 1957, MRCP from Edinburgh in 1959, FRCP in 1969 and FFPHM by Distinction in 1992. He studied in some of the best institutions in UK like Queen Square for Neurology, National Heart Hospital for Cardiology, Brampton Hospital for Chest Disease, Royal Infirmary of Edinburgh for General Medicine etc.

He had a very hilarious journey to London via Calcutta – Karachi – Bagdad- Istanbul- Rome and landed at London's Heathrow airport on February 10, 1957 by British Airways Super Constellation airplane.

Although he was housed in the famous Kenilworth Hotel at Great Russell Street, his first impression of London was that it looked all dark in the morning. Epidemic of respiratory diseases, like chronic bronchitis and its complications was very common at that time due to air pollution. This was the after effect of the famous **London Fog** of 1954, which caused big epidemic and killed thousands of people.



Dr. Mrigendra passed his MRCP exam in the first attempt and it was a great news for the Nepalese Ambassador in London and he wired the good news to the Foreign Ministry in Kathmandu. After completing the MRCP in 15 months, he utilized the remaining leave period to gain some practical experience in UK hospital. Dr. William Lester, Consultant Physician of Plymouth General Hospital, Devon selected him in the post of Registrar, against other competing British Doctors who had applied for the post.

With the 19 months long practical exposure and opportunity to learn many new things at work, he returned to Nepal within the  
..... *continued on page 2*



**Mrigendra Samjhana Medical Trust to Donate Service Fund to ABAN**

Dr. Mrigendra Raj Pandey's Mrigendra Samjhana Medical Trust (MSMT) has approved to donate a fund of Rs.530,000/- to ABAN to undertake mutually agreed social service project on regular annual basis. The decision of MSMT's donation was announced on 23 October 2016 in a talk program at the British Council hall when Dr. Pandey shared his education and job experience in UK. The endowment fund will generate interest income to support the service project.

ABAN had proposed to associate with MSMT in the common quest for social services in Nepal with an endowment fund to generate regular income to support social service program chosen by MSMT and ABAN. The support may go to one of the many senior citizen homes, annual health camps or scholarship to support girl child education in a public school. This way ABAN will undertake program in the name of Mrigendra Samjhana Medical Trust on a regular sustainable basis.

This will be one of the best ways of sharing the fruit of Dr. Pandey's British education for the benefit of people who need help. Dr. Mrigendra's philanthropic initiative will surely inspire others to follow the good work through the banner of ABAN.

**Please Log on to: [www.aban.org.np](http://www.aban.org.np)**

*Dr. Mrigendra from page 1. . . . .*

stipulated time with great enthusiasm and confidence to serve the country.

After returning to Nepal in 1959 as the first internist trained in the UK, Dr. Pandey served in Bir Hospital and initiated to revolutionize modern medical practices and also started Post graduate medical education in the country taking help of consultants from the Royal College of Physicians. As Head of the Department of Medicine and Cardiology, he took the initiative to start ICU, CCU in Bir Hospital in 1974. In 1975 he established Mrigendra Medical Trust with an objective to serve the poor and needy people with medical and other social services from his own resources.

Earlier, ABAN president Maheswor Bhakta Shrestha briefly introduced Dr. Mrigendra Raj Pandey as Regional Advisor of Royal College of Physicians of Edinburgh in Nepal and a recipient of CVO (Commander of Victorian Order) honor from Her Majesty Queen Elizabeth the second. In Nepal, the government has honored him with highest awards like Om Ram Patta, Trisakti Patta Class I, Gorkha Dakshin Bahu Class I. He is also honored with various awards and decorations from Germany, Spain and World Health Organization. The Cromwell Hospital, London also honored Dr. Mrigendra with the title of Honorary Consultant in July 1997.

Dr. Mrigendra Raj Pandey served as Royal Physician for a long period of time. He served HM King Mahendra when he suffered first heart attack in the wilderness of remote Kanchanpur in Far West Nepal in 1968. A British doctor Wiliam Lister was also taken there to serve the king. Later, he served HM King Birendra in 1998 when he had heart attack at Nagarjun forest residence. The king later went to Britain for further check up and was well taken care of at the Cromwell Hospital, London.

The Talk Program was coordinated by ABAN Vice President Mr. Tulasi Prasad Upreti and a memorable Vote of Thanks was offered by Past President Mrs. Namrata Sharma.

**CONGRATULATIONS**



**Dr. Min Bahadur Shrestha**  
Vice Chairman of National Planning Commission, Government of Nepal

ABAN Life Member (ID no. 241) Dr. Min Bahadur Shrestha has assumed the high office of Vice Chairman of the National Planning Commission from Sept. 4, 2016.



Dr. Shrestha studied in the University of Wollongong, University of New Orleans and Masters in Business Administration from HULT International Business School (Huron Campus) London, UK during 1993-94.

Previously, he was **Executive Director** at Nepal Rastra Bank (28 years in the Bank from 1988). He also worked as **Senior Economist** at The South East Asian Central Banks Research and Training Centre, Kuala Lumpur, Malaysia for 3 years during August 2006 to July 2009.



Another ABAN Member (ID 131) Dr. Swornim Wagley has also assumed the responsibility of honorable Member of the National Planning Commission for the second time.

We ABANians are very proud to have our Members in the high office of the National Planning Commission. We wish them both great success in their endeavors.

**Introducing Mrigendra Samjhana Medical Trust (MSMT)**



Mrigendra Medical Trust was registered on February 17, 1975 at the office of Chief District Officer with seven founding members with the objective of serving the poor, deprived and less fortunate people of Nepal. The Trust was later renamed as Mrigendra Samjhana Medical Trust after the death of his daughter Dr. Samjhana.

Dr. Mrigendra was inspired to serve the needy people of Nepal after he realized that the scholarship provided by the British government for his MRCP study was actually earned by the Nepalese serving in the British Gorkha Brigade, shedding their blood and sweat to protect the British Empire. "It meant my education in UK was, in real sense, financed by the poor Nepalese. So I felt I must repay my debt to them whose contribution made my study possible" he writes in his book *Struggle for Social Service in Nepal 2011*.

Dr. Pandey donated his building at Jamal to the Trust for providing cultural, social and medical services at Sundarijal, Chhaimale, Jumla etc. scholarships and awards are also provided annually to promote health education in Nepal.

"MSMT's work has been holistic, going beyond medical treatment to catering to people's social, mental & spiritual health and well-being. It has effectively promoted anti-smoking campaign, raising awareness of hypertension, diabetes and other health and social issues" remarks Kul Chandra Gautam in his *Tribute to a Health Pioneer*.



## BRITAIN NEPAL 200



200 Years of Nepal- Britain  
Diplomatic Relations: 1816-2016 AD



**BRITISH COUNCIL** | 80 YEARS OF CULTURAL RELATIONS

## British Council celebrates Customer Service Week 2016



British Council Nepal celebrated **Customer Service Week 2016** through October 3-7. Acting Country Director Mr. Jim O'Neill addressed the opening of the event. Several customers were given gifts for their continued trust in availing the services of the Council. Customers were engaged in quiz while staffs played treasure hunt. Several engaging activities for customers (internal and external) followed through the week.

## World Teachers' Day on October 5

British Council worldwide celebrated **World Teachers' Day** on 5th October. The Council has been promoting this occasion through its social media (use hashtag #WorldOfThanks and write on its Facebook) to participate in this celebration and to share about your favorite teacher.



## Association of British Alumni in Nepal

### 11th meeting of 9th Executive Committee

Held on October 21, 2016 at Dillibazar, Kathmandu

The meeting was called to order by President Mr. Maheswor Bhakta Shrestha.

#### Decisions:

##### 1. *Approval of Auditor's Report for FY 2072/73*

Statutory auditors M/s. H.R. Bhatta & Associate's Report for the fiscal year 2072/73 has been approved. The financial accounts reveal that the Association had an income from Membership fee and other sources of Rs.225,531 and expenses of Rs.183,364 with a net surplus of Rs.42,167/- during the year. Total reserve and surplus until 30 Ashad 2073 was Rs.313,143/-and Rs.33,961.28 was payables. The bank balance on that date with Mega Bank and NB Bank was Rs.334,627.63.

The Audit report approved by the Executive committee will be submitted to the Tax office and to the office of District Development Committee for renewal of ABAN registration with the Chief District Officer's office..

##### 2. *Election Committee*

As per Article 21 of the ABAN Statute, as amended in 2068, a three member Election Committee has been constituted three months before the proposed 19th AGM on 4 February 2017. So, IPP Mr. Shanker Prasad Paudel has been nominated as Coordinator of the election committee with PP Mr. Rabi Jung Pandey and Mr. Radha Krishna Bhandary as members to take up the election of 10th Executive Committee of ABAN for 2017-19.

##### 3. *ABAN Picnic on November 19:*

ABAN Picnic is proposed on November 19 at Doleswor Mahadev temple area. A mini bus for participants will leave from Thapathali at 9 am. All members are welcome to bring their spouse in the picnic.

##### 4. *ABAN Magazine 2016:*

Mr. Punya Prasad Paudel will coordinate publication of ABAN Magazine 2016 to commemorate Nepal-Britain 200 years. Articles and advertisement support is invited from ABAN Members and others.

##### 5. *British Education Fair:*

ABAN will propose British Education Fair in 2017 in cooperation with the British Council to promote British Education in Nepal. Gen. Secretary Mr. Uttam Pant will prepare a proposal and coordinate with an event manager

6. *ABAN Member as VC in National Planning Commission:*The Committee resolved to congratulate Dr. Min Bahadur Shrestha, Life member ID no. 241of ABAN on his assumption of the high office of Vice Chairman and Dr. Swornim Wagley (ID no. 131) as Member of National Planning Commission from September 4,2016. ABAN wishes them a very successful tenure of office.

## ABAN Membership Certificates Given Away



ABAN president Mr. Maheswor Bhakta Shrestha gave away ABAN Membership Certificate to Life Members Dr. Mrigendra Raj Pande (ID 500), Mr. Punya Prasad Paudel (ID 116) and Miss Pratigya Thapa (ID no.497) in the presence of Vice President Mr. Tulasi Prasad Uprety on October 23, 2016 at the British Council hall, Kathmandu.

## Announcements

- ABAN Family Picnic on November 19,
- ABAN Magazine 2016 to commemorate Britain-Nepal 200 years will be published. Members can contribute relevant articles
- ABAN Day celebration on Saturday 4th February 2017.
- 19th Annual General Meeting of ABAN on Saturday 4th February 2017.
- British Education Fair proposed in February 2017.



## New Life Members Joining ABAN since August 2015

1. Dr. Nastu Prasad Sharma (ID 491)
2. Miss Sanjivani Shrestha (ID 492)
3. Mr. Punya Prasad Paudel (ID116 Ord. to Life)
4. Mr. Govinda Neupane (ID 493)
5. Mr. Janak Sharma Paudel (ID 494)
6. Mr. Shakti Kumar Golyan (ID 495)
7. Dr. Dhruva P. Acharya (ID143 Ord. to Life)
8. Mr. Ushik Shrestha (ID 496)
9. Miss. Pratigya Thapa (ID 497)
10. Mr. Laba Prasad Tripathi (ID 498)
11. Mr. Subin Man Pradhan (ID 499)
12. Dr. Mrigendra Raj Pandey (ID 500)
13. Mr. Pratik Man Singh (ID 501)
14. Mr. Rabindra Mananda Bajracharya (ID 502)

For further details, please contact:

**Membership Sub-Committee Chair:**

Mr. Tulasi Prasad Uprety, Mobile: 9851035007

Email: [t\\_uprety@yahoo.com](mailto:t_uprety@yahoo.com)

**General Secretary**

Mr. Uttam Pant, ULCI Dillibazar Cell:

9851020918 [uttampant@hotmail.com](mailto:uttampant@hotmail.com)

**Treasurer:**

Mr. Hariom Dhoj Joshi, Cell 9851088446

9841214021 [hariomdjoshi@gmail.com](mailto:hariomdjoshi@gmail.com)

*Published by:*

**ABAN President**

Maheswor Bhakta

Shrestha [mahesworbs@gmail.com](mailto:mahesworbs@gmail.com)

Cell: 9851094345

**Publication Coordinator** Punya Prasad Paudel [punya.paudel@gmail.com](mailto:punya.paudel@gmail.com)  
Cell: 9841797451



## ABAN Calendar of Events 2015-2016

Month of 2015-16	Main Activities
2015 April 11	Election of 9 <sup>th</sup> Executive Committee at the British Council
2015 April 13	1 <sup>st</sup> Executive Committee Meeting. ABAN Newsletter 01 issued
2015 August 21	2 <sup>nd</sup> ECM, Takeover and Formation of Sub-committees Publication of ABAN Newsletter No. 02 issue
2015 August 29	Talk Program on Human Trafficking by Dr. Ruchira Gupta
2015 September	Publication of ABAN Newsletter No. 03 issue
September 11	Meeting with the British Council Director Dr. Jovan Ilic
September 22	3 <sup>rd</sup> ECM meeting. Presented Audit Reports for 2069-70 and 2070-71
September 24	Talk Program by Dr. Tsering on Support to Earthquake victims
2015 October	Publication of ABAN Newsletter No. 04 issue
2015 Nov./Dec.	Publication of ABAN Newsletter No. 05 issue
December 17	4 <sup>th</sup> Executive Committee Meet at Dillibazar
December 26	Visited Old Age Home and supported with food and medicines
2016 January 17	Talk Program on Happy Living by Mr. Tulasi Prasad Uprety
January/ February	Publication of ABAN Newsletter No. 06 issue
2016 March/April	Publication of Newsletter no.7/ Release Membership Directory
2016 April 01	5 <sup>th</sup> Executive Committee meeting. Handover of Bank accounts
2016 May 08	6 <sup>th</sup> Executive Committee Meeting Publication of ABAN Newsletter no.8
2016 May 23	7 <sup>th</sup> Executive Committee meeting
2016 June 21	8 <sup>th</sup> Executive Committee meeting.
2016 June 25	18 <sup>th</sup> Annual General Meeting of ABAN. Release ABAN Membership Directory 2016.
2016 July	ABAN Newsletter no. 9
2016 August 28	9 <sup>th</sup> Executive Committee meeting. ABAN Newsletter no 10 <sup>th</sup>
2016 Sept. 11	Tax clearance of past 3 years till 2071/72
2016 Sept. 29	10 <sup>th</sup> Executive Committee meeting
2016 October	Release of 11 <sup>th</sup> ABAN Newsletter for Sept.-October 2016
2016 October 21	11 <sup>th</sup> Executive Committee meeting. Audit Report of 2072/73
2016 October 23	Talk program by Dr. Mrigendra Raj Pandey on British Education
2016 Nov. 02	ABAN Newsletter no 12
2016 Nov. 11	12 <sup>th</sup> Executive Committee meeting
2016 Nov. 20	Talk program by Dr. Jiba Raj Pokhrel, VC NAST
2016 Nov. 19	ABAN Picnic at Doleswor Mahadev temple area, Bhaktapur
2016 Dec. 02	ABAN Newsletter no 13
2016 Dec. 11	Talk by Dr. Prem Singh Basnet on Nepal-Britain Relations
2016 December	13 <sup>th</sup> Executive Meeting