

**Talk Program on
"Struggle for Eye Care in Nepal"**



Association of British Alumni in Nepal (ABAN) is a not-for-profit social

organization, registered with District Administration office on February 04, 1998 and is affiliated with the British Council. The Association is actively engaged 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 and educational exchange between Nepal and Britain.

Professor Dr. Ram Prasad Pokharel, senior Ophthalmologist of Nepal addressed the ABAN gathering about his "Struggle for Eye Care in Nepal" on March 29, 2019. After he completed his study in Royal College of Surgeons and Physicians in London (1963 and 1967) and in Royal College of Surgeons, Edinburgh in 1983, he returned to Bir Hospital, Kathmandu and started to implement the knowledge and skill he gained in UK for the betterment of Nepalese communities.

The condition of eye care in Nepal then was deplorable and it took a lot of efforts to educate people through several write ups in national newspapers (Gorkhapatra and The Rising Nepal) and started a series of eye camps to create awareness and serve people suffering from blindness and other eye diseases.



Dr. Pokharel worked to establish eye care in Bir Hospital and later in 1974 to establish a separate Eye Hospital in Tripureswor in the land provided by Guthi Sansthan.

With a view to establish eye hospitals around the country, Dr. Pokharel established "Netra Jyoti Sangh" and undertook a campaign to establish eye hospital in all the 14 zones of Nepal. Producing enough Ophthalmologists to extend eye care services around the country was a challenge, which he helped to solve with the cooperation from different countries offering scholarships for studies.

Dr. Pokharel shared his experience of three main diseases for blindness in Nepal, namely Cataract, Trachoma and Xeroalikhlium. While Cataract is the main problem in eye care, the case of retinal disease due to increasing cases of diabetes is on the rise lately. It is also seen that cataract cases are more prevalent in Terai than in the Himalayan region due to environmental pollution, water borne disease etc. Replying to a question, he emphasized on public awareness and regular check up and vision screening by people over 40 years of age to control diabetes



Prof. Dr. Ram Prasad Pokharel, Life Member of ABAN (ID no.277) is the senior Ophthalmologist got his FRCS from Royal College of Surgeons, Edinburgh in 1970 and DLO from Royal College of Surgeons and Physicians, London in 1963.

- Dr. Pokharel is the Technical Advisor and Senior Ophthalmologist in Nepal Eye Hospital, Kathmandu, which he helped to establish in 1974,
- Professor of Eye Department in Kathmandu Medical College,
- Chief Advisor in Everest Nursing Home and Research Center, Baneshwor Kathmandu,
- Patron of Netra Jyoti Sangh
- Chief Researcher, Nepal Nutrition Intervention Project, Sarlahi, Vitamin A Research Project, John Hopkins University, USA

Prof. Dr. Pokharel was born on May 4, 1937 AD.



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In response to another question, Dr. Pokharel said that the success rate of operation cases is very high and precautions and post operative care will minimize failure rate. He also shared that yoga and meditation has benefitted eyes. Patients with strong psychology helps care the disease. People with vegetarian diet has less chances of cataract disease.

Dr. Ram Prasad Pokharel has also contributed in the establishment of Center for Technical Education and Vocational Training (CTEVT) with the cooperation of Swiss government for skill testing. He also shared his valuable experience that if someone is dedicated at heart to provide social services, wins the heart of the people and keeps money matters transparent, it will not be difficult to convince the donors for any social service projects. We must keep the accounts properly audited while using donors fund. He also indicated that the emergence of private hospitals in Nepal has greatly helped produce quality doctors, who are contributing significantly in the serve of the people.



ABAN president Mr. Uttam Prasad Pant welcomed guest speaker Dr. Pokharel and honored him with garland and a Letter of Appreciation.

ABAN Executive members Mr. UrekRanjit introduced the guest speaker, while Mr. HemantaBaral was the master of ceremony of the event.



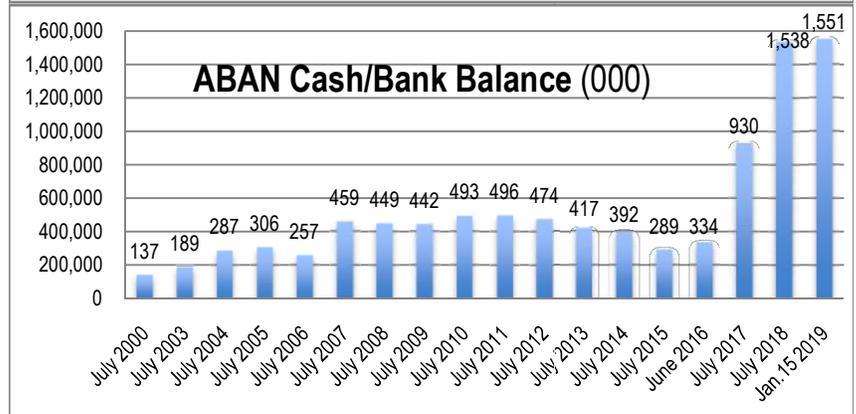
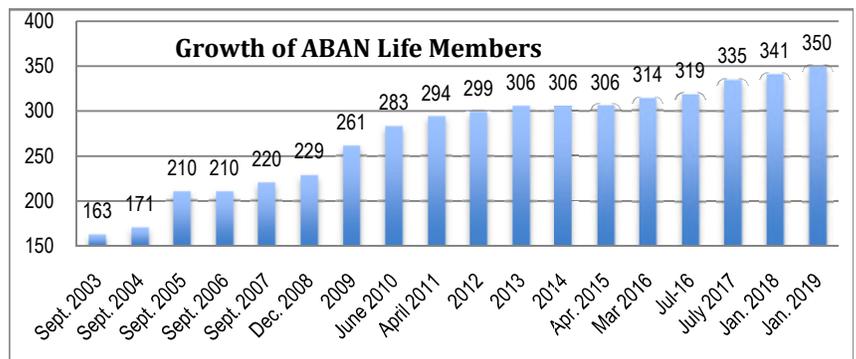
ABAN Recognizes the Trinity of ABAN



On March 29, ABAN president Mr. Uttam Pant recognized the Trinity of ABAN, namely Immediate Past President Mr. Maheswor Bhakta Shrestha, Past President Mr. Shanker Prasad Sharma and Past Vice President Mr. Tulasi Prasad Uprety with a **Letter of Appreciation** for “energetic and efficient performance during your presidential tenure of two consecutive terms (2015-2019). We believe that your skill and experiences will contribute more and more for the betterment of ABAN in the days to come. We always expect your generous support.”

Mr. Shanker Prasad Paudel was recognized for completing his two years term (2013-2015) as president of ABAN and Mr. Tulasi Prasad Uprety completed his three terms (2013-2019) as Vice President of ABAN. This period of past 6 years had been very successful golden period in ABAN history in terms of membership growth, various activities to achieve its objectives, excellent relations with the British Council and the British Embassy and in strengthening the financial situation of ABAN, particularly with two Honorable members contributing Rs.500,000 each.

Credit goes to these four leaders for turning around the status of ABAN, with of course the full support of the Executive team who worked selflessly as a close-net ABAN family.





CVM's International Affiliation

Past President of ABAN Mr. Shanker Prasad Paudel is the Founder Principal of CVM Secondary School and Chairman of Charkhandi Educational Foundation, Gatthaghar, ArnikoBastiBhaktapur. He proudly reported his school's international affiliation to improve the quality of education provided in the school.

The school is involved in British Council INTERNATIONAL SCHOOL AWARD Project. It has helped us in providing teachers training for our teachers and the collaboration with international schools including a community partner school in Nepal. The school is expecting a British Teacher in July and our teacher and ISA Coordinator will be visiting UK in October under this teacher exchange program.

尼泊爾國際漢語教師志願者之家

International Volunteer Chinese Teachers' Home in Nepal has informed on March 18 that CVM has been selected to find a Chinese Volunteer teacher for one year. Chinese teacher will start work in CVM from April 2019.

Long contacts with Duke University USA has mentoring camp in May / June for a month. This time their proposal will include students from SOS and a government public school.

The school is gradually developing international connection on the Local rooting and believe that these programmes will help the students in shaping their life to become able and confident members of the contemporary society and to develop CVM School as a centre of academic excellence.

From: Schools@britishcouncil.org

Sent: 13 February 2019 10:04

Subject: Connecting Classrooms through Global Learning - One-to-one application outcome

Dear Partnership Coordinator,

I am delighted to confirm that your application for a Connecting Classrooms through Global Learning grant has been successful.

May I take this opportunity to congratulate you on your success.

If you have any queries regarding your grant, please don't hesitate to contact us at:

schools@britishcouncil.org

Kind regards

Connecting Classrooms
British Council



Study in the UK

The UK is a world leader in many areas of education including engineering, science, art and design, business and management, law and finance. The UK's reputation and legacy as a world centre for scientific research makes it a magnet for some of the very best thinkers in the world. With only one per cent of the world's population, the UK is responsible for eight per cent of global scientific publications.

The UK offers a world-renowned education system with qualifications that can make a real difference to your future. It attracts over 600,000 international students each year to a variety of programmes, ranging from English language courses to PhDs.

The UK education system gives students the freedom to combine courses and subjects from different areas of studies, so you can tailor your degree to your own needs and interest.



Why Study in the UK?

The UK education system is flexible, so you can study in a way that suits your lifestyle and career aspirations. When you study in the UK you meet people from different nationalities, sharing their backgrounds and discovering new perspectives.

The benefits of studying in the UK

The UK institutions consistently rank among the best in the world and qualifications are internationally valued and recognized.

The UK undertakes 5 per cent of the world's scientific research and produces 14 per cent of the world's most frequently cited papers.

UK institutions offer flexibility of choice and enable you to blend academic and vocational courses of your choice.

The teaching and study methodology used in the UK give you the freedom to be creative and develop skills sets and confidence.

As a student you get the opportunity to be taught by the world's leading academics and experts; you also benefit from their constant academic support. UK degrees can be tailored to your interests and often include specialized modules.

The UK is the home of English hence an ideal place to develop language skills and enhance employment prospects.

ABAN President visits CVM School



ABAN president Mr. Uttam Prasad Pant and immediate past president Mr. Maheswor Bhakta Shrestha visited CVM Secondary School Gathaghar, Bhaktapur to witness the Pre-School Graduation ceremony on April 07, 2019. The school principal Mr. Shanker Prasad Paudel is the past president of ABAN.

British Council to Authorize ABAN for IELTS Exam Registration



Mr. Subin Bajracharya, Business Pursuit Manager of the British Council Nepal met ABAN officials represented by president Mr. Uttam Prasad Pant, immediate past president Mr. Maheswor Bhakta Shrestha, vice president Mrs. Padma Vaidya and assistant general secretary Mr. Hemanta Raj Baral on April 8, 2019 at the ULCI Dillibazar Height to discuss ABAN proposal to provide registration services for IELTS students for the British Council.

The Council agreed to sign an agreement ABAN to start registering students for IELTS exam in the British Council. In doing so, ABAN will receive some commission as a regular source of income that will support many activities of ABAN. This agreement will begin a new chapter in the Council-ABAN cooperation for mutual support now and in the future.

ABAN Activity Report 2019 - 2020

Month of 2019	Main Activities
February 02	Election of 11 th Executive Committee in the 21 st Annual General Meeting
February 09	Service to Senior Citizens of Tapasthali Briddhashram, Chapali, kathmandu
February 09	First Executive Committee meeting of the 11 th ECM at Park Village, Budhanilkantha
February 26	Second Executive Committee meeting of the 11 th ECM at ULCI Dillibazar
February 27	ABAN Newsletter February 2019 no.01/11 published
March 06	Mr. Purushottam Shumsher Talk on Nepal & Britain Relation during Rana Rule
March 08	Meeting with Dr. Jovan Ilic, Country Director of British Council Nepal
March 15	Third Executive Committee meeting of the 11 th ECM at ULCI Dillibazar
March 29	ABAN Newsletter March 2019 no.02/11 published Talk Program on by Dr. Ram Prasad Pokhrel
April 07	Visit to CVM Kindergarten Pre-School Graduation at Gathaghar, Bhaktapur
April 08	Signing of ELTS services by ABAN
April 08	ABAN – British Council meeting about IELTS Registration
April 10	Fourth Executive Committee meeting of the 11 th ECM at ULCI Dillibazar

Why Join ABAN?

1. Rare opportunity to **network** with fellow ABANians, who also studied in UK,
2. Share the expertise and experience gained in UK for Nepal's development,
3. Meet and greet British scholars and authorities for mutual enrichment,
4. Be in touch with British events, activities and openings for shared happiness.
5. Opportunities to serve others who need our help and guidance,
6. Identify as a dignified British Scholar.

A Nepali having studied in the UK for 12 weeks or more is eligible for membership of ABAN by application with educational certificate and fee.

New Life Members Joining from February 2019

1. Mr. Dinesh Pradhan (ID 528) on Feb.9, 2019
2. Dr. Jovan Ilic (ID 529) on February 9, 2019.

Membership Sub-Committee Chair:

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Email: padmavaidya2005@yahoo.com

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