

# ANNUAL REPORT



Tribhuvan University  
Institute of Medicine  
Pokhara Nursing Campus  
Pokhara-12, Ramghat

Institutional Accreditation by University Grants Commission (UGC) Nepal,  
2024

Fiscal Year: 2080/081

## **FOREWORD**

It is my pleasure to present the Annual Report of Pokhara Nursing Campus for the academic year 2080/81. This report encapsulates the campus's performance, shedding light on key activities, achievements, and milestones accomplished over the year. It serves as a valuable resource for understanding the workings of our campus and the initiatives we have undertaken to advance nursing education and practice.

As we mark 41 years of academic excellence, Pokhara Nursing Campus continues to stand as an encouragement of quality education, offering well-structured programs designed to cultivate skilled and competent nursing professionals. Our graduates have made significant contributions both in Nepal and internationally, excelling in diverse sectors such as government, private healthcare institutions, and NGOs/INGOs. An evidence to our commitment to quality, the campus was officially accredited by the University Grants Commission (UGC) Nepal on September 11, 2022.

Our success stems from the unwavering dedication of our management team, disciplined and qualified faculty members, robust infrastructure, and a holistic teaching-learning environment. These strengths have been pivotal in driving the campus toward sustained excellence. I extend my heartfelt gratitude to all faculty members, staff, and students for their remarkable contributions to the academic, administrative, and operational aspects of the campus. I also sincerely thank the heads of departments, coordinators, and committee members for their cooperation and support. Special appreciation goes to the report preparation and publication team for their meticulous effort in compiling and presenting key facts, figures, and evidence clearly and coherently.

Finally, I look forward to the continued publication of the annual report, which remains an integral part of documenting and celebrating our progress.

Prof. Neeta Tamrakar

*Campus Chief*

## **Acknowledgment**

We extend our heartfelt gratitude to Prof. Neeta Tamrakar, Campus Chief of Tribhuvan University, Institute of Medicine, Pokhara Nursing Campus, and Associate Professor Sharada Sharma, Assistant Campus Chief, along with all the dedicated members of the campus administration. Your unwavering belief in our abilities and the opportunity to prepare this report have been invaluable.

Our sincere appreciation goes out to all sections of the campus for their generous support and for providing the essential information required for this report. Your collaboration has been instrumental in bringing this project to completion.

We also wish to acknowledge the contributions of the Heads of Departments, faculty members, non-teaching staff, and students. Your assistance in gathering and sharing the necessary data has significantly enhanced the quality of this report, and we are deeply grateful for your support.

Thank you all for making this endeavor a success.

Coordinator

Publication Committee

Pokhara Nursing Campus

## **Executive Summary**

Pokhara Nursing Campus is one of the constituent campuses of Tribhuvan University, Institute of Medicine established in 2039 BS. The campus has successfully completed its glorious 41 years of academic excellence spreading quality education and making a remarkable contribution in the field of nursing education as one of the most sought-after campuses in Nepal. The campus has been running different academic programs such as Bachelor in Nursing Science (BNS), Bachelor of Science in Nursing (BSN) and Masters in Nursing (MN) with different specialty.

The campus has achieved a significant milestone by acquiring the certificate of Institutional Accreditation from the University Grants Commission (UGC) on 2079/05/26 BS. This accreditation reflects the campus's commitment to maintaining high standards of education. Additionally, the campus has entered into a MOU with the Nurturing Excellence in Higher Education Program (NEHEP) of Tribhuvan University, Kathmandu, Nepal, for extended performance-based grants. The campus participated in quality enhancement programme in this year and financially awarded in 13 indicators.

The campus's academic activities, guided by its clearly defined mission and vision, are reflected in the quality of education and student enrollment across different streams. The graduation trends show strong and steady progress across all the programs. In accordance with the Medical Education Commission's regulations, the campus provides scholarship for 75% of total seats in bachelor programme and 100% of total seats in master programme. Campus fosters students' overall development by organizing extracurricular activities such as sports meets, quiz contests, poster competitions, cultural programme, and the celebration of special days promoting holistic growth beyond academics.

The non-teaching staff at Pokhara Nursing Campus handle administrative duties and are committed to supporting students' teaching, learning, research, and public service

activities. The campus upgraded its infrastructure with CCTV cameras in the exam hall, smart lighting, earthing systems, transformer maintenance, and new football ground; and volleyball and badminton courts. These improvements enhance security, sustainability, safety, and student extracurricular opportunities.

The campus actively focuses on research development and innovation through provision of research grants, annual journal publications, training, seminars, and conference participation to enhance knowledge and skills. Different departments organized programmes in community, hospital, schools and campus premises such as health camp, school health programme, awareness program. Pokhara Nursing Campus Alumni Forum had started to fund scholarship program for undergraduate students studying in paying seats from the year 2080/81.

## **Abbreviations**

AHN: Adult Health Nursing

B.Sc.: Bachelor of Science

BNS: Bachelor of Nursing Science

BSN: Bachelor of Science in Nursing

CCTV: Closed Circuit Television

CHN: Community Health Nursing

CMA: Community Medicine Auxiliary

DPR: Detailed Project Report

EMIS: Education Management Information System

HOD: Head of Department

IOM: Institute of Medicine

IQAC: Internal Quality Assurance Committee

MIDSON: Midwifery Society of Nepal

MN: Master in Nursing

NEHEP: Nurturing Excellence in Higher Education Program

NNC: Nepal Nursing Council

QAA: Quality Assurance and Accreditation

QEE: Quality Enhancement

RCC: Reinforced Cement Concrete

RMC: Research Management Cell

WHD: Womens Health and Development

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## **SECTION 1**

### **1. Introduction**

#### **1.1 Background**

Pokhara Nursing Campus is one of the constituent campus of Tribhuvan University, Institute of Medicine (TU, IOM) situated at the heart of Pokhara Metropolitan City, Gandaki Province, Nepal. It has become one of the pioneer educational institutions in Nepal since its establishment. The campus was established in 2039 BS with Community Medicine Assistant (CMA) program and subsequently in 2041 BS Proficiency Certificate Level (PCL) nursing program was added. Within four decades, the campus gradually expanded its academic program from CMA then PCL to Master in Nursing (MN) and currently it has different programs such as Bachelor in Nursing Sciences (BNS), Bachelor of Science (B.Sc) in Nursing and Master in Nursing (MN). Pokhara Nursing Campus is an academic center of excellence through the foundation of nursing with its specialization in Adult Health Nursing, Women's Health and Development and Child Health Nursing. Since its inception, the campus has achieved remarkable success in terms of quality education and infrastructural development.

The Post Basic Bachelor of Nursing (PBBN) program was started in Pokhara Nursing Campus in 2062 B.S. and later it was changed into a 3 years BNS program in 2070 B.S. The program has three major subject namely adult health nursing, community health nursing and child health nursing. Likewise, B.Sc Nursing is a 4 year program which was started in 2073 B.S. with the intake of 20 students per year. In 2068 B.S. MN program was started with the intake of 4 students in adult health nursing specialty and later expanded with child health nursing and women's health and development specialty in 2074 B.S. At present, the campus has 328 students, 24 faculties and 23 administrative staff.

#### **1.2 Vision**

To be a center of academic excellence to advance health and wellness across the lifespan for the people through nursing education, research and service.

### **1.3 Mission**

Prepare outstanding and competent nursing human resources with leadership qualities through nursing education.

Deliver exceptional compassionate health care through education, practice, research, innovation and integrity.

Strive to create high-quality learning opportunities that respond to the needs of the students.

### **1.4 Goals**

The goal is to achieve academic excellence through the scientifically driven academic programs for equitable and accessible quality higher education.

### **1.5 Objectives**

To foster an academic environment that creates and supports outstanding faculties

To inculcate a culture of professionalism, respect and commitment among students and faculties

To work diligently to sustain and enhance the extended performance-based grant as outlined in the MoU, while fostering excellence through the Nurturing Excellence in Higher Education Program (NEHEP)

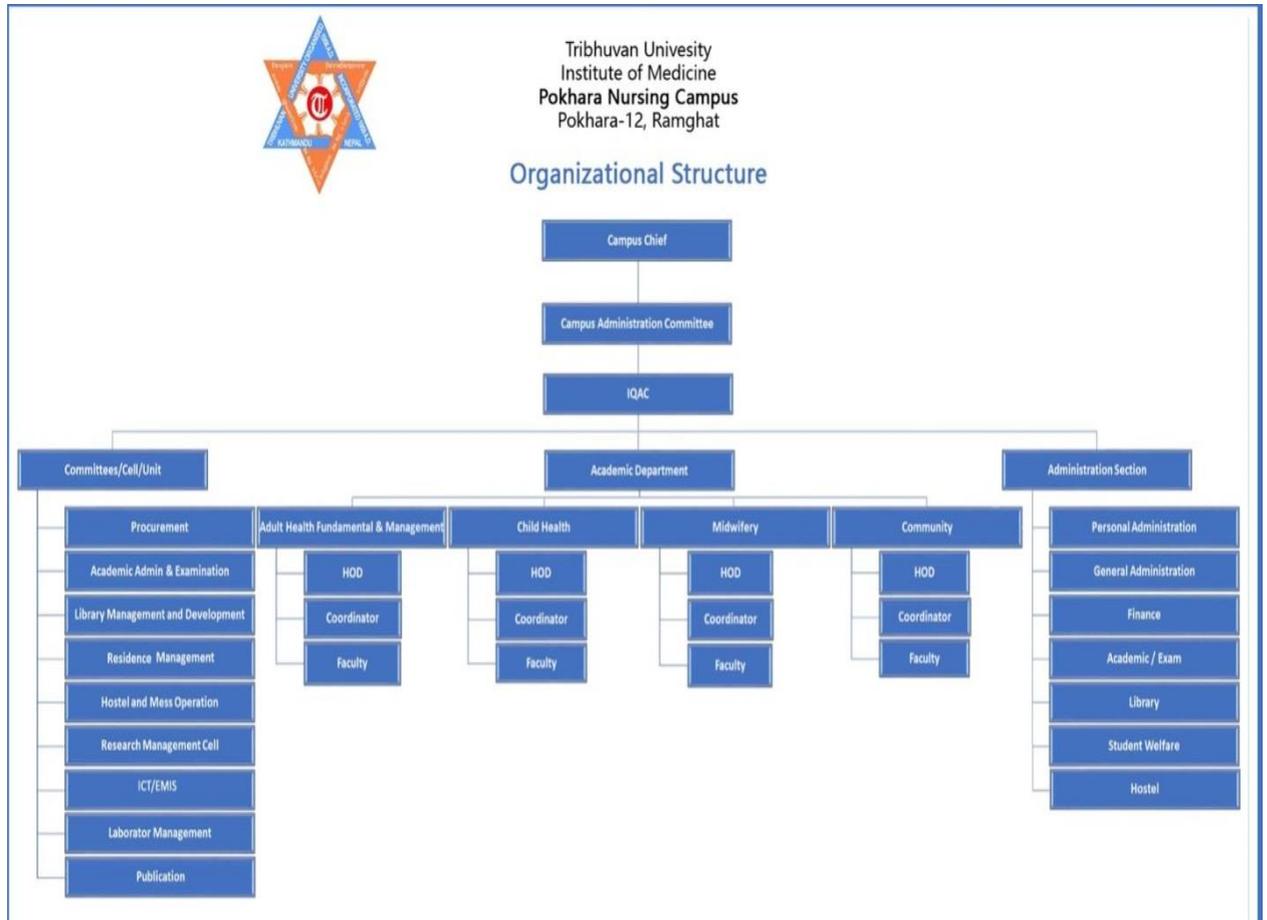
To collaborate with the University Grants Commission (UGC) Nepal in achieving Quality Enhancement and Accreditation (QEE) standards, fostering academic excellence and continuous improvement at Pokhara Nursing Campus

To increase the participation with stakeholders (students' representatives, guardians, local government, political parties, business communities and social workers) that help to strengthen the capacity of the campus.

To create a research friendly environment for producing efficient human resources and academically competent scholars for advance studies.

## 1.6 Organizational structure

The organizational structure of Pokhara Nursing Campus below identifies the positions within the campus governance structure.



## 2. Affiliation and Accreditation

Pokhara Nursing Campus is a constituent campus of TU, which is one of the oldest and largest universities in Nepal. TU is ranked as 1201-1500 universities of the world and 251 - 300<sup>th</sup> of Asia as per the times higher education world university rankings 2023.

In Nepal, Nepal Nursing Council (NNC) is a statutory body for establishing uniform and high standards of nursing education. However, as per the provision of National Medical Education Act 2075, recently the Medical Education Commission has been established to develop medical education in line with the national needs and regulate medical education which also includes nursing education, in an integrated

and efficient way. Therefore, at present the Medical Education Commission is the authorized regulatory body for providing accreditation to the Nursing program in Nepal.

Similarly, University Grants Commission (UGC) has launched the Quality Assurance and Accreditation (QAA) program as an important aspect of reform in higher education in Nepal. The system ensures that the campus meets certain predetermined minimal criteria or standards, not only at the institutional level but also in its academic programs to offer better results to society. We are proud to share that TU, IOM Pokhara Nursing Campus is able to get certificate of Institutional Accreditation from University grants commission on 2079/05/26 BS (Sept 11, 2022).

### 3. Academics officials

S.N.	Name	Designation
1.	Prof. Neeta Tamrakar	Campus Chief
2.	Assoc. Prof. Sharda Sharma	Assistant Campus Chief
3.	Kamala Gharti	Lecturer, HOD Child Health Nursing
4.	Bandi Gurung	Lecturer, HOD Midwifery
5.	Rita Pathak	Lecturer, HOD Community Health Nursing
6.	Ranjita Karmacharya	Lecturer, HOD Adult Health Nursing, Fundamentals and Management

### 4. Administrative officials

S.N.	Name	Designation
1.	Prof. Neeta Tamrakar	Campus Chief
2.	Assoc. Prof. Sharada Sharma	Assistant Campus Chief
3.	Rekha Thapaliya	Head, Student Welfare Section
4.	Kedarnath Adhikari	Head, Account Section
5.	Mokshanda Dhakal	Head, General Administration

6.	Dhan Bahadur Thapa	Head, Academic Administration & Exam Section
7.	Prajapati Parajuli	Head, Personnel Administration Section
8.	Gyan Kumari Parajuli	Head, Library Section

## 5. Different Committees of Campus

The Campus Administration Committee of Pokhara Nursing Campus is the supreme board and policy making body of the campus which plays a vital role in campus governance. Furthermore, there is an Internal Quality Assurance Committee (IQAC) which looks after various other committees/cells/units of the campus which are listed below:

- a. Campus Administrative Committee
- b. Internal Quality Assurance Committee (IQAC)
- c. Procurement Committee
- d. Academic Administration and Examination Committee
- e. Library Management and Development Committee
- f. Residence Management Committee
- g. Hostel and Mess Operation Committee
- h. Research Committee
- i. Education Management Information System/Information Communication & Technology Unit
- j. Laboratory Management Committee
- k. Publication Committee

## 6. Departments and Faculties (Teaching staffs)

Pokhara Nursing Campus has four departments. All the faculties of each department are dedicated to serve the excellent academic quality with integrity, compassion, and intellectual bravery. The campus appreciates the contributions of all its faculty

members in making the campus a top nursing higher educational institution in the country. Most of the faculties in each department are according to their specialty subject; however, some of the faculties are being allocated in the department other than their specialty as per the need of the campus and their experience.

#### Faculties in Adult Health Nursing Department

S. N.	Name	Designation	Qualification
1.	Ranjita Karmacharya	Lecturer, Head of the department	MN
2.	Kalpana Paudel	Lecturer (Study Leave )	MN
3.	Saphalata Shrestha	Lecturer, Coordinator BSN 4 <sup>th</sup> Year	M. Sc. Nursing
4.	Neelam Maharjan	Instructor	BN
5.	Bishnu Gurung	Lecturer, Coordinator BNS 3 <sup>rd</sup> Year	MN
6.	Shrijana Kayastha	Lecturer	MN
7.	Gita Devi Ghimire	Lecturer, Coordinator BSN 1 <sup>st</sup> Year	MN
8.	Nisha Shrestha	Lecturer, Coordinator BSN 2 <sup>nd</sup> Year	M. Sc. Nursing
9.	Srijana Paudel	Lecturer, Coordinator BNS 1 <sup>st</sup> Year	MN
10.	Mira Adhikari	Instructor (Study Leave)	MN
11.	Sujita Sigdel	Lecturer	M. Sc. Nursing
<b>Total</b>		<b>11</b>	

#### Faculties in Midwifery Department

S. N.	Name	Designation	Qualification
1.	Bandi Gurung	Lecturer, Head of the department, Coordinator MN 1 <sup>st</sup> Year	MN
2.	Rekha Thapaliya	Lecturer, Coordinator BNS 2 <sup>nd</sup> Year	MN
3.	Pushpa Sharma	Lecturer, Coordinator BSN 3 <sup>rd</sup> Year	M. Sc. Nursing
4.	Nirsuba Gurung	Lecturer	MN
<b>Total</b>		<b>4</b>	

### Faculties in Child Health Nursing Department

S. N.	Name	Designation	Qualification
1.	Sharada Sharma	Associated Professor	MN
2.	Kamala Gharti	Lecturer, Head of the department	MN
3.	Romina Shrestha	Lecturer	MN
4.	Dr. Ratnashila Bastola	Instructor	PhD
5.	Nona Shakya	Lecturer	MN
<b>Total</b>		<b>5</b>	

### Faculties in Community Health Nursing Department

S. N.	Name	Designation	Qualification
1.	Rita Pathak	Lecturer, Head of the department	MN
2.	Chandra Rai	Instructor	BN
3.	Anita Acharya	Lecturer	MN
<b>Total</b>		<b>3</b>	

All the above mentioned faculties of each department are the full time faculties of Pokhara Nursing Campus. Furthermore, there are 23 part-time faculties who took the responsibility of some theory courses.

### Part- time/ Expert Teaching Faculties

S. N.	Name of Faculty	Designation	Specialty	Qualification
1.	Dr. Rajesh Prajapati	Associate Professor	Physiology	PhD
2.	Dr. Aman Shakya	Associate Professor	Physiology	MD
3.	Man Maya Rana	Assistant Professor	Behavioural Sciences	MN/Masters in Sociology
4.	Dr Bishow Baral	Lecturer	Pathology	MD Pathology
5.	Bhupdev Bhatta	Lecturer	Biochemistry	M.Sc. Biochemistry
6.	Mamita Khaling	Lecturer	Microbiology	Masters in Microbiology
7.	Dr Chandan Shrestha	Lecturer	Pharmacology	PhD
8.	Bidhya Sharma	Lecturer	Nutrition	Masters in Nutrition
9.	Sangita Adhikari	Lecturer	Adult Health Nursing	Masters in Nursing

10.	Shiva Karki	Lecturer	Statistics	Masters in Statistics
11.	Krishna Lamichhane	Lecturer	Health Economics	Masters in Economics
12.	Netra Narayan Poudel	Lecturer	Social Sciences	Masters in Sociology

### Subject experts

S. N.	Name of Faculty	Designation	Specialty	Qualification
1.	Bhagwati K.C	Professor	Womens Health Development	Masters in Nursing
2.	Mandira Shahi	Professor	Medical Education	Master in Medical Education
3.	Chandrakala Sharma	Professor	Psychiatric Nursing	Masters in Nursing
4.	Kiran Bajracharya	Professor	Womens Health Development	Masters in Nursing
5.	Naveen Shrestha	Professor	Public Health	PhD
6.	Dr. Vikash Kumar K.C	Professor	Statistics	PhD
7.	Madhusudan Subedi	Professor	Research	PhD
8.	Damaru Paneru	Associate Professor	Public Health	PhD
9.	Nirupa Thapa	Associate Professor	Adult Health Nursing	MN
10.	Sarita Karki	Associate Professor	Child Health Nursing	MN
11.	Deo Maya Thapa	Clinical Instructor	Hospital Nursing	BN

### 7. Non- Teaching Staffs

The non-teaching staffs of Pokhara Nursing Campus performs the administrative responsibilities and are dedicated to support student's teaching and learning, research and public services. The following table shows the designation and academic qualification of non-teaching staff of the campus.

#### Name and Academic Qualification of Non-Teaching Staffs

S.N.	Name	Qualification	Designation
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1	Mokshada Dhakal	B.A.	Section Officer
2	Dhan Bahadur Thapa	M.A.	Section Officer
3	Prajapati Parajuli	I.A.	Section Officer
4	Kedarnath Adhikari	M.B.S.	Section Officer
5	Madhav Prasad Subedi	I. Ed.	Head Office Assistant
6	Hasina Basnet	M.A., B.Ed.	Head Office Assistant
7	Sushila Banjara Dhungana	M. A.	Head Office Assistant
8	Suraj K.C	M.Sc. IT	Office Assistant (Tech)
9	Parbati Dhakal	B.A.	Office Assistant
10	Raju Prasad Shrestha	I.A.	Office Assistant
11	Gyan Kumari Parajuli	I.A.	Office Assistant
12	Laxman Prasad Ghimire	I.A.	Office Assistant
13	Shrijana Poudel	B. Sc.	Office Assistant
14	Surya Bahadur Rumba	Under S.L.C.	Office Assistant (Plumbing)
15	Buddhi Bahadur Gurung	Under S.L.C.	Driver
16	Min Bahadur Bhujel	Under S.L.C.	Office Helper
17	Bishnu Thapa	Under S.L.C.	Office Helper
18	Rajina Neupane	Under S.L.C.	Office Helper
19	Lekh Nath Baral	Under S.L.C.	Office Helper
20	Batuli Sarki	Under S.L.C.	Office Helper
21	Indira Adhikari	S.L.C.	Office Helper
22	Narmaya Rana	I.A.	Office Helper
23	Sita Adhikari	S.L.C.	Office Helper

## 8. Program and Courses Offered

Pokhara Nursing Campus offers a range of academic programs, from undergraduate to postgraduate levels, in the field of nursing. These programs are designed to meet the evolving needs of healthcare and nursing education. The details are as follows:

### **Bachelor Programs:**

*Post Basic Bachelor of Nursing (PBBN)*: Initiated in 2062 BS as a two-year program, it was revised in 2070 BS to a three-year curriculum. The updated program, renamed *Bachelor of Nursing Science (BNS)*, includes core courses in the first and second years, followed by specialty courses in the third year.

*Bachelor of Science in Nursing (B.Sc. Nursing):* This four-year program commenced in 2073 BS with an initial intake of 20 students per year. In the academic year 2078/79 BS, the seat allocation was increased to 40.

**Master Programs:**

*Master of Nursing (MN):* The MN program began in 2068 BS with an initial intake of 4 students specializing in adult health nursing. In 2074 BS, the program expanded to include specialties in child health nursing and women’s health and development. Currently, the campus accommodates: 6 students in *Adult Health Nursing*, 6 students in *Child Health Nursing*, and 3 students in *Women’s Health and Development*.

**Table: Number of Seats with Starting Date in Different Programs**

Program and Specialty		Number of seats available in Academic Year	Starting date	Number of students (2079)	Course duration
MN	Adult Health Nursing	2067/2068 – 4 2068/2069 to 2071/2072 – 7 2072/2073 to Till date – 6	2068/03/12	6	2 years course
	Womens Health and Development	2073/2074 to Till date – 6	2074/02/14	6	
	Child Health Nursing	2073/2074 to 2078/2079 – 3 2079/2080 to till date – 6	2074/02/14	6	
BNS	Hospital Nursing	2062/2063 to 2069/2070 – 20	2062/08/30	25	2062/2063 to 2069/2070 – 2 years course
	Adult Health Nursing	2070/2071– 31 2071/2072 to Till date – 25	2070/08/02		
	Community Health Nursing	2062/2063 to Till date – 10	2062/08/30	10	2070/2071 to Till date – 3 years course
	Child Health Nursing	2074/2075 to Till date – 5	2074/09/13	5	
B. Sc Nursing	Generic course	2073/2074 to 2077/78 – 20 2078/79 to till date - 40	2073/08/01	40	4 years course

**9. Academic Progress**

The details of academic progress based on enrollment, pass rate, graduation rate of Pokhara Nursing Campus are presented below.

## 9.1 Enrollment Trend Analysis of the Last Three Years

### Student Enrollment Trend

	2078-2079			2079-2080			2080-2081		
Program	MN	BNS	BSN	MN	BNS	BSN	MN	BNS	BSN
Seat	18	40	40	0	40	40	15	40	40
Enrollment	18	38	40	-	36	40	13	33	40
Dropout(%)	0	1(2.6)	1(2.5)	-	1(2.7)	0	0	0	0
Total Existing Students	18	37	39	-	35	40	13	33	40

The data shows enrollment numbers, dropout rates, and total existing students for three programs (MN, BNS, BSc) over three academic years (2078-2079, 2079-2080, 2080-2081). In 2078-2079, there were 18 MN, 38 BNS, and 40 BSc students. In 2079-2080, MN had no enrollment, BNS had 36 and BSc maintained 40. By 2080-2081, MN enrollment 13, BNS enrollment decreased to 33, and BSc remained at 40. Overall, there's a notable fluctuation in enrollment for MN, while BNS and BSc numbers remained relatively stable with minor changes in dropout rates.

## 9.2 Graduate Trend Analysis of the Last Three Years

### Student Graduation Trend

Program	2078/2079		2079/2080		2080/2081	
	Exam Appeared	Graduation	Exam Appeared	Graduation	Exam Appeared	Graduation
MN	-	-	15	15(100%)	14	13(92.85%)
BNS	36	31 (86.10%)	-	-	36	33(91.66%)
B Sc Nursing	19	18 (94.7%)	14	14(100%)	19	19(100%)
Total	70	63(90%)	65	62(95%)	69	65(94%)

The data presents exam participation and graduation rates for three programs (MN, BNS, and BSc Nursing) over three academic years. The MN program showed a graduation rate of 100% in the 2079/2080 but slightly drop to 92.85% in 2080/2081. The BNS program had consistent exam participation, with graduation rates increasing from 86.10% to 91.66% across the years. The BSc Nursing program excelled, achieving 94.7% graduation in the first year and graduation rates of 100%

in the next two years. Overall, total graduation rates were strong, reaching a high of 95% in 2079/2080, indicating effective educational outcomes across all programs.

## **10. Annual Fee Structure of Different Programs**

All the programs under Tribhuvan University, Institute of Medicine are managed by the, Medical Education Commission (MEC), Government of Nepal since 2076/77. MEC allocates the seats to respective campuses and conducts entrance examinations and all the processes for their admission. Fee structure is also determined by MEC. Hundred percent scholarship seats are provided to the students of Master program. Likewise in bachelor program (BSN and BNS) scholarship is provided to the 75% of total seats and the remaining 25% seats are allocated for paying category.

## **11. Physical Resources and Progress**

### **Library Resources**

The Library provides a wide range of congenial environments with a spacious well-furnished reading room. The carpet area of the library is 571. 29 sq.m. There has been a good internet facility for readers. In the previous fiscal year, the library had a total stock of 5,214 books, including textbooks, reference books, and others. During this year, 337 new books were added, bringing the total collection to 5,551 books. There were various national and international journals, different newspapers and magazines as well as 539 research report and 106 thesis of Bachelor's and Master's degrees. The photocopy facility is also available to faculty members of the campus. Furthermore, the campus has four departmental libraries.

### **E-library**

Thirteen desktop computers along with internet connection are available in E-library for students and faculties. Thesis reports of all the students are collected and available to access with permission. Also, the list of research of the students of each batch is available on the website of campus. Similarly, both research titles and research reports of students since 2077/78 are uploaded in the campus EMIS system. HINARI and TU Central Library access is provided to all the students and faculties of the campus. There is well-furnished sufficient space for the students to use their own laptop in the E-library and study. A technical staff is separately assigned for the e-library.

### **Educational Recourses**

Pokhara Nursing Campus is committed to updating its teaching and learning resources by incorporating modern technology and teaching methods. There are altogether 11 classrooms which are well furnished with the capacity of holding more than forty students. Each classroom is equipped with a multimedia projector, white board, ceiling fan, solar facility, internet connection, good ventilation with adequate light and comfortable furniture.

Altogether, there are 17 multimedia projectors, 30 computers (13, 4, 13 computers for the use of students, faculties and office use respectively) in which office use computers were increased from 11 to 13 in this fiscal year. Altogether 27 laptops are present in which 2 for office use and 25 for faculties. 13 printers, 3 photocopy machines, 2 scanners in the campus, which are currently in use. Internet capacity added from 15 mbps to 30 mbps in this fiscal year. Furthermore, the campus has 4 laboratories i.e. fundamental nursing laboratory, midwifery skill laboratory, basic science laboratory, community and nutrition laboratory. All the laboratories are well equipped with advance mannequins and articles required for demonstration and practicing skills.

The campus has adopted all techniques to make teaching and learning more effective and practical. It has implied modern technologies, modern teaching materials, and student-centered teaching methods. PowerPoint presentation, group discussion, seminar, workshop, field visits, case study presentation, demonstration, re-demonstration and report writing have become a part of teaching learning activities. Apart from these, students are also encouraged for self-directed learning. Moreover, clinical skills are being practically taught through posting students in various practical areas as per the curricular requirement.

### **Physical Resources**

The campus covers a 64835 sq. m area in Pokhara - 11 and 12, Ramghat. It is enriched with 3 big buildings which are designed for academic and administrative purposes, 6 blocks of hostel with 79 rooms for students and 3 blocks consisting 15 quarters for residence. Among 15 quarters, one used for guest, another one for Post Graduate students come from IOM for clinical posting and others remaining quarters are for faculties and staff. With the beginning of the B. Sc. Nursing and

Master's program, the old buildings and classrooms were insufficient to run the classes so three-story new library and classroom building was constructed. There is a library on the ground floor; classrooms, e-library, conference hall on the first floor, classroom and an office for the research management cell on the second floor. The other building encompasses 3 laboratories (Fundamental nursing lab, Midwifery skill lab, Basic science lab), 3 class rooms and one faculty room. Administrative building is the main component which administers the entire administrative activities of the campus covering 280.26 m<sup>2</sup> plinth areas. It includes the campus chief room, examination section, administrative section, account section, faculty rooms, student welfare room, first aid room, student's changing room, meeting hall and community and nutrition lab.

Other infrastructure available in campus are canteen, big playground for sport activities, store room, guard room, student union office, garage for vehicles and the temple of goddess Saraswati at the main gate of the campus. Furthermore, there are total 13 shutters along the boundary area of the campus which are given on rent and around 12 Ropani land has been given on lease with the objective of local resource generation.

The campus is equipped with multiple water storage facilities to meet the water needs of the campus, hostel, and residence. These include an overhead water tank with a capacity of 100,000 liters, an underground water tank with a 55,000-liter capacity, and three additional water tanks with a 100,000-liter capacity. The campus also hosts a Nepal Bank extension counter and an ATM for convenient financial services. The campus is furnished with metal board and digital display board in the main entrance gate of the campus. Moreover, there are 2 CCTV cameras and 11 cameras in the administrative block and library. This fiscal year, 3 additional cameras were also placed in the exam rooms for improved security.

### **Progress in Physical Facilities and Resources**

During the fiscal year 2080/2081, Pokhara Nursing Campus implemented significant infrastructural and technological upgrades to enhance the campus environment and facilities.

### **CCTV Camera Installation in Exam Hall**

To ensure exam integrity and security, CCTV cameras were installed in the examination hall. This initiative aims to promote a fair and transparent examination process while enhancing the overall security of the campus.

### **Smart Lighting in Campus Premises**

Energy-efficient smart lights were installed across the campus premises. This upgrade not only improves visibility and safety but also reduces energy consumption, contributing to the campus's commitment to sustainability.

### **Earthing in Campus Premises**

To improve electrical safety, earthing systems were installed in five places throughout the campus. This measure minimizes risks of electrical hazards and ensures a safer environment for students and staff.

### **Maintenance of Transformer**

The transformer maintenance was done to enhance the campus's electricity supply and accommodate the increased power demands due to recent infrastructure upgrades.

### **Football ground, Volleyball and Badminton Court Construction**

Three new sports facilities, a volleyball and a badminton court; and football ground were constructed to promote physical fitness and extracurricular activities among students and staff. These additions provide opportunities for recreation and holistic development.

## **12. QAA/EMIS**

**Quality Assurance and Accreditation (QAA):** The QAA system ensures that an institution of higher education has fulfilled a set of criteria, not only at institutional level but also in their academic programs to offer better results to the society. Pokhara Nursing campus has been able to get the certificate of Institutional Accreditation by the University Grant Commission (UGC) on 2079/05/26 BS (Sept 11, 2022). The campus has formed an Internal Quality Assurance Committee (IQAC) under the chairmanship of campus Chief Prof. Neeta Tamrakar. Internal quality assurance committee (IQAC) is the governing body of the QAA system of Pokhara Nursing Campus, which makes policy to work on the process and monitor

the progress of the campus. Different committees have been formed to accomplish various tasks.

**Education Management and Information System (EMIS):** The EMIS of the campus has been working to publish notices, advertisements, annual progress reports, audit reports etc. in web pages for public information and transparency. In FY 2080/81, this committee updated the research information done by the respective faculties to their profile in the EMIS system, abstracts of research and research reports in the EMIS system and made it easy to access for students, faculties, and staff, provided EMIS system training as well as basic computer applications training to all staff and faculties, and also the inquiries from students and other public were recorded and responded through campus webpage. Two department of campus, Account Section, Library, have fully adopted automation system, while Academic and Exam Section, General Administration, store section are in process towards automation system.

**Extended Performance Based Grant under Nurturing Excellence in Higher Education Program (NEHEP)**

Nepal and international development association have entered into financing agreement of the NEHEP on August 19, 2021 which is run by UGC with Tribhuvan University. The objectives of the program are to expand leadership and management development program (LMDP)/technical program for increased employability, promote collaborative research, development and innovation, and enhance quality efficiency and governance system in higher education institutions (HEIs). Pokhara Nursing Campus has also signed MOU with NEHEP, Tribhuvan University, Kritipur, Nepal for the extended performance- based grant on 2079/12/10 BS.

Quality Enhancement program is under sub result area of NEHEP. There are four performance indicators with 21 sub indicators. Pokhara Nursing campus took participation in Quality enhancement program for the first time, which is applied for 19 indicators. Out of 19 indicators it was financially awarded in 13 indicators in this fiscal year. The selected indicators are teaching learning outcome, research development and innovation, governance etc.

Pokhara Nursing Campus is dedicated in maintaining the quality of teaching and learning activities of the students. The campus is attempting to raise the percentage of students appearing in exams, reduce drop out ratio and increase the pass rate so as to increase employability and graduate competency. The Campus maintained the curriculum feedback system with experts, students and graduates. The campus has sustained good networks with various health institutions and signed MOU to gain cooperation in clinical practicum, expertise exchange and other activities including training, workshop and seminars and conferences as well as other areas of mutual understanding between the institutions.

### **13. Research Activities**

Over the past few years, Pokhara Nursing Campus has been transformed into a research institution, engaging its faculty members and students in research activities. The campus is committed to supporting research activities within the campus. The campus established a Research Management Cell (RMC) in 2073 BS to strengthen its capacity in research under funding of University Grants Commission (UGC), Nepal. Its main function is providing grant for conducting research study for students and faculties, establishing guidelines related to research activities, publication of journal, providing training and seminar for students and faculties for upgrading the knowledge and skills.

#### **Publication of Journal**

Publication committee published journal named “Journal of Nursing and Health Sciences Nepal” Vol. II, annually through the help of publication committee. In the year of 2080/81, journal indexed in NepJOL.

#### **Provision of research grant for faculty and students**

Pokhara Nursing Campus provides research grant to faculties and student from each level, Master of Nursing, Bachelor of Science in Nursing, Bachelor of Nursing Science to encourage their research activities. In the academic year 2080/81 BS, one department, two faculties, three MN student, two B. Sc Nursing students and four Bachelor of nursing science students were awarded by research grant.

**Table : List of students and faculty awarded with research grant**

<b>Name</b>	<b>Education</b>	<b>Research Title</b>
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<b>Program</b>		
Sharada Sharma	Research Department	Contribution Based Social Security Program : Contributors' Satisfaction and Experiences in a Hospital of Pokhara
Nona Shakya	Faculty	Technology Readiness in Educational Practice among Nursing Faculties of Tribhuvan University
Gita Devi Ghimire	Faculty	Perception of Caring Behaviour among Undergraduate nursing students in Gandaki province
Sushma Rana	BSN	Knowledge and Attitude on Eye Donation among Young Adults
Sushmita Karki	BSN	Knowledge and Practice on Body Mechanics among Nurses Working in a Hospital of Pokhara
Rasmita Mahat	BNS	Physical Problems and Social Stigma Faced by Leprosy Patients in Lalitpur
Anjana Adhikari	BNS	Psychological Problems among Prisoners, Kaski
Sushmita Bhandari	BNS	Literacy on Breast Cancer Among Reproductive Age Female in Selected Community of Shuklagandaki Municipality
Manju Bhattarai	BNS	Self-Esteem and Assertiveness among Nursing Students in a Nursing College of Pokhara
Samalata Rajbhandari	MN	Anxiety and Coping Strategies on Pubertal Changes among Adolescent Girls in Pokhara Metropolitan City
Priyanka Upreti	MN	Perception and Utilization of Evidence Based Practice among Nurses Working in a Tertiary Level Hospital Thesis
Bimala Bhurtel	MN	Effectiveness of Educational Intervention on Knowledge about Autism Spectrum Disorder among Primary School Teachers Thesis

### **13.1 Training and Seminar**

The Research Committee organized several training programs and seminars for faculty and students to enhance their knowledge and skills in this fiscal year.

S. N.	Name of Training and Workshop	Date		Days	Participants	Remarks
		From	To			
1.	Mixed Method Research	2081/02/13	2081/02/17	5	Faculties of Pokhara Nursing Campus, MCOMS, PoAHS, Pokhara University	Funded by UGC
2.	Digital Literacy	2081/1/28	2081/1/30	3	Faculties of Pokhara Nursing Campus, PoAHS, Institute of Forestry, Prithivi Naryan Campus	Funded by UGC
3.	Health Care Communication	2080/8/11	2080/8/13	3	BNS 1 <sup>st</sup> year students	
<b>Seminar</b>						
1.	Climate Change & Health	2080/9/5	2080/9/6	2	Faculties and staffs	
2.	Advanced Nursing Practices	2080/12/19		1	MN 2 <sup>nd</sup> Year	
3.	Child Abuse	2080/12/22		1	MN 1 <sup>st</sup> Year, BSN 3 <sup>rd</sup> Year	
4.	Trends on Medical Surgical Nursing	2080/9/11		1	MN 1 <sup>st</sup> Year	

### **Participation in Conference on Recent Trends in Science, Technology and Innovation**

The conference on Recent Trends in Science, Technology, and Innovation (RTSTI) was conducted annually by a joint effort of the Gandaki Province Academy of Science and Technology (GPAST) Pokhara, Higher Education Institutions of Gandaki Province along with professional societies, and Governmental and Non-Governmental Organizations actively working in the field of Science, Technology,

and Innovation (STI) in Nepal. Assoc. Prof. Sharada Sharma, Pokhara Nursing Campus was appointed as coordinator of Health Science. Faculties from Pokhara Nursing Campus participated in two days conference on Recent Trends in Science, Technology and Innovation organized by Institute of Forestry Pokhara Campus on 10<sup>th</sup> - 11<sup>th</sup> Falgun , 2080. Research papers presented by the faculties: Assoc. Prof Sharada Sharma, Ms. Kamala Gharti, Lecturer, Ms. Ranjita Karmacharya, Lecturer, Ms. Bishnu Gurung, Lecturer, Ms. Nisha Shrestha, Lecturer and Dr. Ratnashila Banstola, Instructor, in the conference.

## **14. Curricular and Extracurricular Activities**

### **14.1 Regular Activities by Campus**

The Pokhara Nursing campus organizes various programs to facilitate students and provide them versatile environment for their all-round development. Students are also involved in various program organized in collaboration with campus. Following activities have been organized in academic year 2080/2081 BS.

#### **Annual day celebration, 2080/81**

On the occasion of 41<sup>st</sup> Anniversary of Pokhara Nursing Campus, sports meet was organized from 2080/11/8 to 2080/11/10 in the premises of Pokhara Nursing Campus with coordination of Student Welfare Committee. The inter house competitions were conducted within four houses: Orem, Henderson, Johnson and Nightingale. Various sports activities were organized for the students, teachers and employees. In this sports meet, Volley Ball, Badminton, Table Tennis, Football, Relay Race and different game for fun were organized for the students. The teachers and employees also participated in the Volleyball and Musical Chair. The sports meet was formally inaugurated by respected Campus Chief, Professor Neeta Tamrakar. Henderson House secured the best house of the year. Individually, Ms. Rejina Thapa Magar won the best Badminton player. Ms. Kriti Rai secured the title of best player of table tennis. The title of best volley ball player was awarded to Ms. Manju BK. Ms. Bishnu Gurung won the title of best volley ball player among the teachers and employees. Prize distribution Ceremony was organized for the winners on 2080/11/17 (annual day) of Pokhara Nursing Campus for their outstanding achievements.

### **Farewell Programme of Master and Bachelor Students**

The Farewell Programme for the 11th batch of Master in Nursing was organized by the Quality Circle students with the support of the Student Welfare Committee, Pokhara Nursing Campus on 23<sup>rd</sup> Chaitra, 2080. The programme was chaired by the Campus Chief, Prof. Neeta Tamrakar. The event was hosted by Maya Adhikari, MN 1<sup>st</sup> year student and the welcome speech was delivered by Indu Subedi, MN 1<sup>st</sup> year student. The farewell speech was given by Binita Khakurel who expressed gratitude to the college for its support and guidance throughout their journey.

The Farewell Programme for the 4th batch of Bachelor of Science in Nursing was held on Jestha 9, 2081, organized by the Quality Circle students (Student Welfare Committee) Pokhara Nursing Campus. The event was chaired by the Campus Chief, Prof. Neeta Tamrakar. Master of ceremony of the programme were Atithi Bhandari and Pratikshya Poudel, BSN 2<sup>nd</sup> year who led it smoothly and with energy. Welcome speech was given by Asmita Adhikari, BSN 3<sup>rd</sup> year. The speech on the behalf of the graduate students was delivered by Roja Bhandari, who expressed gratitude to the college, teachers, and everyone who supported the graduates.

Similarly, Farewell Programme for the 16th batch of Bachelor in Nursing Science was held on Ashoj 1st, 2081 (Tuesday) which was organized by the Quality Circle students with the support of the Student Welfare Committee, Pokhara Nursing Campus. The programme was conducted on the chairmanship of the Campus Chief, Prof. Neeta Tamrakar. The ceremony was smoothly led by the host, Pratibha Bhandari and Barsha Poudel. The words on the behalf of graduates students was delivered by Anu Karki, who expressed gratitude to the college for its support and guidance throughout their journey.

The ceremonies included speeches, cultural programs, presentations of tokens of love, and the traditional offering of Tika and Khada, wishing the graduates success in their future. Tika, flowers, Khada, and tokens of love were offered to the graduates by the Campus Chief, Assistant Campus Chief, Student Welfare Chief, and the Coordinators. The programme was formally closed with a final remark by Prof. Neeta Tamrakar.

## **Welcome and Orientation Programme**

### **Master Programme**

Welcome and orientation programme of MN 1st year, 13<sup>th</sup> batch students conducted on 2080/1/11. It was organized in the premises of Pokhara Nursing Campus, conference hall. The programme was formally conducted under the chair of Campus Chief Prof. Neeta Tamrakar. The programme was hosted by Ms. Bandi Gurung, Lecturer. The faculties, employees, staffs, MN 1st year students were participated. They were welcomed with tika and flower bouquet distribution. The program was formally closed by Chairperson Prof. Neeta Tamrakar with her valuable speech. She focused on academic excellence and committed for best learning environments for students.

### **Bachelor Programme**

The welcome and orientation program was organized for the new batch of Bachelor Nursing students (BNS 19<sup>th</sup> batch and BSc Nursing 8<sup>th</sup> batch) on 2080-10-29 in the premises of Pokhara Nursing Campus. Counselling was conducted for Bachelor in Nursing for selection of subjects with collaboration of Academic and Examination Section. The programme was formally conducted under the chair of Campus Chief Prof. Neeta Tamrakar. The programme was hosted by Dr. Ratnashila Banstola, Instructor. They were welcomed with Tika and flower bouquet and speeches of encouraging words for academic excellence. And rules and regulation of campus and hostel premises were highlighted to new students to follow during their stay in the campus. The program was formally closed by Chairperson Prof. Neeta Tamrakar with her incredible speech for new comers.

## **14.2 Activities organized by Student Welfare Section**

The Student Welfare committee was officially established by Pokhara Nursing Campus on 20<sup>th</sup> Magh, 2076. Among different programs organized by campus, following activities were coordinated by the Student Welfare committee in FY 2080/81.

### **Teej Competition**

Teej Song Competition was organized at Pokhara Nursing Campus on 2080/5/28 on the occasion of Traditional Hindu Teej Festival. The event aimed to preserve cultural values and traditions. It was coordinated by the campus and the Tribhuvan

University Employee Association, with sponsorship from Nepal Bank Limited. Six teams participated in this competition. The program was chaired by Mr. Prajapati Parajuli, with Campus Chief Professor Neeta Tamrakar as the Chief Guest. The students of BNS 2nd year, BSN 2nd year "first group," and BSN 2nd year "second group" secured the first, second, and third prizes, respectively. BSN 1st year and BNS 1st year students won the consolation prizes. Students from BSN 4th year received the best dancer awards. The event concluded with prize distribution and speeches, successfully celebrating the spirit of Teej.

### **Saraswati Puja Celebration**

The auspicious ceremony of Saraswati Puja was celebrated in the campus premises on 2080/11/02 with great admiration and devotion. The ceremony was graced by the presence of Campus Chief Professor Neeta Tamrakar, along with faculties, staffs and students. The Quality Circle had taken full responsibilities of Puja. The surrounding of the campus was cleaned and the temple in the premises was beautifully decorated with flowers and colorful paper. The ceremony started with the performance of the 'Saraswati Vandana,' followed by Puspanjali (flower offerings), Aarati (a traditional lamp ritual) and Prasad distribution. The ceremony ended with an evening Aarati and Bhajan Kirtan.

### **Celebration of International Nurses Day, 2024**

International Nurses' Day is celebrated globally on May 12 to honor Florence Nightingale's birth. In 2024, the International Council of Nurses (ICN) highlights the theme: "Our Nurses. Our Future. The Economic Power of Care." This theme focuses on the crucial role of nurses in improving public health and boosting economic growth. On this special occasion, a quiz contest; poster competition and cultural programme were organized by the Student Welfare Committee with support from the campus administration on 2081/01/26 and 2081/01/30 respectively.

Quiz contest was held as an inter-house competition between the four houses: Henderson, Nightingale, Johnson, and Orem. Each team consisted of four members. The programme was hosted by Anjana Adhikari, with technical support provided by Suraj KC and his team. Orem's House secured first place, while Nightingale achieved second place. Sweets were provided to the winners from the audience on

the floor as a token of appreciation for the questions they successfully answered. The Poster competition was based on the theme "Our Nurses. Our Future. The Economic Power of Care." Seven teams, each consisting of six members, participated in the poster competition. Three faculty members were assigned to evaluate the posters, using guidelines and an evaluation tool. The BNS second year (17th Batch) secured first place, the BSc third year (5th Batch) took second place, and the BNS first year (18th Batch) won third place. The consolation prize was awarded to the MN first year (13th batch) students. The prizes were distributed to the winners.

### **Implementation of the Student Health Treatment Fund**

A health treatment agreement has been made for students at Pokhara Nursing Campus between Pokhara Academy of Health Sciences, Western Regional Hospital, and Tribhuvan University. The agreement was initiated by the Student Welfare Committee of Pokhara Nursing Campus on 2080/11/16. The agreement was made in the presence of the Hospital Director, Nursing Director of Western Regional Hospital, Director of Student Welfare and Sports Directorate, Tribhuvan University Campus Chief, and Student Welfare Chief of Pokhara Nursing Campus. The focal person for this program at the hospital is Ms. Sarita Karki.

### **Awareness Program and Rally on Traffic Weeks**

Traffic weeks was celebrated from 2081/1/25 to 2081/1/31 with the aim to encourage safe driving and promote a respectful road culture. Third-year BNS Nursing students (16<sup>th</sup> Batch) took part in a Morning Rally displaying banner and placards with awareness slogans on 2081/1/25. The event continued with a formal program at City Hall, where various stakeholders gathered to discuss the importance of road safety.

## **14.3.1 Activities organized by different departments**

### **14.3.1 Activities by Adult Health Nursing Department**

#### **Dengue Awareness Program**

Kanya Secondary School alumni association and Pokhara Nursing Campus, Adult health nursing department organized a Dengue Awareness Program on 2080/06/19. The president of Kanya Secondary School Alumni Ms. Rajani Koirala chaired the program and the chief guest was Mr. Chiranjibi Dwa, a Kanya School management

committee chief. The program was hosted by Ms. Niru Kayastha, a member of the Kanya Secondary School Alumni Association, and the special guest was Mr Prem Bahadur KC, the Principal of Kanya Secondary School. The program aimed to spread awareness among students and staff about dengue, its causes, symptoms, and preventive measures.

The program was conducted in the audio visual room of Kanya Secondary School at 1 pm and there were 52 students from classes 8, 9, and 10. Prof. Neeta Tamrakar, campus chief of TUIOM, Pokhara Nursing Campus who is a member of alumni association said that by working together, staying informed, and taking proactive measures, we can significantly reduce the burden of this disease so, let us be vigilant, committed, and united in our efforts to combat dengue. Likewise, the B. Sc. nursing 4th-year students Roza Bhandari, Kristina Kayastha, and Rabita Thuyaju were invited to speak about dengue fever. They explained how dengue is transmitted by Aedes mosquitoes and highlighted the symptoms like high fever, severe headache, pain behind the eyes, joint and muscle pain, rash, and mild bleeding. They emphasized the importance of early diagnosis and treatment to prevent severe complications of dengue.

### **Participation in World Drug Day-2024 organized by Pokhara Metropolitan**

The International Day against Drug Abuse and Illicit Trafficking, or World Drug Day, is marked on 26 June every year, to strengthen action and cooperation in achieving the goal of a world free of drug abuse. Metropolitan city also organized one week world drug abuse awareness program. Pokhara Nursing campus also participated in the World drug abuse program with the Theme of "The evidence is clear: Invest in prevention". The program was chaired by chief district officer, Kaski Mr. Bharat Mani Pandey and Chief guest Mr. Dhan Raj Acharya, Mayor of Pokhara Metropolitan city emphasized the importance of preventive measures to reduce the incidence of drug abuse. BNS 2<sup>nd</sup> year students and Faculty- Ms. Nirsuba Gurung joined in this program from Pokhara Nursing Campus. Mr. Shiva Neupane President of recovery Nepal also highlighted the problems faced by the abusers and their families. Students from many colleges of Pokhara also took part in the program and were benefited by it.

### **Participation in Conference on Recent Trends in Science Technology and innovation**

Faculty of Adult Health Nursing Department presented papers in Conference on Recent Trends in Science Technology and Innovation” organized by Institute of Forestry and Gandaki Province Academy of Science and Technology on 10<sup>th</sup>-11<sup>th</sup> Falgun, 2080. Ms. Ranjita Karmacharya, Ms. Bishnu Gurung and Ms. Nisha Shrestha from Adult health nursing department presented scientific paper in the conference

### **Health awareness Program on International Day of Older Person and World Heart Day**

Adult Health Nursing Department in co-ordination with Community Health Nursing Department organizes a health awareness program on community people of Ward no. 14 on the occasion of International Day of Older person and World Heart Day on 24<sup>th</sup> Ashoj, 2080. The awareness program was on alcoholism, non-communicable diseases like hypertension, diabetes and social security program for elderly. Elderly were informed about the geriatric health policies regarding health services, old aged allowances, and transportation facilities. In addition, elderly got their blood pressure and blood sugar check up on that day.

### **Health Camp and Awareness Programme**

Adult Department organized a health action with MN first year 12<sup>th</sup> batch and BNS first year students on ward no. 13 on date 2080/12/15. The chairman of ward no. 13 chaired the program and health screening of the people of the ward was started by the MN students by taking basic measurements and tests. The program aimed to provide the health awareness and health screening to the ward people.

In the program, MN first year students took blood pressure, basic measurements such as height and weight, blood sugar monitoring and basic blood test (Hemoglobin level and complete blood count). They also did eye camp and screen eyes for visual acuity. Likewise, awareness campaign for non-communicable disease, Alcoholism, Hypertension, diabetes and geriatric policy was done through educational videos. Free medicines were also distributed to the needy people. Through this program around 300 people were benefitted. At last, the chairperson

of ward no 13 gave a thank you note for the campus for organizing such a fruitful program during the closing session.

### **Awareness Rally on World Hypertension Day**

Pokhara Heart Clinic organized rally from B.P. Chowk to New Road on the occasion of World Hypertension day 2024 on date May 17, 2024 (Jestha 4, 2081) The aim of the rally was to raise public awareness on hypertension and its prevention. The main theme of the day was '**Measure Your Blood Pressure Accurately, Control It, and Live Longer.**' Bachelor of Nursing second year students from Pokhara Nursing campus with faculty Ms. Ranjita Karmacharya participated in the rally. All the participants gathered at Manab Adhikar Chowk at 7 am. Then, the rally started at 7: 30 am from the Manab Adhikar Chowk to Newroad. Other participants from different health institution also participated in the program. Participants walked about 30 minutes with the placards and cheering the slogans that emphasis on prevention of hypertension. Then after reaching Newroad the rally dismissed with the short note highlighting the theme of day and importance of prevention of hypertension.

### **14.3.2 Activities by Midwifery Department**

#### **Awareness Program on Breast Cancer and Cervical Cancer**

On the occasion of National nurses day 2080 NAN Kaski branch organized Awareness program on breast cancer and cervical cancer and VIA screening program in ward no.12 ward office on Magh 15, 2080. The program was chaired by Ms. Muna Thapa President of NAN, Kaski Branch. Midwifery faculty Ms. Pushpa Sharma and Ms. Nirsuba Gurung also participated in the program as technical experts and provided teaching on breast cancer and cervical cancer. Women of ward no. 12 participated in awareness program.

#### **Celebration of world Breast feeding week, 2023**

World breast feeding week is celebrated every year from 1<sup>st</sup> to 7<sup>th</sup> August to encourage breast feeding and improve the health of babies around the world. In 2023, it was celebrated based on the theme “Let's make breastfeeding and work”. The theme focused on advocating for maternity rights, supporting breastfeeding in the workplace and promoting actions that help ensure breastfeeding works for all working women. Based on the theme different activities were carried out by the

faculties of Midwifery department of Pokhara Nursing Campus in coordination and collaboration with MIDSON. The breast-feeding week was celebrated in Maternity and Gynae ward of Pokhara Academy of Health Sciences by doing different activities like health teaching and demonstration of breastfeeding techniques. Master of nursing 1<sup>st</sup> year students participated in activities of breast-feeding week in Paropakar Prasuti Griha, Maternity hospital Thapathali Kathmandu on their Posting.

### **Participated in the International Day for Elimination of Violence Against Women**

The second-year Master's in Nursing students, specializing in Women's Health and Development, made a significant contribution during their posting at Syangja District Hospital on the occasion of the 16 Days of Activism Against Violence Against Women. They actively participated in campaigns and conducted formal teaching on violence prevention. The staff at Syangja District Hospital also benefitted from the knowledge shared by the Master's students.

### **Celebration of MIDSON Day and ICM Day**

MIDSON day is celebrated every year 5<sup>th</sup> of Falgun. In the year of 2080, midwifery faculties and in coordination with MIDSON Gandaki Province celebrated the MIDSON Day by sharing the experiences. The program was very fruitful. Likewise, ICM day was celebrated on 5<sup>th</sup> May 2023. The day was celebrated in coordination with MIDSON Gandaki Province and Pokhara Academy of Health Science. Midwifery faculties participated in the ICM program.

### **Participated in the National Women Conference**

Master in Nursing women health and development first year 2 students Ms. Soma Devi Niraula and Ms. Sabita Neupane participated in the Beijing + 30 National women's conference organized by Beyond Beijing committee. The one-day conference was held on 2081-4-32 Friday. They critically analyzed on the Beijing 12 critical areas. The students were benefitted from the conference.

### **14.3.3 Activities by Community Health Nursing Department**

#### **Health Exhibition and Health Screening**

##### **Bachelor in Nursing Science Second Year**

The second year BNS students were posted in Pokhara – 14 for their community field visit practicum for 5 weeks from 2080/05/24 to 2080/06/27. They conducted a community survey to diagnose local health issues. After identifying and prioritizing the health problems of the community, the students provided health teaching and organized health exhibition to enlighten the community people, leaders and key persons of the community about their problems and ways of solving them. They had provided health teaching to the community people on various topics such as hypertension and its management, nutrition for old age people, immunization, handwashing, diabetic diet, malnutrition and its prevention, etc. During the health exhibition, they displayed an ideal community model, proper housing model, nutrition pyramid, my plate, diet plan of diabetic and hypertensive people, and posters related to various diseases such as diarrhea, dengue, and other topics such as breastfeeding and pregnancy. They also assess blood pressure, height, weight and monitored blood sugar. All the participants highly appreciated student's efforts and expressed that the program was able to showcase the real picture of their community.

##### **Bachelor of Science in Nursing First Year**

The first-year BSc. Nursing students were posted in Pokhara Metropolitan City, Ward No. 14, for four weeks (from 2080/10/16 to 2080/11/14). During their field visit, they provided the health education on topics such as nutrition, hygiene, water purification, safe motherhood, family planning, hypertension, diabetes, and COVID-19 to community people. They also organized a health exhibition and a screening camp, where they measured blood pressure, blood sugar, height, and weight of participants. Additionally, the students performed a drama to raise awareness about various health issues, along with cultural programs focused on health topics. This community-based initiative, led by the BSc first-year students, aimed to enhance health awareness and education within the local population, showcasing their dedication to improving community health.

## **Screening Camp and School Health Program**

### **Bachelor in Nursing Science Third Year**

Students of BNS 3<sup>rd</sup> year (Community Health Nursing Major) were posted in Machhapucchre Rural Municipality-2, Sardikhola for 5 weeks from 2080/10/19 to 2080/12/9. During their field visit, they provided health teaching to community people on various topics and conducted a health exhibition including topics like nutrition, hygiene, water purification, safe motherhood, family planning, hypertension, diabetes mellitus, COVID 19, etc. They organized a free health camp in collaboration with Sardikhola health post. They also conducted a school health program in Macchapuchhre Higher Secondary School for 4 weeks in which they taught children of different classes. They provided education on the different topic like adolescence sexual and reproductive health, personal hygiene and junk foods to students from class 3 and 12. Overall, their school health program was successful.

### **Bachelor of Science in Nursing Third Year**

Students of BSN 3<sup>rd</sup> year conducted a screening program in Shree Nawa Prabhat Madhyamik Bidhyalaya, Nayabazar on 2081/1/13. Students of grade nursery to 5 of the school were included in the screening program. Their anthropometric measurement, hearing test, visual acuity test and general head to toe examination was carried out. They found out problems like dental caries, cough and cold, ear wax, low weight, constipation, abdominal pain while visual acuity and hearing were normal in all students. The report of the screening program was prepared and submitted to the school authority.

## **14.3.4 Activities by Child Health Nursing Department**

### **Toys Presentation**

For the fulfillment of curricular objectives of Pokhara Nursing Campus the BSc. 3<sup>rd</sup> year students were posted in Pokhara Academy of Health Science (PoAHS), pediatric ward on 2080 /03/09 to onward for 5 weeks of each student. During their posting, the students organized toys presentation program in pediatric ward of the PoAHS. The students were divided into five groups and they organized the toys according to the children's developmental milestone. The toys were made by themselves using local resources. The senior nursing administrators Ms. Sarita Karki, all teachers of Pokhara Nursing campus were presented in the program. The program was inaugurated by ward incharge Bharati Timilsina of Pokhara academy

of Health sciences. Each student explained about importance of toys for child's normal growth and development. More than 100 children and their parents, students, teachers, administrative staffs were visited this presentation and clarified their doubts then gave some recommendations.

### **School Health Programme**

The students of Master in Child Health Nursing, 12<sup>th</sup> batch of Pokhara Nursing Campus organized a school health program in Amarsingh Namuna Higher Secondary School located at Amarsingh Chowk from 2080/10/15 to 2080/11/12. The program was conducted as per the curricular activities to improve the health of school children as well as to build student's knowledge, skills, and positive attitudes towards health. Students of Master in child health nursing conducted general physical examination of school children, dental assessment. On the basis of findings, students provided formal health teaching on menstrual hygiene, suicide and digital addiction and conducted health exhibition on Nutrition, personal hygiene (Hand washing, Menstrual hygiene, Dental hygiene), mental health, physical changes during adolescence, safety for kids, first aid (fracture, dog bite, snake bite, burns, electric shock, shock) and Global warming on 2080/11/03. Similarly, as a part of health appraisal, they conducted dental camp for the students of grade 3A and 3B with the technical support of Dental department of Pokhara Academy of Health Sciences, Western Regional Hospital, Pokhara.

### **Seminar and Interaction Program on Breastfeeding Week of 2023**

World breast feeding week is celebrated every year from 1<sup>st</sup> to 7<sup>th</sup> August to encourage breast feeding and improve the health of infants around the world. In 2023, it was celebrated based on the theme "Enabling breastfeeding: making a difference for working parents.", The theme focused on advocating for maternity rights, supporting breastfeeding in the workplace and promoting actions that help ensure breastfeeding works for all working women. The faculty of child health department of Pokhara Nursing Campus celebrated the world breast feeding week in coordination and collaboration with PNAN. The breast-feeding week was celebrated in Maternity and Gynae ward of Pokhara Academy of Health Sciences. Based on the theme different activities were carried out like formal and informal teaching and displaying information on screen. Master in child health nursing 1<sup>st</sup> year students conducted seminar on the theme of this year.

## **15. Activities organized by Information Communication and Technology**

ICT/Emis Unit of Pokhara nursing campus has completed most of the action plan in the fiscal year 2080/81. Office automation in different areas by making paperless information, CCTV camera was installed in exam halls. Multifunctional photocopy machine was bought and kept in exam section. Website was updated and incorporated in Tribhuvan University webpage. Data were updated for academic years 2079/80 and 2080/81. Internet maintenance was done in residential areas.

Orientation program on digital presence was organized on 2081/1/5(2024-05-02) in the conference hall of the library and classroom building in the Pokhara Nursing Campus. The objective of the program and the contents to be dealing were explained by Shrijana Poudel, member of the ICT Unit, and the technical session was conducted by Mr. Suraj KC, member secretary of the ICT Unit. The session consists of theory, as well as practical sessions, on EMIS software, log in to EMIS software. Moreover, Faculty and administrative staff were oriented regarding how to view their salary detail, see and send message within the organization, see personal library information like issued books, returned books as well as available books in the library when logged in the system. All the faculties and staff were benefitted by the program.

## **16. Activities of Pokhara Nursing Campus Alumni Forum (PNCAF)**

Pokhara Nursing Campus Alumni Forum (PNCAF) was founded in 2077 BS. The alumni is a non-political, non-profit social organization on campus. Its purpose is to foster, maintain and establish cooperation, friendship and a mutually beneficial relationship between Pokhara Nursing Campus and its alumni. The activities of the PNCAF during fiscal year 2080/81 BS are:

### **Motivational Class on Twin Heart Meditation**

The Pokhara Nursing Campus Alumni Association-2077 organized a meditation program titled "Twin Heart Meditation" on 28<sup>th</sup> Shrawan, 2080 in the conference hall from 11 a.m. to 1 p.m. First of all, a formal chairing was done to the guest, resource person—participants, and volunteers. The program was chaired by Ms. Neelam Maharjan, the president of PNCAF-2077, and hosted by the Secretary of the alumni association Ms. Gita Ghimire. The speaker of this program was Ms.

Laxmi Gurung, an alumnus of Pokhara Nursing Campus who is working in Nepal Armed Mahabidhyalaya as an Associate Professor in Clinical Psychologist.

The presenter who herself motivated students gave encouraging examples from her own life and inspired students to be self-motivators. She discussed the importance of twin heart meditation, positive thinking, and attitude which brings optimism into life and such constructive changes can make one brighter and more successful. This program helped students to be guided by a positive mind and driven by self-motivation.

She further focused on Twin Hearts Meditation, a 21-minute guided meditation by Grand Master Choa Kok Sui. The meditation aims to help practitioners experience peace and illumination during the process of blessing the entire earth with harmony and loving kindness. It is a simple, yet powerful spiritual technology for achieving cosmic consciousness or what we often call “illumination.” There were altogether 75 students and 24 staff from the academic department who attended this program. The session also included meditational videos and practice on pranic healing. Students and faculties were highly delighted as the session was full of fun, energy, and learning videos. At last Campus Chief Prof. Neeta Tamrakar, Pokhara Nursing Campus thanked Ms. Laxmi Gurung for her valuable time and motivational words.

**Jehendar Scholarship Program funded by Alumini Pokhara Nursing Campus**  
Pokhara Nursing Campus Alumni Forum had started to fund scholarship program to one students from BNS third year students and B.Sc. Nursing fourth year students studying in paying seats from the year 2080/81. On the basis of scholarship criteria, Ms. Cheena Thapa from BSc. Nursing Fourth year and Ms. Anisha Baral from BNS Third year student has were awarded scholarship by the Alumini Pokhara Nursing Campus. The scholarship has been provided to the students on the Annual day of the campus.

## **17. Publication of Campus**

The campus publishes a variety of documents annually, including a Journal, Annual Report, EMIS Report, Tracer Study Report, Bulletin, and Prospectus. These publications serve as key resources for disseminating information about the campus and its activities. They provide insights into academic achievements, institutional progress, and data-driven analysis, while also highlighting future plans and

opportunities. By maintaining this practice, the campus ensures transparency, fosters engagement with stakeholders, and promotes its mission and vision to a broader audience.

## 18. Financial Statement

विभुवन विश्वविद्यालय  
चिकित्सा शास्त्र अध्ययन संस्थान  
पोखरा नर्सिङ, क्याम्पस

आ.व. २०८०/२०८१, २०८१ आषाढको मसान्तको बासनात

कोड नं.	सम्पति विवरण	अनुसूची	प्रारम्भिक वर्ष	गत वर्ष
.०१	पूजीगत सम्पति	१	१५३९८९९.४६१२०	१४८८६८८७६१२४
.०३	घन सम्पति	३		
	मुद्धती हिसाब मौज्जात			
	असुल हुनुपने आसामी			
	तथा रूप पेशकी	४	०१००	०१००
.०४	नगद र बैंक मौज्जात	६	१६९४९०८०९१००	१९५६२९२४९९६
	ने बै ली आमदानी खाता		४६०२५२०९।४९	
	एन आई सि एशिया बैंक लि		२९३३४५५९३	
	एन आई सि एशिया मुद्दात खाता		१००००००१००	
	257TD50060876005			
	ने बै ली खर्च खाता		३३३३२९४३५८	
	ने बै लि मुद्दात खाता			
	००९०२४००५६३९९४००००१०		५००००००१००	
	ने बै लि मुद्दात खाता			
	००९०२३००५६३९९४००००१२		२००००००१००	
	जम्मा सम्पति ह.		३९५४८०७५५१२०	२६४४९०९३५४९९
	दायित्व विवरण			
.००२	पूजीगत सम्पति कोष	७	१५३९८९९.४६१२०	१४८८६८८७६१२४
.००५	सामान्य जगडाकोष		६६४०९९५।०३	४२८०२३९।६९
.०३	क्याम्पस मुद्दात कोष			
.०५	धरोटी	२	१०७९२०९।४९	९९८२७०७।४९
	दायित्व	२क	४९७४९९।७४	२९४०४६२।०९
.०६	केन्द्रीय कार्यालय		१५३३५३९०४।८२	१०६४९७८५।०५
	क) पेशकी मौज्जात	०१००		
	ख) नगद मौज्जात		१५३३५३९०४।८२	
	जम्मा दायित्व ह.		३९५४८०७५५१२०	२६४४९०९३५४९९

आम्दानी खर्चको विवरण

आ. व. २०८०/८१

	आम्दानी विवरण	अनुसूची	प्रारम्भिक वर्ष	गत वर्ष
यस वर्षको आम्दानी		९	१९०९०४२७३४	१५४५९३५४।४९
यस वर्षको निकास		८	१९६३३८५९६।४८	१५९९९३९८९।९९
	जम्मा आम्दानी ह.		१९४५७०६८७।८६	१६४५९३५४।४९
	खर्चको विवरण			
यस वर्षको खर्च		५	६२०७५०३९।००	६९०२६६८५।६०
पेशकी खर्च		४	०१००	०१००
खुद बाकी बचत केन्द्रीय कार्यालय सारको			१५३३५३९०४।८२	१०६४९७८५।०५
	जम्मा खर्च ह.		१९४५७०६८७।८६	१६४५९३५४।४९

लेखा प्रमुख

क्याम्पस प्रमुख

आ.व. २०८०/८१ को आम्दानी विवरण रजु जारी प्रमाणित ।

*[Signature]*

त्रिभुवन विश्वविद्यालय  
पोखरा नर्सिङ. क्याम्पस  
आम्दानी विवरण  
आ.व. २०८०।०८१

अनुसूची ९

कोड नं.	शिर्षक	वास्तविक	कीफियत
०७००२	क्याम्पस प्रवेश शुल्क	६१६००।००	
०७००३	त्रि.वि. दर्ता शुल्क	०।००	
०७००४	शिक्षण शुल्क	१३२०००।००	
०७००५	परिचय पत्र शुल्क	४३१२०।००	
०७००६	खेलकूद शुल्क	०।००	
०७००७	प्रयोगशाला शुल्क	२४६४०।००	
०७००८	पुस्तकालय शुल्क	१८४८०।००	
०७००९	परीक्षा शुल्क	७८७२०।००	
०७०१०	छात्रवास शुल्क	११२८०००।००	
०७०११	जरिवाना	१७९५२।००	
०७०१२	विविध शुल्क	७६।००	
०७०१३	क्याम्पस विकास आय(धरौटीवाट समेत)	१४५९८३१।७५	धरौटी फरफारक सहित
०७०१८	अन्य आय	२९८७५२०।५९	
	जम्मा रु.	१९०९०४२७३४	

लेखा प्रमुख

क्याम्पस प्रमुख

त्रिभुवन विश्वविद्यालय  
पोखरा नर्सिङ. क्याम्पस  
२०८१ आषाढको बैक रिक्न्साइल स्टेटमेण्ट

अनुसूची		
१. आम्दानी खर्च किताव अनुसार बैक मौन्दात		१६१४९०८०९।००
२. धप		
(क) चेक काटेको तर बैकले भुक्तानी नगरेको		२७६५३४४।०२
(ख) बैकले आम्दानी जनाएको तर आम्दानी खर्च कितावमा आम्दानी नवाधेको		०।००
(ग) आम्दानी खर्च कितावमा खर्च लेखेको तर बैकले खर्च नलेखेको		
	जम्मा	१६४२५६१५३।०२
१. कट्ट		
(क) बैकले खर्च जनाएको तर आम्दानी खर्च कितावमा खर्च नलेखेको		१३५।००
(ख) आम्दानी खर्च कितावमा आम्दानी जनाएको तर बैकले आम्दानी नजनाएको		०।००
	जम्मा	१६४२५६०९८।०२
	मुद्धति हिसाव	८००००००।००
	मागुरथ	०।००
	अधिल्लो वर्षसम्मको फरक	२८५७३४७।०३
बैक प्रमाण पत्र अनुसार बैक मौन्दात	आ.व.२०८०।२०८१ आषाढ	८१३९८६७०।९९

अनुसूची ८

केन्द्रीय कार्यालयवाट निकाशा  
आ.व.२०८०।२०८१

निकाशाको शीर्षक	रकम	कौफियत
१. यस वर्षको वजेट निकाशा	३०९४८०००।००	
२. सञ्चीत विदाको तलव निकासा	०।००	
३. आर्थिक सहायता	०।००	
४. अन्य निकाशा ( धरौटी वाट निकासा)	९३३०६१९।८३	धरौटी र यूजिसिवाट प्राप्त
(क) विकास वजेट	०।००	
(ख) चिकित्सा शिक्षा आयोग	४९६४२०३८।६०	
(ग) गत वर्षको बचत के.का. सारेको	१०६४१७८५।८१	
५. गत वर्षको पेशकी अगाडी ल्याएको		
जम्मा निकाशा	१९६३३८५१६।४८	

लेखा प्रमुख

सुपुर्वाक्षक

क्याम्पस प्रमुख

## **Strengths of the Campus**

### **Academic Excellence:**

With over 41 years of academic achievements, the campus has established itself as a leader in nursing education, consistently producing competent and skilled nursing professionals.

### **Accreditation and Recognition:**

The campus received official accreditation from the University Grants Commission (UGC) Nepal on September 11, 2022, underscoring its commitment to quality education and institutional standards. The campus is able to upgrade by achieving quality enhancement and performance based grant.

### **Qualified and Experienced Faculty:**

The campus led by a team of dedicated, disciplined, and highly qualified faculty members who excel in teaching, research, and mentorship.

### **Nursing Programs at Various Levels with Specializations**

Pokhara Nursing Campus offers diverse and well-structured programs, from undergraduate to postgraduate levels, including specializations in Adult Health Nursing, Child Health Nursing, and Women's Health and Development. Increased student enrollment in Bsc. Nursing Programme.

### **Well-equipped classrooms and Infrastructure:**

The campus has its spacious area a strong infrastructure and modern facilities including an e-library with free WiFi, a library, and a reading zone in off hours for students, creating a conducive learning, teaching, and research environment.

### **Community Engagement:**

Strong emphasis on community-based programs, such as health camps and awareness initiatives, allows students to gain practical experience while addressing the healthcare needs of society.

### **National and International Contribution:**

Graduates of the campus have made significant contributions in various sectors, including government, private healthcare institutions, NGOs, and INGOs, both nationally and internationally.

**Research and Development:**

The campus promotes research-oriented learning, encouraging faculty and students to contribute to advancing nursing knowledge and practice. The campus provides research grants to the faculties, bachelor and master level students each year.

**Collaborative and Supportive Environment:**

The campus has strong collaboration among faculty, staff, and students fosters a positive academic atmosphere, ensuring collective progress and success.

**Extracurricular activities and Co-curricular activities:**

The campus has a student welfare section and a separate committee to work for students' welfare and conduct ECA as well as CCA.

**Alumni Network:**

A strong alumni network that actively contributes to the students and collaborates with the campus for various initiatives and programs.

## Annex's:







