

Curriculum Vitae (Updated September, 2020)

Name : **Dr. Prakash Raj Regmi**
Date of birth : 30.06.1960
Nationality : Nepalese
Status : Married
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Pulchowk , Lalitpur
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Clinic - Nepal Heart Clinic, Pulchowk, Lalitpur
Phone : 015530126

Education/Training

- (a) School education (Narayansthan primary school, Tansen, palpa, St. Xavier,s School, Jawalakhel and Godavary, Sen Secondary school, Tansen, Palpa, SLC from Padmodaya High School, Kathmandu 1975)
- (b) I. Sc from Amrit Science Campus, Kathmandu 1977
- (c) M.D.(General Medicine) with honors in 1985, Kharkov Medical Institute, Ukraine, Former USSR
- (d) M.D. (Post graduate specialization Clinical Ordinatura) in Cardiology in 1987, Kharkov Medical Institute, Ukraine, Former USSR
- (e) Postdoctoral training in interventional Cardiology .2001. Czech Republic
- (f) Postdoctoral training in interventional cardiology. 2001, London, UK
- (g) Fellowship, American College of Cardiology , USA, 2016

Present Key Positions

- (a) General Secretary and Project Director – Nepal Heart Foundation
- (b) Executive Director- Nepal Rheumatic heart disease control program
- (c) President- Nepal NCD Alliance
- (d) Chairman- Nepal Heart Clinic
- (e) Head of Department of Cardiology- Star Hospital
- (f) Professor of Cardiology at NAMS (National Academy of Medical Sciences)
- (g) The Rotary Foundation Director at the Patan Rotary Club
- (h) Patron – Education, Health and literacy academy, Palpa
- (i) Patron- Buddha Harmony Foundation, Kathmandu

Professional Experiences (Served as)

- (a) Research Fellow in Cardiology, Bir hospital (1987-1988)
- (b) Chief, Medical Unit, Bharatpur hospital, Chitwan (1988-1993)
- (c) Medical Superintendent, Baglung Hospital (1992-1993)
- (d) Physician, Lumbini Zonal Hospital, Butwal -1993
- (e) Registrar in Medicine and Cardiology, Bir hospital (1993-1998)
- (f) Consultant Cardiologist, Lalitpur Heart Clinic (since 1994 till date)
- (g) Consultant Cardiologist, Medicare National hospital (since 1997)
- (h) Medical Director, Medicare National Hospital (1997-2003)
- (i) Cardiologist, Sub- regional hospital, Birjung (1999)
- (j) Chief of Cath lab - Bir Hospital (2002-2010)
- (k) Visiting Cardiologist-Sahid Gangalal National Heart Centre (2003-2006)
- (l) Founder President - Nepal Heart Care Centre, Lalitpur,
- (m) Chief Editor- Nepalese Heart Journal-An official journal of Cardiac society of Nepal (2001 – 2007)
- (n) Founder member- Cardiac society of Nepal
- (o) Life member- Cardiological society of India
- (p) Member- Thematic group-National health policy revision committee, MoHP
- (q) Coordinator- Nepal heart Network (2013-2015)
- (r) Chairman- Medics-Journalists forum against NCDs 2014
- (s) General Secretary - Nepal Heart Foundation, Central committee (1997-2007, 2018- till date)
- (t) President- Nepal Heart Foundation, central committee (2009-2015)
- (u) Executive committee Member- SAARC Cardiac Society
- (v) Coordinator- Health reference book writing committee
- (w) Chief of Cardiology department - Bir hospital (2014-2019)
- (x) Professor of Cardiology- National Academy of Medical Sciences

Participation in Social / Professional Activities

- (a) Founder Chairman - Nepal Heart Foundation, Chitwan branch (1991-1997)
- (b) Founder Secretary - Nepal Medical Association, Chitwan branch (1990-1992)
- (c) Charter Secretary - Rotary club of Chitwan (1990-1992),
- (d) GSR, Rotary Club of Butwal (1993)
- (e) President, Rotary Club of Patan (2010-11)
- (f) V .President - Health, Environment and Literacy Programme Nepal (1995 - 2000)
- (g) Chief Editor - Medical Journal “Dhuk-Dhuki”(1994-2003)
- (h) Founder Medical Director - Medicare National Hospital (1997- 2004)
- (i) Founder President- Nepal Heart Care Centre
- (j) Founder Member- Shahid Ganga lal National Heart Centre
- (k) Life Member- Cardiac Society of Nepal, Cardiac Society of India
- (l) Technical Adviser - Heart Club Nepal

- (m) Patron – Health, education and literacy Academy, Palpa
- (n) Multiple Paul Harris Fellow- Rotary International
- (o) Founder- Lumbini heart care centre, Rupandehi, Butwal
- (p) Founder chairman- Kundalini hospital (Center for lifestyle modification)
- (q) Patron- Buddha Harmony Foundation
- (r) Distinguished member- Nepal Diabetes Society
- (s) Founder- RHD research Fund at Nepal heart foundation

Involvement in heart screening of school children

Under the umbrella of Nepal heart foundation, Save the children, heart program, have been engaged in heart screening of school children for last 25 years. Till date have completed heart screening of more than 200000 children in more than 30 districts of Nepal.

Involvement in Training programs

Have been continuously involved in training programs on Heart disease prevention, NCDs and RHD. The target people are Physicians, health professionals, teachers, Female community health volunteers, mothers groups and students. Have trained more than 500 heart disease prevention volunteers in more than 20 districts of Nepal. Is involved as a coordinator and trainer for TOT programs under Nepal heart foundation.

Involvement in Public education programs

Active participation as speaker in many public education programs on health issues to raise awareness among public in many districts of Nepal.

Regular speaker on health issues through Sagarmatha Radio FM 102.4- every Monday at 7 am since last 5 years

Involvement in Academic programs

Have been involved as Phd thesis guide to students in National and International Universities for subjects related to cardio vascular system and heart diseases. Master thesis guide to several students.

Principle researcher of many epidemiological and interventional studies.

Professor of Cardiology at NAMS

Involvements in NCDs programs

1. Organizing chairman – Seminar on Status of NCDs and their prevention in Nepal. 14th August 2010, Hotel Himalaya, Kathmandu, Nepal
2. Nepalese representative for- Regional Workshop for strengthening the capacity of program managers and training managers for NCD prevention and control. 12-16 January 2009 Mataram, Indonesia (organized by WHO)
3. Trainer – Heart disease prevention volunteers (HDPV)- health workers to work at community level
4. Initiator of National heart disease prevention program in Nepal

5. Participant- Workshop on NCDs and policy drafting , March 2010 Hotel Annapurna organized by SOLID Nepal , MoHP and WHO
6. Participant- Regional civil societies meeting on NCDs ,11-12 Jan 2011, Hotel Shanker Kathmandu (Organized by Nepal public health foundation with support of WHO)
7. Committee member- Revision of health materials in school curriculum
8. Coordinator- Reference book writing committee (Book for health teachers)
9. Served as National president of Nepal Heart Foundation- an organization who has initiated works in NCDs risk factors control in coordination with other NGOs working in this field.
10. Executive director and Chairman of National RF/RHD prevention and control program- a program run by Nepal heart foundation under financial support of Nepal government, ministry of health and population
11. Actively involved in preparation of draft of Integrated National NCDs Policy of Nepal
12. President, Nepal NCD Alliance (2013 till date)
13. Team leader of Nepalese delegates to the first ever Global NCD Forum, 14-16 November, Sharjah, UAE
14. Team leader- Heart screening of school children in partnership with Australian Aid, Medtronic philanthropy, Edwards Lifesciences Foundation, World heart federation
15. Participant - International seminar on Public health aspects of NCDs organized by WHO, 6-10June 2016 Lausanne, Switzerland
16. Technical coordinator/ director for Production of the following public awareness materials on NCDs-

Documentary films (In collaboration with National TV)

- a. Rheumatic heart disease, 2008
- b. Know your risk, 2009
- c. Heart attack, 2010

CDs/ DVDs (Audio- Visual materials)

- a. RF/RHD
- b. Risk factors of CAD
- c. Most common heart diseases
- d. Prevention of heart diseases
- e. Methods of lifestyle modification
- f. Yoga and Lifestyle

Involvement in programs related to Yogic Science

- (a) Established Lifestye modification program using yoga as a tool in association with Dr Hari Prasad pokharel in BS2061. Conducted yoga classes for 1 year where more than 100 heart patients participated
- (b) Published a book with title YOGA AND HEART DISEASES in Nepali language which included 7 open letters on different topics of yoga and heart to Baba Ramdev

- (c) Established KUNDALINI HOSPITAL in BS 2068 with a concept to implement the idea of FUSION THERAPY (combined use of modern medicine , Naturopathy and Yoga). The hospital was run for 6 years with active involvement of Dr Hem raj Koirala , Dr Yanjan Gaihrem GURU Mahesh Parajuli, Shanta Kharel and others
- (d) Initiated Lifestyle and Yoga clinic at Star hospital
- (e) Initiated daily Yoga practice class at Lalitpur heart clinic
- (f) Learned use of Yogic sciences in medical practice from SVYASA, Bangalore where he stayed for 15 days as a heart patient without giving his identity as a cardiologist.
- (g) Trained in inner engineering from ISHA YOGA Foundation

Publications (Books and Research articles)

- (a) High Blood Pressure (Nepali Book),1997
- (b) Rheumatic Heart Disease in Nepal (Nepali Book),1998
- (c) Mero Mutu Dukhchha (My Heart Pains) (Nepali Book),1999
- (d) Samarpan ko jeevan (Life for dedication) (Nepali Book),2001
- (e) Rheumatic Fever and RHD in Children (Booklet for students in Nepali),2000
- (f) Yoga and heart disease (Nepali Book) 2005
- (g) Prevention and control of heart diseases (Nepali Book),2006
- (h) Sovietsanghko Samjhana (Memories of Soviet Union)Nepali Book, 2007
- (i) Lifestyle Modification (Nepali Book),2008
- (j) RF/RHD prevention and control Program- Program Manual, (Nepali) 2007
- (k) Lifestyle and Non-Communicable Diseases, (English Book)2013
- (l) Rheumatic fever and Rheumatic heart disease (Nepali booklet) 2017
- (m) Rheumatic fever and Rheumatic heart disease: Diagnosis , management and prevention- a training manual for health professionals (English)2017
- (n) Bath Jora ra Bath Mutu Rog (Education material for school level class 4 to 10) 2020
- (o) Tonsil le Bigareko Mutu (Nepali Book) 2020
- (p) Research articles – More than 30 articles published in peer reviewed International and national medical journals

Few International conferences and seminars attended as speaker/faculty member

1. World congress of cardiology 2- 6 Sept, 2006 Barcelona, Spain
2. European congress on Obesity 14-17 May, 2008 Geneva, Switzerland
3. World congress of Cardiology 16-19 June, 2010 Beijing, China
4. ESC Congress 2010, 28 Aug- 1 Sept, Stockholm, Sweden
5. World Congress of Cardiology 17-21 April, 2012 Dubai
6. World congress of Pediatric cardiology and cardiac surgery, SA, Cape Town,2013
7. World congress of Cardiology, Melbourne, Australia, May 2014
8. Asia Pacific Pediatric Cardiology Congress, Shanghai, China 20-23 Oct 2016

Mountaineering experience

Has been up to the Annapurna Base Camp (ABC) in 2007

Awards and Recognitions

Samjhana Health Service award (1997)
RHD scholar award (2012)
Heart Care Social Service Award (Nepal Heart Net) 2010
Swasthya Darpan Award (2017)
Heart Hero 2019
Mrigendra Samjhana Medical Trust oration Award (2020)

Languages:

Nepali, English, Russian, Hindi

Nepal travel - have visited more than 67 districts of Nepal

Countries Traveled

India, Bangladesh, Pakistan, Thailand, Singapore, Hong Kong, Macau, China, Japan, Philippines, Egypt, Indonesia, Russia, France, Spain, Poland, Austria, Switzerland, Holland, England, Hungary, Bulgaria, Italy, Germany, Belgium, Czech Republic, Slovakia, Finland, Denmark, Norway, Sweden, USA, Laos, UAE, Bhutan, South Africa, Ethiopia, Vietnam, Slovenia, Turkey, Portugal , Greece etc

Family

Father – Kamal Raj Regmi **Mother** – Bimala Regmi

Wife : Upasana. **Daughters** : Dr. Jigyasa and Er. Bibhuti

Sisters: Aruna Koirala, Kiran Pathak, Jyoti Adhikari, Sandhya Shiwakoti

Publications on RHD as a principal reasercher

1. **Regmi PR, Pandey MR.** Prevalence of Rheumatic Fever and Rheumatic Heart Disease in school children of Kathmandu city. Indian Heart J 1997; 49: 518-20
2. **Regmi P, Panthi L, Sanjel K.** PS294 Level of Knowledge Among Community People on Acute Rheumatic Fever and Rheumatic Heart Disease and Their Link with Throat Infection. Global Heart. 2016;11(2):e65.
3. **Regmi PR.** Comprehensive approach to Rheumatic fever and Rheumatic heart disease prevention and control: The Nepalese model. Nepalese Heart J. 2016;13(2):3-10
4. **Regmi P, Upadhyaya A.** Allergic reaction to long-term Benzathine penicillin injection for secondary prevention of acute rheumatic fever and recommendation for skin testing. Nepalese heart J2011;8:16-8

5. **Regmi PR**, Rheumatic Fever and Rheumatic Heart Disease Diagnosis, Management and Prevention. Training Manual Published by Nepal Heart Foundation, 2017.
6. **Prajapati D, Sharma D, Regmi PR** et al. Epidemiological survey of Rheumatic fever, Rheumatic heart disease and congenital heart disease among school children in Kathmandu valley of Nepal. *Nepalese Heart J* 2013;10:1-5
7. **Regmi P, Upadhyaya A**, Rheumatic Fever and Rheumatic Heart Disease prevention and control program in Nepal. *Nepalese Heart J* 209; 6:88-93
8. **Regmi P**. proceedings of “Have a Heart, Save a Heart” project. South Asian Youth Summit (SAYS) 2011 with support from the US Embassy and technical support from the Nepal Heart Foundation: Kathmandu, Nepal: 2012
9. **Regmi, P., et al.**, Prevalance of Sydenham's chorea in patients with acute rheumatic fever in Nepal. *Nepalese Heart Journal*, 2012. **9**(30-32).
10. **Regmi P.R., Shakya U., Adhikaree A., et al.** Rheumatic Heart Disease in school going children: A cross-sectional epidemiological profile of Jajarkot, Nepal. *Nepalese Heart J* 2019; Vol 16 (2), 1-4
11. **Regmi PR, Wyber R**. Prevention of Rheumatic Fever and Heart Disease: Nepalese Experience. *Global Heart*. 2013;8(3): 247-252.