

## RESUME

**RAM BAHADUR SHRESTHA, MPH-GOLD MEDAL, BPH**

**Public Health Professional**

**E-mail: [ramshrestha30@gmail.com](mailto:ramshrestha30@gmail.com), [nidr.ramshrestha@gmail.com](mailto:nidr.ramshrestha@gmail.com)**

**Contact: 0977-9845360146**

**Nepal**

### CAREER PROFILE

A proficient Public Health Professional with strong analytical capabilities to diagnose sectorial and/or project needs and prescribe remedies. Have a sound knowledge and experience in project planning and management, operational research and proposal/report writing, training, public health policy making and implementation. Over 6 years' professional experience of Project Planning and Designing, Implementation, Monitoring and Evaluation, Baseline Midline and Endline Survey, Impact study and Research, Public Health, IBBS survey, HIV/AIDS, Drugs and Nutrition related project intervention. Have involved and leaded more than **two dozen research project [28 professional research project (Baseline, Mid-term, End-line surveys and Evaluation), 2 educational researches, 4 thesis supervisors of PBBN and BPH]**.

### CORE COMPETENCY

- Expertise on Public Health, Health Promotion and Health Education
- Expertise in Proposal writing and report writing
- Expertise on research design, research methodologies (Mixed Method, QUAN & QUAL).
- Expertise on Baseline survey, Mid line Survey, End line survey, Perception survey, Impact study and Final Evaluation and Market survey in the field of Public Health, Education, Child Right, Livelihood, Family Planning and Poverty Alleviation to carry out survey, Integrated Behavioural and Biological Surveillance (IBBS) Survey, and Capacity Building, Project planning, implementation and Proposal and Report Writing.
- Enthusiastic to work in challenging conditions and contribute in development agenda
- Expertise in Developing Questionnaires (development tools in online data base- **KOBO Toolbox and EpiData**) and checklist for data collection, Data Analysis (by using **SPSS, ATLAS.ti and NVivo software**), Interpretation of data and comprehensive Report writing
- Experience on development of logical framework, Monitoring, Evaluation and Learning Framework (MELF), Longitudinal and Cohort study
- Expertise on Planning, organizing, coordinating, Staffing, Directing and leadership skill.
- Leadership, Negotiation, Problem solving, Monitoring & Evaluation skills.
- Effective team management and negotiation skills

## QUALIFICATION

Level	Subject	Institution	Date	Results
Master	Public Health	PU College of Medical and Allied Sciences (PUCMAS)	November 2018 (MPH Topper)	Excellence (A+)
Bachelor	Public Health	National Academy for Medical Sciences (NAMS)	2012	1 <sup>st</sup> Division
Intermediate	Science (Biology)	Nepal Police Boarding School	2008	1 <sup>st</sup> Division
SLC	Major: Additional Mathematic and Office Management and Account	Dipendra Police Boarding School	2006	1 <sup>st</sup> Division

**Interest** Conducting Public Health Intervention, Research, Training and Teaching

## Language Skills

Language	Level of spoken competence	Level of written competence
Nepali	Flute	Advance
English	Flute	Advance
Hindi	Intermediate	Intermediate
Newari	Intermediate	Intermediate

## Computer Skills

- Basic Computer knowledge and familiar with MS Word, Excel, PowerPoint, Photoshop, Adobe Acrobat, Networking, Internet, E-mail etc.
- Flute in English and Nepali Typing

### Software

Literature Review: ENDNOTE, Mendeley

Data Entry: EpiData, **KOBO Tool box** (online data collection through tablet/mobile)

Data Analysis: **SPSS, ATLAS.Ti and NVivo**

Others: **QGIS**

### Other Skills

- Training
- Proposal writing, Data analysis and Report writing.
- Management Skill: Planning, organizing, coordinating, Staffing, Directing and leadership skill.

## Honour

- Awarded with **Dr. Duwasu Kshetri Gold Medal** for securing **topmost position successfully completing the Master in Public Health (MPH)** by Purbanchal University in 7th Convocation 2019.

- Received “**Dr. Harka Gurung-New ERA Fellowship 2018**” Thesis Grant in “**Health promoting behavior and associated factors among school going adolescent residing in the Bharatpur Metropolitan City of Chitwan District**”.

### Publication

- Shrestha RB. Premarital Sexual Behaviour and its Impact on Health among Adolescents. J. Health Promotion [Internet]. 2019 Sep 6;7:43-52. Available from: <https://www.nepjol.info/index.php/jhp/article/view/25496>
- Shrestha, RB. Health promoting behavior and associated factors among school going adolescents residing Bharatpur Metropolitan City of Chitwan District. Education Research Journal [Internet]. 2021 August; 11(8): 168 –177. Available in <https://www.resjournals.com/wp-content/uploads/2021/08/Ram-Bahadur-Shrestha.pdf>
- Prajwal Pradhan, Tark Bhatt, **Ram Shrestha**. Systematic review and meta-analysis of ‘first 90’ among people who inject drugs (PWID) in south east Asia with special focus on Nepal.([https://www.crd.york.ac.uk/prospero/display\\_record.php?ID=CRD42020136999](https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42020136999))
- Health promoting behavior and associated factors among school going adolescent residing in the Bharatpur Metropolitan City of Chitwan District (Poster Published)
- Junk Food Consumption Among School Going Adolescents Residing Bharatpur Metropolitan City of Chitwan District (Poster Presentation: Asian Conference on Diarrheal Disease and Nutrition, January 28-30, 2020; Dhaka, Bangladesh)

### Research Study and Project Report (Academic)

- Health promoting behavior and associated factors among school going adolescent residing in the Bharatpur Metropolitan City of Chitwan District.
- Premarital Sex Behaviour’s Among Adolescent and its Impact on Health. (Review article)
- Knowledge About Cataract And Its Risk Factors Among Senior Citizens Residing In Pashupati Geriatric Home Of Kathmandu Metropolitan City (Thesis Guide of PBBN)
- Condom practice and its Satisfaction among Newly Married Couple of Chitwan District in 2012.
- Female Community Health Volunteer Rollout Program on Integrated Family Planning and HIV/AIDS.
- Comprehensive District Health Management Analysis of DPHO at Chitwan District in 2011.
- A mini survey on Nutrition in Under Five Children of Chepang Community in Chitwan District in 2011.
- A Community Diagnosis in Daman VDC at 2010.

### TRAINING AND SEMINAR

### **Training and Seminar Achieved**

- HINARI Training Course for Health Information Professionals and Researchers organized by Purbanchal University College of Medical and Allied Sciences in 31<sup>st</sup> May to 1<sup>st</sup> June, 2016
- Basic Training on Quantum Geographical Information System (QGIS) by USAID-funded Saath-Saath Project in April 21-23. 2015
- Training in Monitoring and Evaluation of National HIV Response and Saath-Saath Project Management Information System conducted by USAID-funded Saath-Saath Project in May 12-14. 2015
- Community Health Inspector Orientation Training Conducted by Regional Health Training Centre, Bara from 2072-2-7 to 2072-2-12
- Health Management Information System at June 16-18 2014 Conducted by District Health Office, Cautara, Sindhupalchowk.
- One Day Orientation on Right to Information to Stakeholder on 2<sup>nd</sup> June 2014 by Office of Prime Minister.
- One Day Orientation on Data Verification on HIV/AIDS conducted by DHO. Cautara, Sindhupalchowk
- Training for Family Planning Supervisors on HIV and STI Prevention and Family Planning Promotion conducted by USAID-funded Saath-Saath Project in November 24-29, 2013
- Training of Trainers for FCHVs training and mobilization for integrated FP/HIV Services in Dec 26-27, 2013
- Rapid Assessment of Demand Side Financing Schemes: Aama Program
- Household survey training conducted by Ministry of Health and Population (MoHP) and technical supported by the Health Research and Social Development Forum
- Attended the Seminar by Water Aid regarding the issues of Drinking Water at Malla Hotel in 2011,
- Training on Statistical Package for Social Science (SPSS) conducted by the National Academy For Medical Science from February 19-25, 2012
- Participation in National Level Epidemic and Disaster Preparedness Training at DPHO in Chitwan District in 2011.
- Family Planning Service training which was conducted by DPHO of Chitwan District.

### **Training and Seminar Conducted**

- Conducted orientation to Field Researcher and Supervisor on Follow up Survey of Needs and Capacity Assessment of fourteen Urban and Rural Municipalities on Disaster Risk Reduction and Management in Nepal conducted by NIDR and supported by IOM
- Conducted orientation to Field Researcher and Supervisor on Meta-Analysis on PWID and MSM/TG
- Conducted orientation to Field Researcher and Supervisor on Evaluation of Hami Sangsangai: We Together – Play Together, Learn Together in Sindhuli District supported by Plan International Nepal
- Conducted orientation to Field Researcher and Supervisor on Endline Survey on Evaluation of Generation Amazing Programme in Nepal conducted by NIDR Supported by Mercy Corps

- Conducted orientation to Field Researcher and Supervisor on Study on Corruption in Local Level Governance
- Conducted orientation to Field Researcher and Supervisor of End-line Survey of Health System Recovery Project, Nuwakot conducted by NIDR and Supported by Good Neighbors International (GNI)-30<sup>TH</sup> November 2018 to 15<sup>th</sup>February 2019
- Conducted training of Baseline Evaluation of Generation Amazing Programme in Nepal conducted by NIDR Supported by Mercy Corps
- Integrated Family Planning, HIV/AIDS and STI to Health Worker and FCHV of Nawalparasi District, funded by Saath-Saath Project, USAID
- Conducted Eighteen Days Basic and Refresher Training for FCHV in Coordination with District Health Office, Cautara, Sindhupalchowk
- Conducted Two Days Orientation on Performance Based Management System to Health Worker of District Health Office, Cautara, Sindhupalchowk
- Conduced Three Days Orientation on Maternal and Neonatal Health to Health Worker of District Health Office, Cautara, Sindhupalchowk

## PERSONAL INFORMATION

Name	Ram BahadurShrestha
Father's Name	Home BahadurShrestha
Date of birth	5 <sup>th</sup> September 1989
Marital Status	Single
Nationality	Nepali
Permanent Address	Sanosirubari, Sindhupalchowk

## WORK EXPERIENCES

### Short Term Consultancies

- **Program Manager and Data Analyst:** Baseline Survey on Ear Disease in Nepal Supported by Curative Service Division, Ministry of Health and Population-1<sup>st</sup> March 2021 to 30<sup>th</sup> June 2021 (**National Level Survey: Sample Size 17000**)
- **Research Manager and Data Analyst:** Family Planning-PHC/ORC, Satellite clinic and micro planning conducting by National Institute for Development and Research (NIDR) supported by Family Welfare Division -1<sup>st</sup> November to 20<sup>th</sup> December 2020. (**National Level Survey**)
- **Survey Expert and Data Analyst:** Endline Survey of Marginalized No More Project (**Cohort I: Longitudinal Study**) Conducted by NIDR and Supported by Street Children of Nepal/UKAID-September to October 2021 (Running)
- **Research Coordinator and Data Analyst:** Annual Perception Survey for the "USAID's Sajhedari - Support to Federalism" Conducted by NIDR and Supported by Abt Associate/USAID-September to October 2021
- **Survey Expert and Data Analyst:** Annual Perception Survey for the "Conducting Baseline Study and Monitoring, Evaluation and Learning (MEL) Framework

Development For the Inclusive Education Project in Baglung (SIKAI Project) ” Conducted by NIDR and Supported by VSO-September to November 2021

- **Survey Expert and Data Analyst:** Baseline Survey of Marginalized No More Project (**Cohort III: Longitudinal Study**) Conducted by NIDR and Supported by Street Children of Nepal/UKAID-July to September 2021
- **Research Manager and Data Analyst:** Community Perception Survey on COVID-19 conducting by National Institute for Development and Research (NIDR) supported by United Nations Development Programme (UNDP)-1 to 30th June 2020.
- **Survey Expert and Data Analyst:** Baseline Survey of Marginalized No More Project (**Cohort II: Longitudinal Study**) Conducted by NIDR and Supported by Street Children of Nepal/UKAID-November 2020 to January 2021
- **Research Manager and Data Analyst:** Mid Line Evaluation of Child Marriage in Nepal conducted by National Institute for Development and Research (NIDR) and supported by Plan International Nepal 25th April to 15th June 2020.
- **Public Health Expert and Data Analyst:** COVID-19 & Women’s Economic Empowerment: A Rapid Analysis of the Nepal H&T Sector conducting by National Institute for Development and Research (NIDR) supported by Plan International Nepal- 2<sup>nd</sup> October to 30<sup>th</sup> December 2020.
- **Research Manager and Data Analyst:** Baseline Survey to Assess the Knowledge, Attitude and Practice (KAP) of Menstrual Health and Hygiene Management among Adolescent School Girls and their Key Influences in Baitadi, Bajhang, Doti and Dadeldhura Districts, conducting by National Institute for Development and Research (NIDR) supported by CRS Company/USAID (2020).
- **Survey Expert and Data Analyst:** Baseline Survey of Marginalized No More Project (**Cohort I: Longitudinal Study**) Conducted by NIDR and Supported by Street Children of Nepal/UKAID-June 2019 to April 2020
- **Survey Manager and Data Analyst:** End line Evaluation of Udaan II: “Catching the Missed Opportunity” conducted by National Institute for Development and Research (NIDR) Supported by Care Nepal-September to October 2020
- **Survey Manager and Data Analyst:** Study on Teacher Motivation in the Early Grades, Conducted by National Institute for Development and Research (NIDR) Supported by the RTI-USAID Early Grade Reading Program-December 2019-April 2020
- **Team Leader:** Meta-Analysis on PWID conducted by NIDR and Supported by National Centre for AIDS and STD Control (NCASC)- April to July 2019
- **Research Officer:** Meta-Analysis on MSM/TG conducted by NIDR and Supported by National Centre for AIDS and STD Control (NCASC)- April to July 2019
- **Data Analyst and Survey Expert:** End-line Survey of Health System Recovery Project, Nuwakot conducted by NIDR and Supported by Good Neighbors International (GNI)/KOICA-30TH November 2018 to 15th February 2019

- **Research Coordinator:** Study on Law and Development: Foreign Direct Investment in Context of Federal Republic of Nepal conducted by NIDR and supported by A2J Project, UNDP- October to December 2019
- **Research Coordinator:** Study on Corruption in Local Level Governance in 15 district conducted by NIDR and Supported by Commission for the Investigation of Abuse of Authority (CIAA)- April-June 2019
- **Survey Manager:** Follow up Survey of Needs and Capacity Assessment of fourteen Urban and Rural Municipalities on Disaster Risk Reduction and Management in Nepal conducted by NIDR and supported by IOM-1st August 2019 to 21st August 2019
- **Data Analyst:** Evaluation of Hami Sangsangai: We Together – Play Together, Learn Together in Sindhuli District supported by Plan International Nepal- May to June 2019
- **Data Analyst:** Endline Evaluation of Generation Amazing Programme in Nepal conducted by NIDR Supported by Mercy Corps Nepal-May to June 2019
- **Survey Manager:** Supporting the Education of Marginalized Girls in Kailali District (STEM II) conducted by NIDR and supported by Mercy Coops –August 2019 to September 2019
- **Quality Control and Survey Expert:** Baseline Evaluation of Generation Amazing Programme in Nepal conducted by NIDR Supported by Mercy Corps Nepal-17TH September to 15th November 2018
- **Quality Control and Survey Expert:** Development of Product Catalogue and Market Survey conducted by NIDR Supported by Save the Children-10th October to 15th December 2018
- **Senior M&E Specialist:** National Baseline Survey on Mainstreaming Elected Women in Local Politics: Assessing their Knowledge, Skills, and Needs conducting by National Institute for Development and Research (NIDR) and Supporting by Center for Dalit Women Nepal (CDWN) / Governance Facility – 1 May 2018 to December 30, 2018

## LONG TERM WORK EXPERIENCE

### 1. Organization: National Institute for Development and Research (NIDR)

Business Type: Pvt. Ltd

Designation: **Program Coordinator**

Duty Station: Kathmandu

Job Description

- Develop concept note, proposal development and network for business hunting
- Coordinate with stakeholders for meetings and other official purpose
- Support to recruit the field supervisors and researchers for research/survey project
- Support to develop tools (including online data collection data based in KOBO Tool box) and conduct training for field team
- Monitoring and supervision of field supervisors and researchers during the research/survey period

- Maintain the quality control during the research/survey period.
- Analyze the data and interpretation
- Write comprehensive reports for the clients

Date Starting: 2018 (Running)

## **2. Organization: General Welfare Pratisthan (GWP)**

Business Type: NGO(multi donor funded) working in the field of Health, Health Environment, Education, Sex Trafficking prevention through education, empowerment and microenterprise support.

Designation: **Program Officer/ MIS Officer**

Duty Station: Field Office- Hetauda

Working District: PSC#1(Makwanpur), PSC#2(Bara) and PSC#3(Rautahat)

Job Description:

### **Program:**

- Prepare quarterly work plan based on sub agreement and send to Saath-Saath Project for review and approval.
- Plan, organize and manage capacity building activities for project staffs.
- Coordinate with stakeholders (Government and non-government organization, donors, private sectors, DACC, Reproductive Health Coordination Committee, CBOs, D(P)HO and its functionaries.
- Review and monitor quarterly work plan, sub agreement text, M&E Matrix, Gantt chart, budget and ensure timely implementation of all planned activities.
- Directly and regularly supervise/monitor to outreach/events activities and provide constructive feedback.
- Program Monitoring and supervision of Program Support Centres and EIHS
- Prepare Budget Projection/ Planning
- Organize and participate in district level coordination and networking meeting, events, biannual coordination meeting
- Organize/conduct quarterly planning meeting and participate in every meeting of PSCs as a especially guest from management team

### **Data**

- Review or Prepare monthly Project Indicator Form (PIF), event reports, quarterly narrative reports, TIP report and submit to SSP. Write Summary of Success stories and Case stories.
- Design community assessment tools and in the field for monitoring of program achievement tract.
- Review recording and reporting forms and formats filled in Preventions and EIHS team.
- Conduct internal Data Quality Audit

### **Administration:**

- Participation to recruit project staff, personnel management
- Manage and Track inventories ( expendable and non-expendable) and its safety
- Coordination with management for rewards and grievance to staffs
- Participate in management meeting to make decision regarding organizational issues

Date Starting: 1<sup>st</sup> January 2015 to 30<sup>th</sup> June 2016

Reasons of Leaving: Study (Master of Public Health)

### **3. Organization: Government of Nepal, District Health Office**

Business Type: Government support

Designation: **Community Health Inspector**

Duty Station: DHO, Cautara, Sindhupalchowk

Job Description:

- Micro Planning and Program Recommendation of Peripheral Health Institution.
- To act as Supervisor, Facilitator, Planner for Community Based Programs.
- To monitor ongoing Program of Peripheral Health Institution.
- To Provide Recommendation to D/PHO about Community Health Program and Problems.
- To act as Food Inspector.
- To act as Health Intelligence.
- To Provide Training of DPHO to Peripheral Level.
- Provided Training to School on School Nutrition Program.
- To Support Program of DPHO and Government of Nepal that are to lunched in district in implementation Level
- Coordinate with Different Stakes Holders, INGOs, and NGOs.

Duration: 2 months

Reasons of Leaving: Program Phased out

### **4. Organization: SAHAVAGI**

Business Type: NGO

Designation: **Field Supervisor-FP**

Duty Station: Nawalparasi

Working District: Nawalparasi and Chitwan

Job Description:

- Coordinate with D(P)HO, FP Focal Person, HIV Focal Person, Training Focal Person, DACC and others Local Level Health Institution for Conducting HIV/AIDS Program in District.
- Monitoring and Supervision of Field Staffs.
- Monthly Recording and Reporting.
- Conducting Day to day activities of Office.
- Provide Logistic Management for FCHV training roll out and refresher training.
- Training of FCHV and Monitoring and Supervision of Consultant during Training of FCHV.
- Coordinate with Stake holders for social Marketing of FP Methods
- Prepare monitoring plan for FCHV Mobilization and conduct monitoring and onsite coaching with FCHV
- Prepare monitoring plan for field staffs mobilization and conduct monitoring and onsite coaching.
- Overall Management of FCHV Rollout Program.

Date of Starting: November 2013

Date of Leaving: May 2014

Reasons of Leaving: Better opportunity

#### **5. Organization: Health and Social Development Forum (HERD)**

Business Type: NGO

Designation: **Field Supervisor Rapid Assessment of Demand Side Financing Schemes: Aama Program on Bhojpur**

Job Description:

- Responsible to coordinate in different level of district.
- Responsible to coordinate to Field Researcher.
- Checks the completeness of the questionnaire filled by the Field Researcher and solves the problem within the team.
- Responsible to conduct/implement data collection, semi-structure interview with different participants (Service Providers/ member of health management committee, Finance in-charge) and record review format as per need of the study

Duration: 2 months

Reason to leave: Project Phased out

#### **6. Organization: Ministry of Health and Population (MoHP) and Health and Social Development Forum**

Business Type: Government and Non-Government organization

Designation: **Field Researcher- On Bhojpur District**

Job Description

- Responsible to coordinate in different level of district.
- Collect adequate relevant data from the population of the Bhojpur district based on research proposal.
- Implemented household survey tools, KIIS and FGDs.

#### **7. Organization: United Nations International Children's Emergency Fund (Under Supervision of DevendraGauchan)**

Business Type: Bilateral Organization

Designation: **Volunteers- As a WASH Officer**

Working District: Chitwan

Job Description:

##### **District level**

- Responsible to submit progress report to DWASHCC and attend DAWASHCC meeting as and when required.
- Responsible to perform duties with closed coordination with Water supply and Sanitation Division Office (WSSDO) and submit periodic report.

##### **VDC Level**

- Work in close coordination with VWASHCC.
- Collect, Verify, and validate available latrine coverage data.

- Work with SMC and Child Clubs etc.
- Facilitate reformation of VWASHCC.
- Facilitate post ODF VWASHCC strategic plan.
- Mobilize Child Clubs to promote Sanitation and hygiene Education (SSHE) Schools

Duration: Three Months

Reason of Leaving: Program Phased out

### 8. Organization: World Health Organization

Designation: **Enumerator** (Under Guidance of Dr. Rabi Kafle)

#### Extra activities

- Different gold medal in various sports like Football, Basketball, Cricket and volleyball

### REFERENCES

Job Title	Name	Address
M&E Manager, Street Child of Nepal	Dharmendra Raj Shakya	Kathmandu, Nepal-9860802032 <a href="mailto:Dharmendra.Raj.Shakya@street-child.org">Dharmendra.Raj.Shakya@street-child.org</a>
Associate Professor, PU College of Medical and Allied Science	Dr. Binita Paudel	Kathmandu, Nepal-9841609580, <a href="mailto:binitapg@gmail.com">binitapg@gmail.com</a>
DEAN, Karnali Academy of Health Sciences (KAHS)	Pro. Muni Raj Chhetri	Kathmandu, Nepal-9851066103, <a href="mailto:munichhetri@gmail.com">munichhetri@gmail.com</a>
Project Manager, General Welfare Pratisthan	Ms. Rekha Shrestha	Kathmandu, Nepal -9841308038, <a href="mailto:gwprekha@gmail.com">gwprekha@gmail.com</a>

#### Declaration

The above mentained statements and descriptions are proper and accurate in my knowledge.



.....  
(Mr. Ram Bahadur Shrestha)