



NEPAL MEDICAL COLLEGE PVT. LTD.

Estd. 1996 A.D.

AFFILIATED TO KATHMANDU UNIVERSITY



**MBBS/BDS/B.Sc. Nursing
Prospectus 2018/19**

NEPAL MEDICAL COLLEGE PVT.LTD. (NMC)
PROSPECTUS

MBBS, BDS & B.Sc. Nursing
PROGRAMS FOR THE ACADEMIC YEAR 2018 - 2019
of Kathmandu University

Recognized by Nepal Medical Council &

Listed in World Directory of Medical Schools –World Health Organization Geneva 2000
Listed in International Medical Education Directory / ECFMG, USA-2002

Contents

4

Board of Directors

5-16

Messages

20-22

Kathmandu
University

28-29

Background
Information

30-41

The MBBS Program

42-49

The BDS Program

50-53

B.Sc. Nursing Program

54-55

Hostel
Regulations

58-59

NMC Founder
NMC Promoters

60

NMC Song

62

NMC Logo

63

NMC Flag

Current **Board of Directors**

CHAIRMAN

Dr. Bhola Prasad Rijal

BOARD MEMBERS

Dr. Ananda Prasad Shrestha

Dr. Shyam Prasad Bhattarai

Dr. Dhruva Sharma Mudvari

Mr. Lambodhar Neupane

Dr. Manohar Lal Shrestha

Dr. Gisup Nikha Prasiko

Dr. Anil Pahari

Dr. Sunil Kumar Sharma

Dr. Anjan Rijal

Dr. Rajesh Kishore Shrestha



Message from the **Chairman**

I welcome you to Nepal Medical College (NMC), an institution that imparts quality medical education. Our students get an overall experience that makes them doctors of high quality and integrity. NMC is committed to produce doctors who understand the needs of Nepal.

We believe in the principles of hard work, for which there is no compromise. NMC is committed to the students, and every effort will be made to make them outstanding professionals, who may treat us someday! However, this is not possible without the commitment of the students and guardians. Sincerity and hard work is of paramount importance in being a successful, competent doctor in the future.

Nepal is a multicultural country and we have students from different cultural, ethnic and socioeconomic

backgrounds. Nevertheless, our institution gives every student equal opportunities to excel without any form of partiality.

I wholeheartedly support the effort of our staff and faculty in the growth of the institution, and I am proud of them. Goals are achieved with the combined commitment of our staff, faculty and management. The students must also accompany us, initially following us, but then walking by our side. The students must fulfill the desires of the faculty, which will help them graduate as competent doctors.

Our institution has diversified from the MBBS program, and now we have our own postgraduate (MD/MS), super-specialty (DM). With our

diversification programme we have now introduced BDS and B.Sc. Nursing as alternative carrier paths for those wishing to pursue Dental Surgery and Nursing as a career. We aim to make NMC a centre of academic excellence, and I am confident our students will support us. They must not only achieve academically, but should excel in extra-curricular activities, so as to glorify their own names and that of the institution.

I wish all our students the best of luck and God Bless.

Dr. Bhola Prasad Rijal

Chairman
NMC



Message from the **Principal**

I welcome you to Nepal Medical College, which was established in 1996 AD with a vision to uplift the medical education in Nepal by senior Nepalese doctors and some non-medical promoters. Since its establishment, this college is dedicated to deliver high quality education to the students. Besides this, it is preaching humanity associated with this noble field. As the institute is growing, we are now running Kathmandu University affiliated specialized post graduate courses (MD/MS programs) in different fields of medicine and super specialization post MD course (DM in Nephrology) besides MBBS, BDS and nursing courses.

The institute encourages its faculties to focus on each and every student and encourages them to overcome

their shortcomings and appreciating their successes. To succeed in medical field, a student should have an interest to learn and should not stop learning. Albert Einstein has truly said 'I have no special talent. I am only passionately curious.'

Once you are admitted in this institute you will feel the difference! It is homely and you will find this institute as a place where your academic career can flourish.

Prof. Dr. Pramod Kumar Chhetri

Principal

Message from the **Hospital Director**

I feel pride in welcoming you to Nepal Medical College, Which has grown successfully over the years. Nepal Medical College is committed to provide and ensure high quality of medical education in Nepal. This institution has always been an icon of quality medical education in this part of world.

Contemporary medicine is challenging, exciting and dynamic. Countless new discoveries are making their impact on medical practice, and doctors now qualifying will see even more dramatic changes in the future, with the development of many new therapies, involving not only drugs, but also treatments arising from research in electronics, nuclear physics, genetics and molecular biology.

I promise you that your sincere efforts as student and the excellent inputs of the faculty of this medical college would make you a true Doctor.

Medicine is a rewarding career; however, being a doctor involves a lifetime of learning, both formally and informally. There are a large number of specialty career paths in medicine - with over 50 career options available, a doctor is assured of finding a suitable career. The options may include becoming a surgeon, a general practitioner, a geneticist, a psychiatrist, a medical lecturer at medical school, a medical researcher or a public health physician to name a few. The graduate of NMC are serving the ailing humanity

all over the globe, they have excelled in the medical field and brought laurels to their motherland. Our mission is to serve the health needs of Nepal by educating health care practitioners to the highest international standards and stimulating innovation through research.

Dr. Rajesh Kishor Shrestha

Hospital Director
NMCTH





Message from the **Vice Principal**

NMCTH was established in 1996 with the initiatives of some eminent Nepalese professionals whose dream was to provide quality medical education within our own country. Since then this institution has been growing gradually and now we have MBBS, BDS, MD/MS, BSc Nursing and DM courses running successfully here.

At NMCTH we provide excellent academics with the help of competent faculties, great infrastructure and a conducive environment for learning. Our aim is not only to give students clinical knowledge but also inculcate in them ethics and values which we consider is very important in this noble profession.

With proud privilege I heartily welcome all the students who aspire to become doctors and nurses in future.

Best wishes for this journey of learning !!!

Dr. Shristi Shrestha

Message from the **Examination Chief**

It gives me immense pleasure in welcoming you all deserving candidates to the 2016-2017 academic session at Nepal Medical College. The academic environment here at NMC is very congenial and comfortable and students are advised to attain all the conducted classes; Theory, Practical and Problem based learning sessions regularly. The students are evaluated by periodical assessments at NMC by the concerned Department and Examination Section. Here are few lines for your prior information.

Performance of a student shall be judged by internal assessment which shall have two components.

1. Continuous Assessment (PBL, Practical/Clinical work & Formative)
2. Sessional Examination (Semester Examination)

The students are debarred from appearing the University Examination if their performances are not satisfactory. The eligibility criteria for appearing in the Kathmandu University Examinations are as follows:

1. Minimum 80% attendance is required in all theory and practical/clinical subjects separately.
2. Minimum 50 % marks to be secured in internal assessment conducted by NMC in all subjects separately.

Students must complete all theory papers and practical subjects of I and II Year MBBS within four and half years from the date of admission. Students who fail in III MBBS and Final year University

Examination will have to reappear only in failed subjects but both in theory and clinical in the University Examination to be held after six months.

Lastly, I wish your memorable stay and all the best in your academic carrier here at NMC.

Prof. Dr. Shaligram Dhungel

Examination Chief & PG Subject Committee Member





Message from the **Deputy Director**

Welcome to Nepal Medical College!

Choosing to serve as a health professional is a brave decision in itself. But in a fiercely competitive world of today, only the luckiest ones get the opportunity to pursue the career of their choice, let alone medical sciences. You are amongst these fortunate people. You are now starting on an ongoing medical journey which is not only limited to getting a degree but encompasses learning and acquiring new skills, garnering experiences that ultimately help you become a competent and capable medical professional. Our job at NMC is to ease your learning process and ensure high quality medical education.

As a first year student, medical studies may seem like a challenge and even daunting at times. But with some hard work, enthusiasm and perseverance, it can be quite interesting. Keeping studies aside, enjoy your leisure time. Learn to tap into your full potential and make best utilization of this opportunity.

All the best!

Dr. Satyam Upadhayay

MBBS, MD

Message from the **Deputy Director**

I would like to welcome and congratulate you for joining Nepal Medical College and Teaching Hospital, which provides high quality of medical education and treatment. Our aim is to make this college a centre of excellence in academics and treatment, college that produces competent doctors including MBBS, MD/MS, DM and planning to run M.ch-Program. We are also running B.Sc. Nursing and BDS course. My advice to you is to pursue your academic achievement with

a good plan of action by following the advice of your mentor/faculty members, and working hard daily with positive thinking to enable yourselves to passout as competent health professionals from this prestigious institution of ours.

Dr. Prakash Poudel

MBBS, MD





Message from the **Dental Managing Director**

Firstly, I would like to welcome and congratulate you for joining the College of Dental Sciences & Hospital – Nepal Medical College. We commenced the BDS program from September 2011.

Secondly, Bachelor of Dental Surgery (BDS) is a 4½ +1 year academic program. This course is an amalgamation of basic medical sciences and clinical dentistry, with laboratory and practical skills development. Dentistry is changing rapidly, creating

many opportunities and challenges. It is accepted as a professional field which includes overall oral care and correction. We are here to impart upon you quality education and skills necessary for being a competent dentist. We hope you all will enjoy the journey of 5½ years with us.

Lastly, it gives me immense pleasure to share among you all that as an output of great effort by esteemed faculty members and quality education, our BDS 1st

batch students secured 100% result in Kathmandu University examination 2016.

God bless.

Prof. Dr. Binod Acharya

Managing Director
CODSH-NMC
BDS Program

Message from the **Dental Hospital Director**

It is my great pleasure to welcome you the entire fresher for becoming a part of this institution, which imparts and believe in quality education and discipline.

The wide range of facilities provided at NMC, esteemed faculty members offer our BDS students comprehensive opportunity to gather both theoretical knowledge and clinical practice experience. NMC dental hospital ensures you to pass

on skills necessary for being a competent dentist. Career as a dentist has numerous scope both within and out of the country so, I would like to congratulate you all and wish you all the best for your future ahead.

Prof. Dr. Neeraj Pant

Hospital Director

CODSH-NMC

BDS Program





Message from the **BDS Coordinator**

Welcome!

It gives me immense pleasure to welcome you all to this NMC fraternity, which boasts on rock solid academic foundation. Faculties of every department strive to impart knowledge to the young mind in such a way that they can be competent & qualified to tackle the problem which they will stumble upon in the future. With the help of our approachable & dedicated team of professionals, you will be well guided to reach the pinnacle.

I advise you all to be in track of your academic activities, be it your attendance or your internal assessment, from the beginning and be familiar with the Kathmandu university rules and regulations as we have to abide to it.

I definitely feel that your stay at NMC for 5 ½ years will be memorable one and you'd cherish the moments lived here for rest of your life. Make friends, have fun during your stay in NMC but don't forget the primary motto of being in this institution.

It's said Life is a journey and we would like you all to enjoy your part of a journey here at NMC.

Best wishes.

Dr. Suman Gautam

BDS Co-ordinator

CODSH-NMC

Message from the **Nursing Director**

Warm Greetings! It is with great pride and honor that I welcome you to Nepal Medical College on behalf of the Nursing Department.

NMC added a new pillar to its long and continuing foundation in the field of health services and medical education by introducing B.Sc. Nursing in August 2012. This is a four-year course affiliated to Kathmandu University.

At NMC, we are committed to providing the highest quality of nursing education needed to equip you with the knowledge and skills to become a competent and qualified nurse. NMC faculty comprises qualified and experienced health professionals dedicated to teach, guide, mentor and coach students. We are committed to our shared goal of providing quality health care services to Nepalese and the global community. The wide range of facilities provided at NMC, including our own hospital with different specialized units, offer our nursing students a unique and comprehensive opportunity to gather both theoretical knowledge, and clinical practice experience.

I encourage you to work really hard and give it your best at all times. And in the process when you may hit roadblocks or face difficulty, I ask you to think of your greater goal to become capable health professionals and serve humanity and take inspiration from the impact that you hope to make as these professionals. And I also encourage you to reach out to your faculty members and let us be a part of this process and help you get through it.

I wish you all the best in all your endeavors.

Associate Prof. Kalpana Shrestha

Nursing Director
NMCTH





Message from the **Student Welfare & Hostel Committee**

Our constant endeavour is to create an ambience in the college so that the students can acquire knowledge, skill, and develop an attitude to become a "GOOD DOCTOR".

The college creates "A HOME" atmosphere with separate hostel accommodation for boys and girls. Provisions for extracurricular activities and well maintained canteens further help the students concentrate on their objective on joining this institution.

Each and every student will be under personal, individual attention and supervision by teachers as well as hospital and hospital administration

personnel, which is necessary and is very effective in maintaining the discipline, and in development of the student in TOTALITY as a Human Being.

The office is always concerned about providing worry free atmosphere to each and every student so that they can utilize most of their time to prepare themselves in becoming a successful medical personal, which will help them to stand out in society and provide ethical, high class, authentic medical services to the infirm.

However, sometimes we feel sorry to take disciplinary action, which may include asking for explanations to even suspension to anyone who does

not adhere to the rules and regulation of the hostel, hospital and the college as a whole.

We are very much concerned about the student in the NMCTH family, because they are the future Ambassadors of the College.

Wish you a fruitful stay in Nepal Medical College.

Prof. Dr. Manohar Lal Shrestha

Student Welfare and Hostel Committee

Message from the **MBBS Coordinator**

Nepal Medical College and Teaching Hospital, one of the pioneer medical institute established almost two decades back in a private set up, affiliated with Kathmandu University. It is indeed, our pride that more than one thousand medical graduate have passed out from this esteemed institute, serving all over the country as well as abroad in different medical specialties.

The dream foreseen by the leading pioneer Physician, Surgeon, Medical educationist and some of the senior most medical professional of our country, became reality with its establishment till today. This becomes possible with favorable atmosphere between the students and respected medical teachers of our institute. Currently we are following the revised medical curriculum set by the Kathmandu University. This is student centered, problem based, integrated and community oriented teaching learning program. Students are much benefited with four and half years MBBS course and one year compulsory rotating internship program to build up their clinical knowledge and skill, that would be implemented practically to provide standard health care system to the patients.

As a MBBS Coordinator, on behalf of Nepal Medical College, I welcome you all who will choose this institute for undergraduate MBBS program. For better performance from the students, we have year coordinators for every year and in addition, there are mentors for every 10-15 students individually in every year. With this system of close monitoring, students are encouraged to discuss their academic progress in a hassle free friendly environment with their respected mentors.

At last with an effort shown by our efficient faculty members from basic medical sciences and clinical sciences, we are proud to establish Nepal Medical College and Teaching Hospital as a center of academic excellence.

Prof. Dr. Sunil Shrestha
MBBS, MS (Gen. Surgery)



MBBS PROGRAMME

MBBS COORDINATOR : Prof. Dr. Sunil Shrestha

YEAR COORDINATOR

1. First Year MBBS Coordinator : Dr. Smiriti Singh
2. Second Year MBBS Coordinator : Dr. Phanindra Kafle
3. Third Year MBBS Coordinator : Dr. Anup Dhungana
4. Fourth Year MBBS Coordinator : Dr. Giridhar N Pradhan
5. Intern Coordinator : Dr. Rupesh Raj Joshi

BDS PROGRAMME

BDS Coordinator : Dr. Suman Gautam

B.Sc. NURSING PROGRAMME

B.Sc. Nursing Coordinator : Associate Prof. Kalpana Shrestha

YEAR COORDINATOR

1. First Year B.Sc. Nursing Coordinator : Ms. Pratima Ghimire
2. Second Year B.Sc. Nursing Coordinator : Ms. Shrijana Pandey
3. Third Year B.Sc. Nursing Coordinator : Ms Jyotasana Pokharel
4. Fourth Year B.Sc. Nursing Coordinator : Ms. Pratima Pathak





Kathmandu University

Norms and Standards for MBBS/BDS/B.Sc. Nursing programmes

Admission to the Medical Course

To be eligible for selection to the undergraduate medical course, a candidate should have:

- Completed 17 years of age
- Completed 10+2 years of education or Intermediate of Science or equivalent, with Physics, Chemistry and Biology as main subjects and he/she must have passed in all the subjects mentioned above, securing not less than 50% of marks in the subjects mentioned above and also obtain an aggregate of 50% overall.

OR

- Completed B.Sc. degree recognized by the university with one of the following subjects viz. Physics, Chemistry, Biology and at least one other prescribed science subject of study up to the ancillary level and he/she should have scored not less than aggregate of 50% marks; provided that such candidate shall have passed the earlier qualifying examination (10+2 or an equivalent examination) with the subjects Physics, Chemistry, Biology and English.

Registration

A candidate admitted to the course in the University Medical School or any of the affiliated medical colleges shall register with the University by remitting the prescribed fee along with the application form for registration duly filled in and forwarded to the University through the Dean of the School or the Principal of the affiliated college within the stipulated date.

Selection

The selection of the candidates is by:

- a. Kathmandu University Medical Test (KUMET) for Nepali Citizens followed by an interview under self-financing scheme.
- b. Foreign students are required to sit for the KUMET conducted by Kathmandu University. This will be followed by an interview.

Note:

1. *Candidates who are the citizens of India must submit Eligibility Certificate issued by the Medical Council of India, New Delhi for registration of MBBS application forms at NMC for the selection test by interview, failing which, the candidates will be debarred from taking the selection test.*
2. *Nomination from Government of Nepal, Ministry of Education for seats, which comprise 10% of total admission number. Interview by NMC shall not be required for the Government nominated candidates.*
3. *The final approval for admission lies with K.U. A student will be deemed admitted after acquiring a registration number from K.U*

Duration of the Course

It shall be a minimum of four and half years, and one year compulsory internship after passing the final MBBS examination; thus making the total course duration of five and half years.

- First two years shall comprise of study of Part I: basic medical science subjects. No student shall be permitted to join the Part II: clinical sciences until s/he has passed Part I
- b. The remaining two and half years shall be devoted to Part II: clinical science.

c. NUMBER OF ATTEMPTS

- Students must complete all theory papers and practical subjects of I and II Year MBBS within four and half years from the date of admission.
- Students who fail in III MBBS University Examination will have to reappear only in failed subjects in theory and clinical in the university examination to be held after six months.
- Students who fail in final university Examination will have to reappear only in failed subjects in theory and clinical in the university examination to be held after six months.
- d. Attendance- 100% is expected. To meet unavoidable situations one should have atleast 80% in theory & practical.

Objective of Medical Curriculum

The objective of the curriculum for MBBS degree is to produce a well qualified medical graduate who on completion of five and half years (including one year internship) of the undergraduate medical education program will be competent to carry out the clinical, preventive, promotive and rehabilitative roles of a physician.

Medical Curriculum

The curriculum and the syllabi for the course shall be as prescribed from time to time by Kathmandu University. The basic features of the curriculum are as follows:



Attendance and Examinations

1. UNIVERSITY EXAMINATIONS

The University Examination will consist of theory papers and practical subjects including viva-voce, OSPE/OSCE.

Eligibility Criteria for appearing in the University Examinations:

- Attendance: Minimum 80% of attendance in all theory papers and practical subjects separately.
- Students must secure minimum of 50% marks in each theory paper and Practical subject separately in internal assessment.

The University will conduct MBBS Examinations as follows:

- Regular Examinations at the end of II, IV, VII & IX Semesters.
- Compartmental Examination– Six months after the regular university examinations.

2. PRE –CLINICAL SCIENCE

I MBBS University Examination

Theory papers and practical subject– At the end of II Semester:

THEORY

Four theory paper of following in Pre – Clinical Science subject of Anatomy, physiology, Biochemistry, Microbiology, pathology and pharmacology as given in the table below:

Paper	System / Paper
Paper I	Basic concepts, Genetics, Immunology and Immune system

Paper II Autonomic Nervous System, Musculoskeletal System and integumentary system

Paper III Hemopoietic System Cardiovascular System

Paper IV Respiratory System

PRACTICAL

Six practical Examination will be conducted subject –wise in Anatomy, physiology, Biochemistry, microbiology, pathology and pharmacology.

II MBBS University Examination

Theory paper and practical subject– At the end of IV semester:

THEORY

Six theory papers out of which four (V-VIII paper) of following system in Pre Clinical Sciences of Anatomy, Physiology, Biochemistry, Microbiology, Pathology and Pharmacology, along with Paper consisting of Community, Medicine Part I and introduction to Clinical Medicine (ICM) as given in the below:

Paper	System/paper
Paper V	Gastrointestinal and Hepatobiliary system

Paper VI Rental – Electrolyte system, Endocrine and Metabolism system

Paper VII Reproductive system

Paper VIII Central Nervous system and social senses

Paper IX Introduction to Clinical Medicine

Paper X Community Medicine

PRACTICAL

Eight practical examination will be conducted, out of which six are subject – wise: Anatomy, Physiology, Biochemistry, Microbiology, Pathology, Pharmacology, and two other subject in Community Medicine Part I and Introduction to Clinical Medicine.

Problem Based Learning (PBL) teaching learning method & Introduction to Clinical Medicine (ICM) are introduced in all affiliated medical colleges.

IN CASE A STUDENT QUILTS.

In the scenario that a student fails to complete his/ her studies or doesn't fulfill the requirement of KU of pursuing the exams in the allocated number of attempts; or decides to quit the course, the money that has been paid will not be reimbursed.

3. CLINICAL SCIENCES

III and Final MBBS University Examination will be held at the end of VII and IX Semester respectively.

Clinical Course

THIRD YEAR

V SEMESTER

- Community Medicine
- Medicine
- Surgery
- Obstetrics & Gynecology
- Pediatrics

VI SEMESTER

- Community Medicine
- Forensic Medicine
- Ophthalmology
- Otorhinolaryngology
- Medicine
- Surgery
- Obstetrics & Gynecology
- Pediatrics

VII SEMESTER

- Community Medicine
- Forensic Medicine
- Ophthalmology
- Otorhinolaryngology
- Medicine
- Surgery
- Obstetrics & Gynecology
- Pediatrics

FINAL YEAR

VIII SEMESTER

- Medicine
- Surgery
- Obstetrics & Gynecology
- Pediatrics

IX SEMESTER

- Medicine
- Surgery
- Obstetrics & Gynecology
- Pediatrics

Throughout the clinical course students will be posted in the hospital in addition to the lecture classes. This will be augmented by daily sessions devoted to seminars, group discussion, problem based learning and integrated teaching sessions etc.

Internship: Compulsory Rotating Internship Posting

After passing the Final MBBS examination, each and every candidate is required to undergo, one year period of compulsory rotating internship at Nepal Medical College Teaching Hospital.

Nepal Medical Council has made it mandatory for each and every medical graduate to perform the rotating internship of one year at his/her own medical college teaching hospital for which individual medical graduates shall have to get provisional registration from the council individually.

None of the NMC medical graduates are allowed to perform the compulsory rotating internship at any other hospital in Nepal.











Background Information

Nepal Medical College (NMC) is situated in Attarkhel of Gokernashwor Municipality, Kathmandu. It commands a panoramic view of Gokarna Park to the east, and Gokarneshwor temple lies to the north.

The hospital is well linked to various parts of the city by microbus services that ply from it at frequent intervals. Taxi services are also available.

Mission

The mission set by Nepal Medical College (NMC) is to educate and train health care professionals who are competent, caring and compassionate. Doctors and Nurses who imbibe the essence of the medical profession; serve patients with a smile, show empathy and are well versed in the preventive, curative and rehabilitative aspects of health. We aim to develop young minds that are inquisitive about the latest developments in health, and who have the moral character to stand up for what is right.

Vision

- This institution is the first sole Nepalese undertaking in the field of Medical Education in Nepal.
- It is a self sustainable institution that aims to impact medical education on a “global scale” as well as in Nepal. We aim to provide state of the art tertiary health care; as well as the preventive and community service at the primary community level.
- To perform ethically and culturally relevant research to bolster the knowledge of our health care professionals. We also intend to impact research in the country through publications in our journal.
- Our aim is to become an institute of excellence in both clinical practice and academics.



Goals

To provide good, relevant medical education in order to produce health care professionals who are achievers and trendsetters. We hope our products will excel in various fields, so that the reputation of the college grows not only in Nepal, but also across the globe.

Objectives

The objectives of Nepal Medical College are:

- Conduct undergraduate, postgraduate and super specialty programs inculcating the latest trends in medical education.
- Undertake undergraduate and postgraduate programs in different disciplines of health sciences.
- Provide quality tertiary health care from Nepal Medical College Teaching Hospital, including specialty services.
- Actively provide general health care services from community based satellite health centres.
- Conduct continuing medical education programs.
- Carry out clinical, socio-cultural and epidemiological research.
- Improve the health status of the people of Nepal by impacting the health profile of the district, and the country as a whole.
- Develop links with national and international universities, institutions, hospitals, organizations, societies, clubs, foundations, philanthropists and individuals to conduct undergraduate, graduate and postgraduate academic programs. These will also help in providing health care, performing research, exchanging faculty, developing infrastructure, acquiring equipment, collecting endowments, exchanging students and

providing social services. This should result in the development and progress of medical and health science education, and health care services in Nepal.

- Become a self-reliant academic institution par excellence for graduate, post-graduate and doctoral level studies in medical and health sciences education.

Purpose

The purpose of establishing Nepal Medical College by Nepalese professionals was to "sow" the "seed" of self-reliance by setting up a medical college and hospital. This was the first of its kind in Nepal with one hundred percent initiative taken by the Nepalese, for the Nepalese. This has set an example to the "Daughters and Sons of Nepal" to be motivated, to undertake initiatives in establishing similar institutions of their own in the future, for the cause of human resource development in health to give continuity to health sciences education, health care services and scientific research.

NMC Dedication

Nepal Medical College established by the Nepalese, of the Nepalese and for the Nepalese, is dedicated to the people of Nepal.

Motto

Nepal Medical College believes that a student must receive quality medical education based on evidence based scientific truths, develop competent psychomotor skills and demonstrate benevolent, compassionate and empathetic behavior expected of the medical profession. During the MBBS course, one must be exposed to suitable learning experiences in a congenial environment with the help of modern technology for understanding the subject matter. One must also be aware of doing research, which forms an essential part of the medical profession and contributes to the growth of scientific knowledge. Upon achievement of quality education augmented with the knowledge of research, the medical graduate becomes a confident health services provider. Adhering to these principles, NMC believes that quality health care services are only possible when education is complemented with research. Hence, "Education-Research-Service" has been enshrined as the Motto of NMC.





The MBBS Program

Nepal Medical College runs the Bachelor of Medicine and Bachelor of Surgery (MBBS) program of the Kathmandu University. The core curriculum of four and a half academic years comprises of basic medical sciences, community medicine, forensic medicine, medical informatics, community based learning and study of clinical subjects.

The curriculum includes problem-based learning (PBL), which is an initiative of Kathmandu University. We are at the forefront of this program that has been adopted in various institutions globally. The PBL curriculum advocates integrated teaching and learning, which helps the student think of the patient in a holistic manner. PBL has been introduced at the basic sciences level at present. The PBL structure emphasis self study along with critical thinking and teamwork.

After passing the MBBS examination, one year of rotating internship is compulsory at Nepal Medical College Teaching Hospital. The rotating internship is a prerequisite to the licensing examination of the Nepal Medical Council. This examination must be cleared for eligibility to practice as a full-fledged medical doctor.

We also run a postgraduate program in various basic science faculties and clinical departments. The college has also started a super-specialty program in Nephrology and intends to do the same in other departments.

The MBBS Curriculum of Kathmandu University is based on the “SPICES” conceptual framework and lays stress on student centered learning, problem based integrated teaching, community-based learning, elective study and systematic approach to undergraduate medical education. Copies of the MBBS curriculum can be purchased for further detailed information.



Application Procedure

[MBBS / BDS / B.Sc. Nursing]

Applications from eligible students for the Bachelor of Medicine and Bachelor of Surgery (MBBS) program will be invited once in an academic year. For resident Nepalese students as well as foreign students this will be after the Kathmandu University Medical Entrance Test (KUMET). All the students must apply to the Principal for admission. Applications in the names of persons other than the Principal of NMC will not be considered for admission.

Method of Selection of Student at NMC

The students nominated by the Government of Nepal will be enrolled into the program without taking the college interview. The resident Nepalese students under the self-finance scheme must pass the KUMET 2016 (Examination of Kathmandu University) before applying to the college. Equity and equality for both the genders will be honored during the student selection process.

For foreign students a similar KUMET exam will be held followed by an interview.

Admission Procedure

Names of students selected by the NMC Student Selection Committee will be forwarded to the Fiscal section of NMC where the student must pay the required fees. If the principal candidates do not get themselves admitted to the MBBS program within the stipulated date alternate candidates will be automatically selected from the waiting list in order of merit.

Fee Structure

Student Fee Categories

As per the rules of the Government of Nepal and the norms and standard of Kathmandu University.

1. NEPALESE CITIZENS
2. INTERNATIONAL STUDENTS
 - 2.1 Non-resident Nepalese students
 - 2.2 Indian students (Citizens of India)
 - 2.3 SAARC Students (from Afghanistan, Bangladesh, Bhutan, Maldives, Pakistan and Sri Lanka Only).
 - 2.4 Other Countries

Rules and Regulations

Nepal Medical College believes quality medical education is only possible when medical students, medical faculty and the NMC management abide by the rules and regulations set by NMC. Abiding by the rules and regulations helps foster a good environment within NMC without feelings of mistrust among one another. Each is responsible for maintaining its code of conduct for the achievement of the mission and goals of NMC.

NMC believes that all medical students entering the medical college have potential. During their stay in the college it is up to the students to realize their potential, and mold their characters to become capable of facing society with the competencies required of medical graduates.

The main focus of the medical faculty and the management at a medical college is to bring about these changes in the medical students. Hence, it is very important for the students to be obedient to the faculty and the management. All concerned have their specific roles to play in the process of

transforming medical students of today to medical graduates of tomorrow. By far the greatest impact is on the medical student who has to undergo a metamorphosis to convince society to accept him or her as a medical doctor. To develop the right attitude required of a medical doctor, it is essential for the medical students to learn to adapt to the rules and regulations of NMC. Giving up bad habits (if possessed), which society does not deem fit of a future medical doctor, and inculcating good habits suitable to practice medicine efficiently is an effort that must be made by the students.

Each and every NMC student must develop themselves into benevolent, compassionate and empathetic human beings, which are qualities required for the care of patients and the society at large. To achieve these abilities the medical students must always obey their teachers and follow the ideals set by the NMC founder members.

The Rules

The following NMC rules must strictly be followed and obeyed by each and every NMC Student:

WHAT NMC STUDENTS MUST ALWAYS DO

- All NMC students must attend all classes (theory/practical/clinical) regularly and must wear the full NMC uniform, without which they will not be allowed to attend classes. They must also wear their uniform during all examinations.
- All NMC students must respect their teachers and be polite with them as well as with the NMC staff, patients and their relatives, and colleagues.
- All NMC students must respect their senior colleagues and learn from them about medical

science. The seniors are expected to guide their juniors and foster brotherly/sisterly relationships with them, both inside and outside NMC campus.

- All NMC students must respect and obey the NMC management and follow the rules and regulations implemented by them.
- All NMC students are required to safe guard the property of NMC & NMCTH while developing a feeling of family.
- All NMC students must be polite and well behaved with the NMC staff, and they must learn to develop good attitudes, which should be a feature of NMC students. All NMC students must be polite, respectful and empathetic to the patients, patients' relatives and general public and must be well behaved, so that they hold NMC students in high regard as being good medical students and good future doctors.

WHAT NMC STUDENTS MUST NEVER DO

- No NMC student shall be permitted to be engaged directly or indirectly in any activity of political party(ies), inside or outside the premises of the College, Nepal Medical College Teaching Hospital and Community Satellite Centres/District Hospitals, and inside and outside NMC hostels.
- No NMC student shall be permitted to form a student party/student union/student society or organization of any kind inside or outside NMC and its hospitals/community satellite centres and hostels, or be involved in forming student union in NMC, or become member of any other student union(s) and organizations.
- No NMC student is permitted to make fun of or tease, abuse or manhandle, and physically assault faculty/medical doctors/medical administrators/technical staff/patients/patient's relatives/nursing staff/visitors/and other medical

students, and any other person inside or outside the NMC premises.

- No NMC student is permitted to demonstrate in the NMC & NMCTH campus, to participate in strikes by wearing black armbands, or go on hunger strike, or disrupt the normal activity of NMC or NMC Teaching Hospital and community satellite centres/other community clinics or district hospitals/zonal or regional hospitals by demonstrating. Putting up posters or pamphlets inside NMC or outside its premises is strictly prohibited. Defaming friends, faculty and staff of NMC by cartoons or write-ups and putting up such items on notice boards or crossing off or overwriting notices published by NMC is strictly forbidden.
- No NMC student is permitted to remove or take away, damage or destroy property or books, audio visual aids, museum specimens etc. from NMC or NMCTH or the property of other health institutions. Anyone found guilty will be penalized and will be dealt with sternly.
- No NMC student is permitted to continue the academic program if such student(s) have been discontinued from the program by a decision made by the management of NMC and the executive committee of Nepal Medical College.
- No NMC student is allowed to participate in inhuman activities like ragging of other students, locking up class rooms and disrupting normal teaching learning activities, locking up NMC staff, students, faculty, administrators, technicians any other person of NMC & NMCTH for fulfillment of one's own or other's demand(s). Such person(s) if found guilty, will have to bear the consequences that may even result in expulsion from NMC.
- No NMC student is allowed to indulge in substance abuse including drugs, alcohol or

sedatives during or outside class hours. This includes within the college or hospital premises, the hostel or outside. If found guilty this can be considered a criminal offense leading to expulsion and punishable under the laws of Nepal.

- No NMC student is allowed to possess firearms and explosives in the college, hospital or hostels.
- No NMC student is allowed to indulge in antisocial activities, including involvement with outside gangs and miscreants who act against the norms of society.

Should any student(s) of NMC be found violating any of the above set of rules, the name(s) of such student(s) would be put to the executive committee of NMC by the Principal of NMC, which may lead to stern disciplinary actions against such a student, which may even be expulsion from the MBBS program. No appeal shall be heard against the decisions of NMC executive committee, and NMC shall not refund the admission fee paid by such students. The decision of the NMC executive committee shall be final. The committee shall reserve the right to uphold and safeguard the sanctity of medical education and health care delivery system in Nepal, and cannot be challenged in a court of law by the concerned student or his/her parents, relatives, friends or any other individuals, institution or organization, both inside and outside Nepal.

IN CASE A STUDENT QUILTS.

In the scenario that a student fails to complete his/her studies or doesn't fulfill the requirement of KU of pursuing the exams in the allocated number of attempts; or decides to quit the course, the money that has been paid will not be reimbursed.

Physical Fitness Examination

Medical Students who are selected for admission in the MBBS program of NMC must undergo a Physical Fitness Examination at NMCTH immediately after enrollment, which will be done by the general practice department, and are also required to get investigations done as advised by the examining team. The individual candidate must pay the fee for physical fitness examination separately. Should physical disabilities, mental instability and infectious ailments be found to occur in a candidate, such candidates shall be advised necessary treatment. However, should the general practice department feel that such a candidate may not be able to cope with the MBBS program, or is likely to spread the disease to others, he/she will be advised to leave NMC to undergo proper treatment and get completely cured prior to applying for MBBS again. Anyone found to be HbsAg positive and/or HIV positive shall be denied admission.

Even if such a person is listed in the merit list prior to the physical fitness examination and has paid the admission fee he/she shall be denied admission to the MBBS program and will be advised to leave the program. The admission fee shall be refunded in such cases, and the vacancy filled by candidates on the waiting list in order of merit.

NMC Student Outfit

The medical profession has been valued by society the world over as noble and dignified. To justify this, the persons who belong to it must maintain a dress code and be presentable to society while rendering healthcare services. The medical profession the world over is expected to maintain an elegant yet functional outfit that reflects the personality of such a highly esteemed and dignified profession.

A good habit cannot be developed overnight, and requires a long period of nurturing by the person entering the medical profession. To possess such good habits, students of Nepal Medical College must cultivate them from their entry into NMC. One such habit that is expected of them is to develop the NMC dress sense by donning the NMC uniform, which makes them look smart and presentable in the eyes of the patients, relatives of patients, medical teachers and the rest of the public. In addition the uniform will identify NMC students easily for their own safety and security reasons.

Hence, Nepal Medical College demands its medical students (both genders) to wear the full set of uniforms while attending daily classes, as well as during functions and ceremonies within and outside NMC. All students must pin their name tags over the left side of their shirt/coat compulsorily for security reasons. No one shall be allowed to enter the examination halls without wearing the full set of the NMC uniform.

DAILY OUTFIT: FOR (BOTH GENDERS)

NMC believes in the equity and equality of both the genders and has no bias towards any one. As a result the dress code for both the genders is the same.

DURING THEORY CLASS/PRACTICAL/ CLINICAL PLACEMENTS:

1. Grey Woolen/Terry Cotton Trouser.
2. Off white terry cotton shirt, long sleeves for winter, half sleeves for summer.
3. Navy blue Cardigan or V-Shaped pullover with NMC logo for winter months.
4. NMC tie is compulsory every day while attending classes, practical/clinical and during examination.
5. The clip-on personal NMC identity tag must

always be put on over the upper pocket of the apron or shirt while inside the NMC premises for security reasons.

Note:

Items No. 1, and 2 are to be purchased by the student from the market. Items No. 3 and 4 are to be purchased from NMC property section. No. 5 will be provided by NMC. Except wearing of national cap by students, wearing of other types of caps is forbidden during class time in NMC and NMCTH. For practical classes in laboratories and for clinical experience in the hospital(s) for both genders, white terry cotton apron up to knee length with long sleeves is a must. Students will not be allowed inside practical laboratories or hospitals without a wearing apron.

OUTFIT FOR FORMAL OCCASIONS/FUNCTIONS/ VISITS OUTSIDE NMC FOR BOTH GENDERS.

1. Grey Trouser
2. Off white Shirt
3. Navy blue terry cot/terry wool blazer with 2 buttons and patch pockets with two side slits at the back
4. NMC tie
5. NMC crest on the coat left breast pocket
6. NMC - LOGO - Pin on the left lapel of coat
7. Black shoes

Note:

Item No. 4, 5 and 6 are to be purchased from NMC Property Section.



Facilities

LIBRARY

NMC has a very good library facility housing over ten thousand volumes of books. Books are of reference and text categories of which only the text books can be borrowed as per the rules and regulations of NMC Library. National and International Medical Journals belonging to Health sciences are also available. Nepal Medical College Journal, which is the first Nepalese medical journal to be included in the MEDLINE and Index Medicus database (from 2003), is published on a quarterly basis.

The library opens from 0800 to 2400 Hours. Internet, Wi-Fi, Medline, CD-ROM services are also available. Students are encouraged to make use of all the facilities available in the library.

PRACTICAL BOOKS/LOG BOOKS

In order to help students develop practical skills and clinical acumen, they are encouraged to use practical books/log books during the practical/clinical placements during the MBBS program. Nepal Medical College has published practical Books and Logbooks in respective subjects. All students after enrolment must buy respective practical books/ log books from the NMC store section.

FACULTY

NMC faculty members are experienced and competent in their own areas of expertise. NMC has very experienced faculty in all departments. The quality of education achieved at NMC is mainly due to the competencies of its faculty members.

TRANSPORT

Since living in the student hostels is compulsory, college transport facility is not available for students. However, while taking students to different hospitals or health institutions for clinical/community placements or for forensic medicine practical, NMC shall organize transport for the students.

SPORTS

The present NMC premise does not provide space for outdoors games, however the hostel has provision for badminton and basketball.

DAILY TIME TABLE

Sunday to Friday will be working days with Saturday as rest day. Daily academic activity starts at 0900 hours and extends to 1600 hours with a one hour break in between for lunch.

The medical profession needs dedicated members who work day and night in relation to health care. Medical students are encouraged to inculcate such habits of dedication and putting work above self to develop into competent, well trained medical professionals.

EXTRA CURRICULAR ACTIVITIES

For the overall development of medical students, participation in extra-curricular activities is encouraged. Participation in Health Camps organized by NMC is encouraged. Inter Medical College scientific and health sciences related debates, seminars and talk programs meant for medical students form a means of developing communication skills, and widening the horizon of thinking that will provide opportunities for building one's talents and skills.

STUDENT HEALTH CARE SERVICE

Every student who gets admitted in the first year has to undergo a thorough health check up after admission for which the individual must pay.

VACATION

Even though vacations are desired, medical students will not have many during the MBBS program. Medical curriculum is the longest of all the curricula. In the life of a medical student, each day may lead to a new experience.

However, Nepalese festivities and seasonal weather conditions have been considered while making arrangements for vacations. Vacations for "Dasain" in September-October, "Min Pachhas" (Winter Vacation) in January and "Garmi Bida" (Summer Vacation) in July are made available for students during first two academic years.

The nature and duration of vacations during the rest of the two and half years period in clinical years varies according to the clinical teaching/learning activities and hospital placement schedules.

Students cannot take leave and remain absent from their teaching/learning activities when the academic session is ongoing.

They must fulfill 80% of attendance required for appearing in the University Examinations, without which one cannot be sent up for the University Exam.

NEPAL MEDICAL COUNCIL

CODE OF ETHICS

- I solemnly pledge myself to consecrate my life to the service of humanity.





NMCTH

- Even under threat, I will not use my knowledge contrary to the laws of humanity.
- I will maintain utmost respect for human life from the time of conception.
- I will not permit considerations of sex, religion, nationality, race, party-politics or social standing to intervene between my duty and my patient.
- I will practice my profession with conscience and dignity.
- The health of my patient will be my first consideration.
- I will respect the secrets which are confided in me.
- I will give to my teachers the respect and gratitude which is their due.
- I will maintain by all means in my practice, the honor and noble traditions of the medical profession.
- My colleagues will be my brothers.
- I make these promises solemnly and upon my honor.

Nepal Medical College Teaching Hospital provides all the facilities expected of a tertiary level hospital. We are expanding our specialty services and now have diversified into super specialty services.

We have a strong department with of surgery with subspecialties in GI/ Urology/ Neuro Surgery/ Plastic/ Paediatric Surgery. To enhance these we have a strong Radiology Department with both a CT and a MRI. Our Urology services have also been expanded, providing most if not all levels of care. The ENT department has expanded its services and now provides endoscopic and head/neck surgery. Laparoscopic surgery has now become more advanced with a new range of services provided. We also have Plastic Surgery, which has done a lot of work in reconstructive surgery. Similarly, Cardiothoracic and Vascular surgery is another field we have developed. We are in the process of reconstructing our Obstetrics ward to meet the increased demands of delivery numbers. The Obstetrics and Gynecology department have also expanded into the field of laparoscopic surgery.

We have also started a new ICU, Operation Theater and Post-op complex to further meet the demands of the increased surgery specialties.

The medical specialties have also increased with the introduction of Pulmonology. The Nephrology department has increased the number of hemodialysis facilities, and it also runs its own DM program, which will further enhance patient care. We also have a Medical Oncology Department now, which will be an asset in treating cancer patients. Pediatrics has been expanded with the introduction of subspecialty services, mostly gastroenterology and neonatology. We have a fully functioning neonatal ICU, and have already started our pediatric ICU. The Dermatology department has introduced a whole range of new services, including LASERS.

The hospital on the whole has expanded providing new facilities and developing infrastructure where necessary. We hope to continue this momentum into the future to better serve the patients and the community.

OPD SERVICES

Medicine
General Surgery
Obstetrics & Gynecology
Pediatrics
Orthopedics
Urology
Dermatology
Medical Oncology
Pulmonology
Burn and Plastic Surgery
Neurosurgery
Otorhinolaryngology
Psychiatry
Nephrology
Ophthalmology
Immunization
Dental

OTHER SERVICES

24 hours Emergency
MRI
64 slice CT Scan
Ultrasound
X-ray
Physiotherapy
Hemodialysis
Holter Monitoring
Histopathology
Microbiology
24 Hour Ambulance
Paracytology/Hematology
Biochemistry
Pathology
Pulmonary Function Tests
ICU/CCU/NICU

Electrocardiography
Tread Mill Test
Endoscopy/Bronchoscopy

SURGERY SERVICES

General Surgery
Urosurgery
Neurosurgery
Laposcopic Surgery
Pediatric Surgery
Cardio-Thoracic & Vascular Surgery
Plastic Surgery

ADDITIONAL SERVICES

Family Planning & Immunization Clinic
Nutritional Counseling
DOTS Service
Health Education
Adolescent Counseling



Community Satellite Health Centre/Community Hospital



NMC has a Community Satellite Health Centre at Jhaukhel V.D.C of Bhaktapur and runs an OPD thrice a week. The Centre is under the Community Medicine Department, which in association with the other departments provides health services to the community and runs community diagnosis program for second year medical students. The centre is being upgraded to 25 bedded Community Hospital.



BDS

Introduction

Nepal Medical College (NMC) began its academic program since the year 1997 with the initiation of the MBBS Program. It has been running post graduate MD/MS programs in 19 disciplines. NMC has 750 beds where prospective medical students acquire clinical exposure in different branches of medicine.

Since September 2011, Nepal Medical College started the College of Dental Sciences & Hospital - Nepal Medical College (CODSH-NMC) for the Bachelor of Dental Surgery (BDS) program. This is a 4½ academic program, with a 1 year compulsory rotary internship at the end, comprising of high class education taught in the form of lectures, pre-clinical and clinical postings. The course as a whole is an amalgamation of Basic Medical Sciences and Clinical Dentistry with Practical and Laboratory skills development. CODSH-NMC is affiliated with Kathmandu University and recognized by the Nepal Medical Council.

Eligibility Criteria

Students who pass KUMET can apply for the BDS Program in NMC.

The eligibility criteria are as follows:

- Candidate should have completed 17 years of age
- Candidate should have completed 10+2 years of education or Intermediate of Science or equivalent, with Physics, Chemistry and Biology as main subjects and he/she must have passed in all the subjects mentioned above, securing not less than 50% of marks in the subjects mentioned above individually and also have obtained an aggregate of 50% overall.

Academic Session

Academic Session begins in the month of August/September. Each academic year has two semesters consisting of teaching learning activities together with formative and summative examinations. Evaluation is done on the basis of the student's performance all year round and on the basis of their performance in the formative, internal and University Examinations altogether.

Promotion

- The student will be allowed to join Unit III (Second year BDS) even if he/she fails to pass in any number of subjects of Unit II (First year BDS) examination.

- The student must clear all subjects of Part-I BDS (Unit I, II, III & IV) to promote to Part-II (Third year) BDS.
- If a student fails in any subject during Part-I university exam; he/she is allowed only five additional chances to appear in the failed subjects as follows:
 - a) First compartmental examination will be held within six months after completion of regular university examination as scheduled by the university.
 - b) If a student fails in the first compartmental examination he/she will be allowed to reappear in the next regular university examination on that subject.
 - c) If a student fails in this attempt, he/she will be allowed to reappear in the following compartmental examination.



- d) If a student fails again he/she will be given another chance to reappear in the next regular university examination.
- e) If a student fails again he/she will be given last chance to reappear in the next compartmental university examination, failing of which will be subjected to dismissal from the program.
- A student must clear all subjects of First year BDS within 3 ½ years of admission and clear all subjects of Second year BDS within 4 ½ years of admission; otherwise the student will be detained from the course.
- A student must clear all the subjects of Part-I BDS Examination before he/she is allowed to go into Unit V.

- A student must successfully complete all the subjects of Part-II and Part-III BDS examinations to promote to Unit IX or Final BDS.
- **All requirement of BDS program have to be completed within ten years from the date of admission. Failing to do so will lead to automatic dismissal from the program.**

REGARDING REIMBURSEMENT

In the scenario that a student fails to complete his/her studies or doesn't fulfill the requirement of KU of pursuing the exams in the allocated number of attempts, or decides to quit the course, the money that has been paid will not be reimbursed.

Library

CODSH-NMC has an excellent library, setup with E-library and Wi-Fi facilities for 400 at a time. It is well equipped with over thirteen thousand volumes of books consisting of around 1400 titles both for students and faculties. Important national/ international medical, dental and health journals are available in the NMC library.

CODSH-NMC Uniform

CODSH-NMC has its own uniform code for dental students which is mandatory while attending classes and examination, college functions and while representing CODSH-NMC at outdoor projects.

Clinical/Working Hours

During the six working days (Sunday- Friday), the clinical hours will be from 9 a.m. to 4 p.m. in the required departments inclusive of the following: General Medicine, General Surgery, Conservative Dentistry and Endodontics, Oral Medicine and Radiology, Oral Surgery, Orthodontics, Pedodontics, Periodontics, Prosthodontics and Public Health Dentistry.





Acomodation Facilities

Hostel facilities are available for all CODSH-NMC students in the periphery of the College.

Scope of Dentistry

Dentistry, a lucrative profession is concerned with all health problems affecting the oral cavity, which is inclusive of the teeth, gums, oral mucosa and all other oral tissues. It is a professional field which includes all aspects of prevention, treatment, rehabilitation and care of the oral cavity, with recent advances including Aesthetics and Cosmetic Dentistry.

Nepal has about 1850 registered dental surgeons, which would make the dentist: people ratio to be about 16620 patients per one dentist. The World Health Organization has set it to be 1:1000, which clearly indicated the need for a lot more trained professionals in the field of Dentistry in Nepal.

Professionals trained in dentistry have claimed various roles in the health care system at present, ranging from private firms/clinics, academic institutions, hospitals, NGO'S/INGOS worldwide and in the public/government sector as well.

Kathmandu University has the provision for Dental Graduates to pursue their higher post graduate programs (MD/MS) in Anatomy, Physiology, Biochemistry, Microbiology, Pharmacology and MDS in few streams.

Services Provided by Dental College & Hospital

DEPARTMENT OF ORAL MEDICINE & RADIOLOGY

- Clinical & Radiological Diagnosis
- Treatment planning
- Screening of oral precancerous lesions & conditions (Vital staining)

- Treatment of red & white lesions (precancerous lesions & conditions), ulcerations, TMJ disorders, Orofacial pain
- Patient counseling

DEPARTMENT OF CONSERVATIVE DENTISTRY & ENDODONTICS

- Fillings- permanent (Silver Amalgam and Tooth colored), temporary
- Space closure by restoration using Tooth Colored filling materials
- Root Canal Treatment (RCT) – Single visit and Multiple visits
- Re-Root Canal Treatment (Re-RCT)
- Fractured tooth restoration, correction of tooth grinding
- Restoration of discolored / defective tooth surface with Tooth Colored filling materials (Direct and Indirect Veneering)
- Bleaching (Teeth Whitening) – vital and non-vital
- Crown- metal, tooth colored
- Apical surgeries and surgeries related to roots of the teeth

DEPARTMENT OF PROSTHODONTIC

- Complete denture, acrylic Removable Partial Denture (RPD)
- Cast Removable Partial Denture (CPD)
- Full acrylic, metal and porcelain crown / bridge
- All ceramic crown / bridge
- Resin retained bridge / inlay / onlay
- Cast metal dowel core / fibre post core
- Laminates
- Obturator (with or without Teeth)
- Occlusal prosthesis
- TMJ equilibration
- Oral jewelleryes

DEPARTMENT OF ORAL & MAXILLOFACIAL SURGERY

- Minor oral surgeries - OPD based:
 - Extraction
 - Removal of impacted teeth
 - Intermaxillary fixation
 - Simple cyst enucleation
 - Biopsy
- OT based: Management of
 - Trauma
 - Surgical pathologies
 - Temporo-mandibular joint procedures
 - Cleft lip & palate
 - Orthognathic surgeries

DEPARTMENT OF PERIODONTIC & IMPLANT DENTISTRY

- Scaling and polishing, root planning, gingivectomy, operculectomy
- Gingival curettage and root planning
- Flap surgery with or without grafts (GTR)
- Periodontal plastic surgery (Root Coverage) with or without connective tissue graft / Free gingival graft
- Biopsy (Small), excision of gingival polyp / pulp polyp / granuloma
- Crown lengthening, abscess drainage, local drug delivery
- Frenectomy / frenotomy, root resection / hemisection, apicoectomy
- Implant placement with or without bone graft
- Implant placement with sinus lift
- Onlay graft for implant placement
- Single implant crown, implant supported bridge and overdenture
- Treatment of peri-implantitis



DEPARTMENT OF PEDODONTIC

- Restoration, extraction of teeth
- Pulp therapy of primary and permanent teeth (Specification, Apexogenesis, Root Canal Treatment)
- Space maintainer
- Placement of crown for primary and permanent Teeth
- Removable appliances, habit correction
- Behavior modification and management of child patients

DEPARTMENT OF ORTHODONTIC

- Removable and fixed orthodontic treatment
- Invisible orthodontics (Lingual orthodontics, Ceramic braces)
- Orthopedic treatment (Facemask therapy, Head gear, Chin cup)
- Functional (Fixed & Removable) and habit breaking appliances
- Growth modification therapy
- Pre and post surgical orthodontic therapy
- TMJ pain consultation & appliances
- Cleft lip and palate orthopedic therapy
- Orthognathic treatment

DEPARTMENT OF COMMUNITY & PUBLIC HEALTH DENTISTRY

- Screening / diagnosis and treatment of oral diseases in the community through organized dental health camps
- Oral health education, promotion and motivation of the individual/community towards dental services
- School Health Programmes to deliver oral health care for children.
- Community diagnosis program around the periphery for comprehensive assessment of health status of the Community.
- Dental Public Health activities and field experience for students.





B.Sc. Nursing Program

Nepal Medical College started the Bachelor of Science in Nursing Program (B.Sc. Nursing Program) from August 2012, under the affiliation of Kathmandu University, with the main aim to prepare competent B.Sc. nurse graduates to function independently or in collaboration with multidisciplinary health team members in the care of individual, family, group and community. Run by an experienced nursing professionals, the four year B.Sc. nursing program aims to prepare academically and clinically sound nursing graduates who can fulfill the role of care providers, managers, administrators, educators and researchers in various health institutions inside and outside the country.

Duration of the course: four years

Eligibility Criteria

Candidate must have:

- Completed intermediate of Science or 10+2 or equivalent with Physics, Chemistry, Biology and English and should have secured an aggregate of 50% or more marks in the subjects mentioned above put together and aggregate of 50% or overall
- Physically and mentally fit

Selection Criteria

- Entrance Examination: should have obtained at least 50% marks in entrance exam held by Kathmandu University
- Personal Interview: will be conducted in the respective colleges
- 10% of total number of admission seats available for the candidates nominated by the Ministry of Education, Government of Nepal, who shall not be required to attend the interview conducted by NMC.

Core Curriculum to be studied during four year duration

It includes subjects like integrated health sciences, community health nursing, nutrition and dietetics, educational sciences, leadership and management, research and statistics, behavioral sciences, nursing concepts, health economics and clinical related subjects like: fundamentals of nursing, medical-surgical nursing, midwifery nursing, mental health nursing. The four year course also offers specialty courses in the fourth year: such as Intensive care unit/ Critical Care Unit and Operation Theatre.

The curriculum includes the blend of both theory and practical classes. The placements will be as follows:
For clinical Placements: Majority of the clinical placement will take place in Nepal Medical College Teaching Hospital (NMCTH), while for specialty courses, students will have placement in specialized hospital such as Shahid Gopal National Heart Centre.

For Community Placement: Will have placement in one of the communities

For Teaching/Learning Practicum (Under Educational Science): Will be involved in teaching activities within Nepal Medical College and other nursing colleges.

Theory and Practical Hours

For Clinical: Students are required to do rotational shift duties: Morning, Evening and Night duty

For Class: Will be from 8 am to 4 pm.

For Community: Will be from 9 am to 4 pm

Rules and Regulation

- Discipline and punctuality is expected from all students
- At least 95% attendance is expected in both theory and clinical placements
- Students should be in NMC uniform within the premises of College

NMC Uniform for B.Sc. Nursing Students

(As per NMC Code)

- In class: Grey Pant and white shirt, NMC tie, Black shoe, White socks and Navy blue sweater
- In clinical Placement: White Dress with black shoe
- In community placement: Pink Kurta and white Shawl with black shoe



Evaluation System/Attempts

- There will be total three internal assessments (1st internal assessment, 2nd internal assessment, pre-university examination) followed by University Examination.
- Both formative and summative evaluations will take place. It includes theory, practical exam: clinical based practical exam, VIVA, OSPE (Objective Structured Practical Examination)
- Students must pass formative evaluations to appear in summative evaluations.
- Students who fail in any subject (s) in the university examination will have to sit in the compartmental examination usually held after six months.
- Students must pass all the core subjects (Fundamentals of Nursing and Integrated Health Sciences) of first year to be eligible to continue in the third year, though they will be allowed to move into second year.

In case of the student discontinues due to various reasons the money will not be refunded.

Student Hostel

Is available within the premises of Nepal Medical College within the walking distance of 5 to 10 minutes (Hostel norms, rules and regulations should be followed as per the NMC rules and regulations)

Subjects to be studied in four year course

FIRST YEAR

1. Integrated Health Sciences (Part I)
2. Integrated Health Sciences (Part II)
3. Integrated Health Sciences (Part III)
4. Fundamentals of Nursing
5. Community Health Nursing I
6. Nutrition & Dietetics

SECOND YEAR

1. Prenatal Care
2. Natal Care
3. Postnatal Care
4. Behavioral Sciences
5. Community Health Nursing II
6. Professional Trends & Issues
7. Child Health Nursing

THIRD YEAR

1. Medical & Surgical Nursing I
2. Medical & Surgical Nursing II
3. Educational Sciences
4. Mental Health Nursing
5. Nursing Concepts & Theories

FOURTH YEAR

1. Leadership & Management
2. Nursing Research & Statistics
3. Health Economics
4. Specialty Course - ICU/CCU/Oncology Nursing/OT Management

LABORATORIES

NMC has well equipped basic sciences laboratories for learning various theoretical and practical aspects of basic anatomy, physiology, microbiology, pathology, biochemistry and pharmacology. In addition, it has various nursing laboratories (fundamental lab, nutrition lab, midwifery lab and community lab) which aid students to learn various nursing skills required to practice in clinical and community areas.

Hostel Regulations

Prof. Dr. Manohar Lal Shrestha

Student Welfare and Hostel Committee

“Homely, worry free” environment is essential to be able to concentrate in studies to acquire knowledge, skill and change in behavior during their stay in the medical college. With the above objective Nepal Medical College has made it compulsory for all students to avail the hostel accommodation for boys and girls, who reside in separate hostels within the vicinity of the hospital and college complex. This enables them to attend classes, hospital postings and the library even in situations of constraint. Students can interact with their classmates and can get guidance, suggestions and help from their seniors in academic and social matters. Staying in the hostel allows the students to mix and interact with each other and creates an environment and concept of a “NMC Family”.

The Hostel Management office supervises, monitors and runs all hostel activities, which includes accommodation facilities, extracurricular activities and disciplinary activities if necessary.

The college believes the underlying benefits for the students warrant compulsory stay in the hostel.

- Students will have more time for academic activities and can spend late hours in the library and hospital wards.
- Students can interact with teachers, classmates and seniors, and get help regarding their studies.
- Students will have an opportunity to develop skills of adaptation and understanding while

living together. This will enable them to develop self confidence to adjust to any situation, place and time which is vital to become a successful ‘Medical Personnel’

- Students will have opportunities to relax and spend their leisure time on their hobbies like sports, music, literature, social activities etc.
- Students residing in the hostels are under close supervision by the college and hospital faculties, which will help maintain discipline and prevent them from going out of track.
- Security of individuals and their property is taken care by the institution, but students should be equally responsible. They should strictly follow the “HOSTEL RULES” laid down by the institution.

All the students who are admitted during the academic session along with their parents must commit that the student will stay in the hostel during the entire academic period. The students must make a one-time payment for the hostel. No one is allowed to change the room or hostel, and discontinue residing in the hostel after admission. The college management is not responsible for the students staying outside the hostel.

A copy of the hostel rules will be provided to the student staying in the hostel and the college expects them to go through it and follow the given rules strictly. Any act against the rules will be dealt with disciplinary action. This might be asking for a written

explanation for may even lead to suspension from the hostel and the college.

Hostel Management will undertake to provide the basic minimum facilities to students occupying the rooms.

The management is in the process of building its own mess/canteen but till then the students can avail food in the canteens run by private personnel. These are also supervised by the management on and off.

Hostels

MBBS / BDS / B.Sc. Nursing

Separate hostel facilities for female and male students are available in the immediate vicinity of the College. NMC values medical students as one of the most important members of the NMC family. While NMC undertakes the responsibility of imparting knowledge, skill and attitude to its students, it also feels responsible for making arrangements for their residential facilities in the vicinity of the NMC premises. The hostels are managed by Nepal Medical College and by one of the promoter Ms. Kamala Shrestha.

NMC students must reside in the student hostels compulsorily.

Some of the important reasons for this are as follows:

1. The student will have more time for their studies in the NMC library, which has good facilities.
2. Students can interact better with one another regarding their studies, and these interactions will benefit them thoroughly.
3. The students will have more time available to interact with hospital patients even outside the fixed clinical posting hours.
4. They can also take the opportunity to attend clinical teaching at different times and places within the hospital.
5. Most importantly, the students will develop the habit of living individually and gain self-confidence, which is required of a competent medical professional whose place of work is likely to be global.

All the students who will be admitted during the academic session 2016 for the MBBS program starting in September shall be given admission on the basis of merit and on full commitment made by the students and their parents/guardians to live in

the same hostel during the entire MBBS program of 5 ½ years. All students must pay one-time payment for the hostel charges for 4 ½ years at the time of admission to the respective hostel managements. No one is allowed to change hostels or leave the hostel after admission.

During the time of the one year rotating internship, the NMC fiscal section shall pay the hostel charges on the student's behalf to the concerned hostel management and make payment of the rest of the internship allowance to the concerned intern as their subsistence allowance.

Rules and regulations made for the students residing in the hostels shall be provided to the individual residents at the time of allocating the accommodation and must be strictly abided by all those residing in the hostels.

NMC students living in the hostels are warned that "substance abuse" and keeping of explosives and fire

arms in the hostels is strictly prohibited, and anybody found to be involved will face the consequences as per the law of Nepal, which may even be expulsion of the student from the hostel, and discontinuation from the MBBS program.

The College management does not keep daily records of students entering and leaving the hostels for classes, hospital visits, library or going outside. However, for those going home on long leave, records are to be maintained before leaving the hostels. Respective hostel managements shall be directly responsible for looking after the security of the students in the hostels as well as for providing canteen facilities, water supply, electricity (including alternative sources) and other facilities required in the hostels.







NMC Founder



Late Dr. Sachey Kumar Pahari

Date of Birth: B.S. 1991 Shrawan 31

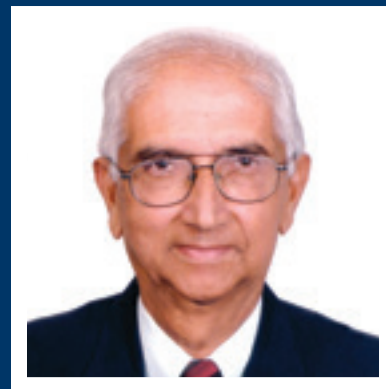
Date of Decease: B.S. 2072 Baishakh 4



Late Prof. Dr. Anjani Kr. Sharma

Date of Birth: B.S. 1985 Jestha 25

Date of Decease: B.S. 2071 Aswin 21



Dr. Ram Ratna Upadhayay

Date of Birth: A.D. 1937 June 1



Mr. Lambodhar Neupane

Date of Birth: A.D. 1956

NMC Promoters

Community Medicine

Dr. Shyam Prasad Bhattarai MD, DCH, MPH

Dermatology

Dr. Anil Kumar Jha MBBS, MD

Dental Surgery

Dr. Kishor Kumar Pradhan BDS, FDRCS, FFDRCS

Engineering and Infrastructure Development

Er. Bam Dev Gyawali BE, ME

Er. S. P. Baral B. Sc. Eng. (Mech.)

Er. Shital Karki B.E. (Hons) Diploma Education Tech.

Er. Yogeshor Krishna Parajuli B. Arch.

Er. Ram Badan Shrestha MS

Mr. Hari Prasad Pandey

Mr. Surya Bahadur K.C.

Mr. Lambodar Neupane

Mr. Prakash Kumar Shrestha

Ms. Chandani Bohara

Mr. Namgyal Lama

Mrs. Kamala Devi Shrestha

Mrs. Bhubaneshwori Malla

General Practice

Dr. Lily Pahari MD

Medicine

Dr. Sachey Kumar Pahari MBBS, MRCP, DTM & H, FRCP

Dr. Ishowar Lal Acharya MBBS, MRCP, FRCP

Dr. Guru Prasad Dhakal MBBS, MRCP

Dr. Madan Kumar Piya MBBS, DTM & H, DTCD, SCCP

Dr. Anil Pahari MBBS, MD, MRCP

Medical Education

Dr. Shekhar Babu Rizyal MBBS, DTCD, MHPED

Microbiology

Dr. Bhisma Raj Prasai MBBS, DCP

Obstetrics & Gynaecology

Dr. Kanti Giri MBBS, MRCOG, FRCOG

Dr. Sanu Maiya Dali MBBS, MD, FICS, FIC, MCH

Dr. Pramila Pradhan MBBS, DRCOG, MRCOG, FRCOG

Dr. Bholi Rijal MBBS, DGO, MCPS, FICS

Dr. Prayaschit Shrestha MBBS, DGO

Ophthalmology

Dr. Om Krishna Malla MBBS, DO, FRCS

Dr. Rajesh Kishor Shrestha MBBS, MD

Otorhinolaryngology

Dr. Rakesh Prasad MBBS, MS

Paediatrics

Dr. Indira Upadhyay MBBS, DCH

Dr. Dharma S. Manandhar MBBS, DCH, MRCP, FRCP

Dr. Bishnu Prasad Pandit MD, DCH

Dr. Hari Krishna Banskota MBBS, MD

Dr. Sabina Pahari MBBS, DCH, MRCP

Dr. Satyam Upadhyay MBBS, MD

Pathology

Dr. Shyam Kumar Rauniyar MBBS, MD

Dr. Shambhu Nath Jha MBBS, M. Phil

Radiology

Dr. Anand Prasad Shrestha MBBS, MD

Radiotherapy

Dr. Gisup Nikha Prasiko MBBS, DLO, MD

Surgery

Dr. Lok Bikram Thapa MBBS, FRCS, FICS

Dr. Dhurba Sharma Mudvari MBBS, MS, FICS

Dr. Manohar Lal Shrestha MBBS, MS, FRCS

Dr. Upendra Devkota MBBS, FRCS

Dr. Ashok Rana MBBS, MS, FRCS, FRCS (Ire), D. Urology

Dr. Dharma Raj Shrestha MBBS, AFACA, PhD, D.ONCO

Dr. Sunil Kumar Sharma MBBS, FRCS

Dr. Anjan Rijal MBBS, FRCS, PG Diploma in Urology

NMC Song

Glory be to GOD, the Creator of the Universe,
Assembled at NMC are we
Daughters and sons of the globe,
To devote ourselves to the service of Humanity,
Through Education, Research, Service
The MOTTO of NMC.

May empathy and compassion, in
All humility,
Perseverance and motivation kindled within,
Empowered with knowledge, skill and
Good conduct we,
Be competent to serve the entire
Human Community.
Concerned and caring
To the human being,
Comforting and curing with the
Noblest Art of Healing,
Preach may we for betterment
Of well being,
Respecting Human Values,
To the best of our ability.

Indebted for their love
Ever we, to our parents be,
Bow in reverence,
To our teachers, wherever we see,
Enabling us become members
Of the Health Profession,
Always be grateful to
Nepal Medical College in devotion.





NMC Logo



Enshrined within the rich cultural heritage and reflective of the beliefs, values and customs followed by the majority of the twenty three million people living over the plains, the hills and the mountains of the Himalayan Kingdom of Nepal, the Logo of Nepal Medical College depicts the original Nepali Pagoda style temple with yellow roof of the most sacred national deity - Pashupatinath, the incarnation of Lord Shiva who, symbolises benevolence, compassion and mercy and is Omnipresent and Omnipotent in the form of “Brahma” - the Creator of the universe; “Bishnu” - the Purveyor and Preserver of life; and “Maheshwora” - the Assessor of one’s deeds on this earthly abode of mankind who recycles human life with rebirth.

Lying on the forefront of the sacred temple, is the “Satkond” in red which represents the Goddess of learning “Saraswoti”, and inscribed crescentically over which is “Education Research Service” the motto of Nepal Medical College. On the sides of “Satkond” are written 1996 and 2052 which denote the Gregorian Calendar followed internationally, and Bikramaditya Era followed officially in Nepal, specifying the year when the concept for the founding of Nepal Medical College took place for the first time. Entwined around the white rod standing from the centre of “Satkond” are two serpents in green which symbolize the medical profession internationally and believed in Nepal to be the ornaments that adore the neck of Lord Shiva. Likewise, the two serpents represent female and male students of Nepal Medical College and the Rod that provides the support to the serpents to stand off the ground symbolises the Medical Faculty who helps her / his students to acquire knowledge, develop psychomotor skill and inculcate good behavior at Nepal Medical College.

The blue circle drawn around the Temple and “Satkond”, embossed over with Nepal Medical College, conceptualizes the “Global Village”, the reminder of the Hindu Philosophy “BasudhaibaKutumbakam”, signifying, that all human beings belong to the same universal Homo Sapiens family, and that anyone from anywhere in the world, irrespective of human made nationality, is welcome to Nepal Medical College for “Education-Research-Service”.

(The NMC LOGO has been designed by Mr. UttamKharel, Asst. Lecturer (Graphic Designing and Illustration), Maharajgunj Campus, Institute of Medicine, on the conceptual framework discussed by Dr. ShekharBabuRizyal, Founder Principal of Nepal Medical College who has attempted to depict to some extent the concept of NMC Logo based on the Nepalese perspective, Hindu philosophy and Medical Education.)

NMC Flag



Nepal Medical College (NMC) and Nepal Medical College Teaching Hospital (NMCTH) form two sides of the same health institution, established primarily for imparting Bachelor of Medicine and Bachelor of Surgery (MBBS) program in Nepal. Because of the necessity for the amalgamation of the college and the hospital into one single entity as demanded by the academic program, the NMC FLAG has been designed to represent both Nepal Medical College and Nepal Medical College Teaching Hospital in order to symbolize integration of Health Sciences Education and health care services.

Similar in shape to that of the national flag of Nepal, it has blue colour border, which, in reverence to the greatest son of Nepal, the universal apostle of peace, Gautam the Buddha, stands for peace and signifies Nepal's claim for the zone of peace. The background of the flag is white, which symbolises purity and depicts the colour of the attire of the Health Professionals in most parts of the world. It also signifies purity of mind, clarity of thoughts, truthfulness and honesty in behaviour, the essential qualities possessed by the Health Sciences Students and Health Professionals of NMC, following the examples set by the greatest daughter of Nepal, Sita.

On the centre of the NMC Flag lies the symbol of Red Cross, which represents the universal symbol that stands for providing help to alleviate the sufferings of the Humanity and represents Nepal Medical College Teaching Hospital. On the forefront of the Red Cross stands the NMC Logo, which represents Nepal Medical College, established by the people of Nepal, which imparts health sciences education to create health professionals for alleviating the sufferings of the humanity. As the NMC Logo and Red Cross integrate and blend with each other in the NMC FLAG, so do the functions of Nepal Medical College and Nepal Medical College Teaching Hospital in transforming Health Sciences students into competent Health Professionals in the service to humanity.

May the NMC Flag flutter ever high and encourage Health Sciences students and health Professionals to fly high in their study and career.

(The NMC FLAG has been designed by former NMC Bio-Medical Engineer Mr. Raj Bhakta Shrestha and the text written by Founder Principal Dr. S. B. Rizyal)



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