

BINAYA KANDEL, MPT CMP

Deputy Chief Physiotherapist (9th Level)

Ministry of Health and Population

Unit Chief, Physiotherapy Unit

National Academy Of Medical Sciences

Bir Hospital

Email: kandelbinay@gmail.com

ORCID ID: <https://orcid.org/0000-0003-2059-3029>

Mobile No: +977-9843609097



PROFESSIONAL REGISTRATION:

Nepal Health Professional Council (NHPC No.): 100 PHY

General Secretary NEPTA 2021-2024
(Nepal Physiotherapy Association)

Executive Member NSHRR 2021-2023
(Nepalese society for Hand Rehabilitation and Research)

Executive Member NEPTA 2016-2018
(Nepal Physiotherapy Association)
Member NEPTA (2012-Till date)

PERSONAL DETAILS

Date of Birth	2044-09-06(BS) / 1987-12-22(AD)
Nationality	Nepali
Permanent Address	Khairahani-13 Chitwan Nepal
Temporary Address	Suryabinayak-2 Balkot Bhaktapur, Nepal
Father's name	Late Netra Prasad Kandel
Mother's name	Late Bishnu Maya Kandel
Fluent Languages	Nepali, English and Hindi.

EDUCATION

S.N	Level	Institution	Board/University	Completed Year (BS/AD)	Percentage Obtained
1.	S.L.C	Modern English Boarding school, Parsa, Chitwan	SLC Board HMG Nepal	2060/2003	82.00
2.	10+2	Kathmandu Bernhardt College, Tahachal, Kathmandu	HSEB Nepal	2063/2006	79.40
3.	B.P.T	Padmashree Institute of Physiotherapy Bangalore India	Rajiv Gandhi University of Health Sciences Bangalore India	2069/2012	82.82
4.	MPT (Musculoskeletal and Sports)	SDM College of Physiotherapy, Dharwad India	Rajiv Gandhi University of Health Sciences Bangalore India	2072/2015	58.75

ACHIEVEMENTS

Prized with **B.M Hedge Gold Medal**. Designated as **1st Rank holder** for 2007-2012 batch in Bachelors of Physiotherapy by Rajiv Gandhi University of Health Sciences, Karnataka India.

Awarded: **The best outgoing student** of the batch 2007- 2012 from Padmashree Institute of Physiotherapy, Bangalore India,

Awarded as **Best Scientific Paper Presentation** in NEPTACON 2017, Organized by Nepal Physiotherapy Association.

PROFESSIONAL EXPERIENCE

1. Currently Working as Deputy Chief Physiotherapy Ministry of Health and Population posted as Physiotherapy Unit In-charge, National Academy of Health Sciences , Bir hospital.
2. Worked as Lecturer/ Consultant Physiotherapist at department of Physiotherapy Dhulikhel hospital, Kathmandu University school of Medical sciences from 1st September 2015 till 26th July 2021.
3. Worked as Physiotherapist for **1 YEAR** at Grande International Hospital from 1st September 2015 to 31st August 2016.
4. Worked as Physiotherapist in Emergency Disaster Management Project After Massive Earthquake 2015, under Handicap International for **3 MONTHS** from 7th June 2015 to 31st August 2015.
5. Worked as Physiotherapist, at Spark Health Home, Kathmandu for **1 YEAR** from 1st August 2012 to 31st July 2013.

Dissertation

1. A study to evaluate the impact of frozen shoulder in terms of pain, disability and poor quality of life in diabetic patients - A Cross sectional study.

Publication

1. Published as original Editor in Physiopedia on the topic “Telehealth for Knee Arthroplasty” https://www.physio-pedia.com/Telehealth_for_Knee_Arthroplasty?utm_source=physiopedia&utm_medium=search&utm_campaign=ongoing_internal
2. **Kandel B**, Badal S. Level of Pain and Physical Function in Patient with Chronic Knee Pain Visiting Dhulikhel Hospital. Kathmandu Univ Med J. 2021; 73(1):52-6. DOI: <http://dx.doi.org/10.21203/rs.3.rs-74073/v1>
3. **Binaya, K.**, Kajal, T., Ranjeeta, A.S. *et al.* Responsiveness of Nepali version of Oswestry Disability Index (ODI) on individuals with non-specific low back pain. *J Patient Rep Outcomes* **5**, 67 (2021). <https://doi.org/10.1186/s41687-021-00343-9>
4. Shrestha R, Khadka SK, Thapa S, Malla M, Basi A, Bhandari P, Aryal L, **Kandel B**, Adhikari U. Successful Outcome of Anterior Cruciate Ligament (ACL) Reconstruction by

Hamstring Tendon for Anterior Cruciate Ligament Deficit Knee at a University Hospital: A Descriptive Cross-sectional Study. JNMA J Nepal Med Assoc. 2021 Dec 11;59(244):1283-1288. <https://doi.org/10.31729/jnma.7149>

5. Published Awareness/Information article on Evidence based Physiotherapy Practice on Swasthyakhabar. <https://swasthyakhabar.com/story/45377>

6. Published Awareness/Information article on Physiotherapy Specialized Service : Need of time on Swasthya Khabar patrika <https://swasthyakhabar.com/story/45770>

Supervised researches

1. Prevalence of Risk of Hamstring Injury Using Single Leg Hamstring Bridge Test Among Nepalese U-16 National Football Players Using Single Leg Hamstring Bridge Test: A Cross Sectional Study

2. Responsiveness of Nepali Version of Oswestry Disability Index (NODI) on Individuals with low back pain

3. Evaluation of Test-retest Reliability of Nepali version of Oswestry Disability Index (NODI) in Low back pain patients in adequate sample size as stated by COSMIN Manual

4. Level of pain and physical function in patient with chronic knee pain visiting Dhulikhel hospital: A cross sectional study

5. Physical activity level in patients with knee osteoarthritis visiting Dhulikhel hospital: A cross sectional study

WORKSHOPS AND CONFERENCES

➤ Attended 8 days **MULLIGAN'S MOBILISATION WITH MOVEMENT**, workshop Training by Deepak Kumar, Capri Institute of Manual Therapy, held from 8th to 16th October 2014 at SDM college of Physiotherapy.

➤ Participated in NEPTACON 2016, National Physiotherapy conference in Nepal as organizing committee, as organizer.

➤ Participated in ORTHOCON 2017 (National Orthopedic Conference in Nepal) held in Feb 15-17 at Hotel Yak and Yeti Kathmandu.

➤ Presented Scientific Paper on ORTHOCON 2017 (National Orthopedic Conference in Nepal)

➤ Participated in ORTHOCON 2018 held in Feb 15-17 at Nepalgunj.

➤ Presented Scientific Paper on ORTHOCON 2017 on the topic "Translation, cross-cultural adaptation and Psychometric properties of the Nepali Versions of different Outcome Measures."

➤ Participated in ORTHOCON 2018 held in Feb 15-17 at Biratnagar.

➤ Presented Scientific Paper on ORTHOCON 2018 on the topic "Prevalence of Risk of Hamstring Injury Using Single Leg Hamstring Bridge Test Among Nepalese U-16 National Football Players Using Single Leg Hamstring Bridge Test: A Cross Sectional Study".

- Participated in NEPTACON 2018, National Physiotherapy conference in Nepal, as organizing committee.
- Participated in KUPHYSIOCON 2019, Kathmandu University Physiotherapy conference in Nepal, as organizing committee.
- Facilitated and presented on "Orientation on Rehabilitation clinical protocol: Non-specific low back pain and Osteoarthritis of Knee during Nepal Physiotherapy conference NEPTACON 2021 on 19th and 20th November 2021

Conducted Workshop/CPD

1. Conducted specific orientation on Continuous professional development on Musculoskeletal condition: Non-specific low back pain, to government Physiotherapists Under USAID's Physical Rehabilitation Activity (PRA) project on 19th Dec 2021 at Surkhet.
2. Trainer for Disability Management and Rehabilitation Training of Trainers invited by LCDMS/EDCD dated 28 March - 1 April 2022 at Nepalgunj.
3. Conducted Workshop on "Evidence Based Practice: Application in Physiotherapy Clinical Setting" on 16th April 2022, at Janakpur as facilitator/resource person.

REFERENCES

- Professor Dr. Ranjeeta S Acharya,
Co-ordinator Physiotherapy Program Kathmandu University School of Medical Sciences,
Dhulikhel Hospital Kavre Nepal
Mobile No: +9779841652528)
Email: ranjeetashija@gmail.com
- Jenny Ball AM, Physiotherapist, CHT, AHT,
Past President AHTA, Member ASHT,
Life Member AHTA, APAM, Member ANZBA,
Associate Member Interplast Australia.
Email: ballcarm@netspace.net.au
- Associate Professor Gillian Webb AM
Physiotherapy, Faculty of Medicine, Dentistry and Health Sciences,
Executive Committee Member WCPT-AWP Region
Alan Gilbert Building, The University of Melbourne, Victoria 3010 Australia
Mobile: +61488450404
Email: g.webb@unimelb.edu.au