

Curriculum-Vitae

Ram Hari Adhikari

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Carrier Objective

I am public health graduate having aim to contribute to nutrition and occupational health and safety through advocacy, research and policy formulation and their implantation in Nepal and other countries.

A. Academic profile

- 1. M.Sc. Public Health: - 2010-11, Bournemouth University, UK**
- 2. Post Graduate Diploma in Health Care Management: -2008-09, Pokhara University**
- 3. Master in Education (Health): -2002-04, Tribhuvan University**
- 4. Bachelor in education (Major subject- Health Education): - 1998-2002, TU**
- 5. Certificate in General Medicine, 1998-2001**
- 6. Short Term Course on Food & Nutrition, Planning & Management: - 2007, University of the Philippines, Los Banos**

B. Professional Experience

- 1. Currently working as Occupational Health and Safety Expert and Trainer at ADB funded ERMC/PLUS for CASSC-03 of KUKL/PID, Kathmandu since April 2022 till date.**
 - 1.1 To support PID/KUKL for designing occupational health safety policy and guideline and ensure occupational health and safety of the workers and provide essential training to the beneficiaries of the project.**
 - 1.2 To conduct HRIA and prepare the reports.**
 - 1.3 To monitor the construction sites and labour camps and instruct for necessary actions for improvement.**

- 1.4 Working as a **Certified trainer of OHS and First Aid Training (NEBOSH Certified)**
2. **Senior Technical Officer, Health System Strengthening and Health Information System based in Nepalgunj, for the USAID's Strengthening System for Better Health Activities (SSBH) from April 2018 to April 2022.**
 - 2.1. Supported all 28 municipalities of Banke, Surkhet and Dailekh districts to develop health policies and guidelines especially **health and safety** and implementing them in their 181 health facilities.
3. **Worked as Lecturer of Food and Nutrition at the Central Department of Home Science, TU from February 2018 to April 2018**
 - 3.1 Engaged in **research activities** of College of Applied Food and Dairy Technology (CAFODAT) in the same time.
4. **Worked as District Program Coordinator in the Health For Life(H4L) Project of the USAID/RTI for Dailekh District (from the 9th of October, 2017 to 9th of February, 2018)**
 - 4.1 Coordinated the **Health for Life** district team and coordinate with all stakeholders in the district to implement public health related program in Dailekh district.
5. **HRRP Coordinator (Also taking over the role of Nutrition Specialist), Plan International Nepal, Hetauda Field Office, Makwanpur (From November 2016 to October 2017)**
 - 5.1 Coordinated all the stakeholders of Makwanpur for reconstruction after earthquake in Makwanpur district.
 - 5.2 Acted as the member of Emergency Response team.
 - 5.3 Supported the NRA team **to ensure Health and safety during the reconstruction works.**
6. **Program Coordinator, ER WASH Public Health Promotion, Plan International Nepal (Since 1st of February till 31st of October,2016)**
 - 6.1. Coordinated the ER WASH public health activities and supported to ensure **health and safety during the reconstruction and WASH activities.**
7. **Program Coordinator, Emergency WASH Response Project, CDECF in partnership with Mission East in Sindhupalchowk from September till the end of December 2015**
 - 7.1 Led 33 membered emergency WASH project team and accomplished the declaration of 4 VDCs as ODF **ensuring Health and safety works in the field.**
8. **Program Director, Kingdom Investment Nepal from 22nd January to August 2015**

8.1 Led and coordinated the whole 65 staff's team of KI Nepal to control the girls trafficking in Nepal..

9. **Evaluation Consultant, Mental Health Project, United Mission to Nepal (UMN-From November 1st to end of December 2014)**

9.1 Evaluated the mental health project of the UMN in its projects in five districts of Nepal

9.2 Provided recommendation for the design of this project in the next phase.

10. **Research Coordinator and Lecturer of Nutrition and Food Security Planning and Management, College of Applied Food and Dairy Technology (CAFODAT)(Affiliated to Purvanchal University, Kathmandu Nepal, April, 2014 to January, 2016)**

10.1 Taught **Food and Nutrition Planning and Management** to M.Sc. Nutrition at CAFODAT and Applied Family Health to the BPH students of Yeti and Epidemiology to the BPH students at Everest College of Nursing and **provided research guidance to the students of Master of Nutrition and Dietetics** of CAFODAT College (20 students)

11 **Manager, Nepal Anti -Tuberculosis Association (NATA), Kalimati Chest Hospital, Kalimati, Kathmandu, Nepal, (2010 March-2010 Sept)**

11.1 Managed and administrated a 25 bedded chest hospital as a management head.

12 **Nutrition Project Coordinator followed by Community Development Coordinator, World Vision International (WVIN), Kathmandu, Nepal (2008 Feb- 2010 March)**

12.1 Looked after four projects of the World Vision Lamjung i.e., Community Nutrition project, Food Security Project, Water and Sanitation Project and HIV/AIDS project as a project coordinator.

12.2 Worked as the "Feeding Coordinator" during the **flood of Koshi in 2008**.

12.3 Participated to prepare the "Emergency Response Plan" coordinated by UNOCHA for the health and nutrition cluster.

13 **Community Nutrition Officer, United Mission to Nepal/Nutrition Program (UMN/NP) & Nutrition Promotion and Consultancy Service (NPCS), Kathmandu, Dhading, Tanahun and Makwanpur Nepal (2002 (Oct- 2008 March)**

12.4 Participated in design, implementation, evaluation, and monitoring of the community nutrition projects.

14. **Health Assistant, District Health Office, Budhathum Dhading (2002 Feb- 2002 Oct)**

14.1 Worked as the Health Assistant of Budhathum HP, Dhading

15. **CMA/ Health and Safety Officer at Khimti Hydropower Project, Dolakha** from August 1996 to February 1999

15.1 Supported in treating the employees and their families and the nearby villagers who have got wounded and sick during or beyond work time as a clinical person.

15.2 **Supported the project management in ensuring the safety of the workers during their work in the tunnel and high-risk zones.**

C. Academic Works

1. Published book on “ **Nutrition Intervention for the Malnourished Children in the South Asia**” (M.Sc. Thesis) from Lambert Publication, Germany.
2. **Guided twenty research students of master’s degree in nutrition and dietetics** while with CAFODAT College of Puvanchl University and three students of master’s in health care management of National Open College (Pokhara University)
3. Presented on “ **Impact of Health Service on Tourism of Nepal**” in Nepal Study Day, Edinburg, April 2013
4. Published paper on “ **Impact of Health Service in Tourism of Nepal**” in the Journal of NEPAN-‘Participation 14’..
5. Published paper “ **Patient’s Perception Regarding Nursing Care at Inpatient Department of Hospitals in Bhaktapur District**” in **International Journal of Scientific and Research Publications** as the second author with Sumitra Twayana, <http://www.ijsrp.org/research-paper-0515/ijsrp-p4123.pdf>
6. Published paper “ **Effect of Complementary Feeding Practices and Nutritional Status of Children (6-23 months) in Tamang Community, Ambhanjyang VDC of Makwanpur**” in **Janaki Medical College Journal of Medical Science** together with Pratik Pokharel, Anju Adhikari and Prakash Lamsal, <https://www.nepjol.info/index.php/JMCJMS/article/view/17984>
7. Designed and led a research on child marriage issue in Makwanpur.

D. Training/Workshops attended

1. DHIS2, HMIS, e/LMIS, Data Presentation, Qualitative research and other trainings
2. Planning workshop of the USAID’s health activities in Nepal
3. Emergency Response Training organised by Plan International
4. Basic Security Training organised by UNSSD
5. SUN movement organised by Civil Society Association of Nepal (CSAN)

6. LQAS training by World Vision Canada
7. Several other trainings related to job and profession

E. Other Affiliation

1. Registered in Health Professional Council Reg. No: - 473 Jan PH Date of issue: - 22/10/2026
2. Member of Nutrition Promotion and Consultancy Services (NPCS) from 2005 till date
3. Member of Nepal Participatory Action Network (NEPAN) since 2008
4. Organizational member of **Civil Society Alliance for Nutrition in Nepal (CSANN)**.

F. Other engagement: -

1. Wrote a book on ‘ **Need of Health and Nutrition and WASH and their Planning Process in the Local Level**’ during the leisure time (not published yet).

G. Reference

1. Dr. Deepak Paudel

Deputy Chief of Party

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