

## **DILDIP KHANAL(BPT, MPT)**

### **(Physical Therapist)**

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Date of Birth: 1988/01/28

Last Update: 02/01/2023



## **ACADEMIC QUALIFICATION**

*2011-2013*

**Master of Physiotherapy in Neurology**, Pravara Institute of Medical Sciences, College of Physiotherapy, (Deemed University), Loni (Bk) - 413 736, Maharashtra State, India

*2005-2009*

**Bachelor of Physiotherapy**, KLE'S Institute of Physiotherapy (RGUHS University), Belgaum - 590 010, Karnataka State, India

*2003-2005*

**+2 in Science**, National School of Sciences (NIST), Lainchaur, Kathmandu, Nepal

*2003*

**School Leaving Certificate (SLC)**, Himachal Boarding School, Pokhara, Nepal

## **PROFESSIONAL CAREER**

*SEPTEMBER 2016 TO TILL DATE*

**Currently working at** National Trauma Center, Mahankal, Kathmandu, Nepal

*Key roles performed:* Design of physiotherapy plan on need and right based approach for OPD and IPD patients.

*SEPTEMBER 2015 TO SEPTEMBER2016*

**Senior Program Officer-CBR**, Karuna Foundation Nepal, Baluwatar, Kathmandu, Nepal

*Key roles performed:* Design of physiotherapy plan on need and right based approach, capacitate CBR facilitator through training, coordination with department/sections within the organisation for timely and effective implementation of activities and avoid duplication of work, coordination with government and other organisations working in disability to share knowledge and work and to create synergy in outcomes, field visit and assessment camp organisation at

working districts, timely report submission of the program outcomes to concern stakeholders.

*MAY 2015 TO AUGUST 2015*

**Physiotherapist**, Handicap International, Sallaghari, Kathmandu, Nepal

*Key roles and achievements:* worked as a Team leader on planning, supervision and support, ensuring the quality of physiotherapy treatment and follow up services as per HI standard and monitoring the targets, handling emergency situations based on need base, reporting, documentation, data activities and lessons learnt from response team and used in future.

*JANUARY 2014 TO JANUARY 2015*

**Training Manager**, BIKASH Nepal, Green Pastures Complex, Pokhara, Nepal

*Key functions performed:* Design/develop/provide training packages based on market demands/needs in consultation with program manager and executive director, facilitate all centre and field based training, ensuring high standard quality and impact assessment of training, impact assessment of the training, In the field visits- identify the disable people; provide therapeutic treatment & design home program; make aware about the disability card & the facilities that the government is providing for disable people; refer them to concern organisation who are working for improving their quality of life.

*JANUARY 2010 – JULY 2011*

**Clinical Therapist**, Vinayak Hospital and Maternity Home Pvt. Ltd. Gangabu Chowk, Kathmandu, Nepal

*Key functions performed:* worked as a clinical therapist to manage OPD/IPD clients

*JUNE 2009 - DECEMBER 2009*

**Clinical Therapist**, Vijaya Hospital, Belgaum, Karnataka State, India

*Key performance:* worked as a clinical therapist to manage OPD/IPD client

### **OTHERS:**

1. **As a Resource Person:** Worked as resource person to provide Assistive Devices Training on Orientation, Measurements Techniques and Prescription for CBR-Facilitator of Karuna foundation Nepal, *organized by Karuna Foundation Nepal, Kathmandu Nepal.* (8<sup>th</sup> August 2017)
2. **As a Consultant-Physiotherapist:** Worked as a consultant physiotherapist during the Identification of Person with Disability, Disability ID Card Distribution, Providing appropriate Assistive devices and Physiotherapy Treatment to the persons with disability during the camp jointly *organized by District Health Office Ilam, Women and Children Office Ilam, Ilam Municipality and Karuna foundation Nepal, Ilam* at various places of Ilam. ( on 22<sup>nd</sup> Jan to 12<sup>th</sup> Feb 2018)
3. **As a Resource Person:** Worked as a resource person to facilitate the training session ToT on Package of Essential Non -Communicable Diseases on the topic “Overview of Physical Activity, its types and role of Yoga”, *organized by National Health Training Center, Teku, Kathmandu.* ( on 2018 and 2019 for 6 batches)

4. **As a Modulator:** Worked as an exam paper modulator of second year Diploma in Physiotherapy under CTEVT, Bhaktapur. (On 2018.)
5. **As a Resource Person:** Worked as a resource person for revision of second and third year Diploma in Physiotherapy Curriculum, organized by CTEVT, Bhaktapur. (On 2019)
6. **As a member of Physiotherapy Subject Committee:** Currently working as a member of physiotherapy subject committee for Pokhara University (PU) from 2075/04/14 till two years.

### **PROFESSIONAL CONTRIBUTIONS WITH PAPER PRESENTATION**

**Oral Presentation on:** “Clinical Utility of Electronic Balance Board and Treadmill Training in Pott’s Paraparesis- A Case Study” in **18<sup>th</sup> International Congress of Rural Health and Medicine**, Kala Academy, Panji, Goa, India. (December 10-12, 2012)

**Oral Presentation on:** “Effectiveness of Pelvic PNF Technique in Facilitation of Trunk- A Pilot Study” in **1<sup>st</sup> International Conference of Indonesia Physiotherapy Association 2018** at Bali Nusa Dua Convention Center, Bali. (14<sup>th</sup> -16<sup>th</sup> August 2018)

### **RESEARCH STUDY AND PUBLICATIONS**

**DildipKhanal, R.M Singaravelan, Subhash M. Khatri (2013) Effectiveness of Pelvic Proprioceptive Neuromuscular Facilitation Technique on Facilitation of Trunk Movement in Hemiparetic Stroke Patients. IOSR-JDMS 3:6:29-37. doi:10.9790/0853-0362937 [Original Research Article, India]**

**DildipKhanal, Subhash Khatri, R.M Singaravelan, Deepak Anap (2013) Clinical Utility of Electronic Balance Board and Treadmill Training in Pott’s Paraparesis: A Case Study. J Spine 2:126. doi:10.4172/2165-7939.1000126 [Original Research Article, USA]**

**Dildip Khanal (2013) Education on Sexual Life in Spinal Cord Injury Patients: A Missing Link in Physiotherapy. J Nov Physiother 3:124. doi:10.4172/2165- 7025.1000124 [Short Communication, USA]**

**DildipKhanal, Subhash Khatri and Deepak Anap (2014) Is there Any Role of Physiotherapy in Fothergill's Disease? J Yoga Phys Ther 4: 162. doi:10.4172/2157-7595.1000162 [Original Research Article, USA]**

**Khanal D (2015) Apoplexy along with Spinal Cord Injury - A rare Combination. J Neurol Neurobiol 1(2): doi. <http://dx.doi.org/10.16966/jnmb.106> [Case Study, USA]**

**Khanal D (2016) Metaphyseal Dysplasia: A Rare Case Report. J Clin Case Rep 6:726. doi:10.4172/2165-7920.1000726 [Case Study, USA]**

*Khanal D, Sapkota KP, Shiwakoti R (2016) Amalgamation of Various Vertebral Anomalies: A Rare Case Report. J Spine 5: 350. doi:10.4172/2165-7939.1000350[Case Report, USA]*

*Dildip K.(2016) A Fall- Frequently Avoided but a Safe Fall: An Expedient Training Part for Various Conditions. NeurolNeurother 2016, 1(1): 000104.[Short Communication, USA]*

*Khanal D, Singh JL (2017) Van Nes: One of Rare Surgery Executed in Context to Nepal. J Clin Case Stu 3(1): doi <http://dx.doi.org/10.16966/2471-4925.162>[Case Report, USA]*

## **TRAININGS**

*International Training Course in Rehabilitation and Prevention of Disability by BIKASH NEPAL, Pokhara on 03<sup>rd</sup> to 14<sup>th</sup> Feb 2014*

*International Training Course in Community Based Rehabilitation (CBR) by BIKASH NEPAL, Pokhara on 03<sup>rd</sup> to 14<sup>th</sup> March 2014*

*National Training Course in Master Training of Trainer in Injury/Trauma Management by Handicap International, Kathmandu on 04<sup>th</sup> to 05<sup>th</sup> August 2015*

*ISWP Hybrid WHO Wheelchair Service Training Course by International Society of Wheelchair Professionals, at Bangalore, India on 5<sup>th</sup> June 2016*

*Transitioning To Leadership: Skills for Emerging Leaders and Managers by MAN and Karuna Foundation Nepal, Kathmandu, Nepal on 5<sup>th</sup> -6<sup>th</sup> October 2016*

*Spinal Cord Injury Rehabilitation Training by Mercy Malaysia and National Trauma Center on*

*Acquired Brain Injury Rehabilitation Training by Mercy Malaysia and National Trauma Center on 16<sup>th</sup> -20<sup>th</sup> July 2018*

*3 days Hands on Training on Spinal Cord Injury Management by Spinal Injury Sangha Nepal, Lalitpur Nepal on 20<sup>th</sup> to 22<sup>nd</sup> December 2018*

*Interburns Training Course “Essential Burn Care (EBC)” by Nepal Burn Society on 30<sup>th</sup> march 2019*

## **WORKSHOPS/CONFERENCES**

*AUGUST 14<sup>th</sup>-16<sup>th</sup>2018*

**1<sup>st</sup> International Conference of Indonesia Physiotherapy Association 2018 at Bali Nusa Dua Convention Center, Bali**, participated in Symposium

*JULY 27<sup>th</sup> 2017*

**LiteGait® Therapy: Rationale + Demonstration**, conducted by Mobility Research Institute of Continuing Education, USA at Nepal Medicity Hospital, Kathmandu Nepal.

*APRIL 1<sup>st</sup> 2017*

**National Workshop on Post-Operative Chest Physiotherapy, Kathmandu Nepal**

*NOVEMBER 18-19 2016*

**8<sup>th</sup> International Physiotherapy Conference (NEPTACON 2106), Dhulikhel and Kathmandu, Nepal**

*AUGUST 3-4<sup>th</sup> 2016*

**Creating an Enabling Environment, ACAP Framework, Mission East, ICCO and LFCW, Kathmandu, Nepal**

*NOVEMBER 24-25<sup>TH</sup> 2013*

**Spinal Cord Injury (SCI) Rehabilitation, Bhaisepati, Sanga, Kavre, Nepal And Spine Nepal, Canada**

*MARCH 15- 2013*

**Introduction to Swedish (Classical) Massage, College of Physiotherapy, Loni, India**

*FEBRUARY 22- 2013*

**Complementary Therapies in Nursing Practice, College of Nursing, Loni, India**

*DECEMBER 10-12 2012*

**18<sup>th</sup> International Congress of Rural Health and Medicine, International Association of Rural Health and Medicine (IAMR), Japan; Pravara Institute of Medical Sciences, Loni and International Arbitration Center, Goa, India**

*JANUARY 11-12 2012*

**Motor Relearning Programme in the management of Hemiparesis, Swami Vivekananda National Institute of Rehabilitation Training and Research, Cuttack (Orissa), India.**

*NOVEMBER 28 2011*

**National Update- TMJ Concepts, College of Physiotherapy, Loni, India**

*OCTOBER 4-5, 2009*

**National Update- TMJ Concepts, College of Physiotherapy, Loni, India**

*JULY 26, 2009*

**Hands on Training Workshop on BSL and ACLS, Department of Anesthesiology, JNMC, Belgaum, India,**

*JULY 18-19 2009*

**Post Graduate Intensive Training Course (PGITC), Department of Orthopedics, JNMC, Belgaum, India,**

*JULY 9-10, 2009*

**String '09- National Level Physiotherapy Conference, Vaagdevi College of Physiotherapy, Andhra Pradesh, India.**

*NOVEMBER 15-16, 2008*

**30<sup>th</sup> Annual Conference, Indian Association of Sports Medicine, Department of Orthopedics, JNMC, Belgaum, India**

NOVEMBER 13, 2008

“Professional Development Course on Sports Medicine”, KLE’S Institute of Physiotherapy, Belgaum, India

### **PROFESSIONAL AFFLIATION**

- *Nepal Health Professional Council (NHPC) BPT-Registration Number: A-138PHY (Nepal)*
- *Nepal Health Professional Council (NHPC) MPT-Registration Number: 23 PHY (Nepal)*
- *Nepal Physiotherapy Association (NEPTA) Registration Number: 0G-247(Nepal)*
- *Occupational Therapy & Physiotherapy (OTPT) Registration No: PR-2013/03/PT/002777 (India)*
- *Executive Member of Nepal Physiotherapy Association (NEPTA), Nepal for the year 2018 to 2021*
- *Treasurer of Nepal Physiotherapy Association (NEPTA), Nepal for the year 2018 to 2021*
- *Treasurer of Nepal Physiotherapy Association (NEPTA), Nepal for the year 2021 to 2024*
- *Physiotherapy Subject Committee member of Pokhara University, Kaski Nepal from 2018 to 2020*

### **ACHIEVEMENTS**

*Peer Reviewer of Journal of Spine, 731 Gull Ave, Foster City CA 94404, USA and has reviewed 2 articles.*

*Peer Reviewer of Journal of Neurology and Neurobiology, 853 Erie Circle, Milpitas. CA 95035, USA and has reviewed 1 article*

### **REFERENCES**

*Professor Dr. Subash Khatri, PhD  
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