



## Megh Nath Dahal

NHPC: A-2060 MLT

NHPC: #217 Med.

Biochemistry

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### Personal Details.

Fathers name : Dayaram

Dahal

Date of Birth : 02/05/1994

Sex : Male

Marital status : Unmarried

### Hobbies:

Volunteer work, travelling ,  
reading and writing poems  
,playing football, community  
involvement,

### Languages Known

- English
- Nepali
- Hindi

### **Career Goal:**

Intend to build a research career with leading institutes/organization and educating people about science and technology of 21<sup>st</sup> century.

To improve my technical as well as professional skills while being resourceful, innovative and flexible.

### **Education**

#### **MSc in Medical Biochemistry.**

Department of Biochemistry, JSS Medical College, JSS Academy of Higher Education and Research, Mysore, India

#### **BSc in Medical Laboratory Technology**

Shri Guru Ram Rai Institute of Medical and Health Science & Shri Mahant Indresh Hospital, HNB Garhwal University (A Central University), Dehradun, India.

### **Personal Skills:**

- Innovative and creative skills
- Willingness to meet new people
- Loyal and easily approachable
- Leadership quality, team player, empathetic and caring listener
- Assertiveness
- Eagerness to learn something from every situation
- Never give up attitude and seeing problems as challenges
- Capacity to lead and willingness to be led

### **Experience in research:**

Conducted a major project work on:

- “Standardization of Multiplex PCR for the early detection of potential pathogens causing Neonatal Sepsis.”
- “A comparative analysis of serum zinc level in children with febrile seizure and febrile controls without seizures in JSS hospital”.

#### **Work Experience:**

- Worked as Blood Bank Technologist in Mahant Indresh Hospital, india in the year 2016.
- Worked as Laboratory supervisor in United Reference Laboratory, Pokhara from 2020 to 2021.
- Currently working as lab in charge (department of pathology) in charak memorial hospital, Pokhara and part time lecturer in Charak Institute of health science, Pokhara since April 2021.

**EDUCATIONAL QUALIFICATION:****Post Graduation:**

Qualification	College	University	Year	Semester	Percentage
MSc in Medical Biochemistry	JSS Medical College Mysore , Karnataka	JSS Academy of Higher Education and Research (Deemed to be university )	2018	I	74.66%
			2019	II	Internship /Practical
			2020	III	70.16%
				Aggregate	<b>72.1 %</b>

**Graduation**

Qualification	College	University	Year		Percentage
BSc in Medical laboratory Technology	S.G.R.Institute of Medical and Health Science, Dehradun, UttraKhand- 246174.	HNB Garhwal University ( central) Srinagar , Utrakhand	2014	I	69.77%
			2015	II	73.44%
			2016	III	73.44%
				Aggregate	<b>72.22%</b>

Examination	Board	School/College	Year	Percentage
12 <sup>th</sup>	Higher Secondary Education Board	Pokhara Higher Secondary School.	2012	59.60%

**Achievements:**

- Secured 1<sup>st</sup> position with highest marks from among the Dahal students of Kaski District in National Level School Leaving Certificate Examination of Government of Nepal held in 2010.
- Participated as a Speaker during a 2-days workshop on Flow cytometry on 16-17<sup>th</sup> November ,2018; Bangalore, India Jointly organized by STRAND LIFE SCIENCE AND THERMO FISHER SCIENTIFIC .
  - Participated in the 2<sup>nd</sup> Annual Life Science Quiz Competition conducted on 23<sup>rd</sup> February 2018.
  - Participated in Medical Exhibition and Contributed in Getting the 1<sup>st</sup> prize on the occasion of Adi Jagadguru Sri Shivarethreeshwara Shivayogi Mahaswamiji Jathra Mahothsava held from 1<sup>st</sup> to 6<sup>th</sup> Feb.2019 at Suttur Srikshetra, Mysuru, Karnataka.
  - Participated in Medical Exhibition and Contributed in Getting the 1<sup>st</sup> prize on the occasion of Adi Jagadguru Sri Shivarethreeshwara Shivayogi Mahaswamiji Jathra Mahothsava held from 21<sup>st</sup> to 26<sup>th</sup> Jan. 2020 at Suttur Srikshetra, Mysuru, Karnataka.

### **Internship / Training Experience:**

1. Completed Rotatory internship training for 6 months from 15<sup>th</sup> Nov. 2016 to 15<sup>th</sup> May. 2017 in various Department of Shri Mahant Indresh Hospital Patel Nagar, Dehradun.

Histopathology & Cytology	1 month 15 days
Clinical Pathology & Haematology	1 month 15 days
Clinical Biochemistry lab	1 month 15 days
Clinical Microbiology lab	1 month
Transfusion medicine / Blood Bank	15 Days.

2. Completed 15 days Summer Training Programme in Environmental Biotechnology held at ICMR (Indian Council of Medical Research) – NIREH (National Institute for Research in Environmental Health), Bhopal (MP) during 18<sup>th</sup> July to 2<sup>nd</sup> Aug. 2019.

3. Completed 1 year of clinical Biochemistry laboratory internship from JSS Medical College & JSS Hospital, Mysore, and Karnataka during August 2018 to July 2019.

### **Volunteer work:**

- Volunteered for Blood Donation on 10<sup>th</sup> march 2015, at Shri Mahant Indresh Hospital, Department of BLOOD Bank.
- Participated as Volunteer in the National CME on “Teaching and Learning in Digital Era” on 9<sup>th</sup> March 2018 organized by Department of Anatomy JSS Medical College, Mysuru, Karnataka.
- Actively participated as volunteer during the Earthquake disasters In Nepal during 2015 to save live and to manage the victims.
- Participated as a Volunteer in the Medical Exhibition on the occasion of Adi Jagadguru Sri Shivarethreeswara Shivayogi Mahaswamiji Jathra Mahotsava held from 13<sup>th</sup> to 18<sup>th</sup> Jan. 2018 at Suttur, Mysuru.
- Volunteered for National Service Scheme (NSS) Health camp organised by JSS Medical College, 2019 during 22<sup>nd</sup> -30<sup>th</sup> March 2019.

### **Computer Proficiency:**

- Completed one-year computer course (CTTC) with “A”. Grade at Nepal.  
Office and Other : MS Office.
- Bioinformatics tools for Genomics and Proteomics

### **Poster Presented:**

- Presented the poster on the national conference “Integrative Medicine: Emerging Scientific Knowledge and New Therapies held at JSSAHER, Mysore, and Karnataka on Feb. 23<sup>rd</sup> to 24<sup>th</sup> 2018.
- Presented the poster on national conference “Combat Depression for Professional and public” held at JSS Medical College on 22<sup>nd</sup> Oct. 2018.

- Presented poster on Indo-Swedish conference “Clinical, Epidemiological and Experimental Approaches To asses Air pollution related Chronic Health Effect held at JSSAHER, Mysore on 6<sup>th</sup> to 7<sup>th</sup> Jan. 2020.

### **Conferences attended:**

- Attended symposium on “Rare diseases- Bridging health and social care” held on 28<sup>th</sup> February 2019, at JSS Medical College, Mysore on the occasion of International Rare Disease Day.
- Participated in the Scientific session of National conference on “Integrative Medicine: Emerging Scientific Knowledge and New Therapies” held at JSS Academy of Higher Education & Research, Mysuru, Karnataka from Feb 23<sup>rd</sup> to 24<sup>th</sup>, 2018.
- Participated as delicate in the National CME on “Teaching and Learning in Digital Era” on 9<sup>th</sup> March 2018 organized by Department of Anatomy JSS Medical College, Mysuru, Karnataka.
- Participated on conference “Association of Clinical Biochemist of India – South Zone Conference 2018” Organized by Department of Biochemistry, Kasturba Medical College, Manipal, MAHE between 7&8 Dec.2018. On Theme: Recent Trends in Biochemistry Education, Diagnosis & Research.
- Participated on two days national seminar on “Recent Trend in Phytochemistry” on 20<sup>th</sup> and 21<sup>st</sup> sept. 2019 at JSS Pharmacy College.
- Participated on Special Interest Group-Human Genomics and Rare Disorders in association with INDO-UK Genomic Education Forum, Theme: “The impact of human genomics on current Medical Practice and Health Care” on 31<sup>st</sup> Oct. 2019.
- Participated on 3<sup>rd</sup> Biennial National Conference on “Current Advance in Steam Cell-Based Regenerative and Cellular Medicine.
- Attended one day CME on patient safety, Themed “To improve patient safety and reduce the healthcare associated risk” held on 9<sup>th</sup> November 2019, at JSS Hospital, Mysore.
- Participated on National Conference on “Combat Depression” for Professionals and Public organized by Department of Pharmacology and Department of Psychiatry JSS Medical College in association with Indian Psychiatric Society Combat Depression Task Force & IPS Karnataka Chapter.
- Participated on 2 days Indo- Swedish international conference on Clinical, Epidemiological & Experimental approaches to assess air pollution related chronic health effect”.

### **Workshop attended:**

- Attended CME workshop on “Autoimmunity and Autoimmune Diseases” on 10<sup>th</sup> -11<sup>th</sup> April, 2015, organized by Department of Biochemistry and Pathology, Dolphin (P.G) Institute of Biomedical and Natural Science, Dehradun, Uttarakhand in Collaboration with “Indian Immunology Society, New Delhi”.
- Attended 3days Workshop on “Flowcytometry Basic Principles” on 27<sup>th</sup> Feb to 01 March 2017 Organized by: Department of Pathology Shri Guru Ram Rai Institute of Medical & Health Sciences & Shri Mahant Indresh Hospital, Dehradun, India.
- Attended 2 days’ Workshop on “Combat Depression: for Professional and public” on 22<sup>nd</sup> & 23<sup>rd</sup> Oct.2018 organised by Dept. of Pharmacology & Dept. of Psychiatry JSS Medical College.
- Attended workshop on “Arterial Blood Gas Analysis” Organized by Department of Biochemistry, Kasturba Medical College, Manipal, and MAHE. On 6<sup>th</sup> Dec. 2018.
- Attended workshop on “Method in molecular Biology, Cytogenetics & Cell Culture” Organised by Department of Biochemistry, JSSAHER, and Mysore, India.

- Attended workshop on “Application of Digital PCR and SE3 Cell Sorter in Life Science” Organized by University of Mysore, India.

### **Online Courses attended:**

- Successfully completed the “Health Research and fundamentals” online course from NPTEL. (Funded by the Ministry of HRD, Govt. of India) with a score of 61%, during Aug –Oct 2018.
- Successfully completed the “Human Molecular Genetics” online course from NPTEL (Funded by the Ministry of HRD, Govt. of India) with an Elite certificate (66%), during Jan –Feb 2019.

### **References:**

#### **1) Dr. Akila Prashant**

Professor

Center for Medical Genomics and Counselling &

Center of Excellence in Molecular Biology and Regenerative Medicine

Department of Biochemistry

JSS Medical College

JSS Academy of Higher Education and Research

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#### **2) Dr. Prashant Vishwanath**

Professor

Department of Biochemistry

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JSS Academy of Higher Education and Research

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**I declare that the information given above is true to the best of my knowledge.**

**Place: Pokhara**

**Megh Nath Dahal**