

## **NABIN ADHIKARI**

Chapakot-5, Syangja, Nepal

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### **EDUCATION**

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#### **Master of Public Health Nutrition (MPHN)**

Central Department of Public Health, Tribhuvan University, Kathmandu, Nepal, (2018-2020)

#### **Bachelor in Public Health (BPH)**

La grandee International college, Pokhara, Nepal, (2012- 2016)

#### **Higher Secondary Education Board (HSEB)**

Herald international college, Kathmandu, Nepal (2009-2011)

### **SHORT COURSE**

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#### **Project Management in Global health (JUL 2021- OCT 2021),**

E-learning course from University of Washington, USA

#### **Monitoring and Evaluation in Global Health (NOV 2021- MAR 2022)**

E-learning course from University of Washington, USA

#### **Epidemiology in Global Health (MAY 2022- AUG 2022)**

E-learning course from University of Washington, USA

### **PROFESSIONAL EXPERIENCE**

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#### **Institute for Social and Environmental Research- Nepal**

*Project Manager, International Labor Migration, Armed Conflict and Dementia Risk in Nepal: A Population Study, January 1, 2023 to till date*

- Preparing and effectively implementing an annual project implementation plan
- Assisting Co-PIs and other collaborators designing, pretesting, and validating research instruments and protocols.
- Acting as a liaison with the local-, district-, regional-, and national-level governmental and non- governmental agencies and organizations; maintaining good relations with those organizations (e.g. study subjects, local, provincial and federal government and non-governmental stakeholders as necessary); and obtaining appropriate approval and consent required for project implementation.
- Planning, implementing, and managing the field data collection schedule and procedures.
- Ensuring the recruitment of eligible participants/respondents into the study as per the research protocol.
- Monitoring and supervising data collection and quality control mechanisms to maintain the same high level of research standards.
- Maintaining a focus on data quality and data security throughout all aspects of field work.
- Writing research briefs and reports to respondents and local authorities about the status of the project, as and when required.
- Organizing appropriate training for field staff, in consultation with PIs and other research staff.
- Regularly monitoring and supervising tasks executed by staff, provide feedback, and identify staff development activities including on-the-job trainings.

**Department of Public Health and Community Programs, Dhulikhel Hospital-Kathmandu University Hospital**

*Research Project Coordinator, in Develop, Implement and Evaluate a Public Food Procurement Policy in Nepal (REACH Project), December 21, 2020 to Jan 1, 2023*

- Co-ordination with team members, local stakeholders and facilitate meaningful engagement stakeholders for drafting food procurement policy.
- Develop draft food procurement policy for local government
- Develop and share implementation, monitoring and evaluation plan with municipalities for effective project implementation and evaluation
- Develop share fact sheet on Healthy eating to relevant stakeholder at municipality
- Conduct stakeholder consultation meeting, policy dialogue with different stakeholders to facilitate national taskforce members on finalizing food procurement policy for local government
- Develop randomized control trials protocol to evaluate the impact of food procurement policy at municipalities level
- Develop qualitative and quantitative data collection tools, analysis plan, preparation of manuscript and reporting to donors.
- Perform quantitative and qualitative data analysis
- Supervise Research Assistants for data collection, analysis and other activities
- Perform all activities of logistic, administrative and budget related activities for smooth conduction of the project.
- Develop a complete Monitoring and Evaluation plan including log frame and theory of change for project design and implementation.
- Lead Systematic review and meta-analysis “implementation of Public food procurement policy in government facilities”.
- Lead grant writing, and conduct scientific sessions on health system research.

**Department of Public Health and Community Programs, Dhulikhel Hospital- Kathmandu University Hospital**

*Intervention designer, in Nepal Pioneer Worksite Intervention Study to prevent cardio metabolic disease, December 21, 2020 to Jan 1, 2022*

- Designed intervention curriculum and conducted 16- weeks intervention session.
- Performed technical guidance, monitoring of daily data collection and ensure data quality assurance
- Performed data cleaning, descriptive and bivariate/multivariate analysis
- Provided support in the coordination of enumerators across project implementing municipalities and schools.

**Feed the future innovation lab for nutrition/ Helen Keller international Nepal,**

*Research Intern, Policy Science for Health Agriculture and Nutrition (PoSHAN) Policy process study Dec 2019- Feb 2020*

- Shadow research coordinator for PoSHAN policy process study and supported day to day activities
- Performed literature review
- Monitored and supervised enumerator on data collection through ArcGIS online

- Prepared and shared weekly plan and performance reports.
- Developed electronic data entry forms (Open data kit (ODK) for data collection
- Performed analysis of longitudinal panel data and prepared draft analysis report
- Facilitated research manager to organize and conduct project dissemination.

**Kantipur institute of Health science/Kantipur dental Hospital, New road, Pokhara**

*Program coordinator/Public health officer,*

*Oct 2016- Nov 2017*

- Instructor of epidemiology and community health diagnosis
- Managed academic program
- Managed community health program (school health program/community health camp) to different rural area of nearby district
- Performed monitoring, supervision, and performance analysis of all employee and provide technical support to improve service quality
- Coordinate with Pokhara metropolitan city to worked jointly for providing health services to people through different outreach camp.
- Performed patient satisfaction and provide suggestion for improve service quality
- Prepared monthly, annual institutional progress reports

**PUBLICATIONS**

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1. **Adhikari N**, Acharya K, Upadhya DP, Pathak S, Pokharel S, Pradhan PMS (2021) Infant and young child feeding practices and its associated factors among mothers of under two years' children in a western hilly region of Nepal. PLoS ONE 16(12): e0261301. <https://doi.org/10.1371/journal.pone.0261301>
2. **Adhikari N**, Adhikari M, Shrestha N, Pradhananga P, Poudel B, Dhungel S, Joshi PC, Ide N, Sharma GN, Shrestha N, Nutrition and food security in Nepal: a narrative review of policies, *Nutrition Reviews*, 2023; nuad025, <https://doi.org/10.1093/nutrit/nuad025>
3. Thapa P, Poudyal A, Poudel R, Upadhyaya DP, Timalsina A, Bhandari R, Baral J, Bhandari R, Joshi PC, Thapa P, **Adhikari N**. Prevalence of low birth weight and its associated factors: Hospital based cross sectional study in Nepal. PLOS Global Public Health. 2022 Nov 2;2(11):e0001220. <https://doi.org/10.1371/journal.pgph.0001220>
4. Tandon K, **Adhikari N**, Adhikari B, Pradhan PMS (2022) Co-occurrence of non-communicable disease risk factors and its determinants among school-going adolescents of Kathmandu Metropolitan City. PLoS ONE 17(8): e0272266. <https://doi.org/10.1371/journal.pone.0272266>
5. Pradhananga P, Shrestha A, **Adhikari N**, Shrestha N, Adhikari M, Ide N, Dhungel S, Bajracharya S, Aryal A. Double burden of malnutrition in Nepal: A trend analysis of protein-energy malnutrition and High Body Mass Index using the data from Global Burden of Disease 2010–2019. PLoSone.2022 ep 29;17(9):e0273485. <https://doi.org/10.1371/journal.pone.0273485>
6. Bhandari R, Singh AK, Bhatt PR, Timalsina A, Bhandari R, Thapa P, Baral J, Adhikari S, Poudel P, Chiluwal S, Joshi PC, **Adhikari N**. Factors associated with meat hygiene-practices among meat-handlers in Metropolitan City of Kathmandu, Nepal. PLOS Global Public Health. 2022 Nov 9;2(11):e0001181. <https://doi.org/10.1371/journal.pgph.0001181>.
7. Baral J, Karki KB, Thapa P, Timalsina A, Bhandari R, Bhandari R, Kharel B, **Adhikari N**.

Adherence to Dietary Recommendation and Its Associated Factors among People with Type 2 Diabetes: A Cross-Sectional Study in Nepal. Journal of Diabetes Research. 2022 Oct 21;2022. <https://doi.org/10.1155/2022/6136059>.

8. Karki P, Shahi PV, Sapkota KP, Bhandari R, **Adhikari N**, Shrestha B (2023) Depressive symptoms and associated factors among persons with physical disabilities in disability care homes of Kathmandu district, Nepal: A mixed method study. PLOS Glob Public Health 3(1): e0001461. <https://doi.org/10.1371/journal.pgph.0001461>

## **COMPUTER SKILLS**

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**Statistical Analysis:** SPSS, R-programming, STATA,

**Data Collection tools:** Kobotoolbox, Open Data Kit (ODK), Epidata entry 3.2, Epidata Manager

**Reference management tools:** Zotero, Mendeley, End-note.

**Qualitative analysis:** NVIVO

**Office Package:** Microsoft Word, Excel, Power Point, Publisher

**Google Applications:** Google sheet, Google Docs, Google form, Datastudio

**Graphics:** Adobe software (Photoshop, Lightroom)

## **AWARDS**

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**Dr. Harka Gurung fellowship 2020**, Research fellowship “infant and young child feeding practices and its association with maternal factors among mothers of under two year children in Syangja district”.

**Certificate of Merit**, Pokhara University, Nepal (Oct 2012) (for bachelor of Public Health Program)

## **REFERENCES**

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**Dr. Dirga Jibi Ghimire, Executive Director**

Institute for Social and Environmental Research- Nepal  
Bharatpur-15, Chitwan  
Email ID: [nepdjk@umich.edu](mailto:nepdjk@umich.edu)

**Dr. Archana Shrestha, Associate Professor**

Department Public Health and Community Programs  
Kathmandu University, School of Medical Sciences, Dhulikhel Hospital, Nepal  
Email ID: [archana@kusms.edu.np](mailto:archana@kusms.edu.np)

**Dr. Guna Nidhi Sharma, Senior Health Administrator**

Senior Health Administrator  
Policy, Planning and Monitoring Division,  
Ministry of Health and Population  
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