

Hardik Sapkota

+977-9841295709 • hardikiser@outlook.com • Bharatpur Metropolitan City-5, Chitwan, Nepal

SUMMARY

I am committed to leveraging and enhancing my skills to drive personal growth while contributing to the success and prosperity of my organization. With a proven ability to build effective relationships both internally and externally, I value diversity and prioritize understanding the work-life balance of colleagues and superiors. I am dedicated to fully supporting my organization, drawing upon my experience and capabilities to achieve mutual goals and foster mutual benefits.

EDUCATION

Tribhuvan University - Chitwan Medical College <i>Masters of Public Health</i> First Division	Bharatpur, Chitwan <i>Graduated 2013</i>
Purbanchal University – National Academy for Medical Science (NAMS) <i>Bachelors of Public Health</i> First Division	Oldbaneshwor, Kathmandu <i>Graduated 2009</i>
Orchid Science College <i>Higher Secondary Education</i> Second Division	Bharatpur, Chitwan <i>Graduated 2006</i>
Shree Madi Secondary School <i>Secondary Education</i> First Division	Madi, Chitwan <i>Graduated 2003</i>

SKILLS

Technical: Research, Adolescent Sexual and Reproductive Health (ASRH), Family Planning (FP), Maternal, Newborn and Child Health (MNCH), mental health, nutrition, health financing

Managerial: Management of overall projects, partnership management and mobilizing staff, communication with donor and other agencies, coordination with government stakeholders, project implementation and monitoring, budget management

Personal: Excellent facilitation, leadership, negotiation, and communication skills, ability to work in a team and in an extreme environment, willingness to learn, ability to work in different culture, Category A driving license (motorcycle, scooter and moped)

Language: Native fluency in speaking, reading, and writing Nepali, full professional proficiency in speaking, reading, and writing English, and upper intermediate proficiency in speaking, reading, and writing Hindi

CHRONOLOGICAL WORK EXPERIENCE

Institute for Social and Environmental Research - Nepal (ISER-N) <i>Project Manager</i>	Chitwan <i>April 2024-Present</i>
Shree Medical and Technical College (SMTC) <i>Lecturer</i>	Chitwan <i>May 2023-March 2024</i>
Population Services International/Nepal (PSI/N) <i>Technical Specialist-Consultant, Assistant Manager</i>	Lalitpur, Banke <i>November 2020-April 2023</i>
Save the Children International (SCI) <i>Project Coordinator</i>	Bardiya, Jajarkot, Kalikot <i>June 2017-November 2020</i>

Social Health Security Development Committee (now the Health Insurance Board)
District Manager

Ilam
June 2014-May 2017

Creative Women Society
Program Coordinator

Chitwan
December 2010-December 2011

Nepal Polytechnic Institute (NPI)
Lecturer

Chitwan
April 2009 – December 2011

School of Health Science, CTEVT
Lecturer

Chitwan
October 2009 – November 2010

TEACHING EXPERIENCE

Shree Medical and Technical College (SMTC)
Lecturer

Bharatpur, Chitwan
May 2023 – March 2024

- Delivered classes on the following subjects:
- Supervise community diagnosis field visits and support on writing reports
- Design the questions for internal assessments and evaluate the performance of students
- Coordinate with teachers from different subjects, with SMTC technical supervisors, and with DPHO, PHCCs and HPs for community diagnosis and coordinate with private hospitals for clinical practice of students

Nepal Polytechnic Institute (NPI)
Lecturer

Bharatpur, Chitwan
April 2009 – December 2011

- Teach different subjects: Primary Health Care and Family Planning (PHC/FP) and Health Management subject to Health Assistant (HA) and Basic Public Health subject to lab technicians
- Supervise community diagnosis field visits and support on writing reports
- Design the questions for internal assessments and evaluate the performance of students
- Coordinate with teachers from different subjects, with NPI technical supervisors, and with DPHO, PHCCs and HPs for community diagnosis and coordinate with private hospitals for clinical practice of students

School of Health Science, CTEVT
Lecturer

Bharatpur, Chitwan
October 2009 – November 2010

- Teach different subjects: Primary Health Care and Family Health, and Basic Public Health
- Supervise community diagnosis field visits and support on writing reports
- Design the questions for internal assessments and evaluate the performance of students
- Coordinate with teachers from different subjects, with CTEVT technical supervisors, as necessary

PROJECT EXPERIENCE

Chitwan Valley Family Study - Study on Cognition and Aging in Nepal (CVFS-SCAN)
Project Manager

Chitwan
April 2024-Present

- Worked with an international panel of experts to develop a harmonized cognitive assessment tool to identify dementia within a multi-ethnic and multi-lingual population sample
- Led a research team in strategizing, executing, and overseeing a study, ensuring timely submission of materials to IRB and NAHC, and maintaining ethical standards throughout all project phases.
- Supervised community-based data and biospecimen collection, prioritizing participant and staff safety while ensuring rigorous data integrity and compliance with protocols.

Family Planning (FP) & Safe Abortion – Population Services International/Nepal (PSI/N)
Technical Specialist - Consultant

Lalitpur
January 2023-April 2023

- Write comprehensive programmatic and documentation reports for SWC and donors, ensuring inclusion of marginalized voices and highlighting achievements in Adolescent Youth Project (AYP) implementation.
- Develop learning briefs and coordinate dissemination events on Provider's Behavior Change Communication (PBCC), mobile outreach clinics, and AFS implementation guidelines, focusing on promoting rights-based approaches.

- Coordinate with government health offices and training centers to organize orientations and trainings, leveraging national policies and guidelines to advocate for marginalized groups in Family Planning (FP) programs.

Adolescent and Youth Project (AYP) – Population Services International/Nepal (PSI/N)

Banke

Assistant Manager

November 2020-December 2022

- Ensure adherence to project timelines and budgets by reviewing quarterly plans and financial forecasts, and monitoring expenses against contracted budgets, facilitating corrective actions as needed.
- Oversee project implementation quality by monitoring LIP performance through field visits, reviewing reports, and ensuring compliance with PSI/Nepal guidelines, focusing on meaningful engagement of adolescents, youth, and women in the programs while adhering to COVID-19 safety protocols.
- Coordinate training and capacity building efforts for project staff and service providers, collaborate with stakeholders including local government and health directorates, and maintain quality assurance for health facility assessments and service certifications.

Subharambha Project – Save the Children International (SCI)

Kalikot

Project Coordinator

December 2018-November 2020

- Train and empower NGO, government staff, and volunteers to effectively implement integrated MNCHN, early stimulation, and child protection activities, ensuring fidelity and suggesting improvements for continuous enhancement.
- Provide technical support for health, education, and child protection programs, including capacity building of Health Facility Committees and municipal stakeholders, and facilitating local advocacy for improved services and improved children's health outcomes in the first 1000 days of life.
- Coordinate COVID-19 response efforts, including emergency planning, establishment of help desks, and provision of protective equipment, while ensuring project sustainability through local resource mobilization and alternative activity development.

Maternal, Newborn and Child Health Project – Save the Children International (SCI)

Jajarkot

Project Coordinator

August 2018-December 2018

- Oversee comprehensive project management including planning, implementation, and monitoring to enhance maternal, newborn, and child health outcomes, ensuring coordination across project components and effective utilization of resources.
- Foster strong partnerships and collaboration with government counterparts and stakeholders at district and regional levels, aiming to create an enabling environment for maternal, newborn, and child health initiatives.
- Provide technical support for Safe Motherhood, Newborn, and Child Health programs, coordinate with regional teams, and ensure impactful reporting and documentation to strengthen local governance and improve MNCH services.

Newborn Health in a Humanitarian Setting Project – Save the Children International (SCI)

Bardiya

Project Coordinator

June 2017-May 2018

- Ensure comprehensive project management including planning, implementation, monitoring, and reporting across project districts, fostering coordination among team members for cohesive project delivery that prioritizes improvements in newborn health as well as government compliance with approved documents.
- Foster effective collaboration with government counterparts and stakeholders to create a supportive environment for project activities, monitor financial expenditures, and prepare detailed reports for donors and internal stakeholders.
- Lead efforts to enhance newborn and child health outcomes by proactively identifying synergies with other agencies, coordinating with field teams and projects, and providing technical support for operational research and project interventions.

National Health Insurance Program – Social Health Security Development Committee

Ilam

District Manager

June 2014-May 2017

- Provided technical expertise for national health insurance guidelines and strategy development, established and operated district offices, and coordinated with various government bodies for effective implementation within the district.
- Planned, implemented, and evaluated health security programs, conducting training for health workers and supervising enrollment assistants and health institutions to ensure quality service delivery.
- Raised awareness about health insurance through community programs, managed resources locally, and facilitated regional workshops to share district insights and enhance program effectiveness.

Women and Child Health Promotion Program– Creative Women Society

Chitwan

Program Coordinator

January 2023-April 2023

- Spearheaded comprehensive field programs enhancing nutrition for mothers and children, coordinating training and mobilizing groups for effective child nutrition and protein, energy, and malnutrition (PEM) management.
- Directed health education campaigns, raising community awareness on child development, while ensuring meticulous program supervision and timely reporting to program managers.
- Managed local resources, coordinated with health authorities, and prepared and submitted detailed progress reports to stakeholders, facilitating efficient program implementation and monitoring.

PUBLICATIONS

1. Sigdel A, Bista A, **Sapkota H**, Teijlingen Ev, Barriers in accessing family planning services in Nepal during the COVID-19 pandemic: A qualitative study, *PLOS ONE Journal*, 2023
2. Sigdel A, **Sapkota H**, Thapa S, Bista A, Rana A, Maternal risk factors for underweight among children under-five in a resource limited setting: A community based case control study, *PLOS ONE Journal*, 2020
3. Sigdel A, Alam M, Bista A, **Sapkota H**, Ghimire B. S., Knowledge and Utilization of Family Planning Measures in Muslim Community of Sunsari District, Nepal, *Imperial Journal of Interdisciplinary Research*, 2016
4. **Sapkota H**, Factors Affecting Fertility Behavior of Chepangs, Study of Shaktikhore VDC of Chitwan District, *paper submitted in partial fulfilment of BPH at Purbanchal University*, 2009

TRAINING

Harmonized Cognitive Assessment Protocol (HCAP) Training, <i>Institute for Social and Environmental Research-Nepal (ISER-N) and Survey Research Operations, University of Michigan, USA</i>	5 day
Adolescent Sexual and Reproductive Health (ASRH) training, <i>National Health Training Centre (NHTC)</i>	5 day
Fraud, Bribery and Corruption Awareness training, <i>Population Services International/Nepal (PSI/N)</i>	1 day
Family Planning and Abortion Requirement Online Course, <i>Population Services International/Nepal (PSI/N)</i>	1 day
Personal Safety and Security training, <i>Save the Children International (SCI) and PSI/N</i>	1 day
Emergency Response Training (ERT), <i>Save the Children International (SCI)</i>	7 day
Leadership training, <i>Children for Green New Nepal (CGNN), Kathmandu</i>	1 day
Participatory Rural Appraisal/Participatory Learning for Action training, <i>National Academy for Medical Science</i>	7 day
Social Artistry and Leadership training, <i>School of Health Science, Bharatpur, Chitwan</i>	2 day
Health Research Proposal Development, Analysis and Report Writing workshop, <i>Chitwan Medical College</i>	5 day
Sexual Harassment training, <i>Health Education Aid for Uplifting Livelihood (HEAL) Nepal</i>	1 day
Insurance Management and Information System (IMIS) and Standard Operating Procedure (SOP) training, <i>Ministry of Health and Population (MOHP) and German Agency for International Cooperation (GIZ)</i>	5 day
MTOT on Social Health Insurance SOP of Nepal, <i>German Agency for International Cooperation (GIZ)</i>	3 day
Hygiene Promotion Online Course, <i>SCI, Cornerstone On-Demand Foundation</i>	1 day

REFERENCES

1. **Prof. Dr. Dirgha J. Ghimire** *Executive Director, Institute for Social and Environmental Research-Nepal, Chitwan* Email Address: nepdjg@umich.edu
2. **Ms. Kamal Tara Bajracharya** *Senior Manager-AYP, Population Services International/N Head office, Lalitpur* Mobile No: 9851191137 Email Address: lotusbaj@gmail.com
3. **Mr. Nilaramba Adhikari** *Public Health Administrator, Ministry of Health and Population, Madhesh Province* Mobile No: 9841000432 Email Address: nilaramba@gmail.com