



Asia Pacific **NEPAL**
Medical Students'
Training

DISASTER MANAGEMENT

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WELCOME

We are pleased to invite you all to the Asia-Pacific Medical Students' Training (AMST) program 2016 in Nepal. This is the first AMST conducted in Nepal by AMSA-BOH. The training will be conducted in the capital city Kathmandu for 3 days followed by 3 days of post conference tour in Pokhara from **March 18 to March 23**.

The matter of discussion in this training revolves around Disaster Management. The activities of the program are designed to equip you with the management of all medical emergencies and various aspects of different disasters.

Kathmandu is a beautiful valley located in the hills of Nepal. The city has many historical buildings and temples listed in the UNESCO World Heritage List. Our second location, Pokhara is said to be the most beautiful place in the country. The city is situated on the shore of the Phewa Lake and is famous for its spectacular scenery along with numerous caves and waterfalls nearby. Its true beauty can best be observed during sunrise with a view of Annapurna Range of Himalayas. The beauty of the surrounding landscape is combined with cultural variations, Nepalese tradition and hospitality . Along with these places, one night stay in the Royal beach camp and rafting in the Trisuli river will add up the thrilling experience and adventure .

In this training program, we will not only provide you with advanced health support training but also with valuable knowledge about the hospital management system, emergency medicine and excursions to disaster hit places. This is an opportunity to develop the crucial skills to overcome any emergency situation around us and no doubt a progressive step for AMSA-International.

We are looking forward to seeing you in Nepal.

Sincerely ,
AMST Nepal 2016 Organizing committee



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MOTIVATIONAL LETTER FROM THE CHAIRPERSON

Dear AMSA-International Friends,

On behalf of AMSA-International, Beam of Hope and the AMST committee, we are delighted to announce the First Asia-Pacific Medical Students' Training conducted by AMSA-International and BOH this coming March in Kathmandu, Nepal.

Medical students are the future of medicine and their knowledge, experience and preparedness will determine the health of our future generation. As students of medicine, our education has taught us to deal with different medical emergencies but we might be still lacking the knowledge to manage them accordingly since we have not yet completed our doctoral degree. Nevertheless, society expects us to manage these critical emergencies while we might still be unable to do so due to a lack of confidence in our abilities and most importantly proper training. This has at least been my experience in the early years of my medical studies which made me realize the importance of basic Life saving trainings for medical students. Additionally, last year's Earthquake in Nepal made me even more determined to provide essential training for medical students in the field disaster management.

While we cannot escape disasters; we can do our best to be prepared when they occur. Better preparation equals less suffering. Floods, Landslides, Earthquakes, Storms, Ocean Storms are some of the more common types of disasters along with various other medical emergencies. None of these emergencies ring the bell or knock the door but occur without prior warnings, as sudden and often unforeseen events that can change the life of millions for the worse in only a matter of seconds. This is when quickly taking the right actions is most helpful and can help save thousands of lives and prevent humanitarian disasters for millions more by working in various parts of world. We therefore have to be prepared for such disastrous situations and proper skills and knowledge are key to face our responsibility to help.

Asia-Pacific Medical Students' Training is intended to train the basic life support measures needed in emergency situations. Throughout the last years, we have successfully trained many medical students from our country and we are now reaching out to interested medical students around the globe since no place is free of disaster and emergencies . Participants will be instructed by highly skilled and experienced professionals and by the end of the training will be ready to assume a function as trainer themselves. In this way we aim to replicate the skills around the globe. Apart from formal training sessions, the participants will also get a chance to



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explore the magnificent Kathmandu valley where 6 world heritage sites are located and visit Pokhara, a city right in the lap of the majestic Himalayas.

Living through the devastating earthquake in Nepal has taught us the importance of preparation and it is therefore our vision to spread this knowledge beyond the border of our country. The training program will be a place to share experiences, build friendships and show medical students from around the world the true beauty of Nepal.

Be the change.

Warmest regards,

Organizing Chairperson
Santosh Upadhyaya



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AMSA-BOH

AMSA - International :

The **Asian Medical Students' Association (AMSA) International** is a peak representative organization for medical students from all across Asia, The Asia-Pacific and beyond. Training doctors from 24 Member Nations and Associate/Observer Nations combine to share knowledge, undertake activities and social services and create international and transcontinental friendships. The **AMSA Vision** is Knowledge, Action and Friendship. Three areas we continuously strive to further in our members and peers through our organizational missions.

AMSA - Nepal :

AMSA-Nepal is an independent non-profitable student led organization established with a vision to represent medical students all over Nepal and is the representative chapter of AMSA-International. It has been working mostly in the Health sector and has now increased its field of work after its remarkable contribution during Earthquake in health, Relief and rehabilitation.

Beam Of Hope(BOH) :

Beam of hope is a non profitable, non-governmental organization established with a vision of social works from the level of energetic and enthusiastic youths and students to contribute to society with positive change. The younger generation takes the most active role in shaping our global community. Beam of hope is a platform to bring together the youths, motivate them, and mobilize them to help society from their side. Its belief is that we need to bring change in ourselves to change the world. **Be The Change.**



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ORGANIZING CHAIRPERSON

Santosh Upadhyaya

GENERAL SECRETARY

Sahil Thapaliya

FINANCE

Prajwal Khatiwada

FUNDRAISING

Siddhartha Bhandari

Madan K.C.

Bhushan Shrestha

IT

Amit Sharma Nepal

Bijaya Thapa

Gajendra Chaudhary

LIAISON OFFICER TO NADEM

Shiva Lal Bhattarai

Robin Rauniyar

Ram Prakash Shah

COORDINATOR TO HOSPITAL

Santosh Pathak

PROGRAM COORDINATOR

Siddhartha Pandey

ACCOMODATION/TRANSPORT

Deepak Joshi

Aman Mishra

PUBLICATION

Shailendra Pandey

Gopal Khanal

SOCIAL PROGRAM

Milan Regmi

Kanchana Bali

COMMUNICATION/HOSPITALITY

Rohit Rauniyar

Ashes Rijal

Prajwal Ram Ghimire

LIAISON OFFICER TO WHO

Santosh Upadhyay



AMST-Nepal Objectives

- To provide a forum for Medical Students around the globe to learn basic life support measures.
 - To unite medical students from all over the Asia-Pacific Region with the goal of to developing life saving skills among medical students.
 - To improve the quality of trainings in Asia-Pacific Region.
 - To educate new trainers from AMSA chapters in the Asia Pacific.
 - To share practical skills, knowledge, and experiences among participants.
-



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Qualifications

Food :

Daily Breakfast, Lunch , Two times Tea/coffee and Dinner will be provided .

Special food shall be prepared for vegetarians and participants with some food restrictions .

Nepalese Traditional food will be served in the Grand Dinner.

Accommodation :

Hotel Annapurna: Kathmandu

Established in 1965, Hotel Annapurna is proud to be an intrinsic part of Nepal’ s heritage. The first 5-star hotel in the country, the Annapurna celebrates its 50th Anniversary this year. We are privileged to have served generations who continue to return for our time-honoured service, where no guest is a stranger. Now we look forward to the future, committed to offering our guests a memorable experience, continuing to serve with warmth and empathy to all. Named after the Goddess Annapurna, the Goddess of plenty, this 5.5 acre haven in the heart of Kathmandu offers both comfort and convenience, making it the ultimate address for both leisure and business travelers. The hotel promises the finest accommodation and services to complement its varied facilities: from fine dining outlets, extensive banquet and conferencing facilities, to recreational pursuits.

We Offer :

Welcome Drinks upon arrival.

Two time tea coffee cookies during the conference

Lunch – Fixed set menu

Buffet Breakfast.

Wireless Internet (320 kbps) access throughout guest stay.

Airport Pick up from the International Airport via hotel coach.

Tea/Coffee making services in the room.

Two 500 ml mineral water bottles daily.

Complimentary Local English Newspaper daily.

Iron and Ironing board upon request.

Complimentary use of Fitness Center (Excluding Masseur Service).

Complimentary Safe deposit locker during the stay.



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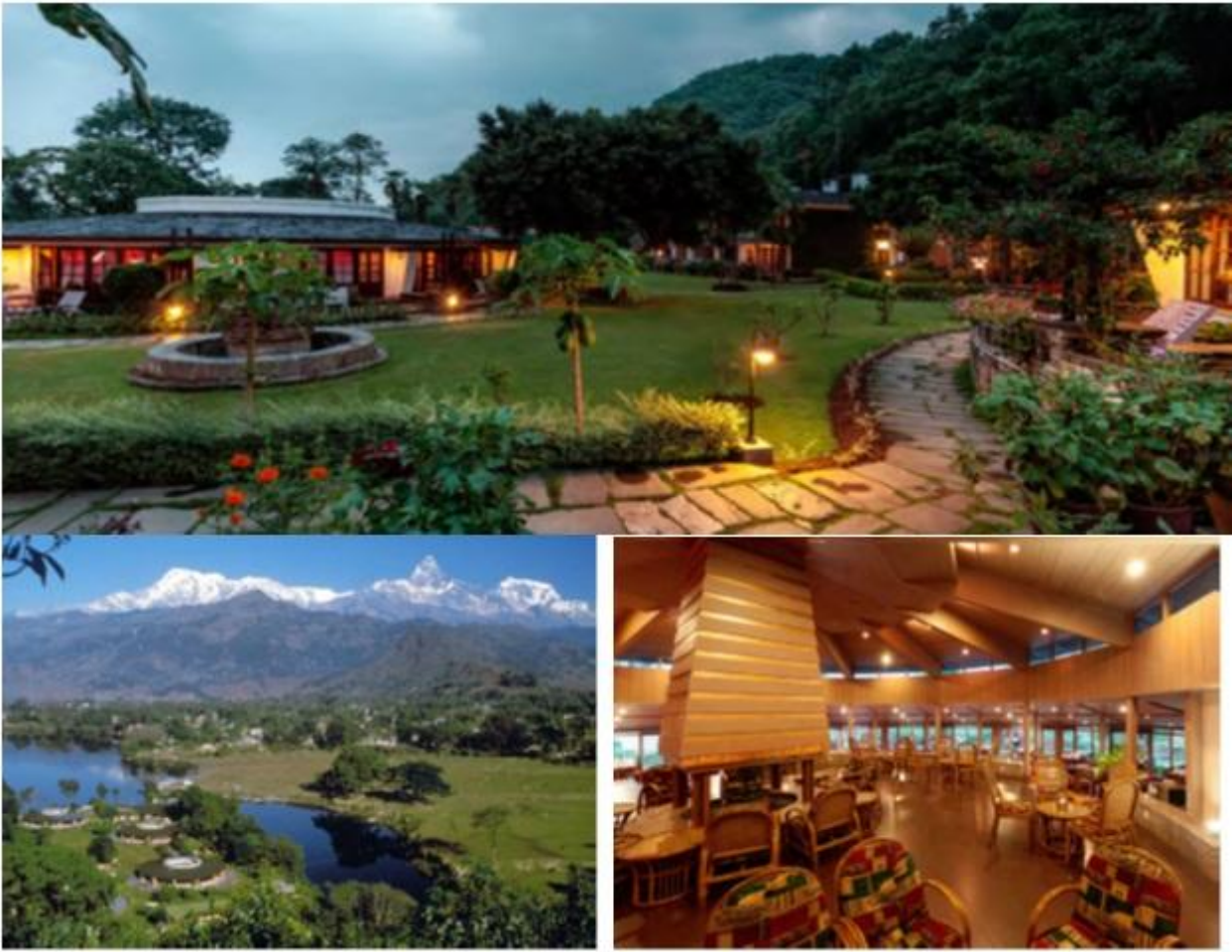


Fishtail Lodge : Pokhara

Against the spectacular backdrop of the Annapurna range, with the imposing massif of Machhapuchre, the Fishtail Peak, dominating the scenery; Fewa Tal, the placid lake of Pokhara, combines to offer an ambience few places in the world can offer. The Fish Tail Lodge is one of the first and one of the most elegant resort hotels in the Fewa Lake area, and the only 5 star deluxe lakeside resort in Pokhara. Situated on a peninsula with Fewa Lake on one side and a forest covered hill on the other, the Fish Tail Lodge offers spectacular views all around making it a unique lake resort. Once you arrive, you will be then transported to the Lodge on our shuttle-floats or boats, one of the many exciting experiences you'll get to add in your memory basket.



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Registration

Early registration	Date	Time
Opens	Jan 25 th , 2016	00:01 (GMT +5:45)
Closes	Feb 20 th , 2016	23:59 (GMT +5:45)
Deadline of payment	Feb 25 th , 2016	23:59 (GMT +5:45)

Late registration	Date	Time
Opens	Feb 21 st , 2016	00:01 (GMT +5:45)
Closes	March 1 st , 2016	23:59 (GMT +5:45)
Deadline of payment	March 4 th , 2016	23:59 (GMT +5:45)

Registration requirements:

- 1) Eager to take training
- 2) Willing to work for human kind during any disaster
- 3) Motivation letter
- 4) Photo
- 5) Reference letter from subchapters or university
- 6) Registration form (Available at <https://www.facebook.com/srtnepal2016>)



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Registration

Delegation Quota:

The maximum quota of AMST Nepal is 80 delegates, of which the registration will be split into two periods. In case all 80 seats are filled in early registration, registration will be closed. If seats remain vacant, we will announce late registration for remaining seats.

This measure is introduced to avoid the number of registered delegates exceeding the maximum capacity of AMST. In case quota is still remaining we may give notice for extra seat registration. Any delegate whose registration is not completed by the closing of early registration will have to register as a late delegate and, consequently need to pay the late registration fee to attend the AMST Nepal 2016.

Submission:

The deadline to submit an application for the AMST Nepal 2016 is March 1st. A submission will only be considered as complete as soon as the full registration fee has been paid and the Regional Chairperson has provided a letter stating the details of both delegates.

Cancellation:

For refunds, a notice of cancellation of your participation has to be submitted by March 9th, 2016.

The refund will be subtracted by 25% of charge and charge from bank transfer.

Cancellation after March 10th, 2016 at 0:01 GMT will receive NO REFUND.



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Payment

The payment for delegates registered in the early and late registration periods must be sent before 23:59 GMT+5:45 on February 20th and March 4th respectively.

The registration fees are as follows:

Early registration fee:

Tier 1 :	\$ 310	+	\$ 300 (PCT)
Tier 2 :	\$ 270	+	\$ 300 (PCT)
Tier 3 :	\$ 230	+	\$ 300 (PCT)

Late registration fee:

Tier 1 :	\$ 360	+	\$ 300 (PCT)
Tier 2 :	\$ 320	+	\$ 300 (PCT)
Tier 3 :	\$ 280	+	\$ 300 (PCT)

The registration fees should be paid by wire transfer.

Bank Wire Transfer

*** Please note that the registration fee does not include any charges for bank transfers. Please make sure that your transfer covers all fees under its way from your accounts to ours (“full amount” should be noted). If we do not receive the total payment, your delegates will not be able to check in before this has been settled.*

Once the transfer has been made, you must send an email to our official email (srtnepal2016@gmail.com) with a copy (in jpeg or PDF) of the transfer receipt and the name of your NMO as the subject in two days after the payment.



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The bank account information needed to make the wire transfer:

Global IME Bank, Panipokhari Branch

SWIFT Code : glbbnpka

Address : Kathmandu , Nepal

Account Number : 3301010000347

Account Name : Beam Of Hope

If any further information is needed, please do not hesitate to contact us at

<https://www.facebook.com/srtnepal2016>

srtnepal2016@gmail.com



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OUR HEALTH CARE SYSTEM

Health care services in Nepal are provided by both the public and the private sector. Different health posts, primary health centers, district, regional and tertiary hospitals are the centers which provide health facilities. The system has been first introduced according to the General Health Plan in 1956 and has subsequently been expanded with a focus on primary health care and the development of a comprehensive network-like Health System; the most basic unit is a Health Post in each Village Development Committee area. The Government recently introduced a Health Policy encouraging the private sector to invest in the education of health workers and in providing quality health services. As a result, several private health institutions have been founded and are expected to contribute to the development of the human resources required by Nepal.

OUR MEDICAL EDUCATION

There are many medical schools in NEPAL offering a course length of about 5 and half years but this period can differ depending on each university. The education system is divided into two tiers. The 1st two years comprise of a basic science education while the later 3 and half years are focused on clinical knowledge.

GEOGRAPHY

Nepal is located in south Asia, between China in the north and India in the south, east and west. The total land area is 147,181 sq. km. Nepal falls in the temperate zone north of the Tropic of Cancer. Nepal’s ecological zones run east to west about 800 km along its Himalayan axis, 150 to 250 km north to south, and is vertically intersected by numerous river systems. The country can be divided into three main geographical regions: Himalayan region, mid hill region and Terai region. The highest point in the country is Mt. Everest (8,848 m) while the lowest point is in the Terai plains of Kechana Kalan in Jhapa (60 m).



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The Terai region, with width of ranging 26 to 32 km and altitude ranging from 60 -305 m, occupies about 17 percent of total land area of the country. The southern lowland Terai continues to the Bhabar belt covered with the Char Kose Jhadi forests known for rich wildlife. Further north, the Siwalik zone (700 – 1,500 m) and the Mahabharat range (1,500 – 2,700 m) give way to the Duns (valleys), such as Trijuga, Sindhuli, Chitwan, Dang and Surkhet. The Midlands (600 – 3,500 m), north of the Mahabharat range is where the two beautiful valleys of Kathmandu and Pokhara lie covered in terraced rice fields, and surrounded by forested watersheds.

The Himalayas (above 3,000 m) comprises mountains, alpine pastures and temperate forests limited by the tree-line (4,000 m) and snow line (5,500 m). Eight of the 14 eight-thousanders of the world lie in Nepal: Sagarmatha or Mount Everest (8,848 m), Kanchenjunga (8,586 m), Lhotse (8,516 m), Makalu (8,463 m), Cho Oyu (8,201m), Dhaulagiri (8,167 m), Manaslu (8,163 m) and Annapurna (8,091 m). The inner Himalayan valley (above 3,600 m) such as Mustang and Dolpa are cold deserts sharing topographical characteristics with the Tibetan plateau. Nepal holds the so called “waters towers of South Asia” with its 6,000 rivers which are snow-fed or dependent on rain. The perennial rivers include Mahakali, Karnali, Narayani and Koshi rivers originating in the Himalayas.

WEATHER

Climatic conditions of Nepal vary from one place to another in accordance with the geographical features. In the north summers are cool and winters severe, while in the south summers are tropical and winters are mild. Nepal has five major seasons: spring, summer, monsoon, autumn and winter. An average temperature drop of 6°C occurs for every 1,000 m gain in altitude. The valley of Kathmandu has a pleasant climate with average summer and winter temperatures of 19°C – 35° C and 2° C – 12° C respectively.

The Himalayas act as a barrier to the cold winds blowing from Central Asia in winter, and forms the northern boundary of the monsoon wind patterns. The average annual rainfall is 1,600 mm, but it varies by eco-climatic zones, such as 3,345 mm in Pokhara and below 300 mm in



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Mustang. An interesting fact is that there is no seasonal constraint on traveling in and through Nepal.

Due to its geographical diversity, Nepal is struck by different natural disasters almost every year. The recent earthquake in April of 2014 took thousands of lives. During the monsoon season, hilly regions of Nepal face landslides whereas the Terai belt is affected by floods .Since we cannot control these disasters, we all should be prepared for it. As medical students, it is our responsibility to be alert for these kinds of situations .



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Schedule

TIME	DAY1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
	Fri	Sat	Sun	Mon	Tue	Wed
06-07	ARRIVAL AND TRANSFER TO HOTEL	BREAKFAST	MORNING CALL	MORNING CALL	SUNRISE VIEW FROM SARANGKOT	MORNING CALL
07-08	ANNAPURNA AND REGISTRATION	TRAINING OF GROUP 1 SIGHT SEEING FOR GROUP 2 BOUDDHANATH STUPA AND PASHUPATINATH TEMPLE	BREAKFAST	BREAKFAST	(PARAGLIDING OPTIONAL)	BREAKFAST
08-10			HOSPITAL VISIT	RAFTING	BREAKFAST AND DAVIS FALL	MAHENDRA CAVE AND BAT CAVE
10-12			KEYNOTE SESSION OF EMERGENCY MANAGEMENT	TRANSFER TO MUGLING	GUPTESHWOR CAVE AND PEACE PAGODA	FAREWELL PROGRAM AND CHECKOUT
12-13			LUNCH	LUNCH AND CHECKOUT	LUNCH	LUNCH
13-15	SIGHT SEEING BHAKTAPUR DURBAR SQUARE	TRAINING OF GROUP 2 SIGHTSEEING FOR GROUP 1	TRANSFER TO ROYAL BEACH CAMP	TRANSFER TO POKHARA	WATER RACE	TRANSFER TO KATHMANDU
15-17	SNACKS + SYOUMBHUNATH			CHECK IN TO FISHTAIL LODGE	SNACKS	
17-19	CULTURAL PROGRAM AND DINNER AT			BEACH VOLLEYBALL	GAME OF THRONES	SUNSET VIEW FROM DHARAHARA
19-20	PATAN DURBAR SQUARE	TRADITIONAL THAKALI DINNER	DINNER IN THE BEACH	DINNER	DINNER	
20-22	NIGHT MARKET OF THAMEL	KATHMANDU DURBAR SQUARE	FIRE CAMP AND BARBEQUE	LAKESIDE MARKET	CULTURAL NIGHT	



Training

ADVANCED LIFE SUPPORT TRAINING , SITE VISIT , KEYNOTE SESSION

Basically training programs will be imparted to the delegates in two sessions of altogether 6 hours . Delegates will be divided into two groups. The first session will be imparted to the first group while the other group will be visiting the earthquake hit world heritage site. We also have the provision of imparting keynote lectures from experts in emergency measures during the disaster. After the training, the delegates will be able to perform necessary steps in dealing with the real time scenario in times of disaster without panicking.

First Aid Trainings in fractures, burns, drowning, spinal injury, head injury, choking etc are some of the areas we intend to cover and of course Basic life Support and Advanced Cardiac Life support are the charm of our training program. Generally we, as a medical student are acquainted with the theoretical aspect in dealing with emergency conditions but when real time scenario comes, where we need to act, it is the past experience of activities that enables us in making sound judgment and act accordingly.

The training will be provided to 80 participants .There will be 2 groups with 40 participants in each Group. The Training will be provided by the organization NADEM , an organization with the experienced team of Trainer Doctors , who have been providing training since 10 years and right now providing training in all the 12 Earthquake hit districts in collaboration with government of Nepal .

After the training , the trainee will be provided with the certificates and can volunteer in our training programs as a trainer under supervision from the senior trainers . After this training we will select few excellent trainers and they will be provided a 2nd stage training " Training Of Trainers (TOT) " after which they can conduct their own training session to more people but under the name of NADEM .



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SOCIAL PROGRAM

VISIT TO 6 WORLD HERITAGE SITES

The participants will get chance to observe the devastation of World Heritage Sites caused by the earthquake in April of 2015. Additionally participants can enjoy the thrilling experience of Rafting and embark on a beautiful trip to the lap of the Himalayas in Pokhara during the post conference tour. Let the pictures speak for themselves.

SWOYAMBHUNATH



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BOUDDHANATH



PASHUPATINATH



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KATHMANDU DURBAR SQUARE



BHAKTAPUR DURBAR SQUARE



PATAN DURBAR SQUARE



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After the site visit to heritage site , you will get chance to dance with the nature in the Trisuli river - Rafting and One night stay in the beach with the traditional Nepalese traditional environment .



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RAFTING IN TRISULI AND ROYAL BEACH CAMP



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POKHARA FOR POST CONFERENCE TOUR



PARAGLIDING (optional)

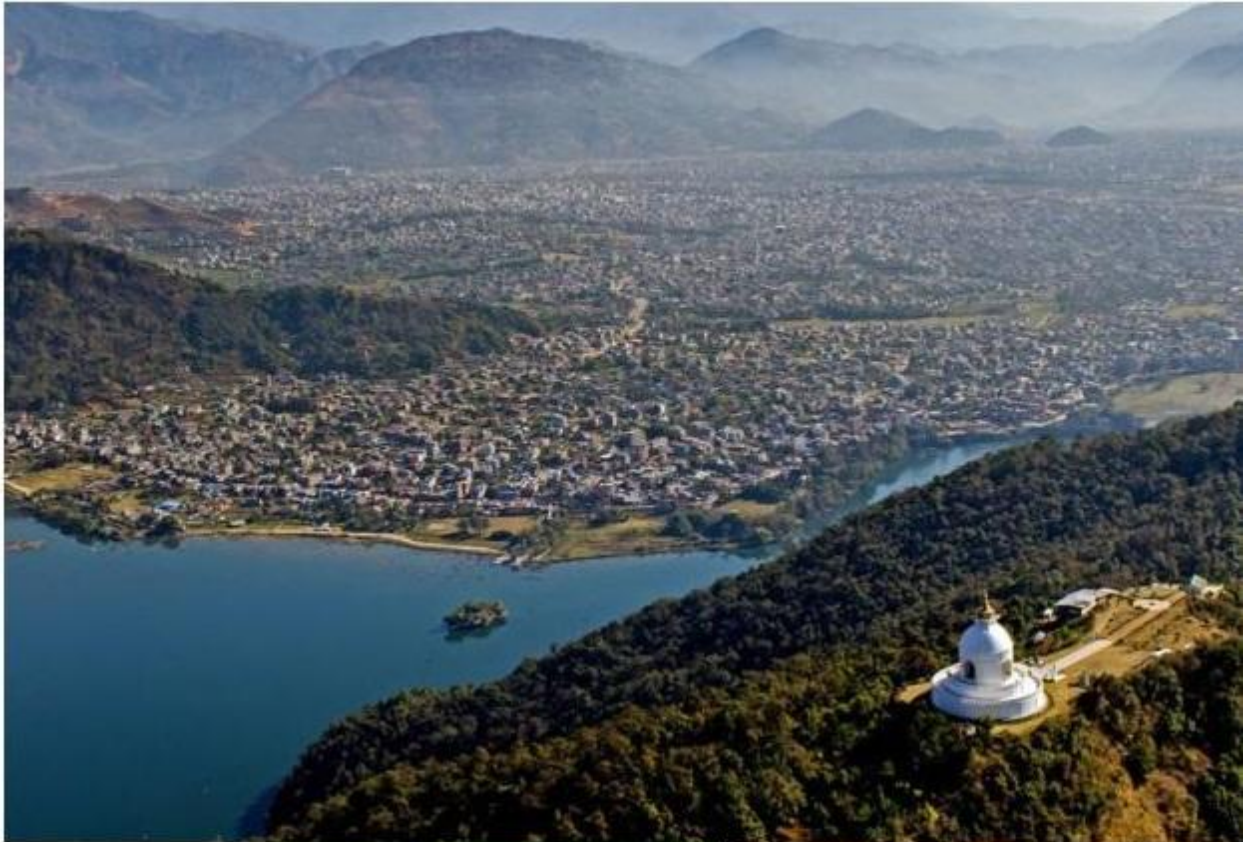


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LAKES , CAVES , WATERFALLS , HIMALAYAS



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Visa Information

Advice for Online Visa Applicants

In order to avoid long queues and unnecessary problems, kindly submit a complete Online Visa Application form to the Immigration Authority of Nepal in your first attempt! To do that, here are few things you need to prepare:

- Please keep your valid passport at hand.
- Ready a recent digital photograph (size: 1.5” x 1.5”) in your removable device to upload your photograph for the application.
- Gather beforehand
 - a detailed permanent residence address, and
 - detailed address in Nepal.
- You need to provide telephone numbers—land-line and mobile.
- You need to provide your email address too.
- The submitted application will remain in the system for 15 days. After 15 days, the application will be deleted automatically from the system.
- Once the application is successfully submitted, a receipt will be sent to your email immediately.
- Print the receipt and keep it with you as you need to produce it before the Immigration Authority.
- For your convenience, the deadline to contact the Immigration Authority will be mentioned in the receipt.
- The receipt also mentions about the documents you need to produce before the Immigration Authority.
- Please contact the Immigration Authority within 15 days after the submission of application.



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- For example, if you submit your extension application today, and your visa is expiring the next day, on the third day if you visit the Department of Immigration, you will have to pay late fee of that day. In order to prevent this sort of hassle, please submit your extension application on time and get your visa renewed before crossing the expiry date.
- When you contact the Immigration Authority, please make sure you have the receipt and proper documents with you including the necessary fee.
- No on arrival visa for country list - AFG,IRQ,CMR,GHA,SOM,SWZ,PSE,ZWE,NGA,ETH,LBR

People of these countries do not get visa on arrival at the immigration entry points of Nepal:

1. Nigeria	2. Ghana	3. Zimbabwe
4. Swaziland	5. Cameroon	6. Somalia
7. Liberia	8. Ethiopia	9. Iraq
10. Palestine	11. Afghanistan	12. Syria

Check the details about the visa process in the following website.
<http://www.nepalimmigration.gov.np/content/no-visa-on-arrival-1.html>



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Contact

Email address : srtnepal2016@gmail.com

upadhyayasantos@gmail.com

facebook : <https://www.facebook.com/srtnepal2016>

Phone Number : +9779849180989

See you in Nepal .



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