

Seminar Report on “Healthy Living in Today’s World”

JICA Alumni Association Nepal (JAAN)



TABLE OF CONTENTS

EXECUTIVE SUMMARY.....	3
BACKGROUND	4
ABSTRACT.....	5
OBJECTIVES OF THE SEMINAR	6
SESSION IN DETAIL	7
Part 1: Opening Session.....	7
Welcoming address by Dr. Ram Chandra Bhusal.....	7
Introduction of the Presenters	8
Address by H.E. Mr. Yutaka Kikuta, Ambassador of Japan to Nepal.....	8
Part 2: Seminar Session	9
Presentation on Healthy Living by Dr. Om Murti Anil:	9
Presentation on Communicable and Infectious diseases by Dr. Sher Bahadur Pun.	9
Question And Answer Session:.....	10
Conclusion and Vote of Thanks	12
Annex 1: Seminar Schedule.....	13
Annex 2: Speeches.....	14
2.1 Welcome Speech and Highlight of the Seminar – Dr. Ram Chandra Bhusal, President, JAAN	14
2.2 Remarks by His Excellency Mr. Yutaka Kikuta Ambassador of Japan to Nepal.....	16
Annex 3: Participants List.....	18
Annex 4: Visual Highlights.....	23

EXECUTIVE SUMMARY

JICA Alumni Association of Nepal (JAAN) has been contributing and regularly conducting national and international seminar on contemporary and burning issues. Among such initiatives, JAAN organized a seminar entitled ‘Healthy Living in Today’s World’ to create awareness and share enlightening knowledge and experiences by two eminent presenters Dr. Om Murti Anil and Dr. Sher Bahadur Pun.

The event was honored by the presence of His Excellency Mr. Yutaka Kikuta, Ambassador of Japan to Nepal as a Chief Guest. The special guests were Mr. Mizuki Matsuzaki, Chief Representative of JICA Nepal, Mr. Gokarna Mani Duwadi, Secretary of the Government of Nepal. This event was also attended by the high officials from the Japanese Embassy, JICA Nepal, the Government of Nepal, JAAN members and community people from JAAN working areas. The opening session of the seminar commenced with the chairing of the dignitaries on the dais.

The Health Seminar organized by JAAN aimed to discuss current health challenges, including chronic illnesses, mental health issues, and lifestyle-related problems. It highlighted the importance of preventive measures to lower the risk of illness. The seminar also provided information on common communicable diseases, how they spread, and effective prevention methods, including vaccines and proper hygiene. Participants were informed about recognizing early signs of these diseases and the need for prompt medical care to avoid complications, with a focus on the benefits of vaccines and addressing common concerns about their safety and effectiveness especially focusing on the senior citizens.

The second part of the seminar featured an insightful presentation focused on healthy living, well-being and communicable and infectious diseases. Dr. Om Murti Anil, cardiologist, author and social media figure shared his knowledge and experience with particular focus on senior citizens emphasizing on the importance of nutrition, physical activity, and mental well-being in promoting a healthier and more fulfilling life for older adults. Dr. Sher Bahadur Pun, Chief of the Clinical Research Unit at Sukraraj Tropical and Infectious Disease Hospital, epidemiologist and author bestowed his knowledge and experience on common communicable and infectious diseases, highlighting their transmission methods and prevention strategies emphasizing the importance of awareness and education in controlling outbreaks and protecting public health.

The Health Seminar concluded with an engaging open floor discussion and responses from the presentation. All the participants practiced submitting their health-related issues and concerns handwritten on paper to the presenters, which saved time and presenters were able to address as many queries as possible. The seminar underscored the importance of the seminar and encouraged the participants to live healthy in today’s hectic lifestyles. The moderator of this seminar was Dr. Kiran Rupakhetee, Secretary, JAAN.

BACKGROUND

The JICA Alumni Association of Nepal (JAAN) is a non-political, non-profit organization and a sister organization of JICA, Nepal. Established in 1973, JAAN is officially registered as a non-profit organization in the District Administration Office in Kathmandu and its office is located Balkhu, Kathmandu. The primary objectives of the organization include facilitating the exchange of knowledge, fostering harmony, cultivating affinity, and promoting mutual understanding among its members. Additionally, JAAN is dedicated to updating and sharing the knowledge and skills acquired in Japan among its members. Furthermore, the organization aims to promote friendship and mutual understanding between Japan and Nepal.

This Alumni has professional as members from all sectors except the Nepal Army. Currently, the organization includes over 1,100 members, with nearly 600 holding lifetime memberships. Participants who have completed training, study programs, or visits to Japan through the JICA program are eligible for the membership in JAAN. Honorary membership is awarded to all Ambassadors of Japan to Nepal and JICA Chief Representatives. More than 50 JAAN members are government secretaries and about 90 percent of members are government officials. Consequently, JAAN has a strong network with the government of Nepal and many organizations in Nepal and Japan. JAAN members work to enhance the good relationship between Nepal and Japan.

JAAN conducts several activities regularly every year as per its objectives. Among other many activities, JAAN has been conducting pre-departure orientation to JICA participants who go to Japan for training, visit and study under JICA program for the last 25 years. JICA has provided this responsibility to JAAN since 1998. Similarly, Government of Nepal, Ministry of Labor, Employment and Social Security has given the responsibility to JAAN to conduct JITCO Trainee's Basic Japanese Language and Culture Test Examination. As an opportunity and trust of the government to JAAN, it has been conducting this examination for JITCO Trainees for the last 14 years. Thus, JAAN has been supporting to the JICA Nepal and Government of Nepal for the considerable period by successfully conducting own responsibility and delivering qualitative services in a sustainable way.

JICA Alumni Association of Nepal celebrated its 50th Golden Jubilee commemoration function and organized an International Seminar on 25th February 2024. The Chief Guest, Rt. Honorable President of Nepal, Mr. Ram Chandra Poudel, inaugurated the event, and released the 50th Golden Jubilee issue of the Milan magazine. The seminar celebrated JAAN's 50 years of dedication and highlighted the enduring Nepal-Japan friendship and set the stage for insightful discussions on human resource development and socio-economic cooperation.

ABSTRACT

JICA Alumni Association Nepal (JAAN) has been fostering, creating awareness on the contemporary and burning issues by organizing various programs and seminars. Therefore, the need for awareness and insights on 'Healthy Living in Today's World' among the people seemed important. Focusing mainly on the senior citizens the seminar delved into the multifaceted approaches essential for maintaining physical and mental well-being amidst the challenges faced in the modern life such as sedentary lifestyles, imbalance diet, and the outbreak of different types of communicable diseases, the seminar provided a comprehensive overview of effective strategies for achieving holistic health. The renowned doctors shared their insights on the importance of balanced diet after the age of 60, engaging in regular exercise and managing stress through mindfulness.

The discussions also addressed the causes of both communicable and non-communicable diseases, aiming to enhance overall health and wellbeing. The session provided crucial information into preventing and managing common communicable diseases, such as influenza, COVID-19, M-pox and dengue, by emphasizing vaccination, hygiene practices and early detection. Concurrently, it addressed the principles for healthy living among the participants and helped gain knowledge to prevent and manage non-communicable diseases like diabetes, hypertension, and heart disease.

Through interactive discussion sessions and Q&A, participants explored actionable methods to enhance their well-being. Participants left with a clearer understanding of how to navigate the complexities of modern life while prioritizing their health and work simultaneously.

OBJECTIVES OF THE SEMINAR

The major objective of the seminar was to bring the health-related issues through ‘Healthy Living in Today’s World’ into the forefront among the JAAN members, their spouses and community people from Lele.

The specific objectives in this regard were as follows:

- Provide comprehensive information about prevalent health challenges in today’s world, including chronic diseases, mental health concerns, and lifestyle related concerns.
- Highlight the importance of preventive practices such as regular exercise, balanced diet, and routine health check-ups to reduce the risk of disease.
- Provide knowledge about the common communicable diseases, their transmission methods, and prevention strategies, including vaccines and hygiene practices.
- Educate participants on recognizing early symptoms of communicable diseases and importance of seeking medical attention promptly to prevent complications and further transmission.
- Emphasize the role of vaccinations in preventing communicable diseases and address common misconceptions and concerns regarding vaccine safety and efficacy.

SESSION IN DETAIL

The seminar was organized on 31st August 2024, held at the Hotel Crowne Imperial, Ravibhawan, Kathmandu. The seminar consisted of the opening session and felicitation of dignitaries and guests. It was followed by the discussion and sharing of knowledge and experience by the two presenters and concluded with the question-and-answer session where participants asked relevant questions to the presenters. *The program schedule is attached to Annex 1.*

Part 1: Opening Session

Dr. Kiran Rupakhetee, Secretary of JAAN, commenced the seminar with the chairing ceremony of the dignitaries and special guests on the dais. This event was chaired by Dr. Ram Chandra Bhusal, President of JAAN and Chief Guest His Excellency Mr. Yukata Kikuta, Ambassador of Japan to Nepal, followed by the Special Guests Mr. Mitzuki Matsuzaki, Chief Representative, JICA Nepal, Mr. Gokarna Mani Duwadi, Secretary of the Government of Nepal, Dr. Om Murti Anil, Presenter and Dr. Sher Bahadur Pun, Presenter. Following with the national anthem of Nepal and Japan. Dr. Kiran shared, understanding that health is fundamental to family happiness and overall quality of life, the JAAN seminar aims to address these important issues. In line with the saying, "If you want something said, ask a man; if you want something done, ask a woman," it is essential to recognize that the health of every individual is important. Health is indeed a valuable asset, and maintaining it requires dedicated time and effort. A proper diet can often reduce the need for medication, while an imbalance diet makes medicine less effective. He then highlighted that among the two presenters, Dr. Om Murti Anil will focus on promoting healthy living and the significance of lifestyle choices, while Dr. Sher Bahadur Pun will cover both communicable and non-communicable diseases, offering valuable insights on prevention and management. He said this seminar is designed to provide the participants with the knowledge necessary for better health and well-being and welcomed Dr. Ram Chandra Bhusal for his welcome speech.

Welcoming Address by Dr. Ram Chandra Bhusal

Dr. Ram Chandra Bhusal, President of JAAN, delivered a welcome speech and major highlights of the seminar. He warmly welcomed and extended his deepest gratitude to all the distinguished guests, special guests and the participants. His opening remarks warmly acknowledged their presence and contributions. Highlighting the major objectives of JAAN, he said that JAAN has been organizing seminars on important issues in the past years, including health-related topics such as the Ebola Virus and Care of Aging People. Earlier this year, in February 2024, JAAN hosted an international seminar on Human Resource Development in Nation Building, featuring lessons from Japan and inaugurated by the Rt. Honorable President of Nepal. The event welcomed participants from the SAARC region and Japan, reflecting JAAN's commitment to addressing significant issues through collaborative efforts. He emphasized that this seminar focuses on health impacts in today's world and its importance.

He further said that this seminar aims to increase awareness and share knowledge through presentations by Dr. Om Murti Anil and Dr. Sher Bahadur Pun. The seminar is expected to be insightful and valuable for all participants. The opening remarks concluded with a request for Dr. Kiran Rupakhetee to facilitate the seminar as Master of Ceremony and Moderator. *His full speech is attached in Annex 2.*

Introduction of the Presenters

Dr. Kiran then introduced the two presenters of the seminar.

- **Dr. Om Murti Anil** is a well-known cardiologist, Author and social media figure. He completed his MBBS at college of Medical Sciences in Bharatpur, followed by MD in Internal Medicine from Institute of Medical Sciences, Maharajgunj and his DM in cardiology from All India Institute of Medical Sciences, New Delhi. He is the founder of the National Cardiac Centre. He also founded the Dr. Om Foundation in 2023, which offers a free telemedicine service. Dr. Anil coordinated a survey on cardiovascular health of 5000 people in Kathmandu in 2014. He has published two books “Ma Pani Doctor” and “Jiwanta Sambandha.” He has 1.3 million followers on Facebook where he offers guidance and motivation for adopting a healthy lifestyle. He has even set a Guinness World Record for ‘Most viewers for a cardiovascular health awareness live stream on Facebook’ when his 30-minute presentation focusing on the ‘diagnosis of hypertension’ on World Heart Day attracted more than eleven thousand two hundred plus viewers. Earlier, he had been recognized with another record for the ‘longest running radio interviews as a guest speaker on heart disease prevention.’
- **Dr. Sher Bahadur Pun** is Chief of the Clinical Research Unit at Sukraraj Tropical and Infectious Disease Hospital. He is an expert in public health and epidemiology. After completing MBBS he has completed his PhD in infectious disease from Japan. He has received numerous awards for his contribution to the field. He has conducted significant research on various pressing health issues and has published hundreds of articles in both online and newspapers. His commendable contribution during the COVID-19 pandemic involved extensive efforts to reduce the spread of viruses through mass communication, articles in newspapers and social media along with creating awareness through Television interviews.

Address by H.E. Mr. Yutaka Kikuta, Ambassador of Japan to Nepal

H. E. Mr. Yutaka Kikuta, Ambassador of Japan to Nepal was thankful for welcoming him in this important and interesting seminar on “Healthy Living in Today’s World” organized by JAAN, acknowledging the presence of the President of JAAN, Secretary of the Government of Nepal, Chief of JICA Nepal and the two presenters. He is pleased by the efforts of JAAN in organizing various activities. He expressed that he as an ambassador is contributing selflessly to enhance the relationship between Nepal and Japan and act as a bridge. He highlighted that Japan is practicing Universal Health Coverage and promoting the same in Nepal as well. He recognized the Japan’s role in supporting Nepal during the COVID-19 pandemic, where he succeeded in bringing the vaccine and medical equipment from Japan. He also ensured that

Japan would continue providing its expertise to extend the health services and their helping hands to overcome any challenges. He expected that this event would bring changes through the insights gained from the doctors and wished for the success of the seminar. *His full speech is attached to Annex 2.*

Part 2: Seminar Session

The second part of the seminar started where the moderator Dr. Kiran Rupakhetee commenced the second session announcing the presentation of the two presenters. This seminar session began with the brief presentation by Dr. Om Murti Anil on Healthy Living and later with the presentation by Dr. Sher Bahadur Pun on Communicable and Infectious diseases.

Presentation on Healthy Living by Dr. Om Murti Anil

Dr. Om Murti Anil delivered an engaging presentation on the health risks faced by senior citizens and offered practical advice for maintaining a healthy lifestyle. His discussion emphasized the importance of self-care, lifestyle choices, and the role of happiness in overall well-being. The presentation highlighted the following lesson learned:

- As people age, their immune systems weaken, leading to slower organ function. This can increase the risk of serious health conditions, such as strokes, in the long term.
- Medicine alone cannot guarantee good health. It is essential for seniors to stay motivated and prioritize their health. After the age of 60, people should focus on balancing their work, health, and family's well-being. With their life experiences, they can help each other live healthier lives.
- Engaging in activities that bring joy is crucial. Happiness is a key factor in maintaining good health and overall well-being.
- Consistent use of prescribed medication is important for preventing and controlling long-term health complications. Discontinuing medication can lead to the rapid onset of health issues.
- In today's world, younger people are also facing health issues such as diabetes and high blood pressure. This highlights the importance of adopting a healthy lifestyle early on, as the foundation of diseases is often laid in one's 20s and 30s.
- Stress, anger, anxiety, and negative attitudes are major contributors to hypertension. Managing these emotions is important for maintaining healthy blood pressure levels.

Presentation on Communicable and Infectious diseases by Dr. Sher Bahadur Pun.

Dr. Sher Bahadur Pun delivered an insightful and comprehensive discussion on the evolution and impact of communicable and infectious diseases, with a primary focus on recent global and local experiences. His talk highlighted the impact of COVID-19, recurring infectious diseases, and the critical need for improved response strategies and preventive measures. A significant portion of Dr. Pun's discussion focused on the lessons

learned from these outbreaks. He pointed out that despite the historical knowledge and previous experiences with pandemics, there seemed to be a recurring pattern of inadequate preparation and response. Dr. Pun stressed the importance of learning from past crises to improve future responses and prevent similar situations. The major key points discussed are highlighted below:

- COVID-19 Outbreaks
 - The initial COVID-19 wave that affected Italy, the USA, and the UK which faced severe challenges, including overwhelmed healthcare systems and high mortality rates.
 - The second wave, focusing on India's crisis marked by a significant shortage of oxygen. His research anticipated a high death toll, which unfortunately came to fruition. Similar issues were observed in Nepalgunj and Kathmandu highlighting a recurring pattern of inadequate preparedness.
 - SARS COV-2 vaccine was developed and distributed for controlling the pandemic and save lives of many however, few side effects can be observed.
- Recurring infectious Diseases
 - Recent outbreaks of Monkey Pox (also known as M-Pox) in Africa were mentioned as a concern for global health, indicating the continuous emergence of new infectious threats.
 - The rapid spread of swine flu in Nepal within a short period demonstrated the potential for swift outbreaks of the known diseases.
 - The increase in dengue cases from 2019 to 2022 caused significant casualties without injuries, largely attributed to ineffective mosquito control measures.
 - The ongoing issue of cholera is spreading due to contaminated water sources, mainly the use of unbranded jar water and the contamination of tap water.
- It is important to maintain personal and environmental hygiene in preventing disease outbreaks. He noted that controlling mosquito populations and improving sanitation are crucial to reducing the incidence of mosquito-borne diseases.
- It is important to underscore the necessity of adapting strategies based on real-time data and experiences to better manage and mitigate the impact of infectious diseases.

Question and Answer Session

Questions to Dr. Om Murti Anil, Presenter

1. What are the key strategies for maintaining overall physical and psychosocial well-being including exercises routine, dietary habits and mental health practices? How should lifestyle choices, such as meditation, morning walks, and tea consumption, be adapted to align with age related health considerations?

Dr. Anil highlighted that to maintain overall well-being, it is important to encourage practical experiences that motivate people, particularly senior citizens, to stay active. Engaging in daily physical activities like walking can help reduce the risk of chronic illness. Age alone should not be a limiting factor; diseases can affect anyone. Therefore,

regular physical activities should be emphasized regardless of age. Managing stress through positive thinking and meditation is equally important. In addition, he highlighted to ensure that medications are consumed regularly and are sourced from trustworthy providers and reduce exacerbation of health condition.

2. Can food supplements be effectively utilized in the management and prevention of chronic diseases and what precautions should be considered? Medicine's quality varies as per the production, how can it be identified?

Replying the query to Dr. Anil said that food supplements like Omega-3 and fish oil etc. may not be beneficial in managing chronic diseases such as diabetes, hypertension, and cardiovascular conditions as often claimed. However, he noted that vitamin B12 is generally safe and can be consumed without any significant risk. Also, the production standards of the medicine vary and cannot be identified. Therefore, it is crucial to take only doctor prescribed medication. In addition, it is important to regularly monitor blood pressure and HbA1c levels.

Questions to Dr. Sher Bahadur Pun

1. There are various health effects experienced by the patients on ventilators during COVID-19, and what are the common post-COVID symptoms? Are vaccines like COVI-shield, Pfizer and other COVID vaccines linked to side effects such as heart attacks or infertility?

Dr. Pun addressed that health issues seen in COVID-19 patients in ventilators may not necessarily be the direct cause, as other factors could be involved. However, post-COVID symptoms are commonly observed, and these include memory loss, respiratory problems, kidney issues, heart complications, and insomnia, as highlighted in the article published after COVID-19. He added holistic approach should be taken to manage these symptoms, and practices like meditation can help reduce the impact of some symptoms, especially for mental and emotional well-being. In fact, all vaccines, including COVI-shield and Pfizer, go through rigorous testing before entering the market. While some minor side effects may have been observed during testing, they are rare and not a cause for significant concern. The COVID-19 vaccines have proven to be effective in reducing the spread of infection. Concerns about side effects, such as heart attacks or infertility, are largely unfounded and often stem from negative perceptions rather than scientific evidence

2. Why do mosquitoes bite some people more than others, and which type of mosquito spreads dengue? How can dengue be prevented, especially in hilly regions?

Dr. Pun highlighted that people who produce more attractants, such as those with higher body temperatures or specific body odors, are more likely to be bitten by mosquitoes. There are different types of mosquitoes, such as zebra-striped, more active during the day, or black-colored ones. However, dengue is primarily spread by the Aedes mosquito, which transmits the virus after biting an infected person. Mosquitoes are now even found in hilly regions as they have adapted to the environment. He said that to

prevent the spread of dengue in every region, it is important to focus on eliminating breeding sites, like water containers, and raising public awareness about prevention measures.

3. Is it safe for individuals over 76 to receive the pneumonia vaccine? How long do vaccines like tetanus (TT), rabies, and hepatitis provide protection, and should they be repeated after exposure? How soon should rabies vaccines be administered after a dog bite? Additionally, are polio vaccines available for adults, especially in Nepal?

Dr. Pun stated that it is safe for individuals over 76 to receive the pneumonia vaccine, as it has been thoroughly tested. Vaccines like tetanus (TT), rabies, and hepatitis also offer long-term protection, and their schedules are designed to ensure ongoing immunity. For polio, while oral drops are given to children in Nepal, adults may also need the vaccine in specific circumstances, and it is available if necessary.

In conclusion, the question answer session provided an engaging platform for participants to explore key topics discussed during the seminar, allowing for a deeper understanding of health challenges and preventive measures. Participants posed insightful questions regarding healthy living, communicable diseases, and vaccinations which facilitated meaningful dialogue and exchange of ideas. This interaction not only clarified misconceptions but also reinforced the importance of proactive health management.

Conclusion and Vote of Thanks

Dr. Kiran Rupakhetee expressed gratitude to all the distinguished guests, speakers, participants, and organizers for their contributions to the seminar's success. He highlighted key takeaways, including Benjamin Franklin wise saying, "Early to bed and early to rise makes a person healthy, wealthy, and wise," and told participants to embrace this principle as we prioritize our health. Dr. Kiran reminded participants that "Happiness lies within yourself" and that "Happiness is by choice, not by chance," encouraging everyone to actively cultivate joy and well-being in their lives. He then announced the conclusion of the seminar with these mesmerizing notes.

The seminar fostered a collaborative environment for learning and sharing, and it was a valuable step towards building a healthier community. Thank you to everyone who participated and made this event meaningful.

Annex 1: Seminar Schedule

JICA Alumni Association of Nepal (JAAN)

Seminar On "Healthy Living in Today's World."

Date: August 31, 2024 (Saturday)

Time: 2:00 PM to 5:30 PM

Venue: Hotel Crowne Imperial, Ravi Bhavan, Kathmandu

Expected Participants: 250 (including JAAN Members, Local Community People from JAAN Working Areas, Journalists, Senior Officials from the Embassy of Japan, JICA Nepal and Representatives from the Government of Nepal)

MC: Dr. Kiran Rupakhetee, Secretary, JAAN

Program Schedule

Part 1 – Opening Session	
Time	Program Itineraries
2:00 – 2:20 PM	Arrival of Participants and Registration
2:20 – 2:25 PM	Arrival of Special Guests and Guests
2:30 PM	Chairing of Dignitaries on the Dais – Chairpersonship – Dr. Ram Chandra Bhusal, President, JAAN – Chief Guest – H. E. Yutaka Kikuta, Ambassador of Japan to Nepal – Special Guests - Mr. Mitzuki Matsuzaki, Chief Representative, JICA Nepal - Dr. Om Murti Anil, Presenter - Dr. Sher Bahadur Pun, Presenter
2:35 PM	Welcome Address and Highlights of the Seminar – Dr. Ram Chandra Bhusal, President JAAN
2:45 PM	Remarks by the Chief Guest – H. E. Yutaka Kikuta, Ambassador of Japan to Nepal
Part 2 - Seminar Session	
3:00 – 4:00 PM	Presentation by Dr. Om Murti Anil and Discussion session
4:00 – 5:00 PM	Presentation by Dr. Sher Bahadur Pun and Discussion session
5:00 PM	Closing the Seminar with a Vote of Thanks by Dr. Kiran Rupakhetee
Refreshment / Hi – Tea	

Annex 2: Speeches

2.1 Welcome Speech and Highlight of the Seminar – Dr. Ram Chandra Bhusal, President, JAAN

Today's Chief Guest His Excellency Mr. Yutaka Kikuta, Ambassador of Japan to Nepal, Special Guest Mr. Mizuki Matsuzaki, Chief Representative, JICA Nepal, Today's Presenters Dr. Om Murti Anil and Dr. Sher Bahadur Pun, High Officials from the Embassy of Japan, JICA Nepal and Government of Nepal, Community People from JAAN Working Area (Lele), JAAN Members and their Spouse, Media Friends, Ladies and Gentlemen.

First of all, I would like to heartily welcome to all distinguished personalities I mentioned before. On behalf of the JAAN family, we would like to welcome you all respected guests, presenters and participants with our warm hospitality to this seminar today.

JAAN was established as a non-political and non-profitable organization and is dedicated in strengthening good relation between Nepal and Japan and other social developmental initiatives in collaborative support and guidance of parent organizations JICA and Embassy of Japan.

The main objective of the JAAN is to promote friendship and mutual understanding between Nepal and Japan, facilitate the exchange of knowledge and skill acquired from Japan, and work as the center of excellence for both our members and the community. In line with the aforesaid objectives, today's Seminar on "Living Healthy in Today's World" is one of our many initiatives.

JAAN regularly conducts national and international seminars on contemporary and burning issues. In the past, we have conducted many health-related seminars such as– Ebola Virus, Care of Aging People etc. Earlier this year, in February 2024, we had organized an international seminar on Human Resource Development in Nation Building, featuring Lesson Learned from Japan which was inaugurated by Rt. Honorable President of Nepal. In this Seminar, the participants were welcomed from the SAARC region and Japan.

Health is a fundamental aspect of our life, and it is the greatest wealth. It is particularly important for our senior members. I would like to share a few statements on this topic. Buddha has mentioned that "To keep a body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear". Similarly, Mahatma Gandhi once said "It is Health that is Real Wealth. And not piece of gold and silver".

In this context, JAAN has organized this seminar especially to create awareness and to share knowledge and experience of our two presenters with their response to participants' questions. We look forward to the presentations by Dr. Om Murti Anil and Dr. Sher Bahadur Pun. Dr. Kiran Rupakhetee, Secretary of JAAN, will introduce them briefly before their presentation. We are delighted to have our JAAN members with their spouse in this seminar today. Similarly, the high officials from the Embassy of Japan in Kathmandu and JICA Nepal, Representatives from Japan related Alumni in Nepal and community people from Lele Lalitpur and government officials are also present in today's program. We are expecting this seminar will be relevant, interesting and beneficial for all our participants.

Allow me to briefly address you in Nepali as well.

सर्वप्रथम त आजको यस "Healthy Living in Today's World" विषयक सेमिनारमा म यहाँहरु सबैमा हार्दिक स्वागत गर्न चाहन्छु।

जानले नियमित रूपमा गर्ने विभिन्न कार्यक्रमहरु मध्ये समसामायिक सन्दर्भको गोष्ठी / सेमिनार पनि एक हो । हामीले विभिन्न विषयमा राष्ट्रिय तथा अन्तर्राष्ट्रिय सेमिनार गर्दै आएका छौं। पछिल्लो पटक गत २०८० साल फागुन १३ गते जानले "Human Resource Development for the Nation Building Lesson Learned from Japan" विषयक अन्तर्राष्ट्रिय सेमिनारको आयोजना गरेको थियो। उक्त सेमिनारमा भुटान, भारत, श्रीलंका, माल्दिभस, जापान लगायतका देश र उल्लेखनीय संख्यामा जानका सदस्य एवं परिवारजनको उपस्थिति थियो। उक्त अन्तर्राष्ट्रिय सेमिनारको समुद्घाटन नेपालका सम्माननीय राष्ट्रपति श्री रामचन्द्र पौडेलज्यूले गर्नु भएको थियो।

"स्वास्थ्य नै सबै भन्दा ठूलो धन हो" भन्ने कुरा हामी सबैले बुझेको छौं। अंग्रेजीमा पनि स्वास्थ्यको महत्वको बारेमा थुप्रै भनाइहरु छन्। जस्तै एउटा अज्ञात भनाई छ, "You can't enjoy wealth if you are not in good health" त्यस्तै अर्को एउटा अज्ञात भनाई छ "Health is a daily practice not a 30 day diet" यसरी स्वास्थ्य नै हाम्रो सबै भन्दा महत्वपूर्ण कुरा हो र स्वास्थ्य विनाको जीवन निरास र कठिन छ भन्ने कुरालाई ध्यानमा राख्दै जानले आजको यो सेमिनार "Healthy living in Today's World" को आयोजना गरेको हो। यस सेमिनारमा परिवार (Spouse) सहितको सहभागिताले हामी आफु स्वस्थ रहन र परिवारलाई स्वस्थ राख्न मद्दत पुग्नेछ भन्ने उद्देश्यका साथ हामीले परिवार (Spouse) सहित जानका सदस्यहरुलाई आजको यो सेमिनारमा आमन्त्रण गरेका छौं।

आजको सेमिनारमा हामीले नेपालका वरिष्ठ एवं लोकप्रिय चिकित्सकहरु डा. ओममूर्ति अनिल र डा. शेरबहादुर पुनलाई आमन्त्रण गरेका छौं। उहाँहरुको छोटो परिचय हामी उहाँहरुको प्रस्तुती अगाडी गराउने छौं। जानको तर्फबाट मैले गरेको अनुरोधलाई दुवै जना डाक्टरहरुले स्वीकार गरेर आज यहाँ प्रस्तुतीको लागि आउनु भएको छ। म दुवै प्रस्तोता डाक्टरसापहरुलाई कार्यक्रममा हार्दिक स्वागत गर्दछु।

त्यस्तै आजको कार्यक्रममा महामहिम जापानी राजदूत, जाइका प्रमुख, जापानी राजदूतावास र जाइका नेपालका उच्च अधिकृतहरुको उपस्थितिले जानको कार्यक्रममा शोभा बढाउनुको साथै हामीलाई प्रोत्साहन मिलेको छ। जाइका प्रमुख माचुजाकी एक हप्ता अगाडी मात्र नेपाल आउनु भएको हो।

उहाँहरु सबैमा म हार्दिक स्वागत गर्दछु। जानका सदस्यमहानुभावहरु र परिवारजनहरुको उल्लेखनीय सहभागिताले हामीलाई थप कार्यक्रम गर्न प्रोत्साहन मिलेको छ, म आभार व्यक्त गर्दै हार्दिक स्वागत गर्दछु।

हामी यो सेमिनार सबैको लागि उपयोगी हुने अपेक्षा गरेका छौं। यति भन्दै म मेरो छोटो भनाईलाई अन्त्य गर्दै अब आजको केन्द्रविन्दुमा रहेको दुई जना डाक्टरसापहरुको प्रस्तुती तर्फ नै लैजान चाहन्छु।

With this brief highlight about the seminar, I once again would like to extend my warm welcome to all our guests, presenters and participants. I now would like to request Dr. Kiran Rupakhetee, Secretary of JAAN and Joint Secretary, Government of Nepal to facilitate this seminar as Master of Ceremony and Moderator.

Thank you.

2.2 Remarks by His Excellency Mr. Yutaka Kikuta, Ambassador of Japan to Nepal

Thank you very much for the introduction.

Dr. Ram Chandra Bhusal, President of JAAN, Dr. Gokarna Mani Duwadi, Secretary of the Government of Nepal, Mr. Mizuki Matsuzaki Chief Representative of JICA, Dr Anil and Dr. Pun, my dear ladies and gentlemen very good afternoon to you all.

First of all, thank you very much for inviting me to this seminar titled “Healthy Living in Today’s World” which sounds very important, interesting and it is beneficial for all people living in this planet of course in Japan and in Nepal. So, thank you very much for giving me this opportunity to share some of my thoughts with you all. I appreciate the activities conducted by JAAN because I believe that JAAN has the power to implement what is learnt from the study in Japan and working as a bridge between Japan and Nepal. I also appreciate the activities conducted for the sake of the development of this country. I read in a book saying living in Nepal is privilege and I agree with that. This is my fourth year as an Ambassador, I think of myself as one of the most privileged and happy ambassadors in the world.

Talking about the health as you may know Japan is promoting the world movement Universal Health Coverage (UHC) with the motto no one left behind. About 3 years ago when I came here it was in the midst of the COVID-19 pandemic. I came here from Nigeria, Nigeria to London and from London to Kathmandu Nepal in an airplane which happen to be airplane carrying COVID-19 vaccine (COVAX). Japan was one of the very first countries to extend their support in the world by contributing to the core system of United Nations. The first Nepali person I met at the airport was the Minister of Health at that time, so it was my beginning of ambassador to Nepal. After long and hard negotiation with the Tokyo, I succeeded in bringing COVID-19 vaccine to Nepal, not only the vaccine Japan also supported lots of medical equipment to Nepal. We have been providing a lot of assistance in various areas of health sectors including maternal health treatment.

I have met lots of doctors such as cancer specialists, surgery doctors and many more who had the experience in studying in Japan and applying that knowledge and experience here. We provided many technical assistances and created opportunities to study the advance medical technology in Japan. I am very happy to see those Nepali doctors returning back to Nepal and applying expertise in their daily life in this country which have produced a ripple effect which can be inherited by the nurses and doctors and the generation to come and expand the activities which is known as Human Resource Development and is foundation of the nation building.

As an individual living in Nepal, I want to see Nepal doing something about the healthy drinking water. All of us know the national pride project, the very first facility for the water purification at the Melamchi river was supported by JICA. So, I really want to have healthy drinking water coming to Kathmandu so that I can drink healthy water without any concern. I also want to see improvement in air pollution especially in the cities where it is significantly increasing due to various reasons which I understand are not easy to solve, however, I want to have fresh air in the near future. Other thing is infectious disease everyone need to do something because many people are affected by this type of disease however, there are many issues and challenges but I am confident that you can overcome those challenges with the cooperation with the Japanese government. We are ready to support you in every cause.

Being here as an ambassador for three years I have attended a lot of seminars, symposiums, meetings, events the main point is the implementation. Just participating will not produce anything and I am confident the participants here today, JAAN members have the power for the implementation not only participate in the Talk show. You all are the person who is the driving force of this country's development. I know your activities are really making changes in the world, in the country and in your town so I am very happy to be here today to share with you my thoughts and I expect a lot from the excellent presentation by the doctors so that the seminar will make a certain impact on you, and you can make certain impact on this country with this I would like to wish a great success of this seminar today. Thank you very much

Annex 3: Participants List

S. No.	Salutation	Name	Remark
1	Mr.	Achyut Raj Sharma	
2	Ms.	Anila Shrestha	
3	Mr.	Arun Shankar Ranjit	
4	Dr.	Basu Dev Kafle	With Spouse
5	Mr.	Bijay Man Shrestha	
6	Mr.	Biju Kumar Shrestha	With Spouse
7	Er.	Birendra Man Bajracharya	With Spouse
8	Mr.	Bishnu Gopal Khatri	With Spouse
9	Mr.	Bishwa Raj Joshi	
10	Ms.	Biva Kalika Malla Shrestha	
11	Mr.	Buddhi Narayan Shrestha	
12	Mr.	Chandra Bahadur Shrestha	
13	Mr.	D.B. Basnet	
14	Mr.	Deva Sharma Paudel	With Spouse
15	Er.	Devindra Nath Gongal	With Spouse
16	Mr.	Dhananjaya Poudyal	
17	Er.	Dhurb Singh Nepali	
18	Mr.	Dil Krishna Prajapati	
19	Mr.	Dilip Bade	
20	Mr.	Dilli Ram Bastola	
21	Mr.	Dilli Raman Niraula	
22	Er.	Dilli Ratna Shakya	
23	Dr.	Dinesh Kumar Parajuli	With Spouse
24	Mr.	Dinesh Yadav	With Spouse
25	Mr.	Dipendra Paudel	With Spouse
26	Dr.	Dol Prasad Chapagain	

27	Mr.	Durga Prakash Manandhar	With Spouse
28	Mr.	Gauri Shankar Bassi	With Spouse
29	Mr.	Gokarna Mani Duwadee	
30	Ms.	Goma Devi Paudel	
31	Mr.	Gyani Raja Chitrakar	With Spouse
32	Mr.	Hari Binod Adhikari	
33	Mr.	Harish Chandra Bastola	
34	Mr.	Hem Raj Subedi	
35	Mr.	Hom Nath Aryal	With Spouse
36	Ms.	Indira Joshi	
37	Ms.	Indra Kumari Gurung	
38	Mr.	Jagat Kumar Bhusal	With Spouse
39	Mr.	Jeewa Nath Pokharel	With Spouse
40	Mr.	Kapil Prasad Sharma	
41	Er.	Karuna Ratna Shakya	With Spouse
42	Mr.	Kedar Karki	With Spouse
43	Mr.	Kedar Poudel	With Spouse
44	Mr.	Keshav Achhami	
45	Mr.	Keshav Bahadur Thapa	With Spouse
46	Dr.	Keshav Prasad Shrestha	With Spouse
47	Mr.	Kiran Nath Shrestha	
48	Dr.	Kiran Rupakhetee	
49	Mr.	Lal Narayan Singh	With Spouse
50	Mr.	Lal Narayan Singh	With Spouse
51	Mr.	Laxmi Prasad Tripathi	
52	Mr.	Lekh Nath Gyawali	With Spouse
53	Ms.	Madhu Kala Khanal	
54	Mr.	Madhu Sudan Poudel	With Spouse
55	Mr.	Mahendra Raj Pant	With Spouse

56	Mr.	Mahendra Singh Rawal	
57	Mr.	Manahari Khadka	
58	Mr.	Manohar Lal Shretha	With Spouse
59	Er.	Mathura Dangol	
60	Er.	Milan Kumar Shakya	With Spouse
61	Ms.	Minoba Yonjan	
62	Mr.	Mohan Bahadur Thapa	
63	Mr.	Mukti Narayan Manandhar	
64	Mr.	Mukunda Mani Khanal	
65	Mr.	Narayan Gopal Malego	
66	Mr.	Narayan Kumar Acharya	
67	Mr.	Narayan Kumar Shrestha	With Spouse
68	Mr.	Om Ratna Bajracharya	
69	Er.	Panna Man Bajracharya	With Spouse
70	Mr.	Paras Poudel	With Spouse
71	Mr.	Pitambar Aryal	
72	Dr.	Prabin Shrestha	
73	Mr.	Pragay Lal Joshi	
74	Mr.	Prem Bahadur Shrestha	
75	Dr.	Prem Ratna Sthapit	
76	Mr.	Purna Prasad Manandhar	With Spouse
77	Mr.	Radha Krishna Pradhan	With Spouse
78	Mr.	Rajesh Kumar Silwal	
79	Mr.	Rajesh Raj Dali	With Spouse
80	Mr.	Rajesh Sharma	With Spouse
81	Mr.	Raju Aryal	
82	Ms.	Rajya Laxmi Nakarmi	With Spouse
83	Mr.	Ram Bahadur KC	
84	Dr.	Ram Chandra Bhusal	With Spouse

85	Mr.	Ram Naresh Mahato	With Spouse
86	Mr.	Ram Prasad Dhungana	
87	Mr.	Ram Prasad Subedi	
88	Mr.	Ram Vinay Kumar Singh	With Spouse
89	Ms.	Rama Dhakal	With Spouse
90	Mr.	Ramesh Amatya	With Spouse
91	Mr.	Ramesh Sharma Paudyal	
92	Er.	Rameshwar Prasad Kalwar	
93	Dr.	Ramita Manandhar	
94	Ms.	Rita Yakthumba	
95	Er.	Rohit Kumar Bisural	With Spouse
96	Mr.	Roshan Bajracharya	With Spouse
97	Ms.	Rupa Thapa	With Spouse
98	Mr.	Sagar Acharya	
99	Mr.	Sanjeev Pokharel	With Spouse
100	Mr.	Sanjeev Singh Kathayat	
101	Mr.	Sanjib Kumar Lama	With Spouse
102	Ms.	Saroj Tuladhar	
103	Mr.	Satya Narayan Shah	
104	Mr.	Shanmukhesh Chandra Amatya	With Spouse
105	Ms.	Shanta Joshi	
106	Ms.	Shanti Laxmi Shakya	
107	Er.	Sharad Kumar Shrestha	
108	Er.	Shyam Sundar Sharma	With Spouse
109	Mr.	Surendra Lal Shrestha	
110	Er.	Suroj Raj Rajkarnikar	
111	Mr.	Surya Prasad Baral	
112	Mr.	Sushil Kumar Bhattachan	
113	Er.	Tapendra Bahadur Khadka	

114	Mr.	Tek Raj Nepal	With Spouse
115	Ms.	Uma Shrestha	
116	Mr.	Umesh Prasad Lohani	With Spouse
117	Mr.	Umeshwar Nath Gongal	
118	Er.	Uttam Lal Malla	With Spouse
119	Er.	Yajna Man Tamrakar	With Spouse

Annex 4: Visual Highlights



The distinguished Chairperson, Chief Guest, and Special Guests of the Seminar gracing the dais.



Dr. Ram Chandra Bhusal, President of JAAN and Chairperson of the Seminar, delivering welcome speech and sharing about importance of the health seminar to the participants.



His Excellency Mr. Yutaka Kikuta, Ambassador of Japan to Nepal and Chief Guest of the Seminar addressing the program.



Both the Speaker delivering their presentations on healthy living and communicable diseases



Group photo of dignitaries and board members of JAAN, commemorating the successful seminar.



Participants engaged in discussion and heeding to the presentations.



Token of love presented by the President of JAAN to our two Presenters Dr. Pun and Dr. Anil.

Group Photos

