

Nepal is a beautiful country with lot of geographical variation having the mountains, plains and rivers. Based on the geographical identity, I was lucky enough in establishing the government's vision in decentralizing the health care system from the capital city of Kathmandu to periphery to implement and to decentralize the health care system all over the country. Being the first medical college itself is a great challenge in understanding the real necessity of the health care and to enhance the health education by producing lot of doctors to make them to reach all the health posts which are situated in different villages in Nepal.

The first milestone is being establishment of this Institution and the planning took place to establish this college after obtaining the Letter of Intent from the Govt. of Nepal in the year 1993. The 1<sup>st</sup> batch of MBBS Program has started in the year 1996 and has produced 1875 MBBS doctors till date and before this college was established due to lack of transport the people who are ambitious to pursue medical education and to achieve medical degrees have to travel 4-7 days to reach their destination in India to pursue their study in Medical education.

It was a great privilege in developing an international curriculum along with international facilities and developing a world class Institution by revising the phenomena of instead of students going for high education to India, Bangladesh, China and the students from India, Bangladesh, Bhutan, UAE, South Africa and different parts of the world have come to this college as well as to this country to pursue their medical education which is a very pleasurable experience. Thereafter, starting the first postgraduate (MD/MS) Program in the year 2003, making the post graduate medical education program free of cost has started first time in private medical college and making all the doctors compulsorily to serve different parts of the country again an another milestone. Once accomplishing successful undergraduate and post graduate programs, the Superspeciality Programmes have been started with an aim to provide best health care service where in 1990's the country has deprived of having basic health facilities, with these implementation and also having sufficient manpower at the level of Superspeciality Programs. The college has produced 210 post graduates and 28 super speciality doctors in various specialities till date.

In the field of medical academic program there was no Post Doctoral (DM/M.Ch) course run by any of the academic institution till January 2009. Subspeciality services were available in the Institutions and Multispeciality Private Hospitals in Kathmandu Valley only. It was Dr. V. Natraj Prasad, Resident Director of COMS, ISME who took the initiative to fill-up this lacuna and took bold innovative decision to start Post Doctoral program first time in Nepal in COMS.

The College of Medical Sciences achieved a big milestone in medical history of Nepal when first DM course in Neurology was approved by Kathmandu University vide their letter no.02/105/065/066 dated 5<sup>th</sup> Magh 2065. Dr Raju Paudel, Assistant Professor in Medicine was selected on merit basis for this course as a sponsored candidate and served in this college after successful completion of his course (DM Neurology).

Since then courses in other subspecialties viz. DM in Cardiology in December 2009, DM in Nephrology and M.Ch in Cardio Thoracic and Vascular Surgery (CTVS) and Urology in 2010, M.Ch in Neurosurgery, DM in GI Medicine and M.Ch in GI Surgery in 2011 have been running in COMS.

Total of 28 subspecialty faculties in different subspecialties have graduated from COMS till date who are rendering their subspecialty services to the needy people throughout Nepal in various academic institutions and Private Hospitals. All the sponsored subspecialist graduates from our own institute along with other subspecialists in different subspecialties are presently serving in the institute.

#### **First to start DM Programme in the country along with eight other Superspeciality courses**

DM (Neurology) - Jan 2009

DM (Cardiology) - Feb 2010

DM( Nephrology) - Feb 2010

DM (GI Medicine) - August, 2011

M.Ch ( Urology ) - Feb 2010

M.Ch (CTVS) - Feb 2010

M.Ch (Neurosurgery) -Feb 2011

M.Ch ( GI Surgery) - August, 2011

The college is providing 20% seats free of cost nominated by the Ministry of Education, Govt. of Nepal and the entire post graduate and superspecialtiy programs are conducted free of cost by this college.

Apart from health education, providing quality health care services is an opportunity in starting the hospital based delivery system under Safe motherhood program and we have provided free ambulance services for all the mothers and women and identifying them to reach a hospital just by a phone call. The

Safe motherhood services are provided for 3 anti-natal visits from this place along with an small amount offered to the mothers for normal delivery Nrs.1500, complicated delivery Nrs.3,000 and Cesarean for Nrs.7,000 which is an instrumental in providing Safe motherhood program successful from where the health services have been started for the poor and needy.

The Institute is proud to produce the 1<sup>st</sup> Superspeciality doctors and also reach poverty stricken areas like Chepang, Tharu community and educate them by providing deprived health care services and to bring them to the hospital care. In the superspecialtiy programs, where there are only few dialysis centres, people have to travel for dialysis services which used to be in the capital city Kathmandu only. The free dialysis services have been started in the college which is the first centre outside Kathmandu valley.

A complete integration of preventive & social medicine with curative medicine is essential for maintaining the positive health of the individual as well as the community. Therefore, a Social Welfare Department was established to create an awareness of health among the public as well as to motivate them to accept health services provided by different agencies in the country so that early diagnosis and treatment cure disease and prevent disabilities. The Social Welfare Department has done a tremendous amount of work by which many more cases are coming to the Hospital at an early stage of disease for their treatment and the doctors from the Department of Community have been running different health camps and doing the social responsibility work by adopting the rural health posts. The college has produced doctors with great human values and it brings fulfillment in life for being a part of giving a health care and health education in different parts of the country in Nepal.

The college has created a history by becoming the first private medical college in entire Nepal to start the renal transplantation. The first transplant operation was successfully performed on 24.04.2015 and the 2<sup>nd</sup> case was operated on 25.04.2015. The college own students from the faculty of Nephrology, Uro surgery formed the joint team and did first Renal transplantation surgery free of cost on 23<sup>rd</sup> & 24<sup>th</sup> April, 2015 the time of operation and the date of operation coincided the biggest earth quake but nothing deter the stable state of the operating doctors who are in the middle of surgery and continued with their operation and the patients were discharged successfully. During the entire process there are 50,000 aftershocks. The first batch of CTVS students has already performed the first Open heart surgery first time outside Kathmandu valley on 10<sup>th</sup> December, 2014.



During the anniversary of **Swasthya Khabar patrika** and **Nepal Live**, Former Prime Minister Hon Mr Puspa Kamal Dahal (Prachanda) honored Dr. V. Natraj Prasad for this initiation and contribution towards making Bharatpur (Chitwan) the medical city of Nepal.

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