

Curriculum Vitae (Updated Oct 2025)

Name : **Prof. Dr. Prakash Raj Regmi**
Date of birth : 30.06.1960
Nationality : Nepalese
Father/Mother : Kamal Raj Regmi / Bimala Regmi
Family Status : Wife: Upasana Khanal. Daughters- Dr. Jigyasa and Er. Bibhuti
Sisters: Aruna Koirala, Kiran Pathak, Jyoti Adhikari, Sandhya Shiwakoti
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Residence in Palpa – Mehaldhara Tole, Tansen

Office - Nepal Heart Foundation, Central Office
Pulchowk , Lalitpur
Phone : 015009263 email: nehf1988@gmail.com

Clinic - Nepal Heart Clinic, Jhamshikhel, Lalitpur
Phone : 015430126, 9849201623

Education/Training/Fellowship

- (a) School Education (Narayansthan Primary School, Tansen, Palpa, St. Xavier's School, Jawalakhel and Godawary, Sen Secondary School, Tansen, Palpa, SLC from Padmodaya High School, Kathmandu 1975)
- (b) I. Sc from Amrit Science Campus, Kathmandu 1977
- (c) M.D. (General Medicine) with honors in 1985, Kharkov Medical Institute, Ukraine, Former USSR
- (d) M.D. (Post Graduate Specialization Clinical Ordinatura) in Cardiology in 1987, Kharkov Medical Institute, Ukraine, Former USSR
- (e) Postdoctoral Training in Interventional Cardiology .2001. Czech Republic
- (f) Postdoctoral Training in Interventional Cardiology. 2001, London, UK
- (g) Fellowship, American College of Cardiology , USA, 2016

Present Key Positions

- (a) National Program Director – Nepal Heart Foundation
- (b) Executive Director- END RHD Campaign, Nepal
- (c) President- Nepal NCD Alliance
- (d) Chairman- Nepal Heart Clinic
- (e) Member, Management Committee- Shahid Ganga Lal National Heart Center
- (f) The Public Image Director at the Patan Rotary Club
- (g) Patron – Education, Health and Literacy Academy, Tansen, Palpa, Nepal
- (h) Patron- Buddha Harmony Foundation, Kathmandu

Professional Experiences

- (a) Research Fellow in Cardiology, Bir Hospital (1987-1988)
- (b) Chief, Medical Unit, Bharatpur Hospital, Chitwan (1988-1993)
- (c) Medical Superintendent, Baglung Hospital (1992-1993)
- (d) Physician, Lumbini Zonal Hospital, Butwal -1993
- (e) Registrar in Medicine and Cardiology, Bir Hospital (1993-1998)
- (f) Consultant Cardiologist, Lalitpur Heart Clinic (since 1994 till date)
- (g) Consultant Cardiologist, Medicare National Hospital (1997-2017)
- (h) Founder Medical Director, Medicare National Hospital (1997-2004)
- (i) Cardiologist, Sub- Regional Hospital, Birganj (1999)
- (j) Chief of Cath Lab - Bir Hospital (2002-2010)
- (k) Founder Member and Visiting Cardiologist-Sahid Gangalal National Heart Centre (2003-2006)
- (l) Founder President - Nepal Heart Care Centre, Lalitpur,
- (m) Chief Editor- Nepalese Heart Journal-An Official Journal of Cardiac Society of Nepal (2001 – 2007)
- (n) Executive Director- Nepal RHD Control Program (2007-2014) A Collaborative Program of Government of Nepal and Nepal Heart Foundation
- (o) Founder Member- Cardiac Society of Nepal
- (p) Life Member- Cardiological Society of India
- (q) Member- Thematic Group-National Health Policy Revision Committee, MoHP
- (r) Coordinator- Nepal Heart Network (2013-2015)
- (s) Chairman- Medics-Journalists Forum Against NCDs 2014
- (t) General Secretary - Nepal Heart Foundation, Central Committee (1997-2007, 2018-2020)
- (u) President- Nepal Heart Foundation, Central Committee (2009-2015)
- (v) Executive Committee Member- SAARC Cardiac Society
- (w) Coordinator- Health Reference Book Writing Committee
- (x) Chief of Cardiology Department - Bir Hospital (2014-2019)
- (y) Professor of Cardiology- National Academy of Medical Sciences
- (z) Founder- END RHD Fund /END RHD Campaign Nepal
- (aa) Member- WHO Guideline Development Group on Rheumatic Heart Disease (2021-2024)

Participation in Social Activities

- (a) Founder Chairman - Nepal Heart Foundation, Chitwan Branch (1991-1997)
- (b) Founder Secretary - Nepal Medical Association, Chitwan Branch (1990-1992)
- (c) Charter Secretary - Rotary Club of Chitwan (1990-1992),
- (d) GSR, Rotary Club of Butwal (1993)
- (e) President, Rotary Club of Patan (2010-11)
- (f) V. President - Health, Environment and Literacy Programme Nepal (1995 - 2000)
- (g) Chief Editor - Medical Journal “Dhuk-Dhuki” (1994-2003)
- (h) Founder President- Nepal Heart Care Centre
- (i) Technical Adviser - Heart Club Nepal
- (j) Major Donor - Rotary International

- (k) Founder- Lumbini Heart Care Centre, Rupandehi, Butwal
- (l) Founder Chairman- Kundalini Hospital (Center for Lifestyle Modification)
- (m) Distinguished Member- Nepal Diabetes Society

Involvement in RF/RHD prevention and control programs

Took leadership role in the implementation of Save the children's heart program initiated by Nepal heart foundation in 1995. The program was focused in the secondary prevention activities of RHD. Served as the executive director of Nepal RHD control program from 2007 till 2014. This was a joint collaboration between government of Nepal and Nepal heart foundation. Served as the managing director of the pilot project of primary prevention of RF and RHD in Lalitpur- a joint collaboration between Rotary International District 3292 (Rotary club of Patan) and Nepal heart foundation (2013-2017). Worked as the leader in various projects related to RHD prevention activities in Nepal which were supported by Medtronic Foundation, Rotary International, World heart federation, Australian AID, WHO, Edwards Lifesciences Foundation and others. Provides training to the trainers, teachers, clinicians, community health workers in RHD. Was involved in piloting of the TIPS handbook in Nepal published by Action RHD. Was recognized as a heart hero 2019 by the world heart federation/NHF for his contribution to the RHD prevention in Nepal. He is the initiator of the END RHD campaign, Nepal and the founder of the RHD Research Fund/END RHD Fund. Has published several books and articles on RHD in Nepali and English language. Has been a guide to the PhD thesis for national and international students in subjects related to RHD. Has directed documentary films and video clips on RHD.

Involvement in heart screening of school children for early detection of RHD and CHD

Under the umbrella of Nepal Heart Foundation's Save the children's heart program, have been engaged in heart screening of school children since 1990AD. Till date have completed heart screening of more than 350,000 children in more than 60 districts of Nepal.

Involvement in Training programs

Have been continuously involved in training programs on Heart disease prevention, NCDs and RHD. The target people are Physicians, health professionals, teachers, Female community health volunteers, mothers groups and students. Have trained more than 500 heart disease prevention volunteers in more than 20 districts of Nepal. Is involved as a coordinator and trainer for TOT programs under Nepal heart foundation.

Involvement in Public education programs

Active participation as speaker in many public education programs on health issues to raise awareness among public in many districts of Nepal.

Regular speaker on health issues through Sagarmatha Radio FM 102.4- every Monday at 7 am since last 12 years.

Regular writer in monthly health journal Sadhana (for more than 10 years)

Involvement in Academic programs

Have been involved as PhD thesis guide to students in National and International Universities for subjects related to cardio vascular system and heart diseases. Master thesis guide to several students.

Principle researcher of many epidemiological and interventional studies.

Professor of Cardiology at National academy of medical sciences (NAMS)

Involvements in NCDs programs

1. Organizing Chairman – Seminar on Status of NCDs and their prevention in Nepal. 14th August 2010, Hotel Himalaya, Kathmandu, Nepal
2. Nepalese representative for- Regional Workshop for strengthening the capacity of program managers and training managers for NCD prevention and control. 12-16 January 2009 Mataram, Indonesia (organized by WHO)
3. Trainer – Heart Disease Prevention Volunteers (HDPV)- Health Workers who work at community level
4. Initiator of National Heart Disease Prevention Program in Nepal
5. Participant- Workshop on NCDs and policy drafting, March 2010 Hotel Annapurna organized by SOLID Nepal , MoHP and WHO
6. Participant- Regional civil societies meeting on NCDs ,11-12 Jan 2011, Hotel Shanker Kathmandu (Organized by Nepal public health foundation with support of WHO)
7. Committee Member- Revision of health materials in school curriculum
8. Coordinator- Reference book writing committee (Book for health teachers)
9. Served as National President of Nepal Heart Foundation- an organization who has initiated works in NCDs risk factors control in coordination with other NGOs working in this field.
10. Executive Director and Chairman of National RF/RHD prevention and control program- a program run by Nepal heart foundation under financial support of Nepal government, ministry of health and population which existed from 2007 to 2014
11. Actively involved in preparation of draft of Integrated National NCDs Policy of Nepal
12. President, Nepal NCD Alliance (2013 till date)
13. Team Leader of Nepalese delegates to the first ever Global NCD Forum, 14-16 November, Sharjah, UAE
14. Team Leader- Heart Screening of school children in partnership with Australian Aid, Medtronic philanthropy, Edwards Lifesciences Foundation, World heart federation
15. Participant - International Seminar on Public Health aspects of NCDs organized by WHO, 6-10 June 2016 Lausanne, Switzerland
16. Technical Coordinator/ Director for Production of the following public awareness materials on NCDs-

Documentary films production (In collaboration with National TV)

- a. Rheumatic Heart Disease, 2008
- b. Know Your Risk, 2009
- c. Heart Attack, 2010

CDs/ DVDs production (Audio- Visual Materials)

- a. RF/RHD
- b. Risk Factors of CAD
- c. Most Common Heart Diseases
- d. Prevention of Heart Diseases
- e. Methods of Lifestyle Modification
- f. Yoga and Lifestyle
- g. Heart Care Melodies (songs)

Few International conferences and seminars attended as speaker/faculty member

1. World Congress of Cardiology 2- 6 Sept, 2006 Barcelona, Spain
2. European Congress on Obesity 14-17 May, 2008 Geneva, Switzerland
3. World Congress of Cardiology 16-19 June, 2010 Beijing, China
4. ESC Congress 2010, 28 Aug- 1 Sept, Stockholm, Sweden
5. World Congress of Cardiology 17-21 April, 2012 Dubai
6. World Congress of Pediatric Cardiology and Cardiac Surgery, SA, Cape Town, 2013
7. World Congress of Cardiology, Melbourne, Australia, May 2014
8. Asia Pacific Pediatric Cardiology Congress, Shanghai, China 20-23 Oct 2016
9. Asia Pacific Society of Cardiology Conference, Singapore, 2022
10. World Congress of RHD, Abu Dhabi, UAE 2-4 Nov 2023

Awards and Recognitions

Samjhana Health Service Award (1997)
RHD Scholar Travel Award (2012)
Heart Care Social Service Award (Nepal Heart Network) 2010
Swasthya Darpan Award (2017)
Heart Hero 2019 recognition by World Heart Federation/NHF
Mrigendra Samjhana Medical Trust Oration Award (2020)
Janamat Health Award 2024

Publications (Books)

- (a) High Blood Pressure (Nepali Book), 1997
- (b) Rheumatic Heart Disease in Nepal (Nepali Book), 1998
- (c) Mero Mutu Dukhchha (My Heart Pains) (Nepali Book), 1999
- (d) Samarpan Ko Jeevan (Life for dedication) (Nepali Book), 2001
- (e) Yoga and Heart Disease (Nepali Book) 2005
- (f) Prevention and Control of Heart Diseases (Nepali Book), 2006
- (g) Sovietsanghko Samjhana (Memories of Soviet Union) Nepali Book, 2007 Lifestyle Modification (Nepali Book), 2008
- (h) RF/RHD Prevention and Control Program- Program Manual, (Nepali) 2007
- (i) Lifestyle and Non-Communicable Diseases, (English Book) 2013
- (j) Rheumatic Fever and Rheumatic Heart Disease (Nepali booklet) 2017
- (k) Rheumatic Fever and Rheumatic Heart Disease: Diagnosis, Management and Prevention- A Training Manual for Health Professionals (English) 2017
- (l) Bath Jworo ra Bath Mutu Rog - RHD Education material for school level (class 4 to 10) 2020
- (m) Tonsil le Bigareko Mutu (Nepali Book on RF/RHD) 2020
- (n) Samjhanama Rus – (Co Author)– Memories of Russia 2020
- (o) Mutuka kura - 2025

Languages: Nepali, English, Russian, Hindi

Nepal Travel - Have visited more than 67 Districts of Nepal

Countries Traveled India, Bangladesh, Pakistan, Thailand, Singapore, Hong Kong, Macau, China, Japan, Philippines, Egypt, Indonesia, Russia, France, Spain, Poland, Austria, Switzerland, Holland, England, Hungary, Bulgaria, Italy, Germany, Belgium, Czech Republic, Slovakia, Finland, Denmark, Norway, Sweden, USA, Laos, UAE, Bhutan, South Africa, Ethiopia, Vietnam, Slovenia, Turkey, Portugal, Greece, Maldives, Srilanka etc

Publications as a principal / Co- author in scientific journals

1. **Regmi PR, Pandey MR.** Prevalence of Rheumatic Fever and Rheumatic Heart Disease in school children of Kathmandu city. *Indian Heart J* 1997; 49: 518-20
2. **Regmi P, Panthi L, Sanjel K.** PS294 Level of Knowledge Among Community People on Acute Rheumatic Fever and Rheumatic Heart Disease and Their Link with Throat Infection. *Global Heart.* 2016;11(2):e65.
3. **Regmi PR.** Comprehensive approach to Rheumatic fever and Rheumatic heart disease prevention and control: The Nepalese model. *Nepalese Heart J.* 2016;13(2):3-10
4. **Regmi P, Upadhyaya A.** Allergic reaction to long-term Benzathine penicillin injection for secondary prevention of acute rheumatic fever and recommendation for skin testing. *Nepalese heart J* 2011;8:16-8
5. **Regmi PR,** Rheumatic Fever and Rheumatic Heart Disease Diagnosis, Management and Prevention. Training Manual Published by Nepal Heart Foundation, 2017.
6. **Prajapati D, Sharma D, Regmi PR** et al. Epidemiological survey of Rheumatic fever, Rheumatic heart disease and congenital heart disease among school children in Kathmandu valley of Nepal. *Nepalese Heart J* 2013;10:1-5
7. **Regmi P, Upadhyaya A,** Rheumatic Fever and Rheumatic Heart Disease prevention and control program in Nepal. *Nepalese Heart J* 2009; 6:88-93
8. **Regmi P.** proceedings of “Have a Heart, Save a Heart” project. South Asian Youth Summit (SAYS) 2011 with support from the US Embassy and technical support from the Nepal Heart Foundation: Kathmandu, Nepal: 2012
9. **Regmi, P., et al.,** Prevalance of Sydenham's chorea in patients with acute rheumatic fever in Nepal. *Nepalese Heart Journal,* 2012. **9**(30-32).
10. **Prakash Raj Regmi:** Rheumatic Fever and Rheumatic Heart Disease Diagnosis, Management and Prevention (Nepal Heart Foundation's Recommendations for Health Professionals): Training Manual 1st Edition, December, 2017, Kathmandu, Nepal
11. **Regmi P.R., Shakya U., Adhikaree A., et al.** Rheumatic Heart Disease in school going children: A cross-sectional epidemiological profile of Jajarkot, Nepal. *Nepalese Heart J* 2019; Vol 16 (2), 1-4
12. **Regmi PR, Wyber R.** Prevention of Rheumatic Fever and Heart Disease: Nepalese Experience. *Global Heart.* 2013;8(3): 247-252.
13. **Raman K. K, Manuel J, Andrea B, Mariana M, Vuyisile T. N, Emmy O, Regmi PR , Boglarka R, Karen S, Liesl J Z, Craig S,** On behalf of the American Heart Association Council on Lifelong Congenital Heart Disease and Heart Health in the Young; Council on Cardiovascular and Stroke Nursing; and Council on Clinical Cardiology. AHA SCIENTIFIC STATEMENT: Contemporary Diagnosis and Management of Rheumatic Heart Disease: Implications for Closing the Gap A Scientific Statement From the American Heart Association. *Circulation.* 2020;142:337–357.

14. **Sanjib Pandey, Jixin Ma, Choi-Hong Lai, Prakash Raj Regmi** “A Conceptual Framework to Diagnosis of Acute Rheumatic Fever Based on the Temporal and Fuzzy Logic Approach” *Candian International Journal of Science and Technology*, ISBN 8472356X (accepted)
15. **Prakash Raj Regmi, Riju Kafle** : Echocardiography Screening for Diagnosis of Latent RHD Using Nurses: Is the Project Feasible for Nepal? *Nepalese Heart Journal 2021; Vol 18(2), 1-5*
16. **Pratik Lamichhane, Pratima Lamichhane, Kailash Mani Pokhrel, Prakash Raj Regmi** : Prevalence of rheumatic heart disease in South Asia: A systematic review and meta-analysis. *International Journal of Cardiology 358 (2022) 110–119*
17. **Prakash Raj Regmi, Mandip Dhungel, Riju Kafle** : Secondary Prevention of Rheumatic Heart Disease in Nepal: Are We Going Backward? *J Nepal Med Assoc 2022;60(253):832-5*
18. **Deewakar Sharma, Dipanker Prajapati, Urmila Shakya, Manish Shrestha, Samir Shakya, Navin Chandra Gautam, Reeju Manandhar, Kunjang Sherpa, Man Bahadur KC, Prakash Raj Regmi, Chandra Mani Poudel, Chandra Mani Adhikari, Ratna Mani Gajurel, Bijoy G Rajbanshi.** Consensus Statement of Cardiac Society of Nepal on Diagnosis, Management and Prevention of Acute Rheumatic Fever and Rheumatic Heart Disease in Nepal. *Nepalese Heart Journal 2022; Vol 20(2), 37-48*
19. **Prakash Raj Regmi, Sanjib Kumar Sharma, Yadav Kumar Deo Bhatt, Rabi Malla, Arun Maskey, Yubaraj Limbu, Rajesh Nepal, Achutanand Lal Karn, Sahadeb Prasad Dhungana, Mani Prasad Gautam, Mukunda Prasad Kafle, Robin Maskey, Subhash Saurav, Uttar Kumar Mainali, Kunjang Sherpa.** Screening for Hypertension in Asymptomatic Individuals in Nepal: An Expert Consensus Statement *Nepalese Heart Journal 2023; Vol 20(2), 43-49*
20. **Pratik Lamichhane, Anushka Agrawal, Yasmeen Abouainain, Salma Abousahle, Prakash Raj Regmi** Utility of neutrophil-to high-density lipoprotein cholesterol ratio in patients with coronary artery disease: a narrative review. *Journal of International Medical Research 2023, Vol. 51(4) 1–15*
21. **Prakash Raj Regmi, Ajay Adhikaree, Urza Bhattarai, Sunit Chhetri, Urmila Shakya, Surendra Uranw, Pratik Lamichhane, Sanjib Kumar Sharma.** Rheumatic heart disease in school-attending Nepalese children: A descriptive analysis of the national heart screening database. *Indian Heart Journal 75 (2023) 363-369*