

# Curriculum Vitae

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## **Batawaran Aryal**

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## **Professional Summary**

A Public Health graduate focused on advancing health equity through community-based public health practice. Over the past years I have gained substantial field experience working in remote and underserved regions of Nepal, collaborating closely with local communities to support community health initiatives, health awareness activities, and grassroots-level advocacy. This experience has strengthened my understanding of the role of locally informed approaches in addressing health disparities and contributing to sustainable public health outcomes, while also shaping my interest in global health and public health research, aimed at empowering local communities and reducing health disparities.

## **Education**

Bachelor of Public Health

Manmohan Memorial Institute of Health Sciences, Tribhuvan University

Kathmandu, Nepal | Graduated: 2024

## **Professional Experience**

### **Public Health Officer**

*Madi Municipality, Sankhuwasabha*

*December 2025 – Present*

## **Field Researcher**

*Nepal Health Research Council*

*Ministry of Health and Population, MoHP*

*November 18-30, 2025 | West Rukum*

- Conducted field assessments for the population-based cancer registry.
- Performed in-depth interviews with cancer patients, FCHVs, and local leaders.
- Collaborated with local wards to compile and verify cancer patient lists.
- Followed up with cancer patients to monitor health status and outcomes.
- Assisted in maintaining accurate registry documentation for ministry of health.

## **Consultant – NCDs Summit (TDABC Project)**

*Kathmandu Institute of Child Health - KIOCH*

*November 1-15, 2025*

- Provided technical and strategic inputs during the NCDs Summit: “*Priorities and Path Forward*” organized under the TDABC project.
- Assisted in identifying national NCD priorities, stakeholder mapping, and drafting the post-summit recommendation framework.
- Collaborated with experts and institutional partners to outline evidence-based strategies for future implementation.

## **Program Coordinator**

*Dhana Yoga Foundation - DYF*

*May 2025 – October 2025 (Remote + Onsite)*

- Managed day-to-day project activities and ensured timely completion of task across different districts.
- Helped organize and manage campaign logistics and field activities.
- Provide mentorship and guidance to field teams for better program delivery.
- Collected field data and progress updates and help in making project reports.

- Communicated with stakeholders and local leaders to ensure smooth implementation of programs.

### **Field Enumerator**

*Budanilkantha Municipality – Digitalized Family Health Project*

*May 2025- June 2025*

- Supported the implementation of the Digitalized Family Health Record System across selected wards.
- Conducted household-level surveys to update digital health profiles and family folders.
- Coordinated with local health facilities and FCHVs to ensure accurate data entry and health record validation.
- Provided orientation to community members on digital health tools and maternal-child health tracking.

### **Field Researcher**

*Mangalayan Foundation*

*Dec 2024 – February 2025*

- Conducted community situation assessments in three different districts to identify local health needs.
- Performed MUAC (Mid-Upper Arm Circumference) screenings for children.
- Carried out in-depth interviews with stakeholders, including local leaders and health workers.
- Evaluated OTC (Outreach/Outpatient Treatment) centers for service quality and coverage.
- Facilitated orientation sessions for FCHVs on identifying and managing childhood malnutrition.

### **Research Assistant**

*Harvard Medical School–Affiliated Project, Jumla*

*May 2024 – September 2024*

- Conducted a qualitative study on recruitment and retention of rural health workers.
- Led in-depth interviews and FGDs with policymakers and health professionals.
- Managed transcription, translation, and thematic analysis to generate policy-level insights.

### **Project Intern**

*One Heart Worldwide – District Office, Kalikot*

*Nov 2023 – Feb 2024*

- Assessed birthing center readiness in four municipalities.
- Performed Maternal and Neonatal Signal Functions (MNSF) evaluations.
- Conducted neonatal verbal autopsies and structured interviews with new mothers.
- Conducted MUAC screenings and monitored Outpatient Therapeutic Care centers.

### **Ambassador**

*Nepal Health Corps – Bagmati Province*

*Feb 2022 – Mar 2023*

- Led Projects Poshad and Sanjiwani to address MNCH issues through FCHV training, stakeholder collaboration, and advocacy.
- Organized multi-stakeholder dialogues across Bagmati, Gandaki, and Karnali regions.

## **PROJECTS**

### **Research on Infant and Young Child Feeding Practices in Bote Community, Madi, Chitwan**

*May 2023 - March 2024*

- Led research on Infant and Young Child Feeding (IYCF) practices in Bote community of Madi, Chitwan.

- Designed **research tools**, **collected** and **analyzed data**, and engaged with local caregivers.
- Provided **nutritional education** to mothers using evidence-based recommendations.

### **Project Co-Lead (Project Posadh)**

*November 2023 - February 2024*

- Focused on improving **nutrition for children under two, pregnant, and lactating women in Kalikot**.
- Conducted **growth monitoring**, early **malnutrition detection**, and **one-on-one counseling**.
- Educated mothers on **breastfeeding** and **dietary improvements** using locally available resources and through demonstration.

## **INVOLVEMENT**

### **District Co-Lead, Team NEPO, Bagmati Province**

*February 2021 - April 2022*

- Spearheaded health and environmental initiatives in Bhaktapur, implementing community-led programs.
- **Coordinated with WHO Nepal** for Walk-The-Talk and Sundarijal Cleaning Campaign, mobilizing volunteers and raising awareness on public health issues.
- Led the **planning and execution of an eye health camp** in Nuwakot, providing screenings and referrals to over 120 individuals.
- **Built partnerships** with local stakeholders to ensure sustainability of health interventions.

### **Trainings**

- Training on **SQUEAC** (Semi-Quantitative Evaluation of Access and Coverage) and **IMAM programme**.
- **Psychological First Aid** and **Suicide prevention** Training.
- **Maternal and Newborn Health Assessment** Training.

## Technical Skills

- Public Health Research (**Qualitative** and **Quantitative**)
- Data collection and Analysis (**SPSS, KOBO Toolbox**)
- Maternal and Newborn **Health Assessment**
- Community-based Health **Program implementation**
- **Project Management** and **Stakeholder Engagements**

## References:

1) Ashish Timalina

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2) Dr. Pradish Poudel

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Founder, Nepal Health Corps