

NIRDESH BARAL

REGISTERED PUBLIC HEALTH PROFESSIONAL

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A passionate public health professional with over 3 years of experience in the development sector. I possess in-depth knowledge of research methodology and data analytics, actively engaging in health research projects and applying public health practices for social development.

SKILL HIGHLIGHT

- Project management and MEAL Application
- Computer Proficiency with Data analytics
- Community Engagement and Partnership
- Report writing and dissemination
- Qual-Quan Research Methodology
- Proposal and Grant Writing
- Critical Thinking and attention to details
- Time Management and multitasking

PROFESSIONAL EXPERIENCE

M&E cum Research Officer, Tritung Consults Pvt. Ltd, Kathmandu January 09,2022 - Present

- Provide support and inputs in the development of M&E system, frameworks and procedures.
- Operationalize the digital knowledge management platform (use of dhis-2) action plan
- Carry out quality outcome and quality monitoring and submit reports
- Review, provide feedback on the proposal for submissions.
- Orient, monitor and supervise Program Officer, Field officers, Social Mobilizers
- Conducting regular data verification exercises to ensure reporting and collection of quality data
- Contribute to providing MEAL inputs during the project implementation, monthly, quarterly, and annual reports

Research Officer, R.H. Consultants Pvt. Ltd., Kathmandu Dec 05 2021- Dec 31 2022

- Assist in writing proposals, devising research methodology according to research /assessment survey type
- Conduct field visits to monitor research assignments
- Analyze data from field and formulate reports based on the data findings
- Support recruitment and mobilization of data enumerators
- Prepare research tools including quantitative and qualitative data collection in paper or digital forms/formats

Enumerator Worked as Data Analyst, Enumerator for various notable projects such as: UNDP, Nepal Health Research Council, Himalayan Climate Initiative etc .

EDUCATION

Bachelor in Public Health: Pokhara University – 2021

A-level Science, Cosmos International College, Pokhara-2016

School Leaving Certificate, Gandaki Boarding School-2014

PROFESSIONAL TRAINING

- MEAL in emergencies - Save the Children
- Project Management – The Great Learning
- DHIS 2 - dhis2 Academy, University of Oslo
- Training on Nutritional Research Designs and Methods – University Grants Commission
- WHO COVID-19 Mass Gatherings Risk Assessment Training, WHO
- Operational Planning Guidelines to Support Country Preparedness and Response, WHO

PUBLICATION

- Research Paper : Pahari & Baral, N. (2020). Perception and Factors Influencing Junk Food Consumption among School Children of Pokhara. Journal of Health and Allied Sciences, 10(2), 68-72. <https://doi.org/10.37107/jhas.140>
- Poster Presentation : Baral, N. & Pahari, S. (2023). Maternal Disparities and its outcome on Child Nutrition and Illness , Women Health Conference 2023

Online Articles:

- Changing Pattern of Alcohol and Tobacco Use in Nepal : Nepal Health Magazine
- A state of Dual pandemic: COVID-19 and Falsified Products: Public Health Update
- The Science of Hand Sanitizer: Public Health Update
- 10 innovative things to do during lockdown [Public Health Edition] : Swasthyakhabar

COMPUTER PROFICIENCY

I have excellent command on following computer application.

• Data Entry Software:

Epidata, Kobo Toolbox, ODK collect, Epi-info & CS Pro

• Data Analysis Software:

SPSS, Excel and Epi-info, NVivo, WHO Anthro & Anthroplus

• Reporting & Referencing Software:

MS Office, EndNote & Zotero

• Communication Software:

Social Pilot, Piktochart, Adobe Photoshop, Canva

NOTABLE PROFESSIONAL EXPOSURE

- Involved as key researcher in baseline study in Dailekh and Jajarkot on health, economic and sponsorship dimension where major responsibilities were plan field activities, coordinate and work closely with local stake holder, perform qualitative study techniques such as KII , FGD's and community consultation and relay research progress with World Vision International- Nepal staffs.
- Involved as MEAL Officer for "Equine Population Mapping, Risk assessment of Glanders disease transmission in animal-human interface and financial impact estimation due to Glanders disease funded by FAO and in coordination with Department of Livestock Services."
- Documenting case / success stories for Integrated Nutrition and Resilient Livelihood Program for SIDS, Sindhuli -NRLTP [View Online](#)

MY PUBLIC HEALTH INITIATION

- **Nepal Health Magazine** - Nepal Health Magazine is a youth-led website providing accurate health information on various topics committed to providing high-quality content and being a trusted source of health information "
- **CAN YOU BUST THEM ALL**- Myth Buster Quiz for COVID-19 - I created a fun and interactive quiz to help debunk common COVID-19 myths when people were bombarded by conflicting information?
- **Online Anxiety Examination** – I created an online anxiety examination where people can anonymously test their anxiety with standardized test and seek further help.
- **Let's Learn Epidata** - I organized a one-day training entitled, "Let's Learn Epidata," to empower public health professionals with data management and analysis skills.
- **Breast-feeding Week Celebration** – Online IEC exhibition - I organized an interactive online exhibition for Breastfeeding Week to educate the people about the benefits and techniques of breastfeeding.

REFERENCES

Mr. Nand Ram Gahatraj

Associate Professor, PU

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Mr. Sandip Pahari

Lecturer, Gandaki Medical College

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Mr. Pawan Pandeya

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