

## **AYUSH CHANDRA, MBBS**

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## **Education**

### **Tianjin Medical University, P.R. China**

Bachelor's Degree 2016-Present

Relevant Coursework: Bachelor of Medicine and Bachelor of Surgery (MBBS)

Course Year: 5<sup>th</sup> Year (Final Year)

Under China Government Scholarship

### **Shandong University, P.R. China**

Completed 1 year of Diploma with Chinese language (HSK4&HSK5) 2015-2016

Under China Government Scholarship

### **Higher Secondary Education Board, Nepal**

Higher Secondary Degree 2000-2013

(Studied under full Scholarship)

## **Experiences**

**Energy and Environment Pvt. Ltd. Nepal** 2013-2014

Program Coordinator

**Worldwide Nepalese Students' Organization, China** 2020- Present

Provincial Coordinator

**Multiple Sclerosis Society Nepal** 2020-Present

Official Page Handler and Blog Writer

**EC Neurology Open-Access Journal** 2020-Present

Editor (Editorial Panel)

## Skills

- Languages which include:
  - English
  - Chinese (Mandarin)
  - Hindi
  - Nepali
  - Japanese (Certified Beginners Level)
- Computer Skills which include:
  - Ms-Word
  - Ms-Excel
  - PowerPoint Presentation
  - SPSS

**Trained and certified in Mass-Communication Skill**

2015

## Awards and achievements

- Outstanding Student of School of International Education and Leadership, Tianjin Medical University Award (2018)
- China Scholarship Council Scholarship Award (2015-Present)
- Volunteer in Kidney Screening Program organized by National Kidney Center, Nepal (2015)
- Volunteer in Blood Donation Program organized by Nepal Red Cross Society (2010)
- Participated and got certified in Training/Seminar under the title “Advanced Stroke Management Training & Updates” organized by Nepal Stroke Association (2020)
- Participated in multiple extracurricular activities in Tianjin Medical University Such as Photography competition, Presentations and was awarded with Certificates (2017&2018)
- Winner of Mahatma Gandhi Scholarship Scheme for Higher Secondary School Students, Provided by Indian Embassy In Nepal, (2010/11)

## Scientific Journal Publications

- **Ayush Chandra; Epidemiological Study on Clinical and Functional Disability of Migraine Patients Visiting Neurological Centers in Nepal**, Abstract number: - MTV20-DP-004 , Migraine Trust Virtual 2020 – Digital presentations, Cephalalgia: Sage Journals; <https://doi.org/10.1177/0333102420962305>
- **Ayush Chandra, Avinash Chandra Drug Abuse amidst COVID-19 Pandemic: A Dark Side of Online Pharmacy**, Journal Drug and Drug Abuse DOI:10.31487/j.DDA.2020.01.01

- Jaya Satyal, **Ayush Chandra**, Avinash Chandra, Pradeep KC **Observational analysis on role of acupuncture in duration of functional recovery in Bell's palsy: A pilot study**, Journal of Internal Medicine and Care DOI: 10.15761/IMC.1000139
- **Ayush Chandra**, Avinash Chandra **Invited Commentary: Reflections on the ineffective response to the COVID-19 pandemic in Nepal**, Neurology Journal, Neurology Blogs [COVID-19 (coronavirus) without borders], 07-20-2020  
  
<https://blogs.neurology.org/covid-19-coronavirus/invited-commentary-reflections-on-the-ineffective-response-to-the-covid-19-pandemic-in-nepal/>
- Pramila Karki, George B J Katwal, **Ayush Chandra**, Avinash Chandra; **A pilot study measurement of anxiety and depression in nurses in Nepal**; Journal of Current Trends in Nursing and Healthcare, Katalyst publishing group; J Cur Tre Nur Health Care 1(1): 108, 22-08-2020  
  
<https://rxm.0d3.myftpupload.com/wp-content/uploads/2020/08/A-Pilot-Study-Measurement-of-Anxiety-and-Depression-in-Nurses-in-Nepal.pdf>
- Avinash Chandra, **Ayush Chandra**, Basant Pant; **Stroke Emergency during COVID-19 Pandemic in Nepal**; EC Neurology Journal, ECronicon Open-access; *EC Neurology* 12.10 (2020): 67-68; DOI: 10.31080/ecne.2020.12.00791
- Avinash Chandra, Basant Pant, **Ayush Chandra**, Pooja Prakash, Reema Rajbhandari, Sharad Gajuryal, Pranaya Shrestha, Samir Acharya, Pravesh Rajbhandari, Resha Shrestha; **Status of serum vitamin D and neurological disorder in Nepalese population: a prospective study**; Life Research Journal- TMR Publishing Group; 2020, Vol. 3 Issue (4): 148-157; doi: 10.12032/life2020-1002-103
- **Ayush Chandra**, Avinash Chandra, Nabina Sharma; **Prevalence and measurement of anxiety and depression in nurses during COVID pandemic in Nepal**; Insights on the Depression and Anxiety, HSPC Open-Access Publisher 2020; 4: 059-063; DOI: 10.29328/journal.ida.1001021

## Public Media Publications

- **Ayush Chandra, “Multiple Sclerosis: Common People Need to Know”;** The Rising Nepal Daily Newspaper  
<https://risingnepaldaily.com/opinion/multiple-sclerosis-common-people-need-to-know>
- **Ayush Chandra, Aashish Chandra, “Nepal: Need of Digitalization in health sector”;** Nepali Post Online News portal  
<http://nepalipost.com/beta/3181>
- **Ayush Chandra, Pramila Karki “Obesity Carries Heavier Risk in COVID-19 Pandemic”;** The Rising Nepal Daily Newspaper  
<https://risingnepaldaily.com/opinion/obesity-carries-heavier-risk-in-covid-19-pandemic>
- **Ayush Chandra, “Migraine: An under Diagnosed Case in Nepal”;** Nepali Post Online News portal  
<http://nepalipost.com/beta/2993>
- **Ayush Chandra, “Lockdown in ‘Nepal’: A Glance at ‘Stress Factor’ Among Working Population!”** Nepali Sansar Online News Portal  
<https://www.nepalisansar.com/special-stories/lockdown-in-nepal-a-glance-at-stress-factor-among-working-population/>
- **Ayush Chandra, “COVID Pandemic: A Reflection of Critical Health System”;** Nepali Post Online News portal  
<http://nepalipost.com/beta/3208>
- **Ayush Chandra, “Corona-Virus in Nepal: Second Wave is not Far”;** Hamro Doctor Blogs  
<https://www.hamrodoctor.com/blog/corona-virus-in-nepal-second-wave-is-not-far>
- **Ayush Chandra, “COVID-19 Lockdown in Nepal: Help Your Adults to Overcome Health Risks”;** Health post Nepal online news Portal  
<https://www.healthpostnepal.com/2020/09/10/29771/>
- **Ayush Chandra, “COVID-19 Outbreak: Need of Special Care-giving For the Elderly”;** Nepali Post Online News Portal  
<http://nepalipost.com/beta/3364>

## **Membership in Societies**

- Junior Associate Member, International Headache Society 2020- Present
- Member, International Parkinson and Movement Disorder Society 2020-Present
- Provincial Co-ordinator, Worldwide Nepalese Students' Organization, China 2020- Present
- Active Member, Tianjin Medical University International Student Association 2017-Present
- Secretary, Multiple Sclerosis Society Nepal 2020-Present