



# नेपाल नगरपालिका संघ

## Municipal Association of Nepal (MuAN)

530 Pandol Marg, Lazimpat  
PO Box: 14286, Kathmandu, Nepal  
Tel (977-1) 4425692, 4420559  
Fax (977-1) 4418671  
Email muan@ntc.net.np,  
info@muanepal.org.np

Ref: ०७६-०७७/२३६

२०७७/०९/०४

**बिषय: निःशुल्क दक्ष चिकित्सक तथा मनोरोग विशेषज्ञ सेवा बारे ।**

विश्वव्यापी रूपमा फैलिरहेको कोरोना भाइरस संक्रमण (कोभिड-१९) को महामारीबाट समग्र मानव समुदाय नै भयभित भईरहेका अवस्था छ। संक्रमणको दर बढीरहेकोले नेपालमा विगत तीन साता देखि विद्यमान लकडाउनका कारण कतिपय मानिसमा त्रास, छटपटी, उदासी, चिडचिडाहट र तनाव जस्ता हल्का मानसिक समस्या पनि देखिन थालेको पाइएको छ।

यस पृष्ठभूमिमा नगरवासीहरूको शारिरीक तथा मानसिक स्वास्थ्य अवस्था विग्रन नदिन यस संघले भरमग्दुर प्रयत्न गरिरहेको छ। बागमती प्रदेशका वैज्ञानिक समूहसँगको सहकार्यमा दक्ष चिकित्सक तथा मनोरोग विशेषज्ञहरूको सूची तयार गरि ईच्छुक नागरिकलाई निःशुल्क परामर्श (ऋयगलकभष्लिन) सेवा दिने व्यवस्था मिलाइएको छ। साथै यस महामारी विरुद्धको अभियानमा निस्वार्थ सेवाभावले लाग्नु भएका वैज्ञानिक एवं दक्ष चिकित्सकबाट अधिकतम लाभ लिई नगरवासीहरूलाई स्वस्थ र सजग रहन अभिप्रेरित गर्नु हुन अनुरोध गर्दछु। साथै, उपलब्ध चिकित्सक तथा मनोरोग विशेषज्ञहरूको सूचि तथा सम्पर्क नम्बर यसै पत्र साथ संलग्न रहेको समेत जानकारी गराउन चाहन्छु।



कलानिधि देवकोटा  
कार्यकारी निर्देशक

COVID-19 PANDEMIC  
Health Counselling  
LIST OF VOLUNTEER MEDICAL DOCTORS NEPAL

<b>SN</b>	<b>NAME OF THE DOCTOR</b>	<b>PHONE NUMBER</b>	<b>REMARKS</b>
1	Dr Utsav Timilsina	9842552374	
2	Dr Binay Kafle	9867327058	
3	Dr Saraswati Bhattra	9847111896	
4	Dr Sushil Gyawali	9849742715	
5	Dr Sulochan Lohoni	9851167988	
6	Dr Sailendra Pandey	9847185375	
7	Dr Akhil Baral	9849914908	
8	Dr Madan Gyawali	:9849392792	
9	Dr kamal Aryal	9847018166	
10	Dr Navin Sapkota	9851239294	
11	Dr Sandeep Rawat	9847589793	
12	Dr Gaurav Karki	9843527835	
13	Dr Dipen Lama	9860365678	
14	Dr Bises Lamicchane	9845370198	
15	Dr Suman Shrestha	9856057009	
16	Dr Basudev Subedi	9848350998	
17	Dr Bidur Luitel:	9851163114	
18	Dr Praveen Chaudhary	9841116091	
19	Dr Pitambar Khanal	9849905293	
20	Dr Anil Hona	9803008962	

<b>21</b>	Dr Prakash Kharel	9849060821	
<b>22</b>	Dr Chhabi Panthi	9849066532	
<b>23</b>	Dr Shyam Laudari	9855052752	
<b>24</b>	Dr Purna Adhikari	:9843030168	
<b>25</b>	Dr Basanta Sharma Poudel	9849776805	
<b>26</b>	Dr Arun KhareL	9843150437	

**COVID-19 PANDEMIC**  
**Psychological Counselling**  
**LIST OF VOLUNTEER EXPERTS NEPAL**

SN	Days	Time	Name	Last Name	Mobile	Email	Qualification	Skype
1	Sun to Fri	12:00 PM - 2:00 PM	Abeena	Shrestha	9845138680	sthaabeena@gmail.com	MA Counseling Psychology	
2	Sun to Fri	12:00 Noon - 3:00 PM	Aroja	Maskey	9841320457	arojamaskey@gmail.com	MA Clinical Psychology	Skype: arojamasky_1
3	Sun to Fri	6:00 PM - 8:00 PM	Jug Maya	Chaudhary	9849256074	jugupsychology@gmail.com	MPhil Clinical Psychology	Skype: jugupsychology
4	Sun to Fri	9:00 AM - 3:00 PM	Jyotshna	Dangi	9851211260	dangijyotshna@gmail.com	MA Clinical Psy; PGD	
5	Sun to Fri	1:00 PM - 3:00 PM	Kishor K.	Thapa	9841850048	kkthapa@gmail.com	MA Clinical Psychology	
6	Sun to Fri	9:00 AM - 3:00 PM	Narendra S.	Thagunna	9851205519	drthagunna@gmail.com	PhD Cross Cultural Psychology	Skype: narendra.thagunna3
7	Sun to Thu	6:00 PM - 7:00 PM	Naresh	Gajurel	9803486670	gajurelnaresh@gmail.com	MA Psychology	Skype: gajurelnaresh@gmail.com
8	Sun to Tue	4:00 PM - 6:00 PM	Renu	Shakya	9843588704	konchang.kencheng@gmail.com	PhD Psychology (Running)	Skype: renu.sakya
9	Sun to Sat	9:00 AM - 5:00 PM	Sujita	Baniya	9841352625	baniyasujita@hotmail.com	Mphil Clinical Psychology	Skype: subaniya
10	Sun to Fri	11:00 AM - 2:00 PM	Sarita	Shrestha	9841786206	sarshr24@yahoo.cm	MA Psychology	Skype: sarita
11	Sun to Fri	12:00 Noon - 3:00 PM	Sunita	Shrestha	9841281899	sunita.abc@gmail.com	MA Psychology	
12	Sunday	6:00 PM - 7:00 PM	Nabin	Bajracharya	9841331192	navinbajra@hotmail.com	PhD Scholar Psychology	Skype: live:8783c65df0f95334
13	Mon to Fri	1:00 PM - 5:00 PM	Sujen Man	Maharjan	9818414601	sujenman@gmail.com	MA Psychology	Skype: sujen.man
14	Mon to Fri	9:00 AM - 11:00 AM	Suraj	Shakya	9851212678	surajshakya2002@yahoo.com	MPhil Clin Psy, PhD Psychology	Skype: jahisun
15	Mon to Fri	3:00 PM - 5:00 PM	Prajwal	Joshi	9841785733	prajwaljoshi30@gmail.com	Masters Counseling Psychology	Skype: prajwal.joshi3
16	Mon to Fri	12:00 Noon - 4:00 PM	punjita	Pradhan	9841313990	punjita.pradhan@gmail.com	MA Psychology (running)	
17	Mon to Fri	9:00 AM - 11:00 AM	Pramesh	Pradhan	9841570889	prameshman@yahoo.com	MPhil Clinical Psychology	Skype: prameshpradhan1

18	Wed to Fri	11:00 AM - 3:00 PM	Sita Maya	Thing Lama	9841864195	sanskritidsa@gmail.com	MA in Psychology	
19	Mon to Fri	3:00 PM - 6:00 PM	Ujina	Dangol	9851140343	awaleujina@gmail.com	MA in Counseling Psy (running)	
20	Mon to Fri	5:00 PM - 7:00 PM	Arishma	Shrestha	9849197253	arishmashrestha@gmail.com	MA in Counseling Psychology	Skype: arishma_shrestha
21	Mon to Fri	3:00 PM - 5:00 PM	Lila	Shrestha	9851116387	lila.stha777@gmail.com	MA Counseling Psychology	
22	Mon to Fri	3:00 PM - 5:00 PM	Prashant	Timilsina	9849071823	alwaysprashan2@gmail.com	MA Counseling Psychology	
23	Tue, Wed, Thu	9:00 AM - 11:00 AM	Muna	Lama	9843748638	munalina5@gmail.com	MA Psychology	Skype: anum.lama
24	Tue to Sat	3:00 PM - 4:00 PM	Najma	Rai	9849286640	najmarai@hotmail.com	MA in Psychology	Skype: najmarai
25	Wed to Fri	12:00 Noon - 5:00 PM	Chhitiz Kiran	Shrestha	9810309810	chhitiz.kiran@gmail.com	MA Counseling Psychology	WhatsApp : 9810309810
26	Mon to Fri	2:00 PM - 5:00 PM	Sunita	Shrestha	9863317230	sunitastha@hotmail.com	MA Psychology	Skype Id : sunitastha11
27	Sat to Tue	3:00 - 4:00 PM	Dr Saira	Joshi	9841158091	josey.saira@gmail.com	MA Counselling	
28	Fri to Mon	12:00 Noon - 5:00 PM	Sudip	Sigdel	9841948033	sigdelsudip@gmail.com	MA Counseling Psychology	