



UROSCOPE

2026

A Publication of the Nepal Association
of Urological Surgeons

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Editorial

Reconnecting After UROCON 2026

The successful completion of **NAUS UROCON 2026** marks an important moment of reflection and renewed momentum for the **Nepal Association of Urological Surgeons (NAUS)**. As we look back on the stimulating academic sessions, engaging discussions, and warm collegial interactions that characterized this year's conference, we are reminded of the collective strength and shared vision of the urological community in Nepal.

UROCON 2026 brought together distinguished national and international faculty, experienced practitioners, and enthusiastic young urologists and trainees. The diverse scientific program—including instructional courses, panel discussions, debates, and research presentations—reflected the evolving landscape of modern urology and the importance of continuous learning and academic engagement. The active participation of residents and young consultants particularly highlighted the promising future of urology in Nepal.

Beyond scientific exchange, the conference served as a valuable platform for strengthening professional relationships and fostering regional and international collaboration. Interaction with colleagues from different institutions and societies continues to broaden our perspectives and enrich our professional journey, while also opening avenues for collaborative research, training opportunities, and shared clinical experiences.

This issue of **UROSCOPE** also represents an important step forward for our association. After a hiatus of several years, the newsletter is being revived with renewed enthusiasm and commitment. While the delay in publication over the past few years is deeply regretted, it also offers us an opportunity to re-envision **UROSCOPE** as a vibrant platform for academic exchange, professional reflection, and sharing the achievements of our members. We hope that with the continued support and contributions of the NAUS community, the newsletter will once again become a regular and meaningful voice of our association.

The editorial team extends sincere appreciation to the organizing committee of UROCON 2026, the faculty members, participants, and all contributors who have supported the revival of this publication. Your dedication and enthusiasm continue to drive the progress of NAUS and the advancement of urological care in Nepal.

As we move forward, let us build upon the momentum generated by UROCON 2026—strengthening academic collaboration, encouraging research and innovation, and nurturing the next generation of urologists. Together, we can ensure that the spirit of learning, mentorship, and professional excellence continues to guide the future of NAUS and urology in Nepal.

The New NAUS Executive Committee 2025-2027: A Shift of Responsibility

-Dr Sujeet Poudyal

The Nepal Association of Urological Surgeons (NAUS) has served as the premier professional body for urological specialists in Nepal since its establishment. Over two decades, the association has grown from a small group of pioneers into a robust organization driving academic excellence, research, and collaboration. This report outlines the historical evolution of NAUS and highlights the pivotal UROCON 2025 conference, which marked the democratic transition of leadership to a new executive committee.

The journey of organized urology in Nepal began long before the association's formal establishment. Urology was initially practiced as a subspecialty within general surgery. A major milestone occurred in **1982** with the introduction of endourology in Nepal, which underscored the growing need for dedicated urological expertise to advance the field and improve patient care.

This vision materialized during a historic meeting on **July 15, 2004**, at Hotel Shankar in Kathmandu.

Attended by just **16 pioneering surgeons**, the gathering led to the formation of an ad hoc committee for NAUS, with **Prof. JL Baidya** as President and **Prof. Prem Raj Gyawali** as General Secretary. NAUS was officially **established in 2005**.

Over the years, NAUS has evolved significantly, expanding its scope beyond national boundaries. The association fostered strong bonds with international urological bodies, and has provided valuable training opportunities for young urologists.

This growth has been guided by successive leaders, each contributing to the association's expanding role in education and professional collaboration. Notable past presidents include:

- Prof. Prem Raj Gyawali
- Prof. Rakesh Verma
- Prof. Bishwo Raj Joshi
- Prof. CS Agrawal
- Prof. Uttam K Sharma
- Prof. Mahesh Bahadur Adhikari (outgoing president, 2023–2025)

The Handover Ceremony: Honoring the Outgoing Committee

UROCON 2025, the 10th Annual Conference of NAUS, was a landmark event held in collaboration with the 4th South Asian Association of Urological

Surgeons Congress (SAUSCON). The conference took place from April 4th to 5th, 2025, at The Soaltee Hotel in Kathmandu.

The central theme, "Innovation and Sustainability in Urological Practice," highlighted the need to integrate modern technology with sustainable healthcare delivery. The scientific program was comprehensive, featuring expert talks, panel discussions, and workshops across various urology subspecialties. The conference saw active participation from a large number of national and international delegates.

In addition to its scientific program, UROCON 2025 served as the venue for a significant organizational event: the **election of the current NAUS Executive Committee 2025-2027**. The election conducted by NAUS Election Committee, led by **Prof. Bishwo Raj Joshi** marked the democratic transition of leadership and underscored NAUS's commitment to transparent governance.

The handover ceremony honored the contributions of the outgoing executive committee, which had steered the association from **2023 to 2025**. Led by **Prof. Mahesh Bahadur Adhikari** as President, supported by **Prof. Pawan Raj Chalise** as Vice President and **Dr. Bhoj Raj Luitel** as General Secretary, **Dr. Arvind**

Kumar Shah as Treasurer, along with members **Dr. Amit Kumar Shah**, **Dr. Bipendra Dhoj Kulung Rai**, **Dr. Ghanshyam Sigdel**, **Dr. Manish Man Pradhan**, and **Dr. Zubin Silwal**, the committee was instrumental in advancing urological education and research in Nepal. The outgoing committee was lauded for its dedicated service, culminating in the successful organization of UROCON 2025, and for its efforts to strengthen professional ties within the South Asian region.



A key organizational highlight of UROCON 2025 was the formal introduction of the newly elected executive committee, tasked with fostering the association's future. The new body is led by **Prof. Dr. Parash Mani Shrestha** as President.

The complete current executive committee (2025–2027) is as follows:

Position	Name
President	Prof. Dr. Parash Mani Shrestha
Vice President	Prof. Dr. Anil Shrestha
General Secretary	Dr. Suman Chapagain
Treasurer	Dr. Manish Man Pradhan
Member	Dr. Sujeet Poudyal
Member	Dr. Anil Kumar Shah
Member	Dr. Sunil Regmi
Member	Dr. Prakash Chhettri
Member	Dr. Baikuntha Adhikari

The Road Ahead: Vision of the New Committee

The newly elected executive committee has unveiled a forward-thinking vision designed to build upon the strong foundation laid by their predecessors. Central to this agenda is a steadfast commitment to high-quality academic programming, including the continuation of regular continuing medical education (CME) sessions, workshops, and the organization of annual conferences. The committee has prioritized evidence-based practice and the integration of the latest global advancements within the Nepali healthcare context.

Building on the established partnerships of NAUS, the new leadership seeks to deepen collaborative ties with various international urological bodies. Key initiatives include facilitating exchange programs, fostering joint research projects, and creating enhanced training opportunities for young urologists and trainees. Cultivating a robust research culture remains a cornerstone of this term, with plans to support emerging researchers, promote high-quality publications, and integrate innovative surgical techniques and technologies into clinical practice—always with an eye toward sustainability.

The committee is also dedicated to shaping career development pathways



for urology trainees and early-career surgeons. This involves expanding mentorship opportunities and ensuring broader access to training platforms such as the Asian School of Urology, while simultaneously strengthening institutional partnerships.

In a significant push toward modernization, the committee has planned to leverage technology to streamline association operations. Priorities include creating a comprehensive digital database for accurate, computer-based record-keeping of all NAUS members, their specialties, and their contributions. This system will support efficient management of association activities and enable seamless tracking of CME credits. To enhance communication, the committee plans to develop a dynamic website, utilize email newsletters and messaging platforms for timely announcements, and create accessible digital archives of conference proceedings and academic work—ensuring that educational resources are readily available to all members.

Conclusion

The transition at UROCON 2025 symbolized the continuity and progressive growth of NAUS. With a rich history rooted in the vision of 16 pioneers and a future guided by a dedicated new executive committee,

the Nepal Association of Urological Surgeons is well-positioned to advance further urological practice, research, and education in Nepal and the broader South Asian region.

Nepal Association of Urological Surgeons (NAUS): Today and Our Future

-Dr Suman Chapagain

The **Nepal Association of Urological Surgeons (NAUS)** stands today as the principal professional body representing urologists in Nepal. Established in **2005**, the association was formed following a historic meeting of urologists in Kathmandu in 2004 with the vision of strengthening urological care, advancing academic exchange, and fostering collaboration among specialists across the country.

From its humble beginnings with a small group of dedicated surgeons, NAUS has grown into a vibrant academic society that has significantly contributed to the development of modern urology in Nepal. Through scientific meetings, educational initiatives, and international partnerships, NAUS has played a central role in shaping urological practice and training in the country.

NAUS Today: Advancing Urology in Nepal

Today, NAUS serves as a unifying platform for urologists, trainees, and allied professionals dedicated to

improving urological healthcare. The association organizes a wide range of academic activities, including **annual national conferences (UROCON)**, continuing urological education (CUE) programs, workshops, and resident training initiatives.

These initiatives help promote:

- Continuous professional development
- Dissemination of new technologies and surgical techniques
- Research and academic collaboration
- Mentorship for young urologists and trainees

Over the past decades, urology in Nepal has evolved rapidly—from primarily open surgery to modern **endourology, laparoscopy, and minimally invasive techniques**. NAUS has been instrumental in facilitating this transformation by fostering education, collaboration, and exposure to global best practices.

Regional and International Collaborations

One of the key strengths of NAUS is its strong international engagement. Shortly after its establishment, NAUS became a member of the **Urological**

Association of Asia (UAA), connecting Nepali urologists with the broader Asian urological community.

Through this partnership, Nepali trainees and young urologists participate in educational initiatives such as the **Asian School of Urology (ASU)** and international academic meetings, helping bridge global knowledge with local practice.

NAUS–UAA Summit 2027 is being planned as a landmark event and will be celebrated alongside the **12th Annual Conference of NAUS, UROCON 2027**, reflecting the growing role of Nepal in the Asian urological community.



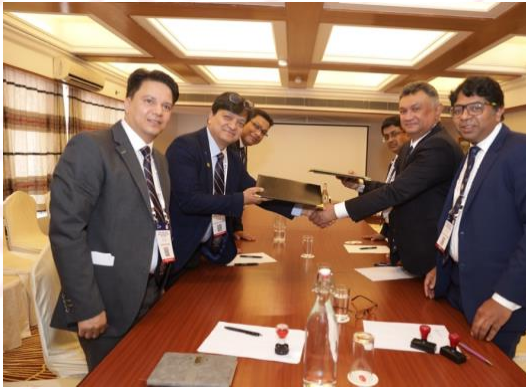
Within South Asia, NAUS is also closely associated with the SAARC Association of Urological Surgeons (SAUS), a regional collaborative platform that promotes academic exchange, training opportunities, and professional cooperation among urological societies across the SAARC region.

Notably, SAUS scientific meetings have been organized in collaboration with NAUS conferences, including the **1st and 3rd SAUSCON**, highlighting Nepal's active contribution to strengthening regional urological collaboration.

Beyond these umbrella organizations, NAUS has developed strong bilateral relationships with several national urological societies through academic collaborations and memoranda of understanding (MOUs), including:

- Urological Society of India (USI)
- Malaysian Urological Association (MUA)
- Singapore Urological Association (SUA)
- Sri Lanka Association of Urological Surgeons (SLAUS)
- Bangladesh Association of Urological Surgeons (BAUS)





These collaborations promote **faculty exchange, joint scientific sessions, conference participation, and training opportunities** for residents and young urologists. For example, NAUS and USI maintain a long-standing academic exchange where leadership and residents are invited to each other's national conferences,

strengthening regional cooperation and learning.

The Nepal Association of Urological Surgeons (NAUS) continues to expand its international academic engagement through strategic collaborations with leading urological societies worldwide. The association has established strong ties with the Korean Urological Association (KUA), fostering academic exchange, faculty participation, and opportunities for training and research collaboration between the two organizations.



NAUS and Global Collaboration

Looking ahead, NAUS aspires to further strengthen its global presence by expanding collaborations with major international bodies such as the European Association of Urology (EAU), the American Urological Association (AUA), and the Urological Society of Australia and New Zealand (USANZ). These partnerships will promote knowledge exchange, joint scientific activities, and capacity building, ultimately contributing to the advancement of

urological practice and education in Nepal while integrating NAUS more firmly into the global urological community.



Building the Future of Urology in Nepal

Looking ahead, NAUS envisions a future where Nepal continues to emerge as an important contributor to urological science and education in the region. The association aims to focus on several key priorities:

1. Strengthening Training and Education

Expanding structured training programs, simulation-based learning, and subspecialty fellowships will be crucial to developing the next generation of urologists.

2. Promoting Research and Innovation

Encouraging multicenter research, clinical trials, and publication will help Nepal contribute meaningful scientific data to global urology.

3. Expanding Minimally Invasive and Robotic Surgery

With rapid advances in technology, NAUS aims to facilitate adoption of advanced techniques such as robotic surgery, complex endourology, and image-guided procedures.

4. Enhancing Regional and Global Partnerships

Strengthening ties with Asian and international urological societies will continue to bring global expertise to Nepal while showcasing Nepali contributions to the world.

5. Improving Patient Access to Urological Care

Equitable access to quality urological services across the country remains a major priority, especially in remote and underserved regions.

A Collective Vision

The growth of urology in Nepal over the past decades reflects the

dedication of its pioneers, the enthusiasm of younger generations, and the collective efforts of the **Nepal Association of Urological Surgeons**.

As NAUS continues to expand its academic footprint and international collaborations, it remains committed to its founding mission: **advancing urological science, improving patient care, and nurturing future leaders in urology**.

With strong regional partnerships and a forward-looking vision, NAUS is poised to shape the future of urology in Nepal and contribute meaningfully to the global urological community.



2005

Redefining the Path of Urology: A Pioneer with a Literary Soul

*Prof. Dr. Arjun Dev Bhatta, MD, PhD, DSc, FICS, is a distinguished urologist, academician, and accomplished writer whose contributions span clinical medicine, medical education, and literature. He has played an important role in advancing urological practice in Nepal. With a special interest in lower urinary tract disorders and urogynecology, he has also contributed significantly to the academic development of these fields. In recognition of his lasting contributions to urology and mentorship, the Nepal Association of Urological Surgeons (NAUS) has instituted an academic award in his name — the **Prof. A.D. Bhatta Female and Functional Urology Award** — which honors excellence and encourages younger generations of urologists to pursue research in functional and female urology. Let us now explore his inspiring professional journey and achievements.*



Professor Arjun Dev Bhatta was born on January 25, 1946, in Palpa. He attended various schools in Baitadi, Doti, and Kathmandu before taking the S.L.C. and subsequently I.Sc.

Dr. Bhatta graduated, with honors, from Kharkov Medical Institute in the USSR (now Ukraine) in 1970. During his medical school, he was involved in many activities, including science club and surgical interest groups, and regularly performed extracurricular night shifts. His zeal and ability did not go unnoticed. Dr. Bhatta successfully performed his first appendectomy as a 3rd year medical student, assisted by the chief of surgery. He was among the first international students in the USSR to cap off his Master of Surgery with a Ph.D., which he completed in 1974,

and for which he was honored with the “Mahendra Vidya Bhushan” award.

Dr. Bhatta returned to Nepal in 1974 and joined the government service at the Jaleshwar-Janakpur anchal hospital. The hospital lacked most of the things that are now considered to be the sine qua non for day-to-day practice, even routine blood and urine test facilities. Dr. Bhatta was the first and only surgeon in the region, and by the time he was leaving, thousands of patients had benefited from hydrocelectomies, hernia repairs, bladder stone removals, vaginal hysterectomies, transabdominal hysterectomies, prostatectomies, ureteropyelolithotomies, cholecystectomies, c-sections, nailing and plating of the femur, tibia, and radius, and other surgeries. The positive impact of his hard work and his dedication to patients was very well-regarded by locals and probably best exemplified when the prominent personality, Mahant of Matihani, elected to entrust his prostatectomy to Dr. Bhatta.

In 1978, Dr. Bhatta moved to the USSR and worked under the tutelage of arguably the most famous Soviet urologist of his time, N.A. Lopatkin, M.D., Ph.D., D.Sc., as a research scholar and clinician. In 1984, Dr. Bhatta became the first doctor from a non-socialist country to be awarded

Doctor of Science (D.Sc.). This degree, also known as Doktor nauk or Habilitation, is the highest postdoctoral degree conferred and a requisite for a professorship in the numerous non-English speaking countries.

In 1984, upon completion of a D.Sc. in urology, Dr. Bhatta joined Bir Hospital as a surgical registrar. Between 1987 and 1990, he was deputed to the Family Planning Association of Nepal as the medical director. There, he trained doctors on techniques such as vasectomy, vas recanalization, Norplant insertion, IUCD, minilap (open Fallopian tube ligation), and others, and published books on natural family planning, STD, and AIDS. During this time, he also superspecialized in male infertility at the Johns Hopkins University School of Medicine, Baltimore, USA. In 1987, Dr. Bhatta received the Science Writer Award, a joint award by the Royal Nepal Academy of Science and Technology (RONAST) and International Development Research Centre (IDRC), Canada, for popularizing science and technology among the general masses through the medium of publication. Dr. Bhatta says, “It is extremely important to share medical information with laypeople in the way they understand.”

From 1990 to 1995, Dr. Bhatta worked as a consultant surgeon and urologist at the National Academy of Medical Sciences/Bir Hospital. In 1995, he became the head of the urology unit. During his time as the head of urology Dr. Bhatta regularly performed, among other, sophisticated urological operations done only at a handful of institutions around the world, such as orthotopic neobladder reconstruction in male and female bladder cancer patients. In 2004, Dr. Bhatta completed a fellowship in renal transplantation at the Ramathibodi Hospital in Bangkok, Thailand, and subsequently established the kidney transplant program at NAMS. Dr. Bhatta then performed the first renal transplant at a government hospital in Nepal. As a professor of NAMS, Dr. Bhatta conducted surgical and urological classes for M.S. residents. In 1997, he was elected Fellow of the International College of Surgeons (FICS) in Urological Surgery and later served as the Vice President of FICS in Nepal. In 2003, Dr. Bhatta supervised, trained, and monitored the College of Physicians and Surgeons of Pakistan FCPS trainees in urology. Dr. Bhatta retired as Professor of Urology and Head of the Urology Unit in 2006.

After a brief hiatus during which Dr. Bhatta traveled around the world with his wife, he returned to Nepal in 2007. He continues taking care of urological patients in Medicare National Hospital

and Research Centre, Ltd., which he founded with his close friends in 1992. He specializes in laser and conventional endourology, prostate (the biggest prostate he operated on weighed 316 grams), bladder and urinary stone surgery, male infertility treatment (subinguinal varicocelectomy and recanalization of vas), female urinary incontinence (SUI TOT with or without cysto-rectocele repair), and urogynecology. His most memorable recent operation was on a 102-year-old father of one of the Medicare doctors. The patient presented with five concurrent conditions and required: circumcision (phimosis), TURBT (repeatedly bleeding papillary bladder mass), TURP (significant BOO), and two herniotomies (extremely large, both right and left inguinal hernias), followed by their mesh repair. All five pathologies were all successfully addressed in one setting, and the patient was discharged without catheter and in good condition.

In 2020, Dr. Bhatta was recognized for his exemplary contributions towards the development and promotion of endourology in Nepal by the Department of Urology of the National Academy of Medical Sciences, Bir Hospital. In 2021, he was recognized for his contribution to the development of urology in Nepal by the executive committee and members of the Nepal Association of Urological Surgeons (NAUS).

Dr. Bhatta continues practicing urology and seeing patients in the Medicare National Hospital and Research Centre, Ltd. In his spare time, Dr. Bhatta likes writing prose and poetry. He has authored a total of 16 books and over 400 articles in Nepalese, English, and Russian. Dr. Bhatta is an avid news reader and loves having a good chat with his family and friends.

Published books (Nepali):

- १। बैतडीका केही स्थानीय शब्द (भाग-१) सह-सम्पादन, भिमदेव भट्ट – २०१७
- २। प्राकृतिक परिवार नियोजन (अगुवा पुस्तक) – २०४७
- ३। यौन प्रसारित रोगहरू – २०४८
- ४। एड्स प्रतिरोध प्रणाली विनाशक रोग – २०४७
- ५। मुटुको धड्कन (खण्डकाव्य) – २०७७
- ६। अविस्मरणीय पलहरू (कविता) – २०७७
- ७। समय यात्रा (जलेश्वर-जनकपुर अस्पतालको सम्झना) – २०७८
- ८। मेरो आमा: एक दृढ प्रतिज्ञ नारी (स्मरण) – २०७८

- ९। डाक्टरको द्विविधा – २०७९
- १०। मूत्र र जननेन्द्रिय प्रणाली (रोग, निदान तथा उपचार) – २०७९
- ११। युद्ध विनाको युद्ध (उपन्यास) – २०८०
- १२। रूपान्तरण (उपन्यास) – २०८०
- १३। कल्पनाको क्षितिजमा (कथा संग्रह) – २०८०
- १४। अभिज्ञान प्रतीक्षा(उपन्यास) – २०८१
- १५। अबिच्छिन्नता (उपन्यास) – २०८१
- १६। दोस्रो जीवनको चुरो (उपन्यास) – २०८१

We wish Dr. Bhatta continued good health and a long, fulfilling life as he continues to inspire generations of urologists and medical professionals.

Fostering Excellence Through Grants, Awards, and Fellowships –



Dr. Manish M. Pradhan

The Nepal Association of Urological Surgeons (NAUS) is the leading force in urological healthcare, education, and research in Nepal. Established to unite urological professionals, NAUS advances urology, promotes patient care, and fosters scientific inquiry. Through grants, awards, and fellowships, NAUS aims to shape Nepal's urology future, empowering members to excel nationally and internationally.

Empowering Global Representation: Travel Grants for Resident Doctors

NAUS's commitment to professional development includes a generous travel grant program for resident doctors. Recognizing the value of international exposure, NAUS provides financial assistance to resident members representing Nepal at prestigious international urological conferences. This initiative allows Nepali resident doctors to present research, learn from global leaders, and network with peers worldwide. Grants facilitate participation in key events hosted by:

1. Urological Society of India (USI), India
2. Bangladesh Association of Urological Surgeons (BAUS), Bangladesh
3. Sri Lanka Association of Urological Surgeons (SLAUS), Sri Lanka
4. Singapore Urological Association (SUA), Singapore
5. Urological Association of Asia (UAA) (annually in different countries)
6. USANZ, Australia

NAUS supports their presence at these conferences to enhance residents'

careers and elevate Nepal's global urological profile.

Stimulating Research Excellence: Annual Research Awards

NAUS's research award program cultivates a vibrant research culture and drives innovation in Nepalese urology. It recognizes and encourages high-quality urological research among members. Two young urologists and three resident doctors are given research grants annually for their outstanding research proposals that contribute to urological practice in Nepal.

Recognizing Academic Prowess: Best Paper Awards at Annual Conferences

The NAUS Annual Conference provides scientific exchange and academic recognition. During this event, NAUS bestows three "Best Resident Paper" awards to resident doctors whose presentations demonstrate exceptional research, methodology, content, and quality of delivery. These papers are rigorously judged by a distinguished panel of national and international experts.

NAUS honors outstanding young urologists with three named awards for

best papers at its annual conference, focusing on specialized areas:

1. Prof. A. D. Bhatta Female Urology Award: Highlighting significant contributions to improving female urological health.

2. Prof. C. S. Agrawal Young Urology Award: Recognizing overall excellence and promising research papers by emerging urological surgeons.

3 Prof. Prem Raj Gyawali Minimally Invasive and Endourology Award: Celebrating advancements in minimally invasive and endourological techniques.

These awards commemorate pioneering figures and inspire the next generation of specialists.

Looking ahead, NAUS plans to fund fellowships for young urologists in the near future, fostering subspecialty development in urology. These fellowships will provide in-depth training in specialized areas like uro-oncology, reconstructive urology, pediatric urology, or andrology. By supporting these advanced training opportunities, NAUS ensures Nepali patients have access to world-class

expertise across urological care, solidifying Nepal's position in regional and international urology.

Through these comprehensive programs, NAUS aims to build a foundation for continuous learning, groundbreaking research, and world-class urological care in Nepal.

The Soul of Medicine & Voices of Wisdom: *Beyond the White Coat* Prof. Uttam Kumar Sharma's Journey to Humanize Healthcare



In an era where medicine is increasingly driven by technology, protocols, and performance metrics, one voice continues to remind us of something far more fundamental — **the human behind the doctor and the story behind the patient.** That voice belongs to **Prof. Uttam Kumar Sharma**, a distinguished **urologist, kidney transplant surgeon, academician, and mentor**, whose inspiring YouTube initiative, *Beyond*

the White Coat, has emerged as a powerful movement within Nepal's medical community.

A Clinician and Academic Leader

A luminary in urology and kidney transplantation, Prof. Sharma has devoted his career to some of the most sensitive and life-altering areas of medicine. Alongside his clinical excellence, he has played a defining role in shaping medical education through his leadership at **Tribhuvan University Teaching Hospital (TUTH)** and **Maharajgunj Medical Campus**. Over decades of teaching and mentorship, he has guided countless medical students, residents, and young specialists — not only in surgical skill, but in **professionalism, ethics, and compassion.**

Many of today's practicing urologists and surgeons across Nepal proudly trace their formative years to his influence. His legacy therefore, extends far beyond the patients he has treated — it lives on through the generations of doctors he has inspired.

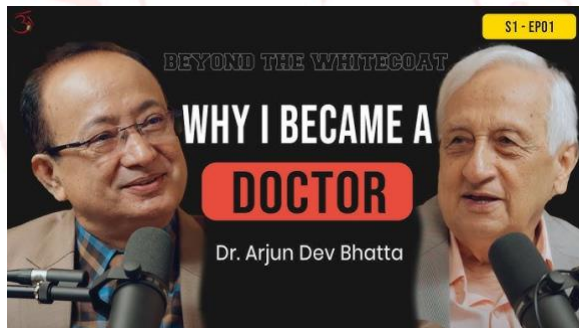
A Pillar of the NAUS Community

Prof. Sharma's engagement with the **Nepal Association of Urological Surgeons (NAUS)** has been equally transformative. As a **former President of NAUS**, he helped strengthen the organization's academic culture, elevate professional

standards, and build a strong tradition of mentorship for young urologists. His leadership emphasized that excellence in urology must be grounded not only in science, but in **ethics, integrity, and patient-centered care** — the very principles now echoed in *Beyond the White Coat*.

Beyond the White Coat: Medicine with a Human Face

Through intimate conversations with Nepal's leading healthcare professionals, Prof. Sharma's YouTube series constructs a powerful narrative: **true healing is an art woven from scientific excellence and deep humanity**. Each episode is a reflective journey into the soul of medical practice: Voices of Wisdom from *Beyond the White Coat*



Prof. Dr. Arjun Dev Bhatta – The Origin of the Vocation

This conversation reveals that behind every successful surgeon lies a deeply personal motivation. Remembering one's original “why” helps doctors remain grounded amid long hours, sacrifice, and stress. Purpose, not

prestige, is what sustains a lifelong career in medicine.

Prof. Dr. Padam Raj Panta – The Foundation of Compassion

This dialogue highlights that women's health care demands emotional intelligence as much as technical skill. True healing requires respect for dignity, trust, and sensitivity during some of the most vulnerable moments of life. Compassion is therefore not an add-on, but the core of quality care.

Prof. Dr. Jagdish Prasad Agrawal – Leadership with Moral Clarity

He illustrates how spiritual resilience and ethical grounding guide leaders through institutional challenges. Effective academic leadership requires humility, fairness, and inner strength. Without moral clarity, administrative power loses its purpose.

Dr. Surendra Shrestha – The Art of Dentistry

This conversation illustrates the profound connection between oral health and overall systemic health. Dentistry is not an isolated specialty but an integral part of holistic medical care. Interdisciplinary respect improves outcomes for patients.

Mr. Sanjib Rajbhandary – Resilience in Redefinition

His story demonstrates that early academic setbacks do not define one's future. Adaptability, perseverance,

and vision can transform failure into leadership. Success in healthcare requires resilience as much as intelligence.

Dr. Madhav Bhusal – Evidence, Mental Health & Career Direction

He draws attention to the intense mental pressure faced by medical entrance aspirants and trainees, where competition often erodes well-being. Dr. Bhusal advocates for structured career guidance, mentorship, and mental-health monitoring within medical education. Evidence-based medicine, he reminds us, must include evidence about emotional health and resilience.

Prof. Dr. Deepak Mahara – Advocacy as Professional Duty

His journey from orthopaedics to autism advocacy shows that doctors must serve society beyond clinical practice. Physicians have a responsibility to speak for vulnerable populations and influence public awareness. True professionalism includes social engagement and moral courage.



Dr. Sunil Sharma – Integrity in Narrative

By addressing nepotism and professional myths, he emphasizes the importance of honesty and merit in medical careers. Success built on integrity lasts longer than success built on connections. Ethical self-reflection is essential for the credibility of the profession.

Dr. Sudip Shrestha – Redefining Hope in Cancer Care

He challenges the fatalistic view of cancer, shifting the focus to survivorship, dignity, and quality of life. Compassionate palliative and supportive care are as important as curative treatment. Hope, he reminds us, is a clinical intervention in itself.

Beyond Medicine: A Universal Human Message

In one of the most deeply moving moments from *Beyond the White Coat*, **Prof. Dr. Uttam Kumar Sharma** speaks not as a surgeon or academician, but as a human being reflecting on **old age, responsibility, and silent neglect.**

He reminds us of a truth we often avoid:

**Old age is unavoidable.
It comes for everyone.**

Prof. Sharma reflects on how our parents once did everything for us — holding our hands, packing our school bags, preparing our meals, and caring for us every single day with love and sacrifice.

But one day, the roles reverse.

He reminds us that **old age is inevitable**, and caring for our parents is not optional. Our parents need our time, attention, and presence. Compassion begins at home — through regular conversations, careful support, and dignity in ageing.

A Living Philosophy

Through these voices, Prof. Sharma shows that the **white coat is only a symbol** — the true essence of medicine lies in **empathy, integrity, resilience, hope, and purpose**. *Beyond the White Coat* moves beyond theory, offering practical wisdom on balancing **technical mastery with moral courage**, and **clinical decision-making with compassionate advocacy**. It reminds us that while technology advances healthcare, **human connection gives it meaning**.

The message is clear: modern medicine, for all its advances, risks losing its soul without the conscious cultivation of human values. Through this seminal initiative, **Prof. Sharma is not just documenting stories — he is shaping a generation of reflective, ethical, and compassionate healers.**

True healing happens when a doctor treats not just the disease, but the person who carries it.

That is the enduring message Prof. Uttam Kumar Sharma offers to every one of us—today and for generations to come.

Beyond the White Coat – a digital medical conversation series hosted by **Prof. Uttam Kumar Sharma**, exploring the human side of medicine and life beyond clinical practice, can be accessed through this link:

<https://www.youtube.com/@ouhmproduction>

NAUS Academic Endeavors 2025: A Look Beyond UROCON 2026

The Nepal Association of Urological Surgeons (NAUS) has maintained an active and structured schedule of Continuing Urological Education (CUE) activities designed to advance clinical knowledge, surgical skills, and interdisciplinary collaboration within the urology community in Nepal. Apart from the **NAUS Campbell Club webinar**, which takes place every two weeks on Thursday, other CUEs organized by NAUS after UROCON 2025 are as follows:

CUE-1: NAUS CUE, NAMS

On May 10, 2025, NAUS organized a CUE session at the Simulation Hall of

NAMS, Bir Hospital, focusing on uro-oncology and clinical case discussions. The event featured medical oncologist Dr. Ramila Shilpakar as the keynote speaker, who provided an expert overview of contemporary systemic therapy and management strategies for metastatic renal cell carcinoma. Following her presentation, urology residents from various teaching hospitals presented a series of informative and challenging clinical cases, fostering peer-led learning and interactive discussion on diagnosis, surgical planning, and multidisciplinary management.

CUE-2: Management of BEP

On June 25, 2025, NAUS organized a Continuing Medical Education (CME) session focused on the Management of Benign Enlargement of the Prostate (BEP) at the Dusit Princess Kathmandu. This event featured an international lecture by Dr. Sanjay Pandey from Kokilaben Dhirubhai Ambani Hospital in Mumbai, who spoke on contemporary surgical and medical management strategies. Dr. Bhoj Raj Luitel, Assistant Professor at TUTH, provided national expertise. The session aimed to update practicing urologists and residents on the latest pharmacotherapeutic and minimally invasive interventional

approaches to BEP, fostering informed clinical decision-making through case-based discussions.



CUE-3: 50th Episode of NAUS Campbell's Club

On July 25, 2025, NAUS celebrated the 50th episode of its longstanding academic forum, the NAUS Campbell's Club, at the Aranya Boutique Hotel in Kathmandu. The event commemorated this milestone with a specialized program on bladder cancer, moderated by Dr Anil Kumar Shah. It began with formal addresses by Dr. Suman Chapagain and Prof. Anil Shrestha, followed by focused talks: Dr. Subodh Ghimire discussed diagnostic approaches to bladder cancer, Dr. Nischal Shrestha elaborated on the role of neo-adjuvant chemotherapy in muscle-invasive bladder cancer, and Dr. Sudip Shrestha delivered a guest lecture on recent updates in metastatic bladder cancer. A lively panel discussion with

experts, including Prof. Gita Shayami and Dr. Bipin Dhoj Rai, allowed for interactive learning, and the event concluded with a vote of thanks by NAUS President Prof. Parash Mani Shrestha.



CUE-4: URO-GP Crosstalk

In a move to enhance cross-specialty dialogue, NAUS collaborated with the General Practice and Emergency Medicine Association of Nepal (GPEMAN) to launch the first URO-GP CROSSTALK on August 1, 2025, in Pokhara. This initiative centered on the theme "A Colloquy in Medical Management of BEP." The program, moderated by Dr Sujeet Poudyal, facilitated a direct conversation between urologists and primary care physicians, emphasizing coordinated patient management. After welcome remarks by Dr. Suman Chapagain and Dr. Anil Shrestha, an extended panel discussion moderated by Dr. Chapagain explored common clinical challenges and referral pathways. The session concluded with remarks from NAUS President Dr. Parash Mani Shrestha and GPEMAN President Dr.

Pushpa Mani Kharal, strengthening the partnership between specialty and primary care.



CUE-5: Best of USI on Uro-oncology followed by NAUS Mock exam

On September 30, 2025, NAUS hosted the "Best of USI on Uro-oncology" at Hotel Everest in Kathmandu, featuring distinguished faculty from the Urological Society of India (USI). USI faculties from India, Dr. Hemang Bakshi, Dr. Puneet Ahluwalia, and Dr. Amitabh Singh, and various national faculty, including medical and radio-oncologists, delivered updates on the latest advancements and surgical techniques in uro-oncology. The presence of NAUS leadership, including President Dr. Parash Mani Shrestha and Scientific Chair Dr. Anil Shrestha,

underscored the society's commitment to international knowledge exchange. The academic session was followed by a cocktail dinner, offering members an informal networking opportunity in a festive setting.



A key academic exercise was the Mock Urology Final Examination for final-year MCh residents, held on October 11, 2025, at the Suresh Wagley Building of TUTH. This rigorous simulation of the board exam included semi-long clinical case scenarios, an instrument viva covering essential urological tools, and a specimen-imaging-pathology viva station. The examination panel comprised both USI faculties and senior Nepali urologists, providing residents with realistic assessment and constructive feedback to bolster their readiness for final certification.

CUE-6: CUE on Renal Transplantation

On January 3, 2025, NAUS organized a Continuing Urological Education

(CUE) session in Pokhara, specifically focusing on current issues and advancements in renal transplantation outside the Kathmandu Valley. This regional academic meeting moderated by Dr Prakash Chhetri aimed to address the unique logistical, clinical, and systemic challenges faced in decentralizing transplant services and improving access in tertiary centers outside the capital. The program brought together urologists and nephrologists in a collaborative forum to discuss donor selection, perioperative management, immunosuppressive protocols, and long-term follow-up in transplant recipients. Emphasis was placed on inter-specialty coordination, resource optimization, and evolving national transplantation guidelines. The meeting facilitated meaningful dialogue on strengthening regional transplant infrastructure and enhancing multidisciplinary care pathways for end-stage renal disease patients in Nepal.

CUE-7: NAUS 1st Grand Round Series



Most recently, on January 10, 2026, NAUS inaugurated its new Grand Round series with Episode 1 titled "PCNL: Positions and Practices," held at the Simulation Hall of NAMS, Bir Hospital. The session featured an in-depth talk by Dr. Bipendra Dhoj K Rai on surgical approaches and patient positioning in Percutaneous Nephrolithotomy. Dr. Baikuntha Adhikari moderated the discussion, with a panel of esteemed faculty. This hands-on academic format emphasized practical surgical training and contemporary best practices.



In summary, NAUS has demonstrated a sustained commitment to the professional development of urologists in Nepal through a diversified portfolio of educational activities. These events—ranging

from local case-based learning with oncological integration, international CMEs, and milestone club meetings, to interdisciplinary dialogues, mock examinations, and procedure-focused grand rounds—highlight NAUS’s role as a pivotal institution in fostering clinical excellence, facilitating collaboration across specialties, and ensuring the continuous advancement of urological care in the region.



Scientific Sojourns: Conference Takeaways from Young Urologists

The UAA-Young Leadership Forum-2025 experience

-Dr Anil Pukar Shah, Dr Bipin Guragain, Dr Prakash Chhetri

It was a great privilege and an honor to have been selected by NAUS to attend the UAA-Young Leadership Forum from August 15th – 16th, 2025 at the 22nd UAA Congress, in conjunction with the 47th Annual Meeting of

Taiwan Urological Association, Taipei, Taiwan, August 14th – 17th, 2025.

Academic and Scientific Experience

The theme of the congress was “Shaping the Future of Urological Care”, while highlighting the transformative impacts that innovation, including AI can have on patient care, surgical practice and medical education.

It was a highly enriching and motivating experience for me as a young urologist from Nepal.

There were many prestigious speakers, each with outstanding achievement and major impact in the field of urology. The conference provided an excellent platform to engage with urologists, researchers, and academicians from across Asia and other parts of the world, fostering academic growth, professional networking, and cross-cultural exchange. It provided an opportunity to broaden the horizon and vision.

The scientific program of the UAA meeting was comprehensive and of high academic standard, covering all major subspecialties of urology like Female Urology, Endoluminal Surgery and Technology, Andrological and Reconstructive Urology, Robotics, Urologic Oncology, Infections,

Trauma, Kidney Transplant, and Pediatric Urology.

The semi-live surgery demonstrations, expert video sessions, and case-based discussions offered valuable exposure to advanced surgical techniques and clinical decision-making. Observing how experienced surgeons handle complex cases enhanced my understanding of procedural nuances and patient selection, which will positively influence my future practice.

Focus on Young Urologists

One of the most encouraging aspects of the UAA meeting was its strong emphasis on young urologists and trainees. Dedicated sessions for effective communication, conflict resolution, personal and professional development were present. It addressed topics such as career planning, research methodology, academic writing, and fellowship opportunities. There were institute presentations from 7 countries highlighting the course, opportunities and expenditure. We were divided into small groups of 5-8 and had the opportunity to interact with the focal persons of the institutions regarding the courses they provide, the duration, lodging, food, and expenditure. Some

had provision of grants, and the duration was from 3 months to 1 year. Some had provision for hands-on training, while others had only observership. The interactive nature of these sessions allowed young delegates like myself to actively engage with senior faculty, seek mentorship, and gain practical advice for academic and professional development.



These interactions reinforced the importance of continuous learning, research involvement, and international collaboration in shaping a successful urological career.

Networking and International Exposure

The conference provided ample opportunities to interact with urologists from diverse healthcare systems across Asia. Sharing experiences and challenges unique to different regions helped broaden my perspective on urological practice and resource utilization. The professional relationships established during the meeting may serve as a foundation for future collaboration in research, training, and academic exchange.

Experience of Taiwan

The host country, Taiwan, offered an excellent setting for the UAA meeting. The organization of the conference was seamless, and the hospitality of the hosts was commendable. I could visit the 2nd tallest building, Taipei 101, and Taipei Zoo. Experiencing Taiwan's culture, efficiency, and warmth alongside a high-quality scientific program made the overall experience both professionally rewarding and personally memorable.

Conclusion

In conclusion, our participation in the UAA Meeting in Taiwan was an inspiring and valuable experience that

significantly contributed to our academic growth and professional outlook as a young urologist from Nepal. The knowledge gained, skills observed, and connections established will have a lasting impact on our clinical practice and future academic endeavors. We are grateful to NAUS for the opportunity to attend this prestigious regional conference and strongly encourage fellow young urologists to actively participate in UAA activities for continued learning and professional advancement

Report on Participation at the KUA 2025 Conference and KUA-Asia Young Urologist Program

Dr. Abarta Joshi, Dr. Suman Adhikari, Dr. Udit Mishra

It was a true pleasure and privilege to be nominated by the Nepal Association of Urological Surgeons (NAUS) to participate in the 77th Annual Meeting of the Korean Urological Association (KUA 2025), held from October 22 to 24, 2025, at the COEX Convention Center in Seoul. This edition was particularly momentous as it celebrated the 80th anniversary of the Korean Urological

Association. Our participation was facilitated under the KUA-Asia Young Urologist Program, which fosters next-generation urological leaders through international academic exchange.

KUA 2025 offered a comprehensive scientific program with state-of-the-art lectures, semi-live surgery sessions, and thematic presentations covering oncology, endourology, and functional urology. Renowned international faculty, including Prof. Jesse N. Mills (USA) and Prof.



Geoffrey Sonn (Stanford University), delivered insightful talks on topics such as penile implant outcomes, AI in prostate cancer detection, and advancements in robotic surgery. The semi-live surgery sessions provided a unique window into the advanced surgical techniques practiced in major Korean centers, particularly in minimally invasive procedures. The KUA-Asia Young Urologist Program was central to our engagement, featuring dedicated sessions like the "Lessons in Urology - AUA Review Course" and hands-on workshops

tailored for emerging specialists. The congress facilitated valuable networking through events such as the International Leadership Dinner, allowing us to build professional relationships with peers from across Asia and establish mentorships with senior Korean faculty. The Industry Innovation Hub further exposed us to cutting-edge developments in AI, precision medicine, and robotic technology.

Beyond the academic program, we were fortunate to have the opportunity to explore the rich culture and vibrant cities of Seoul and Busan. In Seoul, we visited iconic landmarks including Gyeongbokgung Palace, which ranks as the top autumn attraction in the capital and offered a stunning glimpse into Korea's royal heritage. We wandered through the historic Bukchon Hanok Village and experienced the bustling energy of Myeongdong's street food scene. The city's efficient rail system, including the KTX high-speed train, made our journey to Busan seamless and allowed us to travel just as locals do. In Busan, we were captivated by the colorful houses and artistic alleys of Gamcheon Culture Village. We enjoyed a peaceful stroll along Haeundae Beach and took in panoramic views of the city and port from Busan Tower in Yongdusan Park. The contrast between Seoul's

dynamic metropolis and Busan's coastal charm provided a well-rounded cultural experience that complemented our professional development.

Our participation significantly enhanced our clinical knowledge, particularly regarding the integration of technology into routine urological practice. Observing surgical excellence in semi-live demonstrations provided benchmarks for improving our own techniques. Beyond academics, the experience fostered lasting connections within the Asia-Pacific urological community, deepened our understanding of different healthcare systems, and allowed us to immerse ourselves in Korean culture and hospitality. We extend our gratitude to the Korean Urological Association for their generous hospitality and steadfast commitment to developing young urologists across Asia. This was undoubtedly a highly enriching and impactful experience for all three of us.

Report on participation in the 42nd World Congress of Endourology and Uro-Technology, Phoenix, AZ

Dr Sujeet Poudyal, TUTH, MMC, IOM

The 42nd World Congress of Endourology and Uro-Technology

(WCET 2025) was held in Phoenix, Arizona, USA, from September 8 to 12, 2025. WCET 2025 united urologists, affiliated healthcare professionals, national and subspecialty urological societies and industry partners from across the globe.

The entire organizing team, including the president of WCET, Mitchell Humphreys and president of Endourological Society, Andrea Gross, along with its committee and council members, developed an exceptional program for this year's congress. The education sessions were led by world-renowned healthcare and innovative thought leaders and explored prevalent issues and challenges in the field of endourology and minimally invasive surgery. This time, WCET comprised the cutting-edge programs featuring semi-live surgeries, course workshops, accredited symposia, lectures, master classes, multidisciplinary presentations, debates, case-based panel discussions and much more. It was not just a learning opportunity but a gathering where I could meet and interact with world leaders in endourology. I was honored to be invited as a faculty member to deliver a lecture on "Prostatic Artery Embolisation: Is it a viable alternative for BPH/LUTS?" during the WCET-SAUS session on September 8, 2025. It was a privilege to present in such a grand scientific arena and contribute

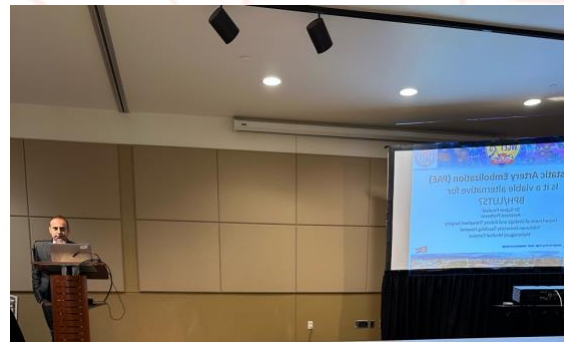
to the academic discourse alongside global experts.



collaborative networks. Overall, it was a great learning experience.....



Beyond the academic enrichment, the experience was made truly memorable by the wonderful companionship of our NAUS Vice-President, Prof. Dr. Anil Shrestha, who delivered impressive multiple talks in various sessions of the program as a faculty member. His presence, along with other urology friends from across the world, made my stay feel pleasant and homely, miles away from home. During my stay, I also had the opportunity to visit several beautiful places in Los Angeles, Arizona, and Utah, which added a wonderful dimension to the overall experience.



It was a true privilege and honor to represent the Nepal Association of Urological Surgeons (NAUS) at this prestigious international conference. WCET 2025 was undoubtedly a highly enriching professional experience, strengthening both my clinical knowledge and international

Although it was Prof. Pawan's second



Report on participation in the 22nd Congress of the Arab Association of Urology (AAU-SAUS Joint Session) -Dr Baikuntha Adhikari, NAMS, Bir Hospital

The 22nd Congress of the Arab Association of Urology (AAU) in conjunction with the 5th Conference of the Oman Urology Society (OUS) was held from 13–16 November 2025 in Muscat, Oman. I, together with Pawan Raj Chalise, had the honor of representing the Nepal Association of Urological Surgeons (NAUS) in the SAUS-AAU Joint Session during the congress.

visit to Oman, it was my first time in the country. Prof. Pawan has been a teacher who greatly shaped my surgical career, and attending the conference with him made the experience even more meaningful. Unfortunately, the journey started with the missed connecting flight from Delhi to Muscat and had to travel via Dubai, which shortened my stay in the beautiful city.

Our session was held on 13 November at the Grand Millennium Muscat. Speakers from South Asian countries, along with several speakers from Arab nations, delivered interesting and insightful lectures. Prof. Pawan

presented his talk on the management of ureteric stricture, while my presentation focused on Optical Internal Urethrotomy (OIU) for urethral strictures. It was a pleasure to meet experts from various fields, and I felt deeply honored to present my talk in front of pioneers such as Sanjay B. Kulkarni, who kindly appreciated the presentation. It was also a pleasant surprise to meet nearly a dozen Nepali urologists attending the conference.

Due to personal commitments back home, we were also unable to attend the entire conference program and had to return on the second day. Nevertheless, the hospitality and support from the organizers were truly admirable.

During our brief stay, we managed to visit a few well-known places in Muscat, including Mutrah Souq and the nearby beach, as well as some shopping areas. The city was quite humid with high daytime temperatures that limited outdoor movement; however, the evenings were pleasant.

Although the visit was short, it provided a valuable opportunity to meet leading experts in the field. I would like to sincerely thank NAUS and Prof. Pawan for his companionship and guidance during the trip.

Meeting the top experts in the field was truly a memorable experience.

**Report on participation in 45th
Congress of the Société
Internationale d’Urologie (SIU)
October 29 – November 1, 2025 |
Edinburgh, Scotland**

**-Dr Manish Man Pradhan, TUTH,
MMC, IOM**

Overview of the Congress

The 45th Congress of the Société Internationale d’Urologie (SIU) was held from October 29 to November 1, 2025, at the Edinburgh International Conference Centre in Edinburgh, Scotland, a historic and picturesque city. The meeting brought together thousands of urologists, researchers, and healthcare professionals from around the globe for four days of rich academic exchange, interactive sessions, hands-on learning, and networking opportunities.

The congress theme emphasized “Innovation, Collaboration, and Global Excellence in Urology,” reflecting SIU’s continued commitment to advancing urological



science and promoting global education. The event featured plenary lectures, live surgeries, symposiums, poster presentations, and regional association meetings, highlighting current advances across all subspecialties of urology

My Presentation and Session Highlights

I had the privilege of representing NAUS at the SAARC Association of Urological Surgeons (SAUS) Symposium, where I presented on the topic: “Importance of Intra-Renal Temperature and Pressure in RIRS.” The session attracted a full audience, and the hall was packed throughout the discussion. The presentation

focused on the critical intraoperative parameters—renal pelvic pressure and temperature—during Retrograde Intrarenal Surgery (RIRS) and their implications on renal safety, infection control, and postoperative outcomes. I discussed recent data on safe thresholds, the impact of irrigation systems, and the evolving role of real-time monitoring in optimizing RIRS outcomes.

Following the talk, a lively discussion ensued with participants from multiple countries, who shared their experiences and perspectives on intrarenal dynamics during endourological procedures. Several delegates expressed interest in collaborative research on this topic within the SAARC region, underscoring the importance of regional cooperation in urological innovation.



Academic and Networking Experience

The SIU Congress provided an exceptional platform to exchange ideas with global experts and peers. It was a pleasure to reconnect with old colleagues and friends from various countries and to establish new professional relationships. The congress also featured cutting-edge updates in minimally invasive surgery, AI integration in urology, and advances in oncology and reconstructive techniques—all of which were of great academic value.



collaboration in advancing urological

Cultural and Personal Experience

Beyond the scientific sessions, the congress offered the opportunity to experience the rich culture, history, and architecture of Edinburgh. The city's historic landmarks, such as Edinburgh Castle, the Royal Mile, and Arthur's Seat, provided an inspiring backdrop to the event. Exploring the city's blend of medieval charm and modern vibrancy added a memorable dimension to the overall experience.



research and practice. I look forward to implementing the insights gained in clinical and academic work here in Nepal and continuing active participation in future SIU and SAUS activities via NAUS.

Conclusion

Attending and presenting at the 45th SIU Congress was an enriching experience—academically enriching, socially engaging, and personally inspiring. The event reaffirmed the importance of international

endourology, oncology, andrology, and functional urology through lectures, case discussions, and interactive sessions led by international faculty. The course concluded with an MCQ examination and included a mandatory networking reception. Participants benefited from updated clinical knowledge, exposure to emerging technologies and diverse surgical practices, and opportunities to build professional connections across Asia. Overall, the AURC provided a rigorous and enriching educational experience aligned with the needs of advancing urological trainees.

Resident's Corner: Making the Most of NAUS Travel Grants:

Report of participation in the 9th Asian Urology Residents' Course (AURC) held in conjunction with the 22nd UAA Congress

Dr Amit Kumar Jha, MCh Urology Resident (TUTH, MMC, IOM)

The 9th Asian Urology Residents' Course (AURC) was held from 12–14 August 2025 in Taipei, Taiwan, alongside the 22nd UAA Congress. Organized by the Asian School of Urology in collaboration with the AUA, the three-day program offered senior urology residents a comprehensive curriculum covering



Jainendra Kumar Manoj, MCh Urology Resident (NAMS, Bir Hospital)

I actively participated in the AURC course for the entire duration and attended all scheduled sessions, including the AUA MCQ examinations. It was a wonderful

experience to meet residents from various countries and interact with faculty members from around the world who generously shared their knowledge and experiences.



Dr Suresh Thapa, MCh Urology Resident (TUTH, MMC, IOM)

The 9th Asian Urology Residents' Course was a high-impact academic opportunity aligned with the goals of advanced medical training. It offered a rigorous curriculum, mentorship from distinguished faculty, and connection to a broad professional network—all critical for the development of emerging urologists. There is no doubt it was a huge learning experience.



Report of participation in Malaysian Urological Conference 2025

Ishwor Paudel, MCh Urology Resident (NAMS, Bir Hospital)





I attended MUC after being

to represent Nepal at an international academic platform focused on the theme “Innovating Urology, Inspiring Care.”

nominated by NAUS and getting an invitation letter from the Malaysian Urological Association; sincere thanks to both organizations.

I got to know about robotic technology and attended pre-congress robotic masterclass on robotic prostatectomy and robotic partial nephrectomy. I had my first experience in a robotic simulator. I participated in the main congress, and it was fruitful. I also presented on the topic of “Advancing Minimal Invasive Surgery in Nepal”. I also had fun roaming around, getting knowledge of Malaysian culture, and visited some famous places like the waterfront, Damai Beach, Chinese Borneo museum, among others.

Dr Umesh Pradhan, MCh Urology Resident (TUTH, MMC, IOM)

I attended the 34th Malaysian Urological Conference (MUC) 2025 held from 20–22 November 2025 in Kuching, Sarawak, Malaysia, under the NAUS–MUA exchange program. As a Urology resident, it was an honor

The scientific program was comprehensive and highly educational. Pre-conference semi-live surgical sessions offered detailed insights into complex urological procedures and operative decision-making. Major highlights included updates on robotic-assisted urological surgery, advances in endourology, and evolving diagnostic technologies. Specialized sessions covered Rezum water vapor therapy, HIFU ablation therapy, RIRS, MRI-fusion prostate biopsy, and the use of Histolog scanners for real-time tissue assessment. Dedicated sessions on pediatric urology, functional and reconstructive urology, andrology, renal transplantation, and professional ethics provided current evidence-based updates aligned with global standards of care.

The conference also offered excellent opportunities for professional networking and cultural exchange. Social events such as the Endourology Night facilitated interaction with international faculty and peers. Cultural visits to the Borneo Cultures Museum and Damai Beach enhanced

understanding of local heritage and hospitality.

On 22 November 2025, we participated in the NAUS–MUA Resident Session, where I presented a paper titled “Developing Urology Training in Nepal: Progress, Pitfalls, and Way Forward.” The session encouraged meaningful academic exchange, particularly comparing urology residency training systems in Nepal and Malaysia. Discussions with Malaysian residents and faculty highlighted differences in structured training, surgical exposure, and assessment methods, providing valuable ideas for strengthening residency training and curriculum development in Nepal.

In conclusion, participation in the 34th MUC was a highly enriching academic and professional experience. It broadened my understanding of modern urological practice, particularly in minimally invasive and robotic surgery, and provided valuable perspectives on residency training and professional development. I am grateful to NAUS and MUA for this opportunity and aim to apply the knowledge and experience gained toward improving urological care and training in Nepal.

Report of participation in BAUSCON 2025: 19th Annual Conference of Bangladesh Association of Urological Surgeons (BAUS)

*Dr Anil Subedi, MCh Urology
Resident, Kathmandu Medical
College*



Date: 25 and
26th May,
2026
Venue: Hotel
PanPacific,
Sonargaon,
Dhaka.
Preconference
Workshop

Date: 24th May

Focused on various Laparoscopic Urological surgeries, both oncological and non- oncological. A case of laparoscopic RCIC was demonstrated by Li Jongmong. Similarly, a case of partial Nephrectomy and VVF repair were also demonstrated

Day 1: (May 25)

The program was divided into various plenaries and sub-plenaries within the conference theme of "Female Urology". There were also sessions on general urology, uro-oncology, and a young urologist session. The day ended with a gala dinner.

Day 2: (May 26)

The day began with Master classes on urodynamics and prostate biopsy. It also had various plenaries and sub-plenaries. There were unmoderated poster presentations and resident sessions.

We participated in the resident sessions along with Bangladeshi residents.

The conference was really a learning experience with the opportunity of networking with urologists and aspiring residents.

*Dr Nischal Shrestha, MCh Urology
Resident (TUTH, MMC, IOM)*

This report is submitted to the “Nepal Association of Urological Surgeons (NAUS)” to document my participation and scientific presentation at the “19th Bangladesh Association of Urological Surgeons (BAUSCON 2025)”, held in **Dhaka, Bangladesh, from 25th to 26th May 2025.

BAUSCON 2025 was a major regional urology conference with participation from urologists, academicians, and researchers across South Asia and beyond. The scientific program comprised a pre-conference live operative workshop, plenary lectures, symposia, panel discussions, and free paper presentations, highlighting recent advances and best

practices in urology, particularly female urology.

I attended the conference as a representative of NAUS and participated in academic and professional interactions with delegates from various national urological associations. NAUS was duly represented during the meeting, contributing to its regional academic visibility and professional networking.

As part of the scientific program, I delivered a paper presentation on “Prediction of lasing time in Retrograde intra-renal surgery using 3-D stone volumetry”, which generated constructive academic discussion and exchange of ideas with international faculty and peers. The presentation reflected the academic engagement and research activities of NAUS members.

Participation in BAUSCON 2025 provided valuable exposure to contemporary developments in urology, facilitated interaction with regional experts, and opened avenues for future academic collaboration between NAUS and other urological societies.

In conclusion, attendance and presentation at the 19th BAUSCON 2025 successfully fulfilled the objective of representing NAUS at an international academic forum and

contributed positively to professional development and regional cooperation.



Report of participation in USICON 2025: Annual Conference of the Urological Society of India (USI)

*Dr. Gautam Kumar Gupta, MCh
Resident 2nd Year, Kathmandu
Medical College, Sinamangal*

I am pleased to submit a brief report on my participation in the USICON (Urological Society of India Conference) held at Indore, India.

USICON is the annual flagship conference of the Urological Society of India and is one of the largest academic gatherings of urologists in South Asia. The conference brought together eminent national and international faculty, researchers, and practicing urologists to deliberate on recent advances, surgical innovations, evidence-based guidelines, and evolving technologies in the field of urology.

During the conference, I attended multiple plenary sessions, panel discussions, live surgical workshops (Robotic nerve sparing Radical prostatectomy, sacral neuromodulation, Single incision mid urethral sling surgery), and paper/poster presentations covering key areas including endourology, urooncology, reconstructive urology, pediatric urology, and andrology. The sessions provided valuable insights into contemporary surgical techniques, guideline-based management, and emerging research trends.

The academic exposure helped me update my knowledge on:

- Advances in minimally invasive and endoscopic urological procedures
- Current AUA/EAU guideline-based practices

- Innovations in management of urolithiasis, prostate diseases, and uro-oncology
- Recent developments in reconstructive urology and functional urology

The interaction with experts and peers from various institutions facilitated exchange of ideas and discussion of complex clinical scenarios, which will be beneficial in improving patient care and academic activities in our department.

I presented my original paper entitled on **Can preoperative Tamsulosin facilitate the placement of Ureteral Access Sheath in Retrograde Intrarenal Surgery.**

Participation in USICON has significantly contributed to my professional development and will aid in incorporating updated evidence-based practices into routine clinical work.

I sincerely thank the NAUS and USI for providing me the opportunity to attend this prestigious academic event

Report of Participation in the Urology Residents' Course Singapore 2025

*Dr. Nirmal Rasaili, MCh Urology
Resident (NAMS, Bir Hospital)*

I had the privilege of attending the Urology Residents' Course Singapore 2025, for which I was selected and supported by NAUS. The course brought together leading experts, researchers, and clinicians from around the world to discuss recent advancements in urological science, imaging, minimally invasive surgery, and oncological management.

During the course, I actively participated in multiple scientific sessions, keynote lectures, and hands-on training on porcine AH pyleoplasty, Boari Flap creation and other common urological procedures that broadened my clinical and academic understanding of modern urological practices.

Importantly, I also had the opportunity to present in the Microteaching session on "Role of PET Scan in Urology". My presentation focused on the clinical applications of PET imaging in the detection, staging, and follow-up of urological malignancies, especially prostate and renal cancers. I discussed how PET-based modalities—such as PSMA-PET and FDG-PET—enhance diagnostic accuracy, influence management decisions, and contribute to precision oncology in urology.

The presentation was well-received, and I received positive feedback and valuable insights from international faculty and delegates.

I have attached photographs documenting my attendance, along with the required travel documents and boarding passes, as instructed by NAUS.

Thank you once again for choosing and giving me the opportunity, and I look forward to some opportunities again.



Report of participation in SLAUS Congress 2025: Annual Conference of Sri Lanka Association of Urological Surgeons (SLAUS)

Dr Raghavendra Vimal, Chitwan Medical College

I am truly grateful for the opportunity you provided me to attend the SLAUS Conference in Sri Lanka. It was an invaluable experience that allowed me to gain significant knowledge and

insights. I thoroughly enjoyed the event and learned a great deal from the sessions and interactions.

I am very excited about the possibility of attending similar seminars or conferences in the future and would be honored to represent or participate again whenever such opportunities arise.

Thank you once again for your kind support and for giving me this wonderful platform to grow professionally.



Dr Subodh Ghimire, NBMS Resident, Nepal Mediciti Hospital

I am thankful to the NAUS for giving me the opportunity to attend the SLAUS 2025. Attending SLAUS 2025 as a urology resident nominated by the Nepal Association of Urological Surgeons (NAUS) was an enriching and truly memorable experience. The conference provided

an excellent platform to engage with leading urologists from the region, learn about evolving surgical techniques, and witness cutting-edge technological advancements firsthand.

Being selected by NAUS was an honor that motivated me to make the most of every session, workshop, and interaction. The scientific sessions—especially those focused on endourology, uro-oncology, and reconstructive urology—offered valuable insights directly applicable to our clinical practice. Equally meaningful was the opportunity to connect with peers and mentors from Sri Lanka and beyond. These interactions strengthened my understanding of how different centers approach similar clinical challenges and highlighted the importance of regional collaboration in improving urological care.

Overall, attending SLAUS 2025 broadened my perspective, enhanced my clinical knowledge, and inspired me to contribute more actively to urology in Nepal. I am deeply grateful to NAUS for trusting me with this opportunity.

Report of participation in USICON 2026: Annual Conference of the Urological Society of India (USI)

Dr. Ajit Khadga, Nepal Mediciti Hospital



I am grateful to NAUS for providing me the esteemed opportunity to represent our organization at the prestigious USICON Forum held in Indore from 28th to 30th January. My itinerary included arrival and check-in at Hotel Lemon on the 28th, followed by two full days of conference attendance. On 29th January, I delivered a presentation on “Urological Infections After Endourological Procedures In Nepalese Population: A single center experience,” which received positive feedback from peers and experts. The forum was an enriching academic experience, offering invaluable insights into the latest advancements in urology and fostering a collaborative atmosphere with high-caliber speakers. Key outcomes include exposure to emerging trends

in minimally invasive surgery and the development of a stronger professional network. The event was impeccably managed by USI and USiCON, with seamless logistics and comfortable accommodation. I extend my sincere thanks to NAUS for the sponsorship and to the organizers for their support. This visit was a resounding success, contributing significantly to my professional development, and I recommend NAUS continue supporting such forums to enhance our visibility and foster innovation.

