

# Ms. Bidhya Shrestha, PhD

Lecturer

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## 1. EDUCATION

Doctor of Philosophy (PhD) in Population Studies, Tribhuvan University, 2022

Master of Philosophy (MPhil) in Population Studies, Tribhuvan University, 2014

Master of Arts (MA) in Population Studies, Tribhuvan University, 2001

## 2. PUBLICATIONS

### Research Work Publications

#### Co-writer

- “Thematic Report on Population Composition based on NPHC 2021” report prepared by CDPS for National Statistics Office (NSO), Government of Nepal (Ongoing)

#### Co-authorship

- “Children Working at Own Home: Are They Visible Child Labor?” Published by Save the Children Aasman Nepal and Sripuraj Community Development Centre, 2006
- “Policy Review on Child Labour and Education” Published by Save the Children Aasman Nepal and Sripuraj Community Development Centre, 2006

### Article Publications

#### Single authorship

- “Does women empowerment affect in timing of antenatal care initiation in Nepal?” (2022) in *Nepal Journal of Multidisciplinary Research*, 5 (5).  
<https://doi.org/10.3126/njmr.v5i5.51807>
- “Examining adequate content of antenatal care for empowered women in Nepal” (2022) in *International Research Journal of MMC*, 3(3).  
<https://doi.org/10.3126/irjmmc.v3i3.48640>
- “Empowerment of Women through Self-Help Groups in Nepal” (2022) in *Journal of Population and Social Studies*, 30, 269-287. <http://doi.org/10.25133/JPSSv302022.017>
- “A Decade of Inequality between the Rich and the Poor in Utilizing Antenatal Care Services in Nepal (2006-2016)” (2022) in *International Research Journal of MMC*, 3(1).

<https://doi.org/10.3126/irjmmc.v3i1.44183>

- “Young Mothers’ Participation in Antenatal Care Services in Nepal” (2020) in *Nepal Youth Journal*.
- “Youth empowerment and contraceptive use in Nepal” (2018) in *Nepal Population Journal*, 18(17):43-50
- “Mother’s education and antenatal visit in Nepal” (2018) in *Tribhuvan University Journal*, Vol. 32 (2).
- “Media Exposure and Women Empowerment in Nepal” (2016) in Perspectives on Higher Education, *Journal of TUTA*
- “Women Exposure to Mass Media and Its Impact on Family Planning Use in Nepal” (2016) in *Journal of Population and Development Issues*.
- “Women’s Domestic Decision Making Autonomy and Contraceptive Use in Rural Nepal” (2014) in *Journal of Population and Development Issues*.
- “Women’s Household Decision Making Power and Contraceptive Use in Nepal” (2012) in *Nepal Population Journal*, 16(17).

### ***Co-authorship***

- “Solo woman travel in Nepal: A study of Swo-Yatra”, (2021) in *Journal of Gender, Culture and Society*, 1(1), 01–08.
- “Pathetic Predicament and Resistance of the Subaltern in Trishna Gurung’s Selected Songs”, (2021). *International Research Journal of MMC*, 2(3), 41–54
- “Seeking the Subaltern Consciousness in Nepali Cinema”, (2021). *JODEM: Journal of Language and Literature*, 12(1), 126–145, (2021).
- “Khuwalung Encroachment and Resistance: Shifting and Silencing of the Indigenous Movement in Nepal”, (2021), *Journal of Humanities and Social Sciences Studies*, 3(10), 01–10

### **3. MANUAL CO-AUTHORSHIP**

- “*Janasankhya Byabasthapan Sambandhi Jansankhya Srot Pustika*” Prepared for Population Division, Ministry of Health and Population, 2020: CDPS, TU
- “*Participant Handbook*” and “*Guideline for Trainers*” for Training of Trainers on Population and Development 2005 (Revised Version), Prepared for His Majesty's Government of Nepal (HMG/N), Population and Reproductive Health Integrated (PARHI) Project Districts and UNFPA, (Co-contributor), Kathmandu: CPRT, TU

#### **4. RESEARCH EXPERIENCE**

##### ***Co-investigator***

- "Quality of Data for Policy and Planning in Nepal: Examination Based on Post Enumeration Survey", Conducted by CDPS under the *National Priority Research Project Research Coordination and Development Council (RCDC), Tribhuvan University (Ongoing)*

##### ***Team Leader***

- "Desk Review of Early/Child Marriage in Nepal", Sponsored by FPAN and Organized by CPRT, CDPS, TU, August 7, 2007

##### ***Team Member***

- "Situation Assessment of Child Marriage in Selected 5 Intervention Districts of Nepal" Survey carried out by CDPS, TU for UNFPA, Kathmandu, July 2016 – 2017.
- "Chepang Literature and Culture: A Subaltern Studies Perspective", Faculty Research, UGC Nepal, in 2014
- "Better Life Option Program (BLOP) Implemented by Plan Nepal: An Exploratory Research", 2008
- "Advocacy for Strengthening Preventive Services and Providing the Support Environment to Access HIV/AIDS Services" for Nepal Red Cross Society, 2006
- "Unmet Need for Family Planning in Nepal: Its Levels, Trends and Differentials" for UNFPA, 2005.
- "Children Working at Own Home: Are They Visible Child Labour?" for SCJ/N, 2005.
- "Policy Review on Child Labour and Education" for SCJ/N, 2005.
- "KAP Study on Gender and RH Issues among Trainees", for WDD/MWCSW, 2004/05.
- "Development of MTOT Curriculum on Population and Development" for UNFPA, 2004.
- "Analysis of District-wise Demographic Profile of Young People in Nepal", for MOPE, 2004.

##### ***Research Associate***

- "A Study on State of Social Inclusion in Nepal, 2017" Survey carried out by Central Department of Anthropology, Tribhuvan University".
- "UNFPA CP7 Outcome 3 Study: 4th Round, March 2016" Conducted by CDPS, TU in collaboration UNFPA, 2016.

- “UNFPA CP7 Outcome 3 Study: 3rd Round, February 2015” Conducted by CDPS, TU in collaboration UNFPA, 2015.
- “UNFPA CP7 Outcome 3 Study: 2nd Round, April, 2014” Conducted by CDPS, TU in collaboration UNFPA, 2014.
- "Relevance and Appropriateness of FPAN Outreach Clinics" Sponsored by FPAN and Conducted by CDPS, TU, February 2008.
- “Baseline Survey on Knowledge, Attitude and Practice (KAP) of Adolescents and Youth on Sexual and Reproductive Health (SRH)” Sponsored by Sunaulo Pariwar Nepal/Marie Stopes International - Nepal, January 2008.
- "Final Evaluation of Vision 2000 Project on Sexual and Reproductive Health (SRH) in Program district Kapilvastu and Baitadi districts)" Sponsored by FPAN and Organized by CPRT, CDPS, TU, 2005.
- “Final Evaluation of Developing and Testing Comprehensive Approaches to Increase Access to and Use of Condoms among Sexually Active Highly Vulnerable Young Factory Workers Project" in Nepal, 2004 Sponsored by FPAN and Organized by CPRT, CDPS, Tribhuvan University.

***Research Assistant***

- “Expanding Safe Abortion Services in Nepal: A Rapid Assessment of the Availability and Potential use of Medical Abortion” in Kathmandu Valley and selected towns along the east-west regions, Organized by CREHPA in Collaboration with IPas, 2004
- “Adolescent Girls Initiate for their Reproductive Health” Conducted by CREHPA in Collaboration with CEDPA, Feb. - April 2003.
- “Awareness on Signs Related to Trafficking, Ways to Protect themselves from Trafficking, Legal Measures Against Trafficking and Inter Personal Communication Among Adolescent Girls their Parents and Community Members in Aama Milan Kendra Project VDCs in Baglung Districts (Endline)” Organized by CREHPA in Collaboration with CEDPA, AMK, 2003.
- “Awareness on Signs Related to Trafficking, Ways to Protect themselves from Trafficking, Legal Measures Against Trafficking and Inter Personal Communication Among Adolescent Girls their Parents and Community Members in Aama Milan Kendra

Project VDCs in Baglung Districts (Baseline)” Organized by CREHPA in Collaboration with CEDPA, AMK, 2002

***Research Coordinator***

- “Adolescent Girls Initiative for their Reproductive Health” Organized by CREHPA in Collaboration with CEDPA, 2003.
- "Rapid Hospital Facility Assessment" Organized by CREHPA, 2003.

***Field researcher***

- “Inventory for Facilities Available and Services Provided at the Service Delivery Point” Conducted by CEDPA in Collaboration with FPAN, 2002

**5. PARTICIPATIONS IN SEMINAR/TRAINING/WORKSHOPS**

***Paper Presented at International Seminar***

- ”Media Exposure and Women Empowerment in Nepal” paper presented at International Seminar on Women’s Empowerment: Issues and Challenges, hosted by Department of Economics, Gosaigon College, Asam in collaboration with Internal Quality Assurance Cell Gosaigon College and sponsored by ICSSR New Delhi, 4-6 February, 2015

***Team Associate***

- "Training Workshop on Research Methodology" for government officials, researchers and academia organized by CDPS in Collaboration with MoHP and UNFPA, August 28-September 03, 2016
- "Training Workshop on Research Methodology" for government officials, researchers and academia organized by CDPS in Collaboration with MoHP and UNFPA, 9-15 August, 2015
- "Training Workshop on Research Methodology" for government official, researcher and academia organized by , CDPS in Collaboration with MoHP and UNFPA, 9-15 December, 2014
- “Research Methodology” Workshop Organized by CPRT, CDPS, 4-9 February, 2007

- “Formulation of Five-Year Plan for NRCS’s HIV/AIDS Programme” Organized by Nepal Red Cross Society (NRCS), 17-19 July 2005
- “Master Training of Trainers (MTOTs) on Population and Development”, UNFPA Six Population and Reproductive Health Integrated (PARHI) Districts (Saptari, Mahottari, Rautahat, Kapilvastu, Dang and Dadeldhura), June 2004, Sponsored by UNFPA and Organized by CPRT, CDPS, Tribhuvan University.
- "Short Term Training Course (One-Month) on Population, Gender and Development" Conducted by CPRT, CDPS in Collaboration with UNFPA, May 31 - July 4, 2004.

#### ***Workshop Facilitator***

- Short Term Training Course (One-Month) on Population, Gender and Development" Organized by CPRT, CDPS in Collaboration with UNFPA, May 31 - July 4, 2004.

#### ***Trainee***

- “Three-day workshop (17-19 August, 2022) on Publishing in the field of Gender & Development, Kathmandu Nepal organized by Tribhuvan University, Bournemouth University, University of EXETER, Social Science Baha, The British Academy and Green Tara Nepal.
- "Five day Training Workshop on the Evidence-Based Planning and Result Based Management (EBP & RBM)" with reference to Long-term Population Perspective Plan, 2010-2013, Nepal organized by CDPS/TU in Collaboration with PD/MoHP/GoN and UNFPA, 16-20 September 2014
- "One Month Training Course on Population, Gender and Development" Organized by CPRT, CDPS in Collaboration with UNFPA, 17 Dec 2006 – 17 Jan 2007.
- "One-week Training Programme on Population and Gender Integration" Organized by CPRT, CDPS in Collaboration with the MoHP, November 27 – December 02, 2005.
- Field Supervisor Training for National Census-2001 Conducted by CBS.
- Human Development and Livelihood Analysis in Nepal, designed by Dr Elvira Graner (Heidelberg University), a guest lecturer at the Center for Nepal and Asian Studies (CNAS), Tribhuvan University, from 26 - 31 December 2001.

## **6. OTHERS**

Life Member of Population Association of Nepal (PAN) (June 2009)