



About

To honor and continue the legacy of Dr. Sachey Kumar Pahari's lifelong passion for improving the physical health of the Nepalese people and to celebrate Nepal's unique, varied and vibrant cultures, The Sachey Foundation aims to support sustainable endeavors and promote driven and talented professionals in medicine, literature, and the arts, for the betterment of Nepal through wide-ranging opportunities.

Health:

Dr. S.K Pahari was born and raised in the heartlands of rural Nepal where people have had to endure poor and inadequate healthcare services for generations. At the tender age of five, Dr. Pahari lost his own mother to complications from a simple typhoid infection. The trauma of having to grow up without a mother fueled his resolve to study medicine, become a doctor and contribute to the fight to prevent millions of unnecessary deaths in Nepal.

From the time he completed his first medical degree in 1959 until the year before his passing in 2015, Dr. SK Pahari devoted his professional life to treating patients from all corners of Nepal. For over fifty years, he was an inspiring and instrumental figure in Nepali science and medicine as the country embarked on a mission to expand modern medicine and reach its most neglected populations. Dr. SK Pahari had a very practical understanding of the need to improve health and healthcare in Nepal. He believed that people were able to contribute to their families, community and nation only to the extent that they enjoyed good health and could live full and productive lives.

The Foundation builds upon Dr. SK Pahari's commitment to providing essential medical services to underserved populations across the country. The Foundation aims to carry out comprehensive activities in the field of medicine and healthcare by offering critical sponsorships and forging lasting partnerships. Since 1984, through the auspices of the Nepal Medical Association and the family-funded Dharma- Chitra Guthi (Trust), we have established the Amar Bahadur Pahari Medical Literary Award, the Dharma Pahari Health Service Award, and the Chitra Pahari Scientific Medical Award. These high honors are bestowed by the State upon those who make preeminent contributions to the development of medicine, health and health sciences research in

Nepal. Moreover, amidst a ceremony attended by the Minister of Health and Population and the Deputy Prime Minister of Nepal, Norvic International Hospital in 2014 established the Dr SK Pahari Award for Excellence in Clinical Medicine, in collaboration with the Society of Internal Medicine of Nepal (SIMON). The Sachey Foundation will continue and further these long-standing investments in health, healthcare and medical research.

The Foundation is well positioned to multiply the vast goodwill that Dr. Pahari earned during his lifetime through his services, institution building, and support for medical professionals of all backgrounds across Nepal and internationally. The Foundation relies on this goodwill to reach out to medical professionals of all backgrounds to carry out effective consultations and coordination to help us to design and implement programme that will remain focused on community led bottom-up approaches to healthcare.

Arts:

In keeping with Dr. S.K Pahari's love and admiration for the arts and cultures of Nepal, The Sachey Foundation will support individual and community led efforts to preserve, promote and advance music, poetry, literature, photography, dance and arts with a special focus on traditional forms. The Foundation will sponsor performances, workshops, dialogue sessions, events and fellowships in partnership with individual artists and civil society bodies with commitment and achievements in these fields.

Biography

Professor Doctor Sachey Kumar Pahari MBBS (Patna), DTM&H (London), MRCP (Edinburgh & Glasgow), FRCP (Edinburgh) (1934-2015) popularly known as Dr. SK Pahari was a pioneering British-trained physician who, along with a handful of foreign trained Nepali doctors and medical scientists, helped lay the foundations of modern medicine in Nepal.

He was among the first Nepalese doctors to qualify as a Member of the Royal College of Physicians in the United Kingdom in early 1960s. He returned to Nepal soon after his graduation and embarked on an illustrious career spanning five decades during which time, he helped extend the reach of modern medicine to millions of Nepalese across the length and breadth of the country.

In 1968 when the late King Mahendra suffered a heart attack while on a tour of western Nepal, Dr. SK Pahari was among the first Nepali physicians to be flown in by a special flight to attend to the ailing monarch. Under Dr. SK Pahari's medical advice and care provided by the team, King Mahendra made a full recovery. This was the start of Dr. SK Pahari's long tenure as initially the unofficial and later as the official Royal Physician of Nepal, making him the first

Nepali to hold this title. Yet, even at the peak of his 25-year service as the Royal Physician, Dr. SK Pahari's professional instinct and commitment to serve as doctor to the common people of Nepal was not overlooked. Even as he attended to the health of Nepal's monarchs, Dr. SK Pahari maintained a full working schedule as a senior consultant in the department of Medicine at Bir Hospital, the nation's chief multi-specialty hospital.

As Royal Physician, he accompanied Nepali monarchs and visiting international guests to every corner of the geographically, ethnically and culturally diverse country. Outside of Kathmandu, thousands were succumbing each day to completely curable and preventable diseases. In response, he advised and convinced King Birendra to permit him to establish and operate mobile medical camps during the annual extended Royal visits to various remote districts of Nepal. He coordinated with other medical specialists and specialty hospitals and invited them to participate in these free, State sponsored medical camps organised for the benefit of those who had no means to seek medical treatment in the cities.

Over a period of 25 years, he oversaw and coordinated hundreds of such 2-3 month long free medical and surgical camps in all parts of Nepal. Such camps provided not only immediate medical treatment to millions of patients of meagre means, but also gave local people the confidence and connections they needed to be able to follow up with specialists and trained doctors at the District Headquarters and Kathmandu, for chronic ailments and new ailments among friends and relatives.

Having himself grown up in rural Nepal, these trips reinforced his long-held belief that Nepal urgently needed to invest in a modern health infrastructure. He was a key member of the core group of Nepali doctors and medical scientists who in the early 1970's conceived and later enacted the vision for a national teaching hospital. All Nepalese seeking graduate and post graduate medical degrees were obliged to head abroad for training. This group imagined a time when Nepal could start to train at least a portion of her own medical professionals. The result was the establishment of the Institute of Medicine (IOM) under Tribhuvan University in 1972 which produced its first cohort of medical (MBBS) graduates in 1983.

Dr. SK Pahari was instrumental in securing the recognition of the Medical Council of India (present day National Medical Commission) which was considered a critical turning point for Nepal's premier medical institution, the IOM. This official recognition by the Medical Council of India opened the door for other international medical regulatory bodies to recognise Nepal's incipient medical education.

After 25 years as the Royal Physician and over 30 years of service in Nepal's top magnet hospital, many people in his shoes would have looked forward to a well-earned retired life. But Dr. SK Pahari was an institution builder and visionary who perceived that the infrastructure for

medical education in Nepal remained strained and inadequate well into the early 1990s. He was concerned, in particular, with the fact that nearly all the private medical colleges licensed to establish and operate in Nepal were funded through foreign investments and non-Nepali management teams.

He was convinced that Nepal possessed a sufficient pool of talented, specialized and dedicated medical educators and practitioners to found and sustain entirely Nepali-funded and Nepali-run medical college. Armed with this conviction he invested the first five years of his retired life to bring together a critical mass of veteran Nepali doctors and led them on a mission to establish Nepal's first medical college using Nepali capital and human resources.

Nepal Medical College and Teaching Hospital (NMCTH), Dr. SK Pahari's brainchild and the result of a remarkable collaborative effort among some of Nepal's most senior medical doctors, was established in 1996 as the first private, Nepali-funded and managed non-profit medical college and teaching hospital. Starting with the first batch of medical graduates in 2004, Nepal Medical College has graduated on average of 150 medical doctors each year, adding to the pool of medical doctors sorely needed to serve Nepal's growing population. Dr. SK Pahari remained as the Executive Founder Chairman of Nepal Medical College until 2010.

Dr. SK Pahari also held numerous other important roles in Nepal including as Chairman of the Social and Welfare Council (SWC), the President of the Nepal Medical Association, Vice Chairman of the Nepal Medical Council (Chair being directly from Government), Chairman of the Nepal Health and Research Council and the United Nation and Peace Corps Physician in Nepal. Dr. SK Pahari was also the Founder Chairman of Norvic International Hospital, a state-of-the-art, private specialist cardiac facility in the heart of Kathmandu City.

Aside from the realm of medicine, SK Pahari also expressed his unconditional love for Nepal through folk music, literature, and poetry, all of which he harbored passion for throughout his life. As an acclaimed lyricist, his pieces were sung by celebrated Nepali icons including Tara Devi and Amrit Lal Shrestha (Nati Kaji), notably in his album Deu Chuli Ra Barchuli.

Dr. SK Pahari believed in Nepal and in the potential of the Nepali people who, given the opportunity, could achieve great things for themselves and serve their communities and the nation. He perceived this potential to be hinged upon being able to enjoy good health and upon being rooted within one's cultural traditions.

In keeping with these dual passions of Dr. SK Pahari, The Sachey Foundation is committed to honoring and advancing his legacy by recognising and supporting individuals and institutions with resources and platforms otherwise unavailable to them for excelling in medicine or the arts.

PROFESSOR DOCTOR SACHEY KUMAR PAHARI



1934-2015

MBBS (Patna), DTM&H (London), MRCP (Edinburgh & Glasgow), FRCP (Edinburgh)

Mahendra Bidhya Bhusan, Nepal

Subikhyat Tri Shakti Patta, Nepal

Prasidha Prabala Gorkha-Dakshina Bahu, Nepal

Suvikhyat Sewalankar, Nepal

Sewa Padak, Nepal

The Order of the Sacred Treasure of Japan

Order of the Yugoslav Star

Order of The Yugoslav Flag

Commander by Number (Encomienda de Número) of The Order of Isabella the Catholic of Spain

Medal of Merit of the United States of America

United States Army Health Service Command Award

Grand Officer of Ordre National du Mérite of France

Grand Officer of The Order of The Republic of Egypt

Knight Commander of The Most Exalted Order of The White Elephant of Thailand

Knight Commander's Cross of The Order of Merit of the Federal Republic of Germany

Commander, First Class, of The Order of Danneborg of Denmark

Commander, First Class, of The Order of the Lion of Finland

Executive Board Members

- Dr Anil Kumar Pahari MBBS, MD, MRCP, MRCPGP (UK) Chairman, Promoter of Nepal Medical College and Teaching Hospital, Senior Consultant Physician, Chief Panel Physician for Australia & New Zealand Immigration in Nepal.
- Dr. Bhek Bahadur Thapa, Coordinator (Nepal) of The Eminent Persons' Group (EPG) on Nepal-India Relations. Former Minister of Foreign Affairs, Former Minister of Finance, Former Nepalese Ambassador to the United States of America and India.
- Dr. Savitri Pahari, Public Health Expert, Former Director at Ministry of Health, Government of Nepal, Former United Nations Health Coordinator.
- Major General (Retd.) Himalaya Thapa, Nepal Army, International Affairs Expert, Advisory Board Member for Institute of Foreign Affairs, Nepal. Visiting Faculty for MA International Relations and Diplomacy at Tribhuvan University, Nepal.
- Professor Doctor Madhu Devkota, Public Health and Healthcare Management Expert, Upendra Devkota Memorial National Institute of Neurological and Allied Sciences; Board Member at Nepal Health Research Council.
- Mr Ravi Pratap Singh, Chief of Operations, The World Wildlife Fund (WWF) Nepal, Former Financial Adviser at Nepal Medical College & Teaching Hospital (NMCTH).
- Dr. Lilly KC, MD (USA), Family Medicine Specialist.
- Dr. Sabina Shah Pahari, MBBS, DCH, MRCPCH (UK), Senior Consultant Pediatrician and Neonatologist.
- Mr Kirtijai Pahari, International Specialist at United Nations, Youth Chairman of The Britain-Nepal Society, United Kingdom, Representative of the Britain-Nepal Non-Governmental Organisations Network in Nepal.