

XIVth National Conference of the Society of Surgeons of Nepal (SSN)

in collaboration with
SAARC Surgical Care Society



**“UNITY IN DIVERSITY”
PROMOTING EXCELLENCE IN SURGICAL
CARE ACROSS SAARC COUNTRIES**

**November 21-23, 2024
Pokhara, Nepal**

Contents

About Us	03
Conference Highlights	04
Message from the SAARC SCS President	05
Message from the SSN President	06
Message from the SSN (Gandaki Chapter) President	07
Message from the General Secretary	08
Message from the General Secretary (Gandaki Chapter)	09
Organizing Committee (Presidents & Secretaries)	10
Scientific / Souvenir Committee	11
Finance / Reception Committee	12
Registration Committee / ELSA Workshop Members	13
ISCP / Breast Cancer Workshop Members	14
Gastric Cancer Surgery / NAMS Workshop Members	15
Advisors	16
SSN Koshi / Madhesh /Bagmati Provincial Chapter	17
SSN Gandaki / Lumbini / Far West Provincial Chapter	18
SAARC SCS Presidents & Secretaries	19
SAARC SCS Patrons / Guest Faculty Speakers	20
Guest Faculty Speakers	21
Guest Faculty Speakers	22
Host Venue	23
Host City	24
Accommodation	25
Accommodation Price List	26
Places to see in Pokhara	27
Places to see in Pokhara	28
5 Things not to miss in Pokhara	29
Places near by Pokhara	30
Places near by Pokhara	31
Trekking from Pokhara	32
Registration Details	33



About Us

The Society of Surgeons of Nepal (SSN) is an esteemed, professional, and non-profit organization dedicated to the community of surgeons in Nepal. Established in June 1992, SSN operates as a Non-Government Organization (NGO) and is officially registered with the Kathmandu district administration office. The primary mission of SSN is to create a robust platform for surgeons to exchange knowledge, share experiences, and collaborate for mutual benefits. By fostering a supportive and dynamic environment, SSN aims to enhance both the professional and academic development of its members, ensuring they are equipped with the latest advancements and best practices in the field of surgery.

In its pursuit of excellence, SSN is committed to providing high-quality, standard, and scientifically evidence-based surgical services across Nepal. The organization actively promotes educational and research activities, recognizing that continuous learning and innovation are key to achieving its goals. Through workshops, seminars, conferences, and collaborative research projects, SSN strives to elevate the standards of surgical practice in Nepal. By nurturing a culture of academic rigor and professional growth, SSN aims to improve patient care and surgical outcomes, ultimately contributing to the overall health and well-being of the Nepalese population. The Society has 700+ active members and is increasing yearly.

CONFERENCE HIGHLIGHTS

The XIVth National Conference of the Society of Surgeons of Nepal, in collaboration with the SAARC Surgical Care Society, will be held from November 21st to 23rd, 2024, at the Pokhara Event Center. This prestigious event will bring together over 800 participants, including 200 international delegates, offering a unique platform for knowledge exchange and networking. Preceded by five intensive workshops starting from November 19th and 21st, the conference will feature presentations of over 200+ scientific and research papers, showcasing groundbreaking studies and innovations in surgical care. Additionally, attendees will have the opportunity to view more than 25+ surgical videos, demonstrating complex procedures and advanced techniques from leading surgeons. With four parallel sessions running each day, participants can tailor their experience to their interests and specialties. The event promises to be a cornerstone for advancing surgical knowledge, fostering innovation, and strengthening professional ties within the global surgical community. Hosted in the scenic city of Pokhara, this conference is not just a convergence of expertise but also an inspiring journey towards the future of surgical excellence. Join us for this transformative event and be part of a dynamic community committed to advancing surgical care.

CONFERENCE HIGHLIGHTS



800+
Participants



200+
International
Delegates



4
Parallel
Sessions



25+
Surgical
Videos



200+
Scientific &
Research Papers



5
Pre Conference
Workshops

MESSAGE FROM SAARC SCS PRESIDENT



Dr. Sunil K Sharma Dhakal
FRCSEd FRCS Glasgow
President
SAARC Surgical Care Society

Dear Esteemed Delegates,

It is with great pleasure and anticipation that I welcome you to the combined International Conference of the SAARC Surgical Care Society and the 14th National Conference of the Society of SURGEONS of Nepal, to be held from November 21st to 23rd, 2024, in the enchanting city of Pokhara, Nepal.

Our theme for this year's conference, "Unity in Diversity: Promoting Excellence in Surgical Care Across SAARC Countries," reflects our collective commitment to fostering collaboration and advancing surgical practices across our diverse and dynamic region. This conference serves as a unique platform for us to share knowledge, innovate, and strengthen the bonds within our surgical community.

Nestled amidst the majestic Himalayas, Pokhara is renowned for its breathtaking natural beauty, serene lakes, and rich cultural heritage. As you immerse yourselves in the scientific sessions, take a moment to explore the vibrant local culture, the warmth of Nepali hospitality, and the awe-inspiring landscapes that surround us. From the serene Phewa Lake to the panoramic views of the Annapurna range, Pokhara offers a perfect blend of nature and culture, providing an ideal setting for both professional and personal enrichment.

I encourage each of you to actively participate, engage in meaningful discussions, and take full advantage of the networking opportunities. Together, let us strive towards excellence in surgical care, guided by our shared vision of unity in diversity. Thank you for joining us in Pokhara. I look forward to an enriching and inspiring conference experience with all of you.

Warm Regards,
Dr Sunil k Sharma Dhakal
FRCSEd FRCS Glasgow
President
SAARC Surgical Care Society.

MESSAGE FROM THE PRESIDENT

Dr. Romeo Kansakar

Society of Surgeons of Nepal
Organizing Chairman



Dear Esteemed Colleagues,

It is with great pleasure and honor that I extend my warmest greetings to all participants of the XIVth national conference and Conference of SAARC Surgical Care Society. As the President of the Society of Surgeons of Nepal and the Organizing Chairman, I am thrilled to welcome distinguished surgeons, researchers, and healthcare professionals from Nepal across the SAARC region and international faculties to this prestigious event in the beautiful city of Pokhara.

This Conference serves as a platform for collaboration, knowledge sharing, and innovation in the field of surgery. Our collective efforts and expertise are instrumental in advancing surgical practices, improving patient outcomes, and shaping the future of healthcare in our region.

I am confident that this conference will be a fruitful opportunity for all of us to engage in insightful discussions, exchange best practices, and foster meaningful partnerships that will benefit our patients and communities.

I would like to express my gratitude to the organizing committee, sponsors, and all participants for their dedication and contributions towards making this conference a success.

Together, we can make a difference in the field of surgery and healthcare. I wish you all a productive and enjoyable time at this Conference. May our shared commitment to excellence and collaboration pave the way for a brighter future in surgical care.

Warm Regards,
Dr Romeo Kansakar
President,
Society of Surgeons of Nepal
Organizing Chairman

MESSAGE FROM THE PRESIDENT (GANDAKI CHAPTER)

Dr. Bhoj Raj Neupane

Society of Surgeons of Nepal
Organizing Chairman



Respected Ladies and Gentlemen,

It is indeed a matter of great pleasure and privilege for me to invite all the distinguished national and international delegates and participants from around the world in the XIVth National Conference of Society of Surgeons of Nepal to be held in collaboration with the SAARC Surgical Care Society in the city of Pokhara from November 21 to 23, 2024.

The theme of the conference "Unity in Diversity: Promoting Excellence in Surgical Care Across SAARC Countries" correctly highlights the importance of the surgeons' role in the unity in the community across the region. Deliberations on various aspects of surgery will definitely strengthen our scientific knowledge and practice. It will provide participants platform to present and exchange latest research findings and discuss interdisciplinary ideas. A conference may also be an escape from the mundane operative routine and can become more enjoyable when it is mixed with the nice cool November weather in Pokhara that sets the right ambience for the participants. Pokhara is a fascinating destination with combination of breathtaking view of the great Himalayan range, pristine lakes, spellbinding natural beauty, cultural richness and also modern amenities, truly a "paradise on earth".

We urge you to kindly make your booking with the conference, hotels and others at the earliest in order to ensure room availability. We look forward to welcoming you to the beautiful city of Pokhara and active participation.

Sincerely,
Bhoj Raj Neupane
President (Gandaki Branch)
Society of Surgeons of Nepal
Organizing Chairman

MESSAGE FROM GENERAL SECRETARY



Dr. Shail Rupakheti

Society of Surgeons of Nepal
Organizing Secretary

Dear Esteemed Colleagues and Distinguished Guests,

On behalf of the organizing committee, it is with great pleasure and enthusiasm that I invite you all to the XIV National Conference of the Society of Surgeons of Nepal, held in collaboration with the SAARC Surgical Care Society.

This prestigious event will take place in the beautiful city of Pokhara from the 21st to the 23rd of November, 2024. This conference promises to be a significant gathering, bringing together national, SAARC, and other international faculties, speakers, panelists, participants, residents, and nurses. Our aim is to foster an environment of collaboration and knowledge exchange, focusing on the latest advancements and best practices in surgical care.

Your participation will be instrumental in ensuring the success of this event. The conference will feature a range of sessions including keynote speeches, panel discussions, and workshops designed to stimulate engaging and informative discourse.

It will also provide an excellent opportunity for networking and building professional relationships across the region. We look forward to your valuable contributions and to welcoming you to Pokhara, a city renowned for its stunning natural beauty and vibrant culture.

Warm regards,
Dr Shail Rupakheti
Organizing Secretary
XIV National Conference of the Society of Surgeons of Nepal in collaboration
with SAARC Surgical Care Society

MESSAGE FROM GENERAL SECRETARY (GANDAKI CHAPTER)



Dr. Santosh Shrestha

Society of Surgeons of Nepal
Organizing Secretary

Greetings!

It is with great honour and pleasure to extend our heartfelt invitation to this prestigious event –“ XIV National conference of the Society of Surgeons of Nepal” in collaboration with the SAARC Surgical Care Society in this beautiful city, Pokhara from 21st to 23rd November 2024.

“Unity in Diversity: Promoting Excellence in Surgical care across SAARC countries” – A theme that signifies harmony and unity among us, with diverse beliefs, social status and demographic differences which plays a vital role in the integration and development of a fraternity like ours.

This conference shall be a meticulously curated program and shall provide each participant with valuable scientific content, latest practice changing updates with exchange of ideas and innovations, build new bonds and strengthen the sense of community.

Apart from scientific agendas, you will enjoy the spellbinding natural beauty, awe-inspiring himalayan range and lakes, adventure sports making your stay a lifetime memorable one. I as an Organizing secretary take this opportunity to invite all the fellow fraternity to Pokhara, the ideal destination for such an event. Looking forward to meet and greet you all.

Best Regards,
Dr Santosh Shrestha
Organizing Secretary

Organizing Committee

SAARC SCS President



Dr. Sunil Kumar Sharma Dhakal
SAARC Surgical Care Society
President

Organizing Chairman



Dr. Romeo Kansakar
Society of Surgeons of Nepal
President



Dr. Bhoj Raj Neupane
Society of Surgeons of Nepal
President (Gandaki Branch)

Organizing Secretary



Dr. Shail Rupakheti
Society of Surgeons of Nepal
General Secretary



Dr. Santosh Shrestha
Society of Surgeons of Nepal
General Secretary
(Gandaki Branch)

Organizing Committee

Scientific Committee



Dr. Pranil Rai
Chairperson



Dr. Bal Gopal Karmacharya
Member



Dr. Bikal Chimire
Member



Dr. Anip Joshi
Member



Dr. Punya Kharbuja
Member



Dr. Prakash Chhetri
Member

Souvenir Committee



Dr. Manish Pokhrel
Chairperson



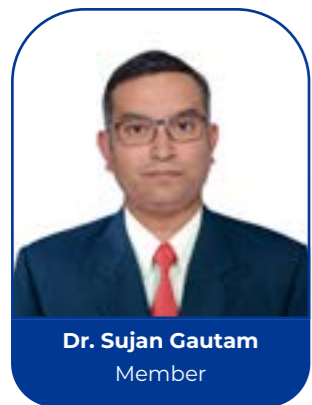
Dr. Tanka Prasad Bohara
Member

Organizing Committee

Finance Committee

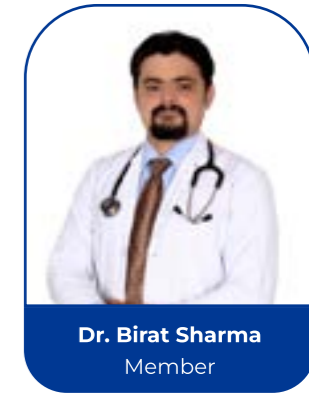


Reception Committee



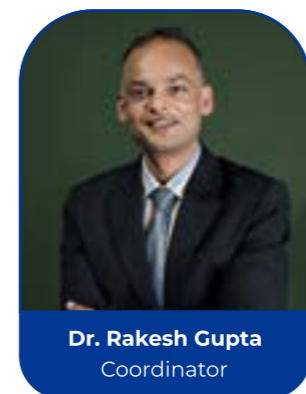
Organizing Committee

Registration Committee



PRE CONFERENCE WORKSHOP

ELSA Advance Abdominal Wall Hernia Workshop



PRE CONFERENCE WORKSHOP

International Society of Colo-Proctology (ISCP) Workshop



Dr. Laxmikant Ladukar
India
Guest Faculty



Dr. Kalyan Kar
India
Guest Faculty



Dr. Neeraj Goyal
India
Guest Faculty



Dr. Ankur Bansal
India
Guest Faculty



Dr. Bishowdeep Timilsina
Coordinator

Breast Cancer Workshop



Dr. Chintamani
India
Guest Faculty



Dr. Rosina Ahmed
India
Guest Faculty



Dr. Sanjit Kumar Agrawal
India
Guest Faculty



Dr. Utsab Man Shrestha
Coordinator



Dr. Suzita Hirachan
Member



Dr. Prafulla Shakya
Member

PRE CONFERENCE WORKSHOP

Japanese Standard D2 Lymphadenectomy



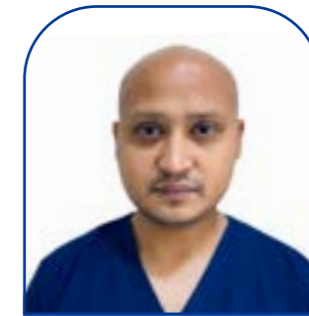
Dr. Yo Kurashima
Japan
Guest Faculty



Dr. Saseem Paudel
Japan
Guest Faculty



Dr. OM Bahadur Karki
Coordinator



Dr. Manish Roy
Member

International Surgical Faculty Development Program (NAMS - Bir Hospital) 19th November



Dr. Roy Phitayakorn
United States of America
Guest Faculty



Dr. Yo Kurashima
Japan
Guest Faculty



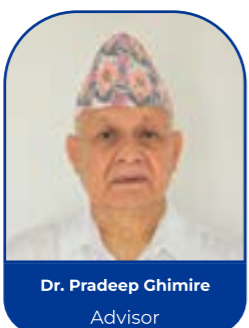
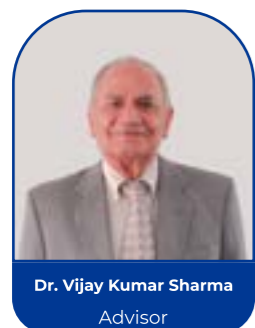
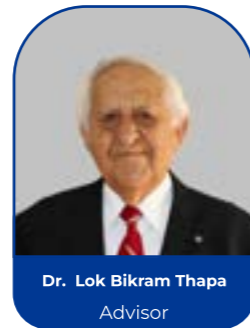
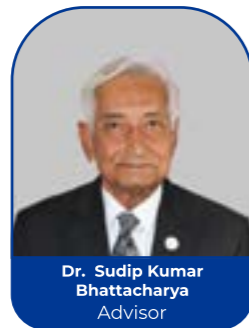
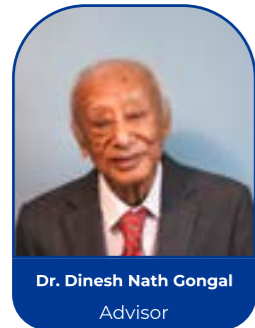
Dr. Saseem Paudel
Japan
Guest Faculty



Dr. Anip Joshi
Coordinator

Organizing Committee

Advisors

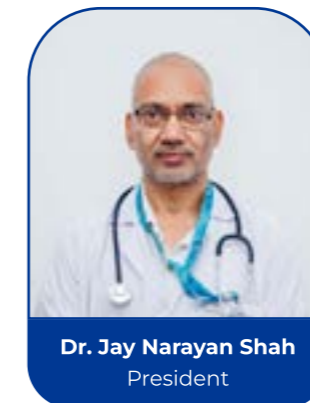


SSN Provincial Chapter President & Secretaries

SSN Koshi Provincial Chapter



SSN Madhesh Provincial Chapter



SSN Bagmati Provincial Chapter



SSN Provincial Chapter President & Secretaries

SSN Gandaki Provincial Chapter



Dr. Bhoj Raj Neupane
President



Dr. Santosh Shrestha
Secretary

SSN Lumbini Provincial Chapter



Dr. Krishna Khanal
President



Dr. Rajesh Paudel
Secretary

SSN Far West Provincial Chapter



Dr. Chandra Prakash Pandey
President



Dr. Surendra Basnet
General Secretary

SAARC Surgical Care Society Presidents and Secretaries



Dr. Sunil K Sharma Dhakal
Nepal
President



Dr. Dulantha de Silva
Sri Lanka
General Secretary



Dr. Aziz Ahmad Jami
Afghanistan
President



Dr. Muhammad Majid
Bangladesh
President



Dr. M.D. Nur Hossain Bhuiyan
Bangladesh
General Secretary



Dr. M. Solih
Maldives
President



Dr. Tashi Tenzin
Bhutan
President



Dr. Sonam Dargay
Bhutan
General Secretary



Dr. Probal Neogi
India
President



Dr. Pratapsinh A. Varute
India
General Secretary



Dr. Sajida Qureshi
Pakistan
General Secretary



Dr. S.M.M. Niyas
Sri Lanka
President



Dr. Chathuranga Keppetiyagama
Sri Lanka
General Secretary

SAARC SCS PATRONS



Dr. Abdul Majeed Chaudhary
Patron
Pakistan



Dr. Narendra Pinto
Patron
Sri Lanka



Dr. Paramjit Singh Bakshi
Patron
India

Guest Faculty Speakers

INDIA



Dr. Kalpesh Jani
President Elect
AMASI



Dr. Pratapsinh A. Varute
General Secretary
ASI



Dr. Tamonas Chaudhuri
Past President
AMASI



Dr. Deborshi Sharma
Hon Secretary
AMASI

Guest Faculty Speakers

INDIA



Dr. C. Palanivelu
Founder President
AMASI



Dr. Pradeep Chowbey
Chairman
Max Institute of Endocrine and Robotics



Dr. V.K. Kapoor
Pro Vice Chancellor
MGUMST University



Dr. Harit Chaturvedy
Chairman
Max Institute of Cancer Care



Dr. Ishant Chaurasiya
Executive Member
ISCP



Dr. Suneel Roy Patankar
Treasurer
AMASI



Dr. Sameer Rege
West Zonal VP
AMASI



Dr. Abdul Majeed Chaudhry
Past President
Society of Surgeons of Pakistan

INDIA

Pakistan

Pakistan

Sri Lanka



Dr. G V Rao
President
IASG



Dr. Probal Neogi
President
ASI



Dr. Subhash Khanna
President
ARIS



Dr. Varghese C.J
President
AMASI



Dr. Sajida Quresi
General Secretary
Society of Surgeons of Pakistan



Dr. Muhammad Hanif
President (Rawalpindi)
Society of Surgeons of Pakistan



Dr. S.M.M. Niyas
President
College of Surgeons of Sri Lanka



Dr. Narendra Pinto
Past President
College of Surgeons of Sri Lanka

Sri Lanka



Dr. Adarsh Chaudhary
Past President
IASG



Dr. Subhash Gupta
President Elect
IASG



Dr. Pradeep Sharma
President
ARCS



Dr. Chintamani
President
Asian Society of Mastology



Dr. Bawantha Gamage
President
SLAMADS



Dr. Dulantha de Silva
Secretary General
SAARC SCS



Dr. Chathuranga Keppetiyagama
General Secretary
College of Surgeons of Sri Lanka

Guest Faculty Speakers

Bhutan



Dr. Tashi Tenzin
President
Surgical Society of Bhutan



Dr. Sonam Dargay
General Secretary
Surgical Society of Bhutan



Dr. Roy Phitayakorn
Director Medical Education
Harvard Medical School



Dr. R. Matthew Walsh
Chairman
Department of Surgery Cleveland Clinic

USA

Bangladesh



Dr. Muhammad A. Majid
President
Society of Surgeons of Bangladesh



Dr. M.D. Nur Hossain Bhuiyan
General Secretary
Society of Surgeons of Bangladesh



Dr. Masfique Ahmad Bhuiyan
Member
Society of Surgeons of Bangladesh

Singapore



Dr. Davide Lomanto
Secretary General
ELSA

Maldives



Dr. M. Solih
President
Society of Surgeons of Maldives

Afghanistan



Dr. Aziz Ahmad Jami
President
Afghanistan Society of Surgeons

Malaysia



Dr. Vimal K. Vasudevan
President
Malaysian Hernia Society

Japan



Dr. Yo Kurashima
Director
Clinical Simulation Center



Dr. Koichi Termura
Chief Colorectal Surgery
Tonan Hospital, Sapporo



Dr. Kiotaka Immamura
International Faculty
JSES



Dr. Saseem Paudel
GI Surgeon
Hokkaido University

HOST VENUE

Welcome to Pokhara Event Center, where every event transforms into an extraordinary experience. Discover our commitment to excellence and our dedication to creating unforgettable moments for our guests.

At Pokhara Event Center, our mission is more than just hosting events; it's about crafting unforgettable experiences that exceed expectations and leave a lasting impression on our guests. We strive to go above and beyond in every aspect of our service, setting the standard for excellence in event hosting and customer satisfaction.

From the moment you step through our doors, our mission is clear: to create moments that will be cherished forever, where every detail is meticulously planned and executed to perfection. Whether it's a wedding, corporate function, or social gathering, we are committed to ensuring that every event at Pokhara Event Center is nothing short of extraordinary.



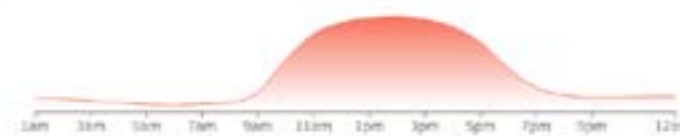
WEATHER IN HOST CITY IN NOVEMBER

Historical temperature average in November

In Pokhara, Nepal

Other months | Units: Celsius / Fahrenheit

16°C High 7°C Low



General weather summary

Moderately chilly, humid but cool	4% chance of rain	0.41 m/s	66% humidity
10.8 hrs	6:29 AM	5:17 PM	9.3 kph
Sweater	6:29 AM	5:17 PM	80% humidity

[Click here for Event Location](#)

Accommodation

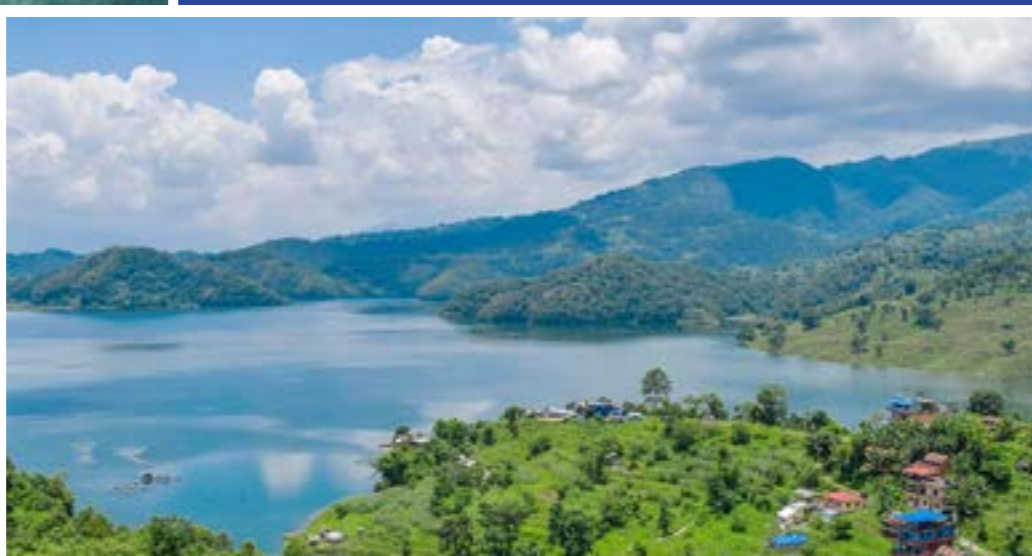
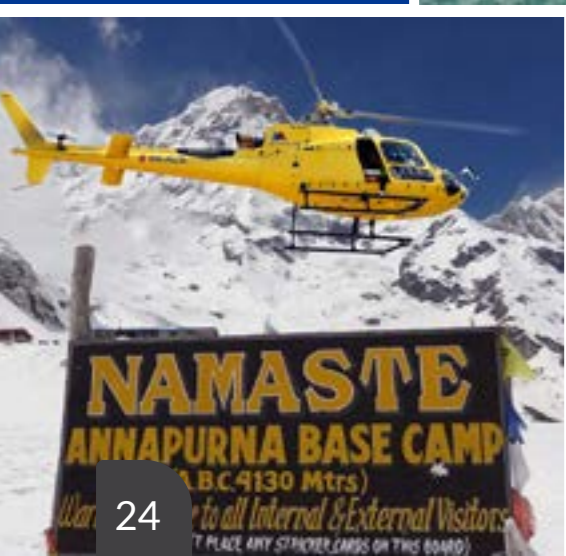
Please book your hotels and flights early as November is a peak tourist season in Pokhara



HOST CITY POKHARA

Pokhara, nestled at the base of the Annapurna mountain range in Nepal, is a haven for nature enthusiasts and adventure seekers alike. Its crown jewel, Phewa Lake, reflects the majestic snow-capped peaks, offering serene boat rides and stunning sunset views. Sarangkot, a nearby hilltop, attracts thrill-seekers with exhilarating paragliding experiences amidst panoramic Himalayan vistas.

Beyond its natural beauty, Pokhara pulsates with cultural charm and adventure activities. Visitors can explore the World Peace Pagoda for panoramic city views or delve into the city's vibrant markets and eclectic dining scene. From trekking trails that lead to cascading waterfalls and hidden viewpoints to zip-lining adventures over lush valleys, Pokhara promises unforgettable experiences against a backdrop of serene lakes and towering mountains.



Fishtail Lodge

Situated on a peninsula with Fewa Lake on one side and a forest-covered hill on the other, Fish Tail Lodge offers spectacular views from all angles, making it a unique lake resort. It is conveniently located and boasts an outdoor pool and free private parking. Each air-conditioned room has a flat-screen cable TV, minibar, seating area, and wardrobe.



Hotel Sarowar

The Hotel Sarowar in Pokhara offers free Wi-Fi, a sun terrace with a swimming pool, a restaurant, and a bar. It also provides room service, free private parking, and a paid airport shuttle service. All rooms have air conditioning, a flat-screen TV, a safety deposit box, and a private bathroom. Additionally, some rooms have a balcony with mountain views.



Hotel Pokhara Batika

Pokhara Batika is a classic hotel located in the picturesque destination of Pokhara. Situated within 50 meters of Fewa Lake, the hotel offers modern amenities that harmonise with nature and culture to provide comfort and luxury. The hotel has 42 light-filled deluxe rooms and three suites, all offering fantastic views of the



Temple Tree Resort & Spa

The resort is ideally located in the centre of Lakeside, offering a full view of the lake and the Himalayas. All rooms are climate-controlled, and feature LED televisions with standard satellite feeds and access to free internet through the Wi-Fi network



Hotel Pokhara Grande

The lakeside is 1.5 km from Hotel Pokhara Grande, which offers a free shuttle service to and from the hotel. The air-conditioned rooms feature full-length windows and wood flooring and furnishings. An electric kettle and minibar are included. Certain rooms offer mountain views.



Hotel Shaara

The hotel offers elegant and spacious guest rooms with private balconies offering stunning views of the Himalayas, Phewa Lake, World Peace Pagoda, and Raniban Forest. Rooms come with modern amenities, including Japanese Ofuro, Jacuzzi bathtub, E-bidet/Washlet, digital safe box, minibar, hair dryer, rain shower, and an induction cooker with a sensory exhaust hood.

[Click here for more information](#)

Accommodation Price List

1.

Hotel Fishtail Lodge, Lakeside Pokhara

	Other Nationality (USD) BB basis	Indian citizen (INR) BB basis	Nepali citizen (NPR) BB basis
Single Room	130.00	7,000	11,200
Double Room	140.00	7,500	12,000

Above rates are on BB basis and inclusive of VAT and valid only for this group

2.

Hotel Temple Tree, Lakeside Pokhara

	Other Nationality (USD) BB basis	Indian citizen (INR) BB basis	Nepali citizen (NPR) BB basis
Single Room	120.00	6,500	9,000
Double Room	130.00	7,000	10,000

Above rates are on BB basis and inclusive of VAT and valid only for this group

3.

Hotel Sarowar, Lakeside Pokhara

	Other Nationality (USD) BB basis	Indian citizen (INR) BB basis	Nepali citizen (NPR) BB basis
Single Room	60.00	4,300	5,500
Double Room	65.00	4,500	6,000

Above rates are on BB basis and inclusive of VAT and valid only for this group

4.

Hotel Pokhara Grande, Lakeside Pokhara

	Other Nationality (USD) BB basis	Indian citizen (INR) BB basis	Nepali citizen (NPR) BB basis
Superior Room	100.00 Single	4,500 Single / Double	7,000 Single / Double
Deluxe Room	110.00 Double	5,000 Single / Double	7,700 Single / Double
Premium Room		6,000 Single / Double	9,400 Single / Double

Above rates are on BB basis and inclusive of VAT and valid only for this group

5.

Hotel Pokhara Batika, Lakeside Pokhara

	Other Nationality (USD) BB basis	Indian citizen (INR) BB basis	Nepali citizen (NPR) BB basis
Single Room	50.00	3,000	4,000
Double Room	55.00	3,300	4,500

Above rates are on BB basis and inclusive of VAT and valid only for this group

6.

Hotel Shaara, Lakeside Pokhara

	Other Nationality (USD) BB basis	Indian citizen (INR) BB basis	Nepali citizen (NPR) BB basis
Single Room	50.00	3,300	5,000
Double Room	55.00	3,800	5,500

Above rates are on BB basis and inclusive of VAT and valid only for this group

[Click here for more hotel options.](#)

PLACES TO SEE IN POKHARA



Tal Barahi Temple

The Barahi temple is the most significant religious monument in Pokhara. It is situated on a small island in the middle of Phewa Lake, so the only way to access it is by boat. The temple represents the manifestation of Ajima, symbolising the female force.



International Mountain Museum

The IMM in Pokhara features exhibits on mountains and mountaineering. The museum displays famous peaks, celebrated mountaineers, and the culture and lifestyle of mountain communities. Additionally, it offers information on flora, fauna, geology, and traditional Nepalese culture and values.



Gupteshwor Cave

Near Davis Falls, the Gupteshwor Mahadev cave is Nepal's most famous. It is rumored to be the longest cave in the country. The beautiful swirling stairs leading down to the caves are a sight to behold! Nearby, there is a Tibetan Handicrafts Centre where you can buy souvenirs. Outside, there are stalls selling tea, coffee, and snacks.



Devi's Fall

The Nepali name for it is Patale Chango, which means "Underworld's Waterfall". Davis Falls in Pokhara is an extraordinary waterfall that creates a 500-foot-long underground tunnel as it reaches its bottom. Fed by the Phewa Lake Dam, the waterfall is surrounded by abundant flora.



Phewa Lake

This is the main lake in Pokhara. It is 2.5 miles long and 8.5 miles wide; its average depth is 28 feet. Surrounded by lush green hills, the crystal blue lake provides a serene natural landscape to enjoy. You can take a relaxing boat ride or scenic hike along the shoreline trails.



Sarangkot

Sarangkot, a 1600-meter hill on the western side of Pokhara, is renowned for its panoramic views of the Himalayas, including Dhaulagiri, Annapurna, and Manaslu. It also offers stunning vistas of Pokhara city and Phewa Lake. Additionally, Sarangkot is acclaimed as one of the best paragliding locations in the world.



Shree Bindhyabasini Temple

The temple is situated at the summit of a small hill and can be accessed via stone staircases from the East and Northeast. The primary temple is dedicated to the goddess Bindhyabasini. The term "Bindhya" denotes the incarnation of a goddess, and "Basini" signifies the resident of a place. This is the oldest temple in the city of Pokhara.



Shanti Stupa

The Pokhara Shanti Stupa is a Buddhist monument at 1100 meters on Anadu Hill near Pokhara. The white pagoda has two tiers for tourists and religious visitors to circumambulate, and it provides a panoramic view of the Annapurna range, Pokhara City, and Fewa Lake.



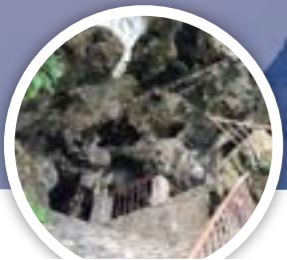
Gurkha Memorial Museum

The Nepal Gurkha soldiers, renowned for their fierce combat skills, have been part of the British Military. The museum features a collection of historic military items, including guns, rifles, uniforms, Gurkha knives, and photographs of places where the Gurkha soldiers served, showcasing their history from the past to the present.

[Click here for more information](#)

PLACES TO SEE IN POKHARA

5 Things Not to Miss in Pokhara



Bat's Cave

The Bat's Cave, also known as Chamere Gufa, is just a 20-minute drive from the main city of Pokhara. Visiting the cave provides a unique and exciting experience as the roof is completely covered with numerous bats, creating a scary yet thrilling sight. Nearby is also Mahendra Cave, which is worth visiting if you enjoy exploring caves.



Begnas Lake

It is close from Phewa Lake and can be accessed within 30 minutes from the lakeside by car hire or motorbike. You can walk along the lake and enjoy the view of the mountain range. There is a dam by the lake, and you will see locals washing their laundry there. Visitors can enjoy activities such as boating, swimming, and sunbathing.



Pumdikot Shiva Statue

This place features a large Shiva statue, a temple, and stunning views. The immense statue of Lord Shiva is so impressive that it can be seen from a distance. It is breathtakingly beautiful and located near the Himalayas. On a clear day, visitors can see the Annapurna range, Dhaulagiri range, and even Manaslu from this location.



Old Pokhara Bazaar

Purano Pokhara, located about 4 km north of Lakeside, features old streets with Newari houses characterized by decorative brickwork and elaborately carved wooden windows, similar to those in Kathmandu. The Bhimsen Temple, a 200-year-old shrine dedicated to the Newari god of trade and commerce, is notable for its erotic carvings.



Seti River Gorge

The Seti River Gorge is in the middle of the city, near the Gurkha Memorial Museum. The powerful Seti River flows through Pokhara but stays concealed unless actively sought out. The river has carved a deep, narrow chasm through the centre of town, causing the water to appear milky white.



Jangchub Choeling Tibetan Monastery

The Jangchub Choeling Monastery is one of Pokhara's oldest and most prominent monasteries. It was officially established in 1967 by HH the 14th Dalai Lama, under the guidance of Lama Dupsing Rinpoche. Since its establishment, the monastery has continuously expanded and added more facilities.



Rupa Lake

Rupa Lake is the second largest of the seven lakes in Lekhnath. The village nearby, Rupakot, is part of Lekhnath Municipality. A vibrant Nepalese community and beautiful natural scenery surround Rupa Lake. If you love tranquillity, this is the place for you



Matepani Monastery

About a 20-minute drive from bustling Lakeside lies this colourful Matepani Tibetan Monastery in a peaceful environment with a beautiful and well-maintained garden. You can enjoy yourself with the serene quality surrounding it.



Boating on Phewa Lake:

Enjoy a relaxing boat ride on Phewa Lake, which offers stunning views of the Himalayan mountains. There's plenty to do on and around the lake, with many shops, restaurants, parks, boating, and temples. Take advantage of the Sandhya Aarati (evening prayer) every evening, a wonderful event to worship the divinity.

Paragliding:

Have you ever wondered how amazing it is to fly in the air? The experience (comes in various Tour with Paragliding) is a thrilling activity that involves flying in a lightweight aircraft. Paragliding enables individuals to spread their wings and fulfil their dreams of flying in the air.



Ultralight Flight:

Embark on an ultralight flight through the hills and over Pokhara to see four of Nepal's nine highest peaks. Prepare your cameras to capture stunning views of the snow-capped peaks, lush farmland, and tranquil lakes below. The flight departs from Pokhara airport, where you will receive a briefing and guidance through the security procedures before taking off.

Zip Flyer:

Located in Sarangkot, 30 minutes from Lakeside, the Zip Flyer is the world's tallest, longest, fastest, and steepest zip line. Stretching 1.8 km with a 600-meter vertical drop, it offers stunning views of the Himalayas and Seti River Valley, reaching speeds of 120 km/h for an exhilarating adventure.



Heli Tour to Annapurna Base Camp:

Ideal for those seeking mountain views without a long trek, the Annapurna Base Camp Helicopter Tour offers a 2-hour round trip from Pokhara. After landing at ABC, enjoy 15-30 minutes taking in the breathtaking views of the snow-capped mountains.

Places near by Pokhara

Places near by Pokhara



Kathmandu
200 KM from Pokhara

Kathmandu, Nepal's capital, is a vibrant city rich in history and culture. Nestled in the Kathmandu Valley, it's known for its ancient temples and UNESCO World Heritage Sites like Durbar Square and Swayambhunath. The bustling streets are filled with traditional music, local cuisine, and colorful markets, offering a unique blend of tradition and modernity.



Chitwan
170 KM from Pokhara

Chitwan National Park, reachable after a five-hour drive from Pokhara, is home to one-horned rhinos, Bengal tigers, elephants, and more. Visitors can enjoy jeep safaris, elephant-back safaris, or dugout canoe rides. Evening cultural performances by the Tharu people add to the experience. A two-night, three-day tour is recommended.



Lumbini
127 KM from Pokhara

After a six-hour drive from Pokhara, you can reach Lumbini, the birthplace of Lord Buddha. Born in 623 B.C. in the famous gardens of Lumbini, it has become a place of pilgrimage. The site is now being developed as a Buddhist pilgrimage center with important archaeological remains.



Bandipur
76 KM from Pokhara

Bandipur is a charming little town near Pokhara, nestled in the foothills of the Himalayas. It embodies the archetypal heritage of Nepalese culture. Situated on a hilltop at 1050m, tourists often overlook this old town. Only a two-hour drive from Pokhara, the quaint town of Bandipur is an ideal destination for those seeking a laid-back experience in the Himalayas.



Tansen Palpa
123 KM from Pokhara

Tansen is the headquarters of the Palpa District and is considered the centre of the Midwest's culture. This ancient hill town offers a peaceful atmosphere where time seems to move slowly, and the relaxed lifestyle of the locals is contagious. "Tansen" originates from the Magar language and means "northern settlement." Tansen can be reached after a 4-hour drive from Pokhara.



Kushma
63 KM from Pokhara

Kushma, located in western Nepal and serving as the headquarters of Parbat District, is situated 57 km from Pokhara and 12 km from Baglung. It hosts The Cliff Nepal, an adventure resort renowned for attractions such as the world's second-highest bungy, the highest swing, tandem swing, and longest sky-cycle. Additionally, Kushma features a well-preserved traditional Nepali house over 100 years old, curated by the Kushma Art Project.



Baglung
78 KM from Pokhara

Baglung, reached after a 2.5-hour drive from Pokhara via Kushma Bazar, serves as a transit point for visitors exploring the Annapurna, Dhaulagiri, Dhorpatan, and Dolpa regions. Known as the "district of suspension bridges" due to its many rivers, Baglung offers clear views of the Himalayas, including the impressive Dhaulagiri and Annapurna ranges. The Kalika Bhagwati Temple is a prominent religious site in the area.



Beni Bazar
81 KM from Pokhara

Beni is situated at the meeting point of two rivers, the Kali Gandaki and the Myagdi. It serves as the gateway to Mustang, home to the renowned Muktinath temple. The Galeswor Temple and natural hot springs are the main tourist attractions in Beni. It takes about 3 hours to drive from Pokhara to Beni.



Muktinath Temple
174 KM from Pokhara

The Muktinath Temple, known as Chumig Gyatsa, is a significant religious site in the Mustang region of Nepal. It holds deep spiritual importance for Hindu and Buddhist pilgrims alike, who believe that bathing in its sacred waters can cleanse them of sins. Situated at 3,710 meters amidst snow-capped mountains in the Mustang district, Muktinath Temple is also a prominent stop on the renowned Annapurna Circuit trekking route.



Damodar Kunda
87 KM from Pokhara

Damodar Kunda, at 4,890 meters altitude in Upper Mustang within the northern Himalayan range of Annapurna, holds deep religious significance for Hindus and Buddhists. Pilgrims believe bathing in its waters purifies sins across lifetimes and the site is renowned for Shaligram stone discoveries. A helicopter tour conveniently allows visitors to explore both Damodar Kunda and Muktinath, offering breathtaking Himalayan views.



Upper Mustang
112 KM from Pokhara

Until 1950 AD, Mustang existed as an independent kingdom within Nepal's borders. A visit to Upper Mustang today offers a journey back in time, resembling a preserved cultural enclave. Geographically part of the Tibetan plateau, Upper Mustang shares similarities with Tibet. It's renowned for its well-preserved culture, and both trekking and driving are feasible, with the highest point reaching only 3,800 meters.

[Click here for more information](#)

[Click here for more information](#)

Trekking from Pokhara



Annapurna Base Camp Trek

The Annapurna Base Camp Trek from Pokhara is one of the most suitable treks in Nepal compared to other base camp treks, as it is at a low altitude and relatively easy. The trekking route is surrounded by towering peaks such as Machhapuchare, Annapurna South, Annapurna Fang, Annapurna III, Hiunchuli, Gangapurna, Khangsar Kang, and Tent Peak. The trek from Pokhara to Annapurna Base Camp can be completed within 6 days. For those with minimal time, there is an option to enjoy the Annapurna Base Camp via a 2-hour helicopter tour.



Short Hiking to Australian Camp

Hiking to Australian Camp is a popular day hike from Pokhara. The journey is about 5 miles (8 kilometers) and leads to the Australian Camp, which offers stunning views of the Annapurna South and Hiunchuli peaks. This short trek is perfect for those who want to experience the beauty of the mountains without the challenge of a longer trek. It is suitable for all ages and takes 2-3 days to complete.



Ghale Gaun Trek

Ghale Gaun is a pristine hamlet of about 95 houses located at 2029m on the hilltop of Lamjung Himal in north-central Nepal. This exquisite village offers breathtaking Himalayan views, traditional culture and rituals and is the residence of the renowned Gurkha soldiers. Recently established as a trekking route, the Ghale Gaun trek is perfect for those interested in experiencing homestay accommodations and exploring the daily life and native customs of Nepalese villagers.



Ghorepani Gandruk Trek

Due to its easy-going nature and low altitude, the Ghorepani-Ghandruk Trek can be done by any age group and gender. From beginners to senior citizens, it is the choice for all trekkers who lack the time and stamina to explore the Annapurna region of Nepal. The Ghorepani-Ghandruk areas can be accomplished within three nights and four days from Pokhara.



Mardi Himal Trek

The Mardi Himal Trek is one of the best short-duration treks, typically completed within 3 to 5 days. It offers breathtaking views of the mountains and a mix of stunning landscapes, from lush rhododendron forests to high alpine meadows, showcasing Nepal's diverse beauty. The well-maintained trails and gradual ascents make it an ideal trek for beginners, providing a perfect introduction to trekking.



Sikles Trek

Explore the beautiful Gurung-inhabited villages, enjoy stunning landscape sceneries, and view snow-capped mountains on the Sikles Trek. Immerse yourself in the local Gurung communities' culture, traditions, and lifestyle. The trek is short and easy, with no risk of altitude sickness and challenging walks. You can take a five-day hike or a two-night, three-day off-road jeep drive to Sikles.

REGISTRATION DETAILS

Conference Registration	Early Bird 21st Sept, 2024	Late Registration 22nd Sept, 2024 Onwards	Each Accompanying Person / Spouse (For the Whole Conference)	Each Accompanying Person / Spouse (For Gala Dinner Only)
SSN Members	NPR 15,000	NPR 18,000	NPR 8,000	NPR 4,000
Associate Members / Residents	NPR 8,000	NPR 10,000	NPR 8,000	NPR 4,000
SSN - Non Members	NPR 18,000	NPR 20,000	NPR 8,000	NPR 4,000
SAARC Delegates	INR 15,000 USD 180	INR 18,000 USD 215	INR 8,000 USD 95	INR 4,000 USD 45
SAARC Residents	INR 8,000 USD 95	INR 10,000 USD 120	INR 8,000 USD 95	INR 4,000 USD 45
International Delegates Apart from SAARC	USD 200	USD 250	USD 95	USD 45
Nurses	NPR 8,000	NPR 10,000	NPR 8,000	NPR 4,000

[Click Here To Register](#)

[Click here for more information](#)



Scan For Our Website



SSN Office : +977-9704554350



Mr Keshav Ghimire
(Office Secretary)
+977-9851048171

Email : ssnsaarcon24@ssn.com.np
ssnsaarcon24@gmail.com



Web : www.ssn.com.np
www.ssn.org.np

NMA Building, Siddhi Sadan
Exhibition Road
Kathmandu, Nepal

