



RESUME

RUPESH KUMAR VAIDYA MD

Date of Birth: 03/01/1973

Gender: Male

Nationality: Nepalese

Marital Status: Married to **Dr. Karishma Malla Vaidya** MD Pathology

Mailing Address: Rupesh Kumar Vaidya
Kuleshwor Awas Chettra, Pradhikaran Marg, 384.
Kathmandu, Nepal.

Telephone: Mobile: 977-9851037513

E-mail: rupeshortho@yahoo.com
drupeshvaidya@gmail.com

Web: <https://drupeshkvaidya.com.np/>

Social Media: <https://www.facebook.com/rupesh.vaidya.54>

Language: In order of proficiency: English, Nepali, Turkish, Newari, Hindi

**Nepal Medical Council
Registration no:** 2715

PRESENT POSTS HELD:

1. Senior Consultant Orthopedic Surgeon,
 - a. Janamaitri Hospital, Balaju
 - b. Helios Hospital, Jawalakhel
 - c. Sowa Healthcare, Ekantakuna
 - d. De Ni Healing Clinic, Jawalakhel
 - e. Midat Hospital, Lagankhel
2. Chairman, Medical Director, De Ni Healing Clinic, Lalitpur, Nepal

DEGREES:

1. Fellowship in Knee, Seoul National University Hospital, Seoul, Korea. 2019
2. M.S. Ortho (Master of Surgery, Orthopedics), Kathmandu University, Nepal. 2004
3. M.D. (Doctor of Medicine), Hacettepe University, Ankara, Turkey. 1999

TRAININGS:

1. Training in Arthroscopy and Arthroplasty, Saint Vincenz Hospital (University of Göttingen), Brakel, Germany. 2008
2. International Fellowship in Orthopedics, Seoul National University Hospital, South Korea. 2009
3. Training in Arthroscopy, Arthroplasty & Sports Medicine, Olympia Orthopedic Associates, Olympia, Washington & Boulder Orthopedics, Boulder, Colorado, USA. 2013
4. Training in Conventional & Recent Advances in Arthroplasty of the Hip and Knee, including navigation, Swissendofribourg, Switzerland. 2015
5. Training on Hospital Management, Beijing Traditional Chinese Medicine Research Institute, Beijing, China. 2017
6. Training in Acupuncture, Moxibustion and Tuina, Shanxi University of Chinese Medicine, China. 2018
7. National Institutes of Health, NIH "Protecting Human Research Participants" training course. 22nd September, 2018. Certification number: 2935919

WORK EXPERIENCE:

- 1. Chief Consultant Orthopedic Surgeon, HOD Department of Orthopedics**
Suvekchya International Hospital, Sitapaila, Kathmandu, Nepal.
1st August 2019 – 31st January 2026
- 2. International Fellowship in Knee**
1st July 2018 – 30th June 2019
Seoul national University Hospital, Seoul, South Korea
- 3. Founder Executive Chairman and Consultant Orthopedic Surgeon.**
Feb 2012- June 2018.
Suvekchya International Hospital & Research Center, Sitapaila, Kathmandu, Nepal.

4. Orthopedic Surgeon (Head of Department).

1st November 2005 – 31st January 2012

Hospital: Scheer Memorial Hospital of Seventh Day Adventists, Banepa, Nepal.

5. Orthopedic Registrar.

1st November 2004 – 31st October 2005

Department: Orthopedics

Hospitals (on rotation basis):

B&B Hospital, Gwarko, Kathmandu

HRDC, Banepa

Dhulikhel Hospital, Banepa

Scheer Memorial Hospital (June-August 2005), Banepa

6. Orthopedic Resident.

September 2001- September 2004

Kathmandu University (Venue: B&B Hospital, HRDC), Nepal.

7. Residential Orthopedic Medical Officer.

September 2000- September 2001

Hospital: HRDC (Hospital and Rehabilitation Center for Disabled Children), Banepa, Nepal.

8. Resident Medical Officer.

January 2000 – September 2000

Department: Outpatient Department & Emergency Department.

Hospital: Patan Hospital, Nepal.

9. Internship.

July 1998- June 1999

Hacettepe University, Faculty of Medicine, Ankara, Turkey

Departments: Internal medicine: 2 months. Obstetrics & Gynecology: 2 months.

Emergency Medicine: 2 months. Pediatrics: 2 months. Rural Medicine: 2 months.

Orthopedics: 1 month. Psychiatry: 1 month.

ACADEMIC QUALIFICATIONS

LEVEL	NAME OF THE INSTITUTION	YEAR	DIVISION
M.S. Orthopedics	Kathmandu University, School of Medicine, Nepal.	2001-2004	Distinction (77.8%)
M.D	Hacettepe University, Faculty of Medicine Ankara, Turkey.	1993-1999	Good (3.31 out of 4)
I.Sc. (Intermediate in Science)	Saint Xavier's College, Kathmandu, Nepal	1989-1992	Distinction (76%)
S.L.C. (School Leaving Certificate)	Saint Xavier's School, Kathmandu, Nepal.	1989	First (76.6%)

SCIENTIFIC PAPERS AND PRESENTATIONS

1. Scientific paper: "An Epidemiological study of rural area in Turkey" (Feb 1999). Presented to Department of rural medicine Hacettepe University during rural medicine rotation in Internship.
2. Scientific paper presentation: "A Case Report of The Ilizarov External Fixator Treatment on a Recurrent Club Foot"; ORTHOCON-IV Nepal, Sep 29, 2001, Kathmandu Nepal.
3. Scientific paper presentation: "Postoperative Discitis- A Case Report"; Third International Conference of International College of Surgeons Nepal Section, 21-23 March 2002, Kathmandu, Nepal.
4. Scientific paper presentation-coauthor: "Locked Intramedullary Nailing in Diaphyseal Tibial Fractures-A B&B Hospital Experience"; Nailscon-2004, 4th Annual Conference, 28-29 Feb 2004, Ludhiana, India.
5. Scientific paper presentation: "Role of Talectomy in Severe and Rigid Club Feet"; ORTHOCON 2004, 2-4 April 2004, Jointly Organized by Nepal Orthopaedic Association & Orthopedica Belgica.
6. Thesis presented to Kathmandu University: "Interlocked Intramedullary Fixation: Comparision of its Results in Closed and Open Tibial Diaphyseal Fractures after Motorbike Accidents", July 2004.
7. Scientific paper presentation: "Changing Pattern of Orthopaedic Trauma"; ANEMCON-22, 22nd All Nepal Medical Conference, 2-4 March 2005, Kathmandu, Nepal.
8. Scientific paper: "Polytrauma in Our Context", The Voice, 2005, Yearly Journal of Shree Pulchoki Nursing Campus.
9. Scientific paper-coauthor: "Results of Simultaneous Open Reduction and Salter Innominate Osteotomy for Developmental Dysplasia of the Hip", Kathmandu University Medical Journal (2005) Vol.3, No.1, Issue 9, 6-10.
10. Scientific paper presentation: "Comminuted Distal Radius fractures Treated with adjustable multiplanar External Fixator"; ORTHOCON 2011, 28-29 Jan 2011, Ktm, Nepal.
11. Scientific paper presentation: "Ankle Arthroscopy- A Preliminary Report"; ORTHOCON 2011, 28-29 Jan 2011, Ktm, Nepal.
12. Lecture on "Knee Daignostic arthroscopy" and first live knee arthroscopy surgery, at ORTHOCON 2014, Jan 2014, Dharan, Nepal.

13. Lectures on “Knee arthroscopy portals, arthroscopy knee round-about” and “Notchplasty in ACL” as a faculty, at “Surgical Arthroscopy Course Nepal, 27th April, 2014” jointly organized by Asian Arthroscopy Congress, Grande International Hospital and Karl Storz; Grande International Hospital, Kathmandu, Nepal.
14. Lecture on “Knee Diagnostic Arthroscopy- portals and sequence”; First ASON (Arthroscopy Subcommittee of NOA) Conference, 23rd August, 2014; Kathmandu Medical College, Sinamangal, Kathmandu, Nepal.
15. Instructor, Basic and Advanced Knee Arthroscopy Course-A Cadaveric Hands on Workshop, 18th & 19th March, 2016. Arthroscopy Society of Nepal, Kathmandu, Nepal.
16. Moderator “Panel Discussion on Graft fixation in ACL reconstruction”, B&B Knee Course in association with ASON, 2nd July, 2016, B&B Hospital, Kathmandu, Nepal.
17. Faculty and Moderator of 1st International Congress 2016 of Arthroscopy Society of Nepal, 4th Dec- 6th Dec 2016, Soaltee Crowne Plaza, Kathmandu, Nepal.
18. Scientific Paper Presentation: "Leiomyoma in a Finger: a Case Report"; ORTHOCON 2017, 15th -17th February 2017, Kathmandu, Nepal.
19. Scientific Paper Presentation: "Intra articular synovial fibroma in the knee joint"; ORTHOCON 2017, 15th -17th February 2017, Kathmandu, Nepal.
20. Faculty, Moderator, Presenter (Patient Positioning & Draping) and Instructor of “Chitwan Basic Knee Symposium”, 15th-16th Sep 2017, Chitwan, Nepal.
21. Scientific paper primary author: "Leiomyoma in a Finger: Case Report", Post Graduate Medical Journal of NAMS (Jan-Jun 2016) Vol.16, No.1, 45-47.
22. Scientific paper presentation: “Quantitative Assessment of Pivot Shift Test Using Smart Phone”, The 62nd Annual Congress of the Korean orthopedic association, 18th-20th October, 2018, Grand Hilton Hotel Convention, Seoul, Korea.
23. Scientific Paper Primary Author: “Intra-Articular Synovial Fibroma of the Knee in a Young Boy”, Kathmandu Univ Med J. 2019; 66(2): 148-50
24. Original Article: “Clinical and Radiological Changes after Microfracture of Knee Chondral Lesions in Middle-Aged Asian Patients”, Clin Orthop Surg. 2019 Sep;11(3):282-290. <https://doi.org/10.4055/cios.2019.11.3.282>
25. Original Article Primary Author: “Quantitative Assessment of the Pivot Shift Test with Smartphone Accelerometer”, KSSTA. 2020 Aug; 28(8):2494-2501
26. Scientific paper primary author: “Giant Cell Tumor of Medial Malleolus”, Post Graduate Medical Journal of NAMS (2022) Vol.22, No.2, 45-47.

27. Scientific paper presentation “Stiff Knees: Etiopathology and Management”, 29th Annual Conference of NOA, ORTHOCON 2024, 22-24 Feb 2024, Park Village, Kathmandu, Nepal.
28. Scientific paper presentation “Chronic Rectus Femoris Rupture Repair – A Novel Technique”, ORTHOCON 2025, 30th Annual Conference of NOA, Feb 27, 28, March 1, 2025, Birgunj, Nepal.
29. Scientific paper presentation “Arthroscopically Relevant Anatomy of PCL” & “PLC Injury Decision Making”, 8th B&B Arthroscopy Course 2025, 2nd & 3rd May, 2025, Kathmandu, Nepal.

CLINICAL CONFERENCES AND TRAININGS ATTENDED

- Pediatric Advanced Life Support Course (PALS); May 12-16, 2000, Patan Hospital, Lalitpur, Nepal.
- First Nepal-Turkey Seminar on Spine; Oct 13-14, 2000, Kathmandu, Nepal.
- ORTHOCON IV- Nepal; Sep 29, 2001, Kathmandu, Nepal.
- Workshop on Hand Surgery, 7-10 Nov, 2002; Jointly organized by KU Medical School, Dhulikhel and Interplast, Inc. (USA)
- Third International Conference of International College of Surgeons Nepal Section; 21-23 March 2002, Kathmandu, Nepal.
- ORTHOCON 2002; 6-7 Dec 2002, Kathmandu Nepal.
- Sixth International Surgical Conference - Society of Surgeons of Nepal; 21-23 Nov, 2002, Kathmandu, Nepal.
- Continuing Medical Education on Club Foot; Nepal Orthopedic Association, 15 March, 2003, Kathmandu, Nepal.
- Rehabilitation and Physical Medicine Course; jointly organized by HRDC (Banepa) and BPKIHS (Dharan); 15-20 June, 2003.
- Intensive Training Workshop on Health Research Methodology; Nepal Health Research Council, 29 March- 2 April 2004.
- Workshop on Plastic and Reconstructive Surgery for the Defect Wounds of the Limbs; Sushma Koirala Memorial Hospital; July 2004.
- ORTHOCON– 2004, 11th December, 2004, Kathmandu, Nepal.
- ANEMCON-22, 22nd All Nepal Medical Conference, 2-4 March 2005, Kathmandu, Nepal.

- ORTHOCON-2005, Kathmandu, Nepal.
- SIGN workshop organized by Nepal Orthopedic Association at Nepal Orthopedic Hospital, Jorpati, Kathmandu, 4-5 December 2005.
- AO-SEC Trauma Symposium Principles and Practice of Fracture Management, 15-17 September 2006, Kathmandu, Nepal.
- IOACON-2006, 51st, Annual Conference of Indian orthopedic Association, 9-15 Nov, 2006, new Delhi, India.
- Workshop on Primary Total Hip Replacement; Sant Parmanand Hospital, New Delhi, India, 13th Nov. 2006.
- 4th OASAC (Orthopedic Association of SAARC Countries) Conference 2006, 8-10 December, Kathmandu, Nepal.
- OASAC Workshop on Shoulder Arthroscopy, 7th Dec, 2006, Kathmandu, Nepal.
- Participated in the “Instructional Course on Spinal Trauma and Current Advances in Spine”, Nepal Orthopedic Association, Kathmandu, Nepal, 21st May 2007.
- Training in Arthroscopy and Arthroplasty, 16th March, 2008 to 20th May, 2008, Saint Vincenz Hospital (University of Göttingen), Brakel, Germany.
- ORTHOCON– 2008, 19-21 Nov, 2008, Kathmandu, Nepal.
- Participated in “International Workshop on Ponseti Method of Clubfoot Management”, HRDC, Banepa, 11-13 January, 2009.
- International fellowship at the Department of Orthopedic Surgery of the Seoul National University Hospital, Korea from July 27 to September 18, 2009 in Arthroscopic and Arthroplasty surgery of Knee, Hip and Shoulder.
- IOACON-2010, 55th Annual Conference of Indian Orthopedic Association, 9-14 Dec, 2010. Jaipur, India.
- ORTHOCON 2011, 28-29 Jan, 2011, Kathmandu, Nepal.
- International Symposium on Pediatric Orthopedics and Trauma (ISPOT), September 24-25, 2011, Dhulikhel, Nepal.
- IOACON-2011, 56TH Annual Conference of Indian Orthopedic Association, 8-11 Dec, 2011, Noida, India.
- Management Confab, “Effective Management and Leadership Training”, by Three H Management, Growth Sellers and London Training Services; 26-28 Sep, 2012, Kathmandu, Nepal.

- IOACON-2012, 57th Annual Conference of Indian Orthopedic Association, 12-16 Dec, 2012, Chennai, India.
- Training in Arthroscopy and Arthroplasty, 23rd March, 2013 to 7th April, 2013, Olympia Orthopedic Associates, Olympia, Washington, USA.
- Training in Arthroscopy and Arthroplasty & Sports Medicine, 8th April, 2013 to 19th April, 2013, Boulder Orthopedics, Boulder, Colorado, USA.
- ISKSAA-2014, 9th International Symposium On Current Concepts In Arthroscopic Surgery & Arthroplasty of Knee and Shoulder, 4th September to 7th September 2014.
- Elbow Arthroscopy Cadaveric Workshop, ISKSAA-2014, 4th September 2014, Maulana Azad Medical College, New Delhi, India.
- Ranawat Orthopedic Conference 2015, “Advances & Techniques in Joint Replacement Surgery & Arthroscopy”, Thirteenth Winter Meeting, 16th-18th Jan, 2015, Hotel Grand Hyatt, Mumbai, India.
- Cadaveric Workshop on Conventional & Recent Advances in Arthroplasty of the Hip and Knee (Including Navigation), 27th July, 2015 to 31st July 2015, Swissendosfribourg, Switzerland.
- Instructor, Basic and Advanced Knee Arthroscopy Course-A Cadaveric Hands on Workshop, 18th & 19th March, 2016. Arthroscopy Society of Nepal, Kathmandu, Nepal.
- International Musculoskeletal Imaging Workshop, August 30, 2016, Kathmandu, Nepal.
- 1st International Congress 2016 of Arthroscopy Society of Nepal, 4th Dec- 6th Dec 2016, Soaltee Crowne Plaza, Kathmandu, Nepal.
- IOACON 2016, 61ST Annual Conference of Indian Orthopedic Association, 12-17TH Dec, 2016, Kochi, India.
- Workshop in Basic Hip Arthroplasty, 12th Dec 2016, Lakeshore Hospital, Kochi, India.
- Workshop in Advanced Shoulder Arthroscopy, 13th December 2016, Sunrise Hospital, Kochi, India.
- ORTHOCON 2017, 15-17 Feb, 2017, Hotel Yak & Yeti, Kathmandu, Nepal.
- EPOS-POSNA-HRDC Nepal Course, 1st-3rd March, 2017, Himalayan Horizon, Dhulikhel, Nepal.
- Hospital Management Training, 20th March, 2017- 18th April, 2017, Beijing Traditional Chinese Medicine Research Institute, Beijing, People’s Republic of China.

- Faculty, 2nd B&B Knee Course, 28-29 July, 2017. Kathmandu, Nepal.
- Faculty and Moderator, Chitwan Basic Knee Course, 15th-16th Sep 2017, Chitwan, Nepal.
- International Delegate, First World Traditional Chinese Medicine Forum hosted by WFCMS, 8th-10th Sep 2017, Bozhou, Anhui Province, China.
- Orthotrends 2017, Recent Advances in orthopedics, 23rd-24th Sep 2017, Hotel Clarks Amer, Jaipur, India.
- Organized “Orthopedics Interaction Program” with World Federation of Chinese Medicine Societies (WFCMS) on 25th October, 2017 at Suvekchya International Hospital & Research Center, Kathmandu, Nepal.
- IOACON 2017, 62nd Annual Conference of Indian Orthopedic Association, 29th -31st Dec, 2017, Brilliant Convention Center, Indore, MP, India.
- Workshop on Total Knee Arthroplasty, 26th Dec 2017, Brilliant Convention Center, Indore, MP, India.
- Instructional Course Lecture on Arthroscopy: Knee & Shoulder Sports Injury, 27th Dec 2017, Brilliant Convention Center, Indore, MP, India.
- CME on Deformity Correction – Decision Making With A Rational Approach, 28th Dec 2017, Brilliant Convention Center, Indore, MP, India.
- “Training Course on Acupuncture, Moxibustion and Tuina”, 18th April, 2018 to 12th June 2018, Shanxi University of Chinese Medicine, China.
- “5th Korea – Japan Knee Osteotomy Symposium”, 25th August, 2018, Gachon University Gil Medical center, Incheon, South Korea.
- “The 32nd Annual Meeting of Korean Orthopedic Society for Sports Medicine”, 15th September, 2018, Seoul National University Hospital, Seoul, South Korea.
- “ICO 2018 SEOUL”, International Congress of Osteoporosis, 12th October, 2018 – 14th October, 2018, Seoul Dragon City, Seoul, South Korea.
- The 62nd Annual Congress of the Korean orthopedic association, 18th-20th October, 2018, Grand Hilton Hotel Convention, Seoul, Korea.
- The 37th Annual Meeting of the Korean Knee Society, 3rd -4th May, 2019, Seoul Dragon City, Seoul, South Korea.
- The 19th Annual Conference of Indian Arthroscopy Society, 15th -17th Sep, 2022, Hotel Le Meridien, Coimbatore, Tamilnadu, India.
- “Knee 360”, 20th-22nd Jan 2023, ITC Sonar, Kolkata, India.

- “International Forum on Inheritance and Innovative Development of TCM, world Federation of Chinese Medicine Societies, and the Expert Validation conference on International Standards for Thyroid Diseases”, December 8th 2023, Sun Si Miao Hospital of BUCM, Tongchuan, Shaanxi, China.
- IOACON 2023, 68TH Annual Conference of the Indian Orthopedic Association, 14th – 17th Dec, 2023, Ekna Sports Complex, Lucknow, India.
- ORTHOCON 2024, 22-24 Feb 2024, Park Village, Kathmandu, Nepal.
- Inaugural Hand Symposium of Nepal Hand Surgery Society, 30th March 2024, Aloft Hotel, Kathmandu Nepal.
- IASCON 2024, 21st Annual Conference of Indian Arthroscopy Society, 12th – 14th September 2024, Hilton Garden Inn, Bengaluru, India.
- Faculty & Moderator, First Bheri Hospital Arthroscopy Course, 21st September 2024, Nepalgunj, Nepal.
- Faculty and Panelist, Patan Hospital-Orthonations Orthopedic Symposium, 17th November 2024, Kathmandu Nepal.
- IASCON 2025, 22nd Annual Conference of Indian Arthroscopy Society, 26th – 28th September 2025, Taj Cidade De Goa Horizon, Goa, India.
- Faculty and Panelist, B & B Hospital KTM Shoulder Masterclass, 2026, 11th July 2026, B & B Hospital, Lalitpur, Nepal.

INSTITUTIONAL AWARDS:

1. Top student of the Batch 1992 in ISc, Saint Xavier's College.
2. Selected by HMG Ministry of education and culture to study medicine in Turkey, 1992.
3. Topper of MS Orthopedics, Batch 2004, Kathmandu University.
4. "Mahendra Vidya Bhusan" medal by his Majesty the King, 2006.

INSTITUTIONAL RECOGNITION/ OTHER ACTIVITIES:

1. Awarded second prize in art competition 1987, in Drug Awareness organized by L.T.S., Saint Xavier's School.
2. Awarded first place in G.A.A. sponsored one act play festival 1988.
3. Diploma in Turkish language, 1993.
4. Member of table tennis team which won third prize among the faculties of Hacettepe University in 1995.

5. One of the organizers of 1999 medical day promenade, Hacettepe University, Turkey.
6. Artist and Editor of the annual medical journal (*Mantar*) 1998, Hacettepe University, Turkey.
7. Life Member of Nepal Orthopedic Association.
8. Executive Committee Member, Nepal Orthopaedic Association, for 2008-2010.
9. Board member of charitable organization, DCF (Danielle Children's Fund), Nepal.
10. Felicitation by Kavre Jaycees for the outstanding work in the field of medicine in Kavre district, January, 2009.
11. Member of scientific committee, Nepal Orthopaedic Association, 2011.
12. Life Member of Indian Arthroscopy Society.
13. "Nagarik Sewa Samman-2070" felicitation by Jagriti Samaj Nepal, 1st July, 2013.
14. Founder member and Executive Committee member of ASON (Arthroscopy Society of Nepal). 2015.
15. Scientific Committee Chairman, Arthroscopy Society of Nepal (ASON), 2017.
16. Expert Panel in monthly magazine "Smart Family".
17. President, Nepal Osteoporosis and Bone Health Foundation (NOBHF), 2017.
18. Treasurer, Arthroscopy Society of Nepal (ASON), 2018.

HOBBIES:

Travelling, Poetry & Literature, Cooking.
