

## Life Journey of 63 Years



DR. BAL KRISHNA THAPA MAGAR (PHD)

(Social Gerontologist)

Patron and Founder President



## Senior Citizen Chautari, Thecho

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WEBSITE:

<https://seniorcitizenchautari.org>

Important You tube Link

<https://www.youtube.com/watch?v=ISAKSQ12dEg>

<https://studio.youtube.com/video/YYRo15pcKpc/edit>

<https://www.youtube.com/watch?v=pqrK4N6UDG0>

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**Title:** Ph.D. "Quality of life of older people"  
(Older People of Nepal)

An exploratory study of Senior  
Citizens of Godavari Municipality,  
Nepal

**Postal Address:**

GPO Box 8975, EPC 1924, Kathmandu Nepal

**"Health is wealth"**

## Zoom Presentation

- ACAP Webinar, HAWAII, USA October 2024 - Healthy Aging activities program in Nepal.
- U3A Kathmandu, Nepal Webinar October 2024, Healthy Aging Activities program.
- Monthly Discussion Forum on Ageing was organized by Aging Nepal Webinar presentation on 7<sup>th</sup> March 2025. "Quality of Life of Older People"

## International Seminar

- ✍ Representative of SCC, Thecho as Panel on the Madrid International Plan for Action on Ageing 4<sup>th</sup>, review program in Bangkok, Thailand. The conference with the theme of "Voice of the older people"
- ✍ Representative of SCC, Thecho on the Asia-Pacific Regional Conference on Population Ageing from 11-13<sup>th</sup> September 2024 in Bali, Indonesia. The conference with the theme of "Reframing Ageing"

## National Seminar

- Resources person for the panel discussion on the intergenerational subject at St. Lowrance College, Chabahill, Kathmandu.

## Article Published

- ✍ Aging and Social Security Situation of Nepalese Elderly.
- ✍ Factors Associated with Self-Reported Health (SRH) Among Nepalese Older Men.
- ✍ "The Voice of Older people" for 4<sup>th</sup> MIPAA Review on ACAP Journal
- ✍ Health Activities program of Senior Citizen Chautari on ACAP Journal
- ✍ Healthy Aging is critical to the Quality of Life of Senior Citizens on ACAP Journal

## Educational Qualification :

- 📖 **Ph.D. Degree** in Sociology (**Quality of Life of Older People**) from the Arunodaya University, Arunchal Pradesh, India in 2023 AD.
- 📖 **Master's Degree** in Sociology from the Arunodaya University, Arunchal Pradesh, India in 2019 AD.
- 📖 **Master's Degree** in Humanities from the Tribhuvan University, Nepal in 1998 AD.
- 📖 Bachelor's Degree in Education from the Kathmandu Kshichhya Campus, Nepal in 1995 AD
- 📖 Bachelor's Degree in Humanities from the Tribhuvan University, Nepal in 1993 AD

## Letter of Appreciation

- ☛ On the auspicious occasion of the first National Senior Citizen's Day 2078 BS, the National Senior Citizens Fund honored me with a letter of appreciation from president Bidya Devi Bhandari for the social contributions in the community.
- ☛ The International Samsarta Manch honored me with the Indo-Nepal Samarasta Ratna Alankar-2024 from the hand of House of Representatives Vice-speaker Ms. Indira Rana Magar for the social contributions in the community. Similarly, I have also received letters of honor from many other organizations.

## Intergenerational and Healthy Aging interaction Program.

- ☛ Respected Senior Citizens and Students of Multiple Campus, Achham, Sudurpaschim Pradesh
- ☛ Respected Senior Citizens and Students of Jumla, Karnali Pradesh
- ☛ Respected Senior Citizens and Students of Belaka Municipality Ward No 8, Udayapur. Koshi Pradesh

## Healthy Aging interaction Program.

Healthy Aging Interaction program with respected Senior Citizens of 35 District's Day care Centers and Old age homes of Nepal and continuing for entire remaining among 76 districts in future.

Medal Received : 1. SAARC Medal, 2. Remote Service Medal, 3. Long Service Medal.

## Career Details :

- \* Currently, serving as Patron and Founder President of Senior Citizen Chautari for 5 Years.
- \* I've served as the Paramedics in the Nepal Police Hospital, Nepal for 15 years.
- \* I've served in the Tinian Fuel Services Inc dba Western Union Services and Tinian Landscaping and Custodial Services, Paradise Security Services Inc, Island Financial Services Inc and Island Gear Surf Shop at Saipan and Tinian Island, USA as design is **General Manager**.
- \* Executive Director of Bandana Traders Pvt. Ltd.

## Social Career

- ☛ Advisor of Blood Donors Association Nepal, Godawari Municipal Committee.
- ☛ President of new construction Dhalkeshor Sikhhar Sali Temple. Lalitpur
- ☛ Member of the Global Alliance for the Rights of Older People (GAROP).
- ☛ Member of [Active Aging Consortium Asia Pacific](#) (ACAP).
- ☛ Member of Help Age International.
- ☛ Social Worker of Senior Center, Redmond, WA. USA
- ☛ Founder President of Nepal-Tinian Society Inc. Tinian Island, USA
- ☛ Former Secretary of Nepal Magar Association, Lalitpur.
- ☛ Former Secretary of Kanun Samaj Sewa, Thecho. Lalitpur.
- ☛ Founder Advisor of Garanja Magar Society, Nepal.
- ☛ Founder Advisor of Garanja Magar Society, Thecho

## Language of Proficiency:

☞ Nepali ( M.T. ), English, Hindi, Newari and Japanese-Basic and few Chinese

## Foreign Country Visited.

- ☛ India. Pakistan, Bosnia Hercegovina, Croatia, Serbia, Macedonia, Montenegro, Slovenia, Netherlands, Thailand- Bangkok, Malaysia. Tinian and Saipan Island (CNMI ), America (USA), Canada Boarder and Bali, Indonesia

## Language of Proficiency:

☞ Nepali ( M.T. ), English, Hindi, Newar and Japanese- Basic and few Chinese

*"Life is Struggle"*