



# Interview

**By: Dr. Pawan Nyachhyon, Dr. Harish Joshi**

*Born on 1938 Feb (A.D) Dr. Mesh Bahadur Shrestha is one of the pioneer dental surgeons of Nepal. He graduated from Bombay University in 1964. He had served dental service to the government for almost three decades. Still at the age of 64, he is actively working and providing his service at his clinic at New Road. We are happy to welcome one of the pioneer in dental practice in Nepal in this issue of JNDA.*

**The following is an excerpt of the interview taken with Dr. Shrestha**

***NDA: How did you started dental practice in Nepal?***

After my graduation in 1964, I joined a government hospital in 1965. My first posting was in Bheri Zonal Hospital, Nepalgunj. I worked there for 5 years, then I was transferred to Bir hospital. After serving for 2 years in Bir Hospital, I was posted in Kanti Hospital. While working in Kanti Hospital I started

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mobile dental centers, 4 organized dental camps all over 14 Zones of Nepal for the first time. Duration of each camp in each Zone was about a month. This program was conducted continuously for 5 years. Beside, I started providing dental service to the people in Bhaktapur Hospital two times a week, Patan Hospital, two times a week, Banepa Hospital center once in a week and Thankot Health center once in a week. After five years of my service in Kanti Hospital, I was again posted in Bir Hospital, and worked there until my retirement in 1996. While being head of dental department in Bir Hospital, I

established a new dental wing of the hospital with seven rooms and four dental chairs. Dental equipments and instruments were donated by the government of Japan, India and Germany. During my tenure, provision was made for HMG of Nepal to send one dentist for post graduate study abroad with the help of WHO. Second provision was made for basic training for the group of health assistant from different part of the country every year. That training program was also financially assisted by WHO.

***NDA: How was the condition of dental practice at that time?***

Dental practice at that time was not elaborated as it is now days. Due to the lack of qualified dental man powers, dental emergencies were taken care and tooth extractions, were done.

***NDA: Beside tooth extractions, what other dental services, were you providing in the hospital?***

With the help of Belgium foundation and one foreign dentist, Restoration treatment like filling and

root canal treatment were provided in the dental wing of the hospital for ten years. Regarding oral and maxillofacial surgery, we started giving this service in the hospital operation theatre in mutual co-operation with general surgeons.

***NDA: What do you think, should be done to facilitate the dental services to the poor people in Nepal?***

As our country is the third poorest country in the world, disadvantaged patient should get dental service through dental camps in different parts of the country. Duration of camps should be at least one month in every zone. HMG of Nepal must implement the program like ' Arrest of caries techniques' proposed and written by Dr. David walker and Dr. Robert Yee from United Mission of Nepal.

***NDA: How are you spending your days, these days?***

My hobby is reading important books and articles.

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At the same time, I am providing dental service and consultation for the needy people in the evening for five hours a day.

***NDA: Did you get any additional training in this field?***

Yes I did, in 1969/70, I took an advanced group training course and oral surgery training in Osaka Dental University, Osaka, Japan for 18 months.

***NDA: Lastly would you like to give a message to the new generation of dental surgeons?***

As our profession is also the part of medical science, we must try to gain some respect from the society and the public because most of the patient's love and ignorance in our part is building up a negative impression. Here I want to quote from the greatest scientist Albert Einstein ' Gentlemen do not try to be a man of success but a man of value.