



4TH INTERNATIONAL NASPCON 2026

**ADVANCING PAIN CARE
THROUGH INNOVATION
AND COLLABORATION**

Maharajgunj Medical Campus,
Tribhuvan University,
Maharajgunj, Kathmandu,
Nepal



nasp.org.np



26th September, 2026





Message from the NASP President

Dear Colleagues, Distinguished Guests, and Friends,
It is my great pleasure to welcome you to the International Conference of Nepal Association for the Study of Pain, centered on the theme, "Advancing Pain Care Through Innovation and Collaboration", happening on 26th September 2026 in the heart of the Kathmandu city, Nepal.

This conference provides a unique platform to exchange knowledge, showcase cutting-edge research, foster meaningful collaborations, and inspire innovative solutions to the complex challenges of pain care. By learning from one another and working across disciplines and borders, we can shape a future where effective pain management is available to every patient who needs it.

I extend my sincere gratitude to our speakers, delegates, organizing committee, sponsors, and all participants whose dedication and expertise make this conference possible.

I wish you an inspiring and productive conference, filled with meaningful discussions, new collaborations, and shared success.

Thank you, and I look forward to welcoming you to NASPCON 2026.

Warm Regards,

Dr. Binita Acharya

President, Nepal Association for the Study of Pain (NASP)

Organizing Chair, NASPCON 2026



Dr. Binita Acharya

President, Nepal Association
for the Study of Pain (NASP)
Organizing Chair, NASPCON
2026



Message From IASP President

Namaste!

It is a great pleasure to extend a warm welcome to all delegates of NASPCON 2026. On behalf of the International Association for the Study of Pain, I am delighted to greet the members of NASP, our colleagues in the SARPS Federation, distinguished speakers, and all delegates joining this important meeting in Kathmandu.

NASP's role as a national chapter within the IASP family reflects the strength of our shared commitment to advancing pain education, research, and clinical care. This conference provides an excellent opportunity to exchange knowledge, inspire collaboration, and strengthen professional connections across our region and beyond.

I am confident that NASPCON will be a valuable platform for learning, innovation, and scientific growth. I sincerely commend the organizing team for their dedication and vision in bringing together such a meaningful academic gathering.

I wish you all a successful and enriching conference.

Prof. Andrew S.C. Rice
President, International Association for the Study of Pain(IASP)



Prof. Andrew S.C. Rice

President, International
Association for the Study of
Pain(IASP)



IASP

INTERNATIONAL ASSOCIATION
FOR THE STUDY OF PAIN



Dr. Jay Prakash Thakur

Organizing Secretary

Message from the Organizing Secretary

This conference brings together experts, innovators, and practitioners dedicated to advancing the science and practice of pain medicine. May this platform inspire meaningful discussions, foster collaboration, and contribute to improving patient care. Wishing you a productive and enriching experience.

Message from the Scientific Chair

It is my great pleasure to welcome you all to NASPCON 2026. As Vice President of NASP and Scientific Chairperson of NASPCON 2026, I feel privileged to be part of this academic gathering dedicated to advancing pain medicine in Nepal.

This conference has been designed to promote scientific exchange, practical learning, and multidisciplinary collaboration among pain physicians, anesthesiologists, neurologists, physiatrists, surgeons, nurses, physiotherapists, residents, fellows and all professionals involved in pain care. The scientific program will include expert lectures, free paper and poster presentations, workshops and quiz competition focusing on evidence-based and patient-centered pain management.

I sincerely hope NASPCON 2026 will inspire learning, strengthen professional networking, and contribute to safer and better pain care in Nepal.

Warm regards,

Dr. Ninadini Shrestha

Vice President, Nepal Association for the Study of Pain
Scientific Chairperson, NASPCON 2026



Dr. Ninadini Shrestha

Vice President, Nepal
Association for the Study of Pain
Scientific Chairperson,
NASPCON 2026



NASP 2026 Conference

We are pleased to inform you about the upcoming NASPCON 2026, the annual scientific conference of the Nepal Association for the Study of Pain, scheduled to be held as a full-day scientific program with 3 Pre-conference and Post-conference workshops.

We strongly encourage all NASP members to actively participate and contribute to making this conference a grand success.

NASPCON 2026 aims to bring together healthcare professionals involved in pain medicine for an academic exchange on recent advances and practical approaches in pain management.

The scientific program will include keynote lectures, expert sessions, panel discussions, free paper presentations, poster presentations, workshops, and academic quiz competition.

Workshop Announcement

Three focused Pre-conference and post-conference workshops will be conducted as part of NASPCON 2026.

- A. Botulinum Toxin for Pain Management
- B. Fluoroscopy guided spine procedure for pain
- C. Hands on MSK Ultrasound workshop

Workshops



Organised by
Nepal Association for the Study of Pain (NASP)
In collaboration with
**Upendra Devkota National Institute of Neurological
and Allied Sciences, UDMNINAS**

HANDS-ON MSK ULTRASOUND WORKSHOP

 **Date:** 24th September, 2026

 **Venue:** Neuro Hospital
Bansbari,
UDMNINAS

Workshop Highlights:

- Hands on ultrasound practice on volunteers for shoulder, elbow, knee, ankle, joints and lumbar spine

REGISTER NOW

Consultant:	Rs. 5000
Resident:	Rs. 2500

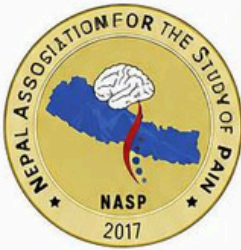
Contact:
Dr. Rupesh Rajbhandari
 **9841953603**
Limited seats: 30 Only

4th International Conference NASPCON 2026

 www.nasp.org.np



Workshops



Nepal Association for the Study of Pain (NASP)

in collaboration with

**Department of Anaesthesiology,
TU Teaching Hospital**

in collaboration with

GUFIC® GUFIC LIFESCIENCES PVT. LTD.



BOTULINUM TOXIN IN PAIN MEDICINE



PRECISION. RELIEF. BETTER LIVES.



**PRE-CONFERENCE
WORKSHOP
NASPCON 2026**



WORKSHOP HIGHLIGHTS

- Mechanism and pharmacology of Botulinum toxin
- Indications in chronic pain conditions
- Injection techniques and dosing strategies
- Ultrasound-guided Botulinum toxin injections
- Clinical evidence and patient selection
- Live demonstrations
- Safety, side effects and management



DATE:

**25 September 2026
Friday**



TIME:

9:00 AM – 1:00 PM



VENUE:

**Auditorium Hall B, 6th floor,
Maharajgunj Medical Campus, TU**



COORDINATOR & CONTACT PERSON

Dr Suraj Lamichhane

MD, FIPM
Consultant Anesthesiologist and Pain Physician
HAMS Hospital, Kathmandu

+9779851067112



COURSE DIRECTOR

**Dr. Ninadini Shrestha, FIPM, FIPP,
CIPS, ESRA-DPM**

Associate Professor, Department of Anaesthesiology
TU Teaching Hospital, MMC, IOM, TU

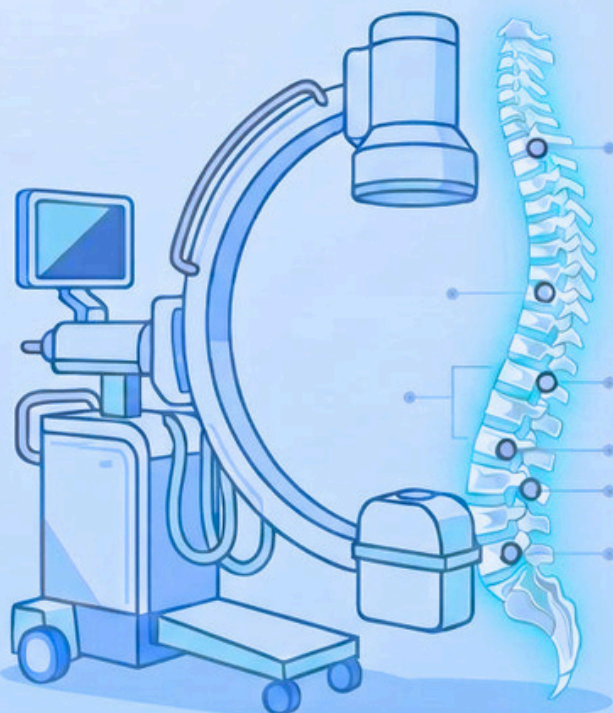
Email: nasp.org2017@gmail.com

Website: www.nasp.org.np

Workshops



Organized by:
Nepal Association for the Study of Pain (NASP)
in collaboration with
Department of Anesthesiology and Intensive Care, Bir Hospital, NAMS



WORKSHOP ON FLUOROSCOPY GUIDED SPINE PROCEDURE FOR PAIN

4th International Conference NASPCON 2026

⚡ Workshop Highlights

- ✓ Hands-on practice on manikins
- ✓ Live demonstrations of advanced interventional procedures:
 - SI Joint Injection & Facet Joint Injection
 - Medial Branch Block (MBB)
 - Pulsed Radiofrequency of Dorsal Root Ganglion (PRF DRG)
 - Transforaminal Epidural Steroid Injection (TFESI)
 - OZONE Nucleolysis
 - Intradiscal Biacuplasty



Venue
NAMS, Bir Hospital,
Kathmandu, Nepal



Workshop Registration Fees

Residents: NPR 2,500
Consultants: NPR 5,000

Contact Person: Dr. Bimlesh Shah | **Limited seat:** 10 only | **Date and Time:** 27 September 2026, 8 AM.
☎ Phone: +977 9851214568 | ✉ Email: nasp.org2017@gmail.com | 🌐 Website: www.nasp.org.np



NASPCON 2026

CALL FOR FREE PAPER PRESENTATION

Present your research at NASPCON 2026

Best Free Paper Award



Date:
26 September 2026



Venue:
Auditorium Hall B,
6th Floor, Maharajgunj
Medical Campus

SUBMISSION DETAILS



Submission Deadline: 31 August 2026



Submission Method: Email



Email: naspcscientific2026@gmail.com



Submit: Topic + 250-word abstract



First come, first serve basis.



*Submit early and secure your
presentation opportunity.*



Contact: naspcscientific2026@gmail.com



Website: www.nasp.org.np

NASPCON 2026

CALL FOR POSTER PRESENTATION



Showcase your clinical work at NASPCON 2026



Best Poster Presentation Award



EVENT DETAILS



Date: 26 September 2026



Venue: Auditorium Hall B,
6th Floor, Maharajgunj Medical Campus



SUBMISSION DETAILS

-  Submission Deadline: 31 August 2026
-  Submission Method: Email
-  Email: naspconscientific2026@gmail.com
-  Subject: Poster Presentation
-  Submit: Topic + 250-word abstract
-  First come, first serve basis



Submit early

to secure your presentation opportunity.



Contact:
naspconscientific2026@gmail.com



Website:
www.nasp.org.np



Nepal Association for the Study of Pain (NASP)

Organises

PAIN MASTERS QUIZ CHALLENGE — 2026 —



60 MINUTES DURATION



QUIZ ROUNDS

- 1 Rapid Fire Round
- 2 Image Challenge Round
- 3 Procedure Video Round
- 4 Audience Question Round
- 5 Clinical Case Round
- 6 Buzzer Round

CASH & ATTRACTIVE PRIZES



CHAMPION TEAM



AUDIENCE CHAMPION



WHY PARTICIPATE?

- Test your knowledge
- Learn & collaborate
- Win exciting prizes
- Be the Pain Master!



TEAM COMPOSITION: There are **3** persons in each team.



DATE:
26th September 2026
Saturday



TIME:
2:00 PM



VENUE:
Auditorium Hall B, 6th Floor,
Maharajgunj Medical Campus, TU



- Teams must register before the announced deadline.
- Registration is on a **first-come, first-served** basis.

CO-ORDINATOR & CONTACT PERSON



Dr Suraj Lamichhane
Consultant anesthesiologist
and pain physician
HAMS Hospital, Kathmandu
+9779851067112



Email: naspconscientific2026@gmail.com



Website: www.nasp.org.np

Registration Details

Registration Fees

Registration Fees

Early bird: till August 15 2026

Regular: till 12th September 2026

CONFERENCE REGISTRATION FEE DETAILS (IN NPR & USD)

Category	Early Bird (till August 15, 2026)	Regular (till September 12, 2026)	On the spot ⁺	Accompanying person #
NASP Member	5000	6000	10000	3500
NASP Associate member	3500	4000	6000	3500
Non-member Doctor	7000	8000	11000	3500
Non-member Nurses/Physiotherapists/other Health Care Professional	4000	5000	7000	3500
Resident (Nepal)	4000	5000	7000	3500
SAARC countries	90 USD	90 USD	120 USD	25 USD
Other International delegates	100 USD	120 USD	150 USD	25 USD
Resident (International)	40 USD	50 USD	60 USD	25 USD

#Conference Kit is not available

NASP members are not eligible as accompanying person



**SCAN TO
REGISTER**

Workshop Fee

WORKSHOP REGISTRATION FEE DETAILS (IN NPR)

Category	Fee
Resident	Rs 2500
Consultant	Rs 5000

Abstract submission opens: 1st July 2026
Last date for abstract submission: 31st August 2026



Organizing Committee

NASP President & Organizing chair

Dr Binita Acharya

NASP General Secretary & Organizing Secretary

Dr Jay Prakash Thakur

Scientific Committee

Chairperson: Dr Ninadini Shrestha

Members:

- Dr Suraj Lamichhane
- Dr Pawan Kumar Hamal
- Dr Grisuna Singh
- Mr. Binay Kandel

Finance committee

Chairperson: Dr Parineeta Thapa

Members:

- Dr Asish Subedi
- Dr Saba Khan
- Dr Pragya Regmee

Registration Committee

Chairperson: Dr Joshan Lal Bajracharya

Members:

- Dr Paras Mani Shah
- Dr Rupesh Rajbhandari
- Dr Yashasa Poudel

Accommodation & Transport Committee

Chairperson: Dr Hari Rijal

Members:

- Dr Prabhat Rawal
- Dr Eva Shakya

Social Media & Event Committee

Chairperson: Dr Bimlesh Shah

Members:

- Dr Bikash Kumar Shrestha
- Dr Suresh Sah



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Register & Contact Us

For registration inquiries, conference information, or any assistance, please reach out to the NASP Annual Conference organizing team. We are happy to help you complete your registration and answer any questions about the event schedule, venue, or accommodation arrangements.

Conference and workshop registration



+977-9860739196



naspcon26registration@gmail.com



www.nasp.org.np

Abstract Submission



naspconscientific2026@gmail.com



Accomodation



hotel



hotel



hotel



hotel

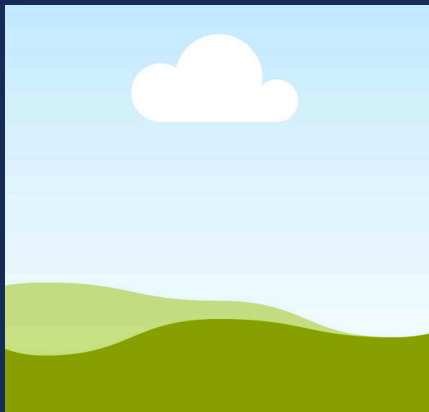


Organizing Committee



Dr. Rajan Shrestha

Conference Organizing Chair | Dr. Shrestha brings over 20 years of experience in pain management and has been a driving force behind NASP's annual conferences. He oversees all aspects of the event program and coordination.



Dr. Sushma Maharjan

Co-Chair, Scientific Committee | Dr. Maharjan leads the scientific program development and abstract review process. Her dedication to advancing pain research in Nepal has been instrumental in shaping this year's conference agenda.

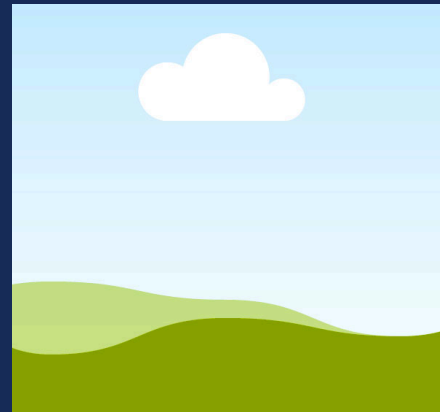


Message from the President

On behalf of the entire NASP executive committee and organizing team, I extend our heartfelt gratitude to our sponsors, partners, and every individual who has contributed to making this conference a reality. Your enthusiasm and dedication continue to be the driving force behind our association's growth and impact.

I look forward to connecting with each of you during the conference and sharing in the spirit of learning and collaboration that defines our NASP community. Welcome, and may this conference be an inspiring and rewarding experience for all.

Warm regards,
President, Nepal Association for the Study of Pain



Dr Binita Acharya
NASP President

www.naspnepal.org





NASP 2024

Timeline

Conference registration

Early bird: till August 15 2026

Regular: till 12th September 2026

Abstract submission opens: 1st July 2026

Last date for abstract submission: 31st August 2026

www.naspnepal.org.np



NASP

Message from the Organizing Secretary

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Dr. Jay Prakash Thakur

Organizing Secretary

