

A Journey Through the First to Eighteenth Issue of JKAHS

Kapil Amgain, Associate Professor; Department of Clinical Anatomy & Cell Biology

Editor-in-Chief; Journal of Karnali Academy of Health Sciences

Correspondance: dr.kapilamgain@gmail.com; amgain.kapil@kajs.edu.np; editor@jkajs.edu.np

The Journal of Karnali Academy of Health Sciences (JKAHS) is an official publication of Karnali Academy of Health Sciences (KAHS), a government organization founded in 2011, by an act of the Parliament of Nepal [1]. KAHS was established with the objective of enhancing the quality of healthcare services, medical education, and research in remote and underserved areas of Nepal. The establishment of JKAHS in 2018 is a reflection of commitment of KAHS to these goals, providing a dedicated platform for the dissemination of scientific knowledge and clinical experiences in the health sciences [2].

JKAHS is a peer-reviewed, international medical journal that operates under a diamond open access model, that means all its contents are freely accessible to readers without any subscription or paywall barriers [2]. This model not only broadens the journal's audience, including researchers, students, policymakers, and the general public, but also aligns with the mission of KAHS to disseminate knowledge widely and equitably [1]. Importantly, JKAHS does not charge any fees for the submission, processing, or publication of manuscripts, thus removing financial barriers for authors and promoting inclusivity in scientific publishing. Additionally, to ensure the long-term preservation and accessibility of its content in the internet, JKAHS archives all its articles in LOCKSS (Lots of Copies Keep Stuff Safe) and CLOCKSS (Controlled Lots of Copies Keep Stuff Safe) [2]. These archiving systems safeguard the integrity and usability of the published work, ensuring that it remains available to future generations.

It is triannual journal publishing three issues per year, and is available both online and in print with pISSN 2616-0064 and eISSN 2676-1327 [2]. This regular publication schedule ensures a steady flow of new research and insights, contributing to the continuous advancement of medical knowledge.

Achievements and milestones

One of our significant achievements has been in indexing of JKAHS in two national databases namely Nepal JournalOnline (NepJol) in 2019 [3] and NepalMedLine (NepMed) in 2020 [4]. The NepJol is hosted by Central Library (TUCL) and Ubiquity Press [3] whereas NepMed is hosted by Nepal Health Research Council (NHRC) [4]. A part from these national databases, we have been indexed in DOAJ (Directory of Open Access Journal) [5] and Hinari [6] in 2023. In the earlier days after indexing in NepJol, individual articles were assigned a unique DOI (digital object identifier) from NepJol (10.3126/jkajs). Later on we have taken our own DOI (10.61814/jkajs)

directly from CrossRef under the sponsorship under GEM (Global Equitable Membership (GEM) Program from CrossRef [7]. This recognition is a testament to the quality and impact of our published research. Being indexed has enhanced the visibility and accessibility of our articles, attracted a broader readership and fostered greater academic collaboration.

Looking Back to the Early Days

As we proudly publish the Issue 19 (Vol. 7, No.1) of JKAHS, it is a moment to reflect on our journey and celebrate the milestones we have achieved over the past six years. Since its inception, JKAHS has been dedicated to advancing medical knowledge, fostering academic excellence, and promoting evidence-based practice in healthcare, and stood successfully as an indexed, peer-reviewed open access journal in the field of health sciences. Since the release of its inaugural issue, Volume 1, Number 1, Issue 1 (January-April 2018), the journal has maintained a commendable pace, releasing three issues per year like clockwork, covering the periods of January-April, June-August, and September-December [2].

Since our very first issue in 2018, we have published 331 articles with 464 citations (as per google scholar dated 31st May 2024). Table 1 provides a comprehensive overview of the types and total number of published articles in JKAHS from its first issue through eighteenth issue. Until our eighteenth issue (Vol.6, No.3, Issue 18; 2023), we have published a diverse range of article types that includes: 19 editorials, 227 original articles, 26 review articles, 24 viewpoint/short communications, 32 case reports, one interviews, and two commentary/opinions. Notably, during the COVID-19 pandemic our editorial team release COVID-19 Special Issue with 20 research articles [2]. Overall, the journal demonstrates a robust and varied scholarly output, adapting to significant global health events while maintaining a steady publication rate across different article types [Table 1].

As the heart of the journal lies its dedicated editorial team, whose tireless efforts ensure the journal's continued success and relevance, I would like to thank all the editorial team members from the bottom of my heart. From the chief editor to the managing editors, executive editor and academic editors (national as well as international), each member of the team plays a crucial role in upholding the journal's high standards of quality and integrity. I personally thank to all the editors of past and present (Table 2, 3 and 4) who have been characterized by a steadfast commitment to excellence, innovation, and inclusivity. Table 2 listout the memebrs of editorial board from issue 1 to issue 6. Similarly, table 3 and table 4

Article information

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Table 1: Types and number published articles in JKAHS from Issue 1 (Vol.1, No.1, 2018) to Issue 18 (Vol.6, No.3, 2023)

Volume. Number. Issues (Month Year)	Editorial	Original Articles	Review Articles	Viewpoint/Short communication	Case Report	Interview	Commentary/Opinion	Total No. of Published Articles
1.1.1 (Jan-Apr 20018)	1	4	3	0	6	0	0	14
1.2.2 (May-Aug 2018)	1	10	0	2	4	0	0	17
1.3.3 (Sep-Dec 2018)	1	6	2	2	2	0	0	13
2.1.4 (Jan-Apr 2019)	1	9	1	1	1	0	0	13
2.2.5 (May-Aug 2019)	1	9	1	1	1	0	0	13
2.3.6 (Sep-Dec 2019)	1	11	1	1	1	0	0	15
3.1.7 (Jan-Apr 2020)	1	13		2	1	0	0	17
Covid-19 Special Issue	1	10	6	1	1	1	0	20
3.2.8 (May-Aug 2020)	1	19	1	2	1	0	0	24
3.3.9 (Sep-Dec 2020)	1	18	1	1	2	0	0	23
4.1.10 (Jan-Apr 2021)	1	16	0	1	2	0	0	20
4.2.11 (May-Aug 2021)	1	16	2	1	1	0	0	21
4.3.12 (Sep-Dec 2021)	1	16	1	1	1	0	0	20
5.1.13 (Jan-Apr 2022)	1	12	1	0	2	0	0	16
5.2.14 (May-Aug 2022)	1	10	2	3	1	0	0	17
5.3.15 (Sep-Dec 2022)	1	11	1	1	1	0	1	16
6.1.16 (Jan-Apr 2023)	1	11	1	1	0	0	1	15
6.2.17 (May-Aug 2023)	1	14	2	2	2	0	0	21
6.3.18 (Sep-Dec 2023)	1	9	0	1	2	0	0	13
Total	19	224	26	24	32	1	2	328

showed the editorial team members from issue 7 to issue 12, and from issue 13 to issue 18 respectively.

Moreover, I would like to extend my sincere thanks to all present executives of KAHS (Vice-Chancellor, Dr. Mangal Rawal; Rector, Dr. Dabal Bahadur Dhama; Registrar, Mr. Nripendra Maha,, Dean, Dr. Prenit Pokhrel, and Director, Dr. Poojan Kumar Rokaya) for their constant support being in the advisory board of JKAHS. Also, I would like express my sincere gratitude to all the past executives of KAHS (Vice-chancellor; Prof. Dr. Rajendra Raj Wagle; Rector, Prof. Dr. Dharma Raj Shrestha; and Dean, Prof. Dr. Mod Nath Marhatta) for taking the initiatives to establish the Journal.

Last but not the least, I personally thanks and heartfelt gratitude to all the anonymous national as well as international reviewers who have worked and have been working day and night voluntarilly to provide their constructive feedbacks timely to improve the quality of the manuscript.

Looking Ahead

As we celebrate our seventh year, we remain committed to our mission of advancing medical science and improving healthcare practices. We encourage contributions from researchers, clinicians, and healthcare professionals, and we are dedicated to providing a platform for high-quality, impactful research. The journey of JKAHS from its humble beginnings to its current standing as a respected medical journal is a story of dedication, collaboration, and relentless pursuit of excellence. We extend our heartfelt gratitude to our past to present editorial board members, authors, reviewers, and readers for their continued support and contributions. Together, we look forward to many more years of scholarly achievements and impactful publications. In closing, let us extend our

heartfelt gratitude to all those who have contributed to the success of JKAHS, from the dedicated editorial team to the tireless reviewers and authors who entrust us with their work. Together, we celebrate the progress made thus far and eagerly anticipate the journey ahead, as we continue to push the boundaries of knowledge and innovation in the service of humanity's health and well-being.

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Table 2. : Editorial Member of JKAHS from Volume 1, No. 1, Issue 1 2018 to Volume 2, No. 3, Issue 6, 2019

Editorial Position	Vol.1, No.1, Issue 1, January - April; 2018	Vol.1, No.2, Issue 2, May - August; 2018	Vol.1, No.3, Issue 3, 2018	Vol.2, No.1, Issue 4, January - April; 2019	Vol.2, No.2, Issue 5, May - August; 2019	Vol.2, No.3, Issue 6, September - December; 2019
Editor-in-Chief	Prof. Dr. Mod Nath Marhatta	Dr. Binod Aryal	Dr. Binod Aryal	Dr. Kiran Regmi	Prof. Dr. Kiran Regmi	Prof. Dr. Kiran Regmi
Executive Editor	---	---	---	---	Dr. Kapil Amgain	Dr. Kapil Amgain
Managing Editor	Mr. Dharma Raj Gosain	Dr. Navindra Raj Bista Mr. Dharma Raj Gosain	Dr. Navindra Raj Bista Mr. Dharma Raj Gosain	Dr. Kapil Amgain	Dr. Navindra Raj Bista	Dr. Navindra Raj Bista
Editor (National)	Dr. Basista Rijal Dr. Bishnu Hari Paudel Dr. Rohit K. Pokhrel Dr. Geeta Gurung Dr. Gehanath Baral Dr. Archana Amatya Dr. Murari Man Shrestha Dr. Hari Prasad Dhakal Dr. Binod Aryal	Dr. Basista Rijal Dr. Rohit K. Pokhrel Dr. Geeta Gurung Dr. Gehanath Baral Dr. Archana Amatya Dr. Murari Man Shrestha Dr. Hari Prasad Dhakal Dr. Suniti Rawal Dr. Pankaj Pant Dr. Sushil Paudel	Dr. Basista Rijal Dr. Rohit Kumar Pokhrel Dr. Geeta Gurung Dr. Gehanath Baral Dr. Archana Amatya Dr. Bishnu Hari Paudel Dr. Murari Man Shrestha Dr. Hari Prasad Dhakal Dr. Suniti Rawal Dr. Pankaj Pant Dr. Sushil Paudel Dr. Mod Nath Marhatta	Dr. Bijay Aryal Dr. Binod Aryal Dr. Basista Rijal Dr. Sushil Paudel Dr. Geeta Gurung Mrs. Uma Shrestha Dr. Gehanath Baral Dr. Deepak Sharma Dr. Archana Amatya Dr. Seshananda Sanjel Dr. Bishnu Hari Paudel Dr. Mod Nath Marhatta Dr. Murari Man Shrestha	Dr. Bijay Aryal Dr. Binod Aryal Dr. Basista Rijal Dr. Sushil Paudel Dr. Geeta Gurung Mrs. Uma Shrestha Dr. Gehanath Baral Dr. Deepak Sharma Dr. Archana Amatya Dr. Seshananda Sanjel Dr. Bishnu Hari Paudel Dr. Mod Nath Marhatta Dr. Murari Man Shrestha	Dr. Bijay Aryal Dr. Binod Aryal Dr. Basista Rijal Dr. Gakul Bhatta Dr. Sushil Paudel Dr. Geeta Gurung Dr. Gehanath Baral Dr. Deepak Sharma Dr. Sunil Budhathoki Dr. Sharmila Shrestha Dr. Seshananda Sanjel Dr. Ram Prasad Upreti Dr. Hari Prasad Dhakal Dr. Bishnu Hari Paudel Dr. Mod Nath Marhatta
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International Editor	Dr. Ranjan Dahal; USA	Dr. Ranjan Dahal; USA	Dr. Ranjan Dahal; USA Prof. Dr. TC Singel; India Dr. Karma Tenzin; Bhutan	Dr. Ranjan Dahal; USA Prof. Dr. TC Singel; India Dr. Karma Tenzin; Bhutan	Dr. Karma Tenzin; Bhutan Prof. Dr. TC Singel; India Dr. Florian Therman; Germany Dr. Ranjan Dahal; USA Dr. Kamal Raj Aryal, UK	Dr. Karma Tenzin; Bhutan Prof. Dr. TC Singel; India Dr. Pertti Kekki; Finland Dr. Florian Therman; Germany Dr. Ranjan Dahal; USA Dr. Jeffrey A Kottler, USA Dr. Kamal Raj Aryal, UK
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Table 3: Editorial Member of JKABS from Volume 3, No. 1, Issue 7, 2020 to Volume 4, No. 3, Issue 12, 2021

Editorial Position	Vol.3, No.1, Issue 7, January - April; 2020	Vol.3, No.2, Issue 8, May - August; 2020	Vol.3, No.3, Issue 9, September - December; 2020	Vol.4, No.1, Issue 10, January - April; 2021	Vol.4, No.2, Issue 11, May - August; 2021	Vol.4, No.3, Issue 12, September - December; 2021
Editor-in-Chief	Dr. Kapil Amgain	Dr. Kapil Amgain	Dr. Kapil Amgain	Dr. Kapil Amgain	Dr. Kapil Amgain	Dr. Kapil Amgain
Managing Editor	Prof. Dr. Seshananda Sanjel	Prof. Dr. Seshananda Sanjel Dr. Harihar Devkota	Dr. Harihar Devkota	Dr. Harihar Devkota	Dr. Harihar Devkota	Dr. Harihar Devkota
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Technical Editorial Assistant	Mr. Binod Adhikari	Mr. Binod Adhikari	Mr. Binod Adhikari	Mr. Binod Adhikari	Mr. Binod Adhikari	Mr. Binod Adhikari
Advisors	Prof. Dr. Rajendra Raj Wagle, Vice Chancellor Dr. Niresh Thapa, Rector Er. Bishwo Raj Kafle, Registrar Prof. Dr. Rosham B Rana - Dean (School of Medicine) Ms. Saraswati Gautam Bhattarai Mr. Dharma Raj Gosain Prof. Dr. Ramesh Kanta Adhikari Prof. Dr. Bharat Mami Pokhrel	Prof. Dr. Rajendra Raj Wagle, Vice Chancellor Dr. Niresh Thapa, Rector Er. Bishwo Raj Kafle, Registrar Prof. Dr. Rosham B Rana - Dean (School of Medicine) Ms. Saraswati Gautam Bhattarai Prof. Dr. Ramesh Kanta Adhikari Prof. Dr. Bharat Mami Pokhrel	Prof. Dr. Rajendra Raj Wagle, Vice Chancellor Dr. Niresh Thapa, Rector Er. Bishwo Raj Kafle, Registrar Prof. Dr. Rosham B Rana - Dean (School of Medicine) Ms. Saraswati Gautam Bhattarai Prof. Dr. Ramesh Kanta Adhikari Prof. Dr. Bharat Mami Pokhrel	Prof. Dr. Rajendra Raj Wagle, Vice Chancellor Dr. Niresh Thapa, Rector Er. Bishwo Raj Kafle, Registrar Prof. Dr. Rosham B Rana - Dean (School of Medicine) Ms. Saraswati Gautam Bhattarai Prof. Dr. Ramesh Kanta Adhikari Prof. Dr. Bharat Mami Pokhrel	Prof. Dr. Rajendra Raj Wagle, Vice Chancellor Dr. Niresh Thapa, Rector Er. Bishwo Raj Kafle, Registrar Prof. Dr. Rosham B Rana - Dean (School of Medicine) Ms. Saraswati Gautam Bhattarai Prof. Dr. Ramesh Kanta Adhikari Prof. Dr. Bharat Mami Pokhrel	Prof. Dr. Rajendra Raj Wagle, Vice Chancellor Dr. Niresh Thapa, Rector Er. Bishwo Raj Kafle, Registrar Prof. Dr. Rosham B Rana - Dean (School of Medicine) Ms. Saraswati Gautam Bhattarai Prof. Dr. Ramesh Kanta Adhikari Prof. Dr. Bharat Mami Pokhrel

Table 4: Editorial Board Member of JKAHS from Volume 5, No. 1, Issue 13, 2022 to Volume 6, No. 3, Issue 18, 2023						
Editorial Position	Vol.5, No.1, Issue 13, January - April; 2022	Vol.5, No.2, Issue 14, May - August; 2022	Vol.5, No.3, Issue 15, September - December; 2022	Vol.6, No.1, Issue 16, January - April; 2023	Vol.6, No.3, Issue 17, May - August; 2023	Vol.6, No.3, Issue 18, September - December; 2023
Editor-in-Chief	Dr. Kapil Amgain	Dr. Kapil Amgain	Dr. Kapil Amgain	Dr. Kapil Amgain	Dr. Kapil Amgain	Dr. Kapil Amgain
Managing Editor	Prof. Dr. Seshananda Sanjel	Prof. Dr. Seshananda Sanjel	Prof. Dr. Seshananda Sanjel	Prof. Dr. Seshananda Sanjel	Dr. Lok Raj Joshi	Dr. Lok Raj Joshi
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