

VOLUME 1 • ISSUE 3 • MARCH 2026

प्योडर

Happenings at Siddhi...



सिद्धि स्मृति प्रतिष्ठान
SIDDHI MEMORIAL FOUNDATION

Newsletter

**#GIVE
TO GAIN**

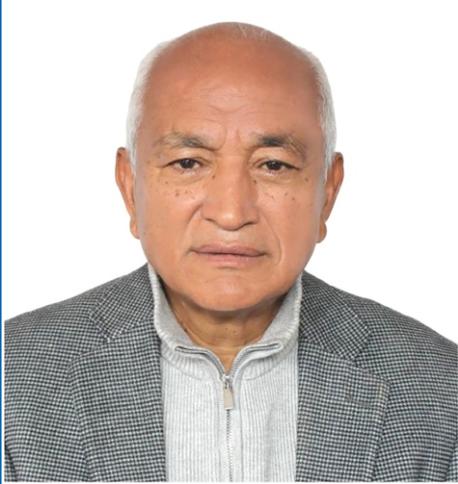


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Care for Tomorrow**

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INTERNATIONAL
WOMEN'S
8th MARCH 2026 DAY

From the Founder President's Desk:



Shyam Sundar Dhaubhadel
Founder President
Siddhi Memorial Foundation

As we publish this third edition of our newsletter, I am filled with immense pride in our journey. Our expansion of the 100-bedded facility is on the progress, reflects our unwavering commitment to providing comprehensive and compassionate care to the women and children of our community.

Siddhi Memorial Foundation Celebrated International Women's Day on March 8, 2026, we join the global community in celebrating International Women's Day. This year's theme, "Give to Gain," resonates deeply with the core mission of Siddhi Memorial Hospital. We believe that when we invest in, care for, and empower women, the benefits multiply exponentially across families and society. We are upholding the dignity of every woman who walks through our doors.

As we look forward to moving our OBS/GYN departments into the new, expanded, and more efficient facility, I want to thank our dedicated staff, our supporters, and our donors. Your partnership allows us to continue our mission of delivering high-quality, compassionate care.

We are building a healthier, stronger future.

Warm regards,

Shyam Sundar Dhaubhadel
Founder President
Siddhi Memorial Foundation

IMPORTANT NUMBERS

Hospital Appointment	: 01-5971442
Pediatric Emergency	: 01-5971442 Ext.1063
Obs & Gynae Emergency	: 01-5971442 Ext.1044
EHS (Morning & Evening)	: 9851157020
Ambulance	: 9851275074
Senior Citizen Home	: 01-6616589



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Editorial Desk: Dr Ganendra Bhakta Raya Dr Manoj Krishna Shrestha Anil Rajbhandari Nabin Pradhan

For feedback, inputs/experience sharing email: adminofficer@smf.org.np

नवजात शिशुको नाभीको हेरचाह र नाभीमा देखिने समस्याहरू

नाभी के हो?

नाभी वा नाइटो पेटको बीच भागमा रहेको सानो खाल्डो जस्तो प्राकृतिक खत हो। गर्भमा हुँकिरहेको बच्चा (भ्रुण)को शारीरिक सम्पर्क नाल (Umbilical Cord) को रूपमा आमाको पाठेघर (Uterus) संग टाँसीएर रहेको साल (placenta) संग हुन्छ। नालभित्र सामान्य रूपमा ३ रक्त नली(२ Umbilical Arteries र १ Umbilical Vein) हुन्छ। यसको माध्यमबाट आमाले गर्भको भ्रुणको श्वासप्रश्वास (Respiration), पोषण (Nutrition), उत्सर्जन (Excretion) आदि अत्यावश्यक कामहरू गर्दछन। तसर्थ यो भ्रुणको जीवन आधार (Lifeline) हो। शिशुको जन्म लगत्तै नाल काटिन्छ र शिशुले श्वासप्रश्वास, खानपीन र उत्सर्जनको काम आफैँ गर्नुपर्ने हुन्छ।

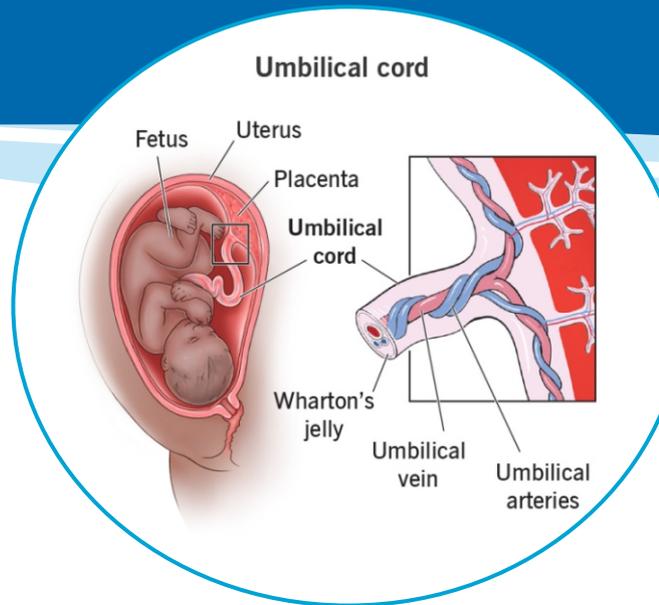
नाभीको हेरचाह कसरी गर्ने?

नाभीलाई सधैँ सफा र सुक्खा राख्नु पर्छ। नाभी छुन परेमा हात राम्ररी साबुन पानीले धोएपछि मात्र छुनु पर्छ। नुहाइ सकेपछि शरीरको अरु भाग जस्तै नाभीलाई पनि सुक्खा हुनेगरी पुछ्नु पर्छ। Diaper सधैँ नाभीभन्दा तल राख्नु पर्छ। नाभीलाई Diaper भित्र राखेमा हावाद्वारा सुक्खा हुन पाउदैन र ढिला झर्ने हुन्छ। साथै संक्रमण (infection) को सम्भावना पनि बढ्छ।

नाभीमा तेल, घ्यू, बेसार वा अन्य कुनै घरेलु औषधि लगाउनु हुँदैन। यसलाई छोपेर बाँध्न पनि हुँदैन। खुल्ला राख्नु पर्छ वा हल्का कपडाले ढाक्नु पर्छ। यसलाई तानेर निकाल्नु हुँदैन, आफैँ खस्न दिनु पर्छ।

नाभीमा के कस्ता समस्या देखिन सक्छ?

नाभीमा साना-ठूला समस्या देखिन सक्छ। कुनै पनि समस्या देखिएमा तुरुन्तै बाल रोग विशेषज्ञ (Pediatrician) वा बाल शल्य चिकित्सक (Pediatric Surgeon)संग परामर्श गर्नु पर्दछ।



नाभी सामान्य रूपमा कसरी निको हुन्छ?

जन्मेको १ देखि ३ हप्तामा नाल सुक्दै जान्छ र आफैँ झर्छ। झरेपछि नाभीमा सानो घाउजस्तो देखिन्छ। हल्का पानीजस्तो रस र थोरै रगत आउन सक्छ। यो आफैँ सुक्छ र सानोखतको रूपमा जीवनभर रहन्छ।

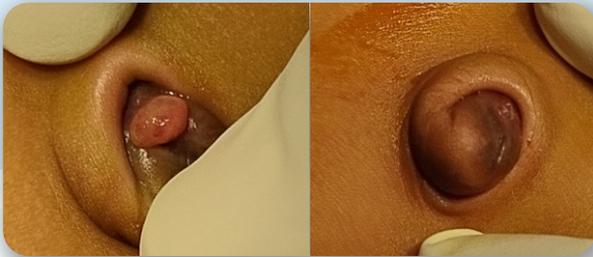
१. नाभीको संक्रमण (Omphalitis)

नाभी वरिपरि रातो देखिनु, नाभी सुन्निनु, पीप वा दुर्गन्ध आउनु, छुँदा दुखाइले रुनु आदि हुन्छ। ज्वरो आउनु, बच्चा सुस्त देखिनु संक्रमणको जटिलता हो र यो गम्भीर अवस्था हो। तुरुन्त अस्पताल लगी उपचार गर्नुपर्दछ। ढिला भएमा संक्रमण रगतमा फैलिने (Septicemia, Septic Shock) र ज्यान जाने डर हुन्छ। बाँचेमा पनि Portal Venous Thrombosis, Portal Hypertension जस्तो जटिल समस्या हुन सक्दछ।



२. नाभीमा मासु पलाएको वा नाभिको गाँठो (Umbilical Polyp Umbilical Granuloma)

नाभीमा गन्हाउने पानी वा पीप जस्तो रस, कहिलेकाहीँ रगत आउन सक्छ। राम्ररी हेर्यो भने नाभीमा सानो गुलाबी वा रातो रंगको मासु



पलाएको देखिन्छ। यो दुख्दैन, ज्वरो पनि आउदैन। यो आफैं ठीक हुँदैन। यसलाई डामेर (Chemical or Electrocauterization) निकाल्नु पर्ने हुन्छ।

३. नाभी फुल्नु (Umbilical Hernia)

बच्चा रोएको बेला नाभी फुल्ने हुन्छ। हल्का थिच्दा वा बच्चा नरुंदा वा सुतेको बेला फुलेको हराउँछ। यसमा दुखाइ हुँदैन। यो नाभी मुनि पेटको भित्तामा सानो प्वाल भएकोले हुने हो। ६ महिनादेखि २ वर्ष भित्र यो प्वाल आफैं बन्द हुन्छ र नाभी फुल्न रोकिन्छ। २ वर्ष पछि पनि रहेमा यो प्वाल शल्यक्रिया गरी बन्द गर्नु पर्ने हुन्छ। सिक्का, टेप आदि बाँध्ने, झारफुक गर्ने गरेर फाइदा हुँदैन।



४. नाभीबाट दिसा वा पिसाब आउनु (Persistent Vitellointestinal Duct/ Persistent Urachus)

कहिले काहीं नाभीबाट पहेँलो वा हरियो रस वा दिसा आउन सक्छ। यसको कारण गर्भावस्थामा नाइटो र सानो आन्द्रा जोड्ने नली (Vitellointestinal

Duct) नहराई रहिरहेकोले हो। यसको उपचार गर्न सो नली काटेर फाल्ने शल्यक्रिया गर्नु पर्दछ। त्यसरी नै नाभी सधैं भिजिरहने, पिसाब जस्तै गन्ध भएको पानी आउने, बच्चाले पिसाब गर्दा नाभीबाट पिसाब रसाउने आदि लक्षण हुनु सक्छ। यसको कारण गर्भावस्थामा नाइटो र पिसाबको थैली जोड्ने नली (urachus) बन्द नभई खुला रहनु हो। यसको उपचार पनि शल्यक्रियाद्वारा उक्त नली बन्द गर्नु पर्दछ।

अन्त्यमा, नवजात शिशुको नाभीको हेरचाह ठिक संग गर्नुपर्दछ। कुनै पनि लक्षण देखिएमा तुरुन्त बाल चिकित्सकको सल्लाह लिनुपर्दछ। सबै जस्तो नाभीका समस्या सामान्य उपचारले निको हुन्छ। ढिला नगरी जांच गर्नाले जटिलताबाट जोगिन सकिन्छ।

Dr. Manoj Krishna Shrestha
Pediatric Surgeon



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A Legacy of Service:
Shyam Sunder Dhaubhadel
Honored as
'Institution Builder' at HRM Nepal Awards 2025



KATHMANDU – In a grand celebration of leadership and social impact, Shyam Sunder Dhaubhadel, Founder President of the Siddhi Memorial Foundation, was conferred with the prestigious HRM Nepal Award for Distinguished Services 2025 in the Institution Builder category.

The award, presented by The Corporate Club Nepal, recognizes individuals who have demonstrated extraordinary vision in creating and sustaining institutions that serve the children, women and senior citizen well-being. Under the "Institutional Service" category, Dhaubhadel was lauded for his decades-long commitment to transforming healthcare and social welfare in Bhaktapur and beyond.

Building Hope from Tragedy: The story of the Siddhi Memorial Foundation is one of resilience. Following the tragic loss of his four-year-old son, Siddhi Sundar, in 1993, Shyam Sunder Dhaubhadel and his wife, Ranjana, turned their personal grief into a mission for humanity. What started as a small health clinic has blossomed into a multi-faceted institution that includes: Siddhi Memorial Hospital- providing accessible health care for women and children. Siddhi Shaligram Senior Citizens' Home- A sanctuary offering dignity and care for the elderly. Siddhi & Meg's Children Home- Ensuring education and protection for vulnerable children.

Recognition of Excellence: The HRM Nepal Awards are among the most respected accolades in the country, celebrating Corporate Excellence and Distinguished Service. By naming Dhaubhadel an "Institution Builder," the jury highlighted his ability to garner international support- from partners in Germany, Switzerland, and Australia- to create a self-sustaining model of non-profit service.

"This recognition is not just for me, but for the entire Siddhi family—our staff, donors, and the community," Dhaubhadel remarked during the ceremony. "Our goal has always been to ensure that quality care is a right, not a privilege."

Why It Matters: For our readers and the wider community, Dhaubhadel's win serves as a powerful reminder of how visionary leadership can address systemic gaps in social infrastructure. As the Siddhi Memorial Foundation continues to expand its reach, this award cements its status as a cornerstone of Nepalese institutional excellence.



NATIONAL Doctor's Day

4th March, 2026



On the occasion of National Doctors' Day in Nepal, honouring the guardians of Health, Hope and Healing, the founder president of Siddhi Memorial Hospital Shyam Sundar Dhaubhadel praised the dedication and compassion of doctors who work tirelessly to heal and comfort of patients.

He expressed the need for skilled doctors to provide, high-quality services to people of Bhaktapur and beyond acknowledging that Siddhi Memorial Hospital aligns with this by providing specialized, affordable care to underprivileged women, children, and senior citizens. He urged doctors to take their profession from the viewpoint of service to provide sustainable healthcare for marginalized women, children, and the celebrates the commitment of its staff to serving the community. He also honored doctors with token of appreciation, recognizing contributions towards tireless patient's service.

On International Women's Day, SMF organized a lively quiz competition on Sunday, 8th March 2026, bringing together staff members from various departments for an engaging and refreshing program. The event aimed to honor women's contributions while promoting teamwork, knowledge sharing, and friendly interaction among colleagues. A total of six teams participated and the teams were named after flowers, symbolizing beauty and diversity: Parijat, Sayapatri, Lalupate, Laligurash, Makhmali and Gulab

The quiz featured a variety of topics including history, sports, music, culture, general knowledge, and information related to the our foundation. In recognition of International Women's Day several questions focused on the achievements and contributions of women across different fields.

After an enthusiastic and competitive session, the Parijat Group emerged as the winner with 240 points. The Laligurash Group achieved the second position with 210 points. The Sayapatri Group secured the third position with 180 points and the Lalupate Group finished in fourth position with 110 points.

Winners were awarded by a cash prize and a token of appreciation. The Outreach Department support from the Nursing Department In-Charges quiz contest was successfully conducted and jointly hosted by Mr. Roshan Dhaubhadel and Mr. Anil Rajbhandari, Operational Director.

Cheers to all the women!!!

INTERNATIONAL Women's Day 8th March, 2026

#GIVE
TO GAIN

Care for Her Health, Care for Tomorrow



World Congenital Heart Disease Awareness Week Observed at Siddhi



World Congenital Heart Disease Awareness Week, observed every year from February 7–14, serves as an important occasion to increase awareness about congenital heart disease (CHD), the most common birth defect in newborns. CHD affects approximately 1% of live births, and around 25–30% of these cases are classified as critical congenital heart disease (CCHD). CCHD includes the most serious forms of congenital heart defects, which often require surgical or catheter-based intervention within the first year of life, sometimes within the first few weeks after birth.

Marking the occasion, Dr. Ganendra Bhakta Raya, Pediatric Cardiologist at Siddhi Memorial Hospital, spoke on the different aspects of congenital heart disease and emphasized the importance of pulse oximetry screening in the early identification of critical congenital heart disease in newborns.



As part of its commitment to newborn care, Siddhi Memorial Hospital has been providing free pulse oximetry screening to all babies born at the hospital before discharge. The hospital also offers affordable fetal and neonatal echocardiography services six days a week. This service, provided by Dr. Dhruva Shrestha and Dr. Ganendra Bhakta Raya, has benefited many patients and pregnant women from Bhaktapur and neighboring areas, with many referrals also coming from hospitals in and around Bhaktapur.

Ultrasound in Modern Clinical Practice

Continuing its commitment to medical education and clinical excellence, Siddhi Memorial Hospital organized an academic session titled "Know Your USG Machine: Knobology, Technology and Clinical Applications" on 2082 Falgun 14 (Thursday) at 1:30 PM in the Conference Hall. The session was delivered by Dr. Ganendra Bhakta Raya, Pediatric Cardiologist at Siddhi Memorial Hospital.

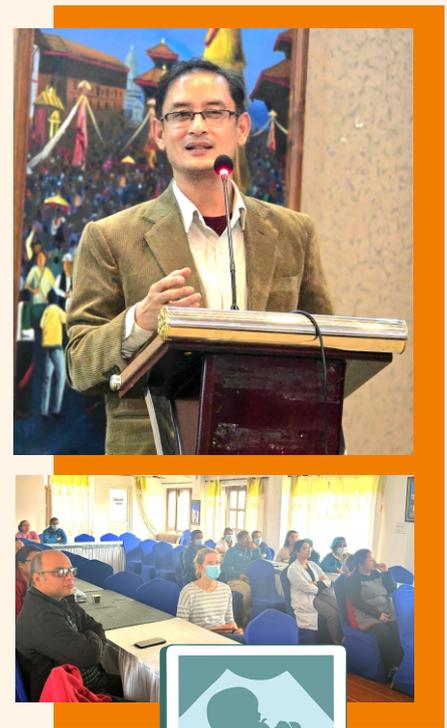
During the session, Dr. Raya discussed the fundamental principles of ultrasound technology, the importance of understanding machine controls ("knobology"), and practical approaches to optimize image quality in clinical practice. The program highlighted how proper use of ultrasound technology can significantly improve diagnostic accuracy and patient care.

Special emphasis was placed on the growing role of ultrasound in modern clinical practice, particularly in pediatrics, pediatric cardiology, and obstetrics and gynecology. In pediatrics, ultrasound is widely used as a safe, non-invasive, and radiation-free imaging modality for evaluating a variety of conditions, including abdominal, cranial, and musculoskeletal disorders in children. In pediatric cardiology, echocardiography remains the cornerstone for diagnosing congenital and acquired heart diseases, enabling early detection and timely management. In the field of obstetrics and gynecology, ultrasound plays a crucial role in fetal assessment, monitoring pregnancy, detecting congenital anomalies, and evaluating gynecological conditions.

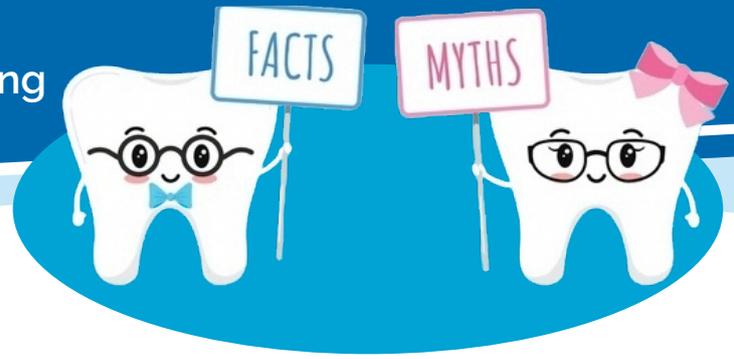
The session also highlighted the expanding role of point-of-care ultrasound (POCUS) in bedside clinical decision-making, allowing clinicians to obtain rapid diagnostic information and guide patient management.

This class was organized as an ice-breaking session for the upcoming Fetal Medicine Academic Program at Siddhi Memorial Hospital, which will be conducted in six sessions. The program aims to strengthen clinicians' knowledge and skills in fetal imaging and prenatal diagnosis.

Doctors of Siddhi Memorial Hospital attended the session as part of the hospital's ongoing academic and continuing medical education activities.



Stop Believing Tooth Tales: Myths Your Dentist Wants You to Stop Believing



Tooth care is full of “advice” but not all of it is accurate. From trending hacks online to traditional home remedies, myths about dental health persist. Unfortunately, believing them can do more harm than good. In the dental chair, we often witness the results firsthand. Let’s uncover the truth behind these common tooth tales.

Myth: The Absence of Pain Indicates Healthy Teeth.

Fact: Dental pathology usually progress silently without producing noticeable discomfort. Many oral conditions, including dental caries, periodontal disease, and periapical infections, can progress asymptotically in their early stages. Patients often remain unaware of underlying pathology until symptoms such as pain or swelling arise — by which time the condition may have advanced significantly and require more complex intervention. So, routine dental examinations and appropriate radiographic assessments are essential for early detection, timely management, and prevention of disease progression.

Myth: Brushing Harder Enhances Oral Hygiene

Fact: Excessive brushing force can compromise dental and periodontal health. Aggressive brushing techniques may result in enamel abrasion, gingival recession, and dentin hypersensitivity. Evidence indicates that using a soft-bristled toothbrush combined with gentle, circular motions effectively removes plaque while preserving the integrity of enamel and gingival tissue. Proper brushing technique is therefore more critical than applied force for maintaining optimal oral hygiene.

Myth: Sugar Consumption Is the Primary and Exclusive Cause of Dental Caries

Fact: Cavities are caused by multiple factors, including bacterial activity, oral hygiene, and carbohydrate exposure, with sugar being one contributing factor. Caries develop when oral bacteria metabolize fermentable carbohydrates, producing acids that demineralize enamel. The frequency and duration of carbohydrate exposure, combined with inadequate oral hygiene and reduced salivary clearance, are significant contributors to caries risk. Occasional consumption of sugary foods or beverages, when accompanied by proper oral hygiene practices, poses substantially less risk than frequent exposure without adequate cleaning.

Myth: Primary Teeth Are Unimportant Because They Eventually Fall Out

Fact: Primary teeth are essential for proper oral and craniofacial development. They facilitate adequate mastication, support normal speech development, and guide the eruption and alignment of permanent dentition. Neglecting the health

of primary teeth can result in pain, infection, premature tooth loss, and subsequent malocclusion or orthodontic complications.

Myth: Flossing Is Not Essential for Oral Hygiene

Fact: Interdental cleaning is critical for maintaining oral health. A substantial portion of the tooth surface is located in interdental regions that a toothbrush cannot adequately clean. Plaque accumulation in these areas significantly increases the risk of interproximal caries and periodontal disease. Therefore, daily interdental cleaning, through flossing or alternative devices, is a critical component of preventive oral care.

Myth: Gingival Bleeding Is Normal

Fact: Healthy gingival tissue does not bleed under normal brushing or flossing. Gingival bleeding is often an early clinical indicator of gingivitis or other periodontal pathology. If left unaddressed, it may progress to periodontitis, resulting in attachment loss and more complex treatment requirements. Early detection and intervention through professional care and improved oral hygiene can prevent disease progression and maintain periodontal health.

Myth: Oral Prophylaxis (Scaling) Damages Teeth

Fact: Scaling when performed by a licensed dentist or dental hygienist, are safe and beneficial for oral health. Scaling and polishing remove plaque, calculus, and stains without harming enamel or gums. Regular professional cleanings prevent periodontal disease, cavities, and other oral health issues. Any temporary sensitivity is minor and resolves quickly, far outweighed by the long-term benefits of maintaining healthy teeth and gums.

Myth: Pregnant women should avoid visiting the dentist.

Fact: Routine dental care during pregnancy is safe and recommended. Physiological and hormonal changes during pregnancy increase susceptibility to gingivitis and periodontal disease. Preventive, diagnostic, and most therapeutic dental procedures can be safely performed—particularly during the second trimester—with appropriate precautions, including the use of safe local anesthetics and protective shielding during radiographic imaging.



Believing common dental myths can put your oral health at risk, leading to problems that are harder and expensive to treat. So, getting accurate information is essential. By consulting your dentist and following science-backed advice, you can protect your teeth, gingiva, and overall health while keeping your smile strong and healthy.



Dr. Rujina Prajapati
Dental Surgeon

Voices at Work

How I feel to be a NICU nurse...

Being a NICU nurse makes me feel deeply responsible and emotionally connected to the tiny lives whom I care for everyday. It is a mix of pride, stress, compassion, and hope. As well as, we NICU nurses support Fragile newborns and their families during some of their most difficult moments. Everyday brings a mix of hope, stress and responsibility I, as I care not only for the babies but also comfort as well as support their worried families. Someday are challenging and emotionally heavy, but knowing that my skills, care and attention can help save or improve a baby's life gives me a strong sense of purpose and fulfillment. Whereas, it requires patience, compassion and strength, in the same way even small improvement feels like big victories, while difficult moments reminds me how precious and delicate life is. Despite the challenges, being able to help give this tiny patient's a chance at life makes the role become meaningful and fulfilling. As well as, it reminds me how valuable patience, team work and kindness are in health care.

During NICU stay, parents often feel scared overwhelmed, and helpless but they also look us with trust and hope. They see us as a source of comfort, information, reassurance and our calm presence helps them feel less alone. Through our care and communication, we become a bridge between their fear and hope for their child recovery.

" EVERYDAY IS A LEARNING DAY "



Archana Lasiwa
ICU Nurse

Life in the Fast Lane: A Personal Journey in Surgical Nursing



Sushmita Banjara
OT Staff Nurse

Being an operation theatre nurse gives me a deep sense of purpose and responsibility, as I work in a fast-paced, high-pressure environment where every second matters. I feel a strong bond with the surgical team, built on trust, communication, and perfect timing, knowing that my skills and preparation directly support patient safety and successful surgeries. There is something powerful about being part of life-changing moments, even if patients may never know my name. The long hours, strict discipline, and emotional demands can be exhausting, but they have made me resilient, confident, and emotionally strong. I have learned to stay calm and precise in intense situations, balancing empathy with professionalism while being a steady presence before, during, and after surgery. Though much of my work happens quietly behind the scenes, it fills me with pride and fulfillment, as this role feels less like a job and more like a calling that inspires me to grow, learn, and give my best every day.

What I learned from and about Siddhi Memorial Foundation

Siddhi showed me an organization that remains true to its purpose. An organization with a very big heart and much to offer its patients and elderly residents.

Seen from my student nurse perspective, I learned many things. The nurses bowled me over with their pace and speed of work. Whether that was assessing a patient, writing out a report, taking vitals or administering medication: no time was wasted. They also showed great skill in the procedures they carried out. Of particular note here was their skill with canula insertion, even with the tiniest and sickest of patients. I found them to be well versed in all the procedures they carried out and extremely knowledgeable about the precise equipment they would need for each individual intervention.

Knowledge is there at Siddhi in abundance and shared willingly. Senior doctors and nurses readily pass on their skills and expertise to those less experienced. This hopefully contributes to the best possible patient outcomes and greater job satisfaction for all medical staff.

I write all this as no expert: just a nearly third year nursing student with a career or too behind me. My comments are made in the light of my general life experiences, not my clinical expertise. My time with Siddhi has taught me a great deal. Much was shared with me, for which I am incredibly grateful.



Elizabeth
Nursing Student from Denmark

Siddhi Memorial Hospital at GBS Dissemination Meeting

Siddhi Memorial Hospital participated in a dissemination meeting titled Landscape of Group B Streptococcal Infection in Obstetric Health in Nepal: Gaps in Clinical Practice, Diagnostics, and Antimicrobial Stewardship, held on Wednesday, 18 February 2026, at Hotel Bhadgaun in Bhaktapur. The event was organized by Oxford University Clinical Research Unit (OUCRU) Nepal.

The meeting brought together clinicians, laboratory professionals, policymakers, and researchers to discuss the current landscape of Group B Streptococcus (GBS) infection in obstetric care in Nepal. Discussions highlighted gaps in clinical management, diagnostics, and antimicrobial stewardship, and emphasized the need for strengthened detection, improved surveillance, and targeted prevention strategies to reduce neonatal GBS disease and inform future maternal vaccine strategies.

The event focused on disseminating findings from the MODRA GBS study and examining their clinical, diagnostic, and public health implications. Participants also explored opportunities to translate emerging evidence into clinical practice and policy while identifying priorities for future research in maternal and newborn health.

Dr. Shreena Shrestha, Gynaecologist and Obstetrician, and Mr. Raj Shrestha, Research Officer, at Siddhi Memorial Hospital were Co-investigators of the MODRA GBS study. Mr. Shrestha opened the proceedings with a presentation on the study background, highlighting the importance of Group B Streptococcus (GBS) in perinatal health. He also moderated the discussion sessions.



International Research Publication



Effectiveness of the 10-valent Pneumococcal Conjugate Vaccine (PCV10) on Hospital Admission due to Pneumonia among Nepalese Children

A research study conducted at Siddhi Memorial Hospital (SMH), Bhaktapur, has recently been published in an international scientific journal, reflecting the hospital's growing contribution to collaborative clinical research. The publication, titled "Effectiveness of the 10-valent Pneumococcal Conjugate Vaccine (PCV10) on Hospital Admission due to Pneumonia among Nepalese Children", was published in 2025 in the journal *Vaccine: X*, published by Elsevier.

The study was carried out at SMH and brought together authors from Nepal along with national and international collaborators. In addition to contributors from Siddhi Memorial Hospital, the author group included researchers from Nagasaki University, Japan, including the School of Tropical Medicine and Global Health and the Institute of Tropical Medicine Nagasaki University.

The study evaluated how well the pneumococcal conjugate vaccine (PCV10), introduced into Nepal's national immunization program, protects children against severe pneumonia requiring hospital admission. In simple terms, the findings suggest that children who received the vaccine were less likely to be hospitalized with pneumonia compared with those who were not vaccinated. The results provide encouraging evidence that pneumococcal vaccination is helping reduce serious childhood respiratory infections and supports the continued use of PCV10 as an important public health measure to protect young children.

This collaboration highlights the academic strength of the study and underscores the role of Siddhi Memorial Hospital as an important clinical research site in Nepal. The publication reflects the hospital's continued commitment to evidence-based practice, scientific collaboration, and the advancement of child health research.

The full article can be accessed online at: <https://www.sciencedirect.com/science/article/pii/S2590136225001676>

Camp Highlights

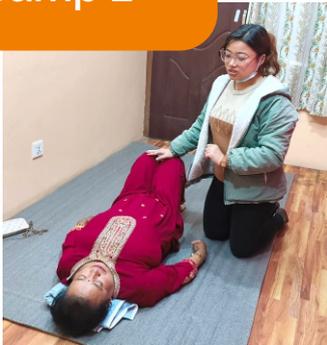
Camp 1

A Free Health Checkup Camp was organized by Siddhi Memorial Hospital on 23-24th February 2026 at Bageshwori school, Malekhu, Dhading in association with Nepal Center for Disaster Management (NCDM) with the aim of providing essential healthcare awareness to students and teachers. The camp featured general health assessments and consultations with specialists on Pediatrics, General Physician and Dental

Dr. Dhruva Shrestha, HOD and Senior Pediatrician of SMH and a team of dedicated doctors, nurses and paramedical staff facilitated the event. Over **750** students benefitted from the services, significantly raising health awareness and addressing common diseases. The camp was a great success, highlighting the importance of community health initiatives.



Camp 2



A Free Health Checkup Camp was held on 21st February 2026 at Uday Saving and Credit Co-operative Society, Bhaktapur which was specially focused on cervical cancer screening test followed by Visual Inspection with Acetic Acid (VIA) method. A team of Obstetrics and Gynecology along with Physiotherapist facilitate the event. More than 44 members and women benefitted from the services.

Your Smile Matters: Free Dental Screening

A Free Dental Checkup Camp was organized by Siddhi Memorial Hospital on 5th February at Small Kids Academy and 11-12th February 2026 at Bode Secondary School, community based educational institution in Bhaktapur with the aim of promote oral hygiene awareness, provide free screening for early detection of issues like cavities, and educate students on proper brushing, flossing, and diet. These camps aim to reduce dental fear, prevent future disease, and encourage healthy habits.

A team of Dental Department facilitate the event and more than 185 students benefitted at Small Kids Academy and 404 students were benefitted at Bode Secondary School from the services.



जीवनचक्रमा आधारित

Siddhi Memorial Childrens' Home
Kharipati, BKT - 2074



Siddhi Memorial Hospital
(For Women & Children) - 2054



Siddhi Shaligram
Senior Citizens' Home - 2062



स्वर्गीय सिद्धिसुन्दर घौमडेल
जन्म: २०८६ वैशाख १५
अवसान: २०१० आश्विन २२



**SIDDHI
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सिद्धि स्मृति प्रतिष्ठान

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सिद्धि स्मृति महिला तथा बाल अस्पताल

SIDDHI SHALIGRAM SENIOR CITIZENS' HOME

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SIDDHI & MEG'S CHILDREN HOME

सिद्धि तथा मेग बाल गृह

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