



सिद्धि स्मृति प्रतिष्ठान
SIDDHI MEMORIAL FOUNDATION

Newsletter

फ़ायिडह

Happenings at Siddhi...

“The Silent Strength Behind Every Recovery”



Our Nurses, Our Future.
Empowered Nurses
Save Lives.

INTERNATIONAL
NURSES

12th MAY 2026 DAY

From the Founder President's Desk:



Shyam Sundar Dhaubhadel
Founder President
Siddhi Memorial Foundation

Dear Friends, Well-wishers, and the Siddhi Family,

As we gather to celebrate the 37th Siddhi Memorial Day, my heart is filled with profound gratitude and reflection. What began as a humble tribute to my beloved son, Siddhi, has blossomed into a sanctuary of hope for thousands. For 37 years, our guiding principle, "Service to Humanity," has remained the heartbeat of every life we touch.

This year's milestone is not just a look back, but a proactive step forward. To honor this day, we are organizing a Free Mega Health Camp and an Open Blood Donation Program. These initiatives reflect our core mission: ensuring that quality healthcare is accessible to all, especially those most in need within our community.

Our success is built on the unwavering dedication of our staff—our true Healthcare Heroes. It gives me immense pride to announce our Best Staff Recognition awards. Your perseverance through every challenge—from daily patient care to extraordinary emergencies—is what makes Siddhi Memorial Foundation a beacon of compassion.

I extend my deepest thanks to our international partners, local donors, and every member of the SMF family. Your support allows us to transform tragedy into a splendid legacy of service.

Let us continue to work together, with faith and dedication, to serve the children, women, and seniors who look to us for care.

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

Hanta Virus Infection: An Emerging Zoonotic Threat



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Hantavirus infection is a rare but potentially life-threatening viral illness transmitted primarily through contact with infected rodents and their excreta. Although more commonly described in adults, children can also be affected, sometimes with severe outcomes. Pediatric cases are relatively uncommon, which often leads to delayed recognition and diagnosis. Increasing urbanization, environmental changes, and closer human interaction with rodent habitats have contributed to growing awareness of hantavirus infections worldwide.

What is Hantavirus?

Hantaviruses belong to the Hantaviridae family and are RNA viruses carried by rodents. Different strains are associated with different clinical syndromes and geographic regions. Humans are accidental hosts and become infected mainly through inhalation of aerosolized particles from rodent urine, saliva, or feces.

Two major clinical syndromes are associated with hantavirus infection:

- 1 **Hemorrhagic Fever with Renal Syndrome (HFRS)** – more common in Europe and Asia.
- 2 **Hantavirus Pulmonary Syndrome (HPS)** – mainly seen in North and South America. Both forms can occur in children, though HPS is generally associated with higher mortality.

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Epidemiology in Children

Pediatric hantavirus infections are uncommon compared to adults, possibly due to lower occupational exposure. However, outbreaks have been reported in rural communities, camping areas, agricultural settings, and regions with poor rodent control.

Risk factors in children include:

- Living in rodent-infested houses
- Exposure to barns, grain storage areas, or farms
- Camping or trekking in endemic regions
- Poor sanitation and overcrowded living conditions
- Playing in abandoned buildings or dusty environments

In Asia, including parts of China, Korea, and Russia, HFRS is more frequently reported. In the Americas, HPS caused by Sin Nombre virus and related strains has been documented.

Transmission

Human-to-human transmission is extremely rare for most hantaviruses. Infection usually occurs through:

- Inhalation of contaminated aerosols
- Direct contact with rodent excreta
- Rodent bites (less common)
- Contaminated food or surfaces

Children may be exposed unknowingly while playing outdoors or helping in household cleaning activities where rodent droppings are disturbed.

Pathophysiology

After entering the body, hantaviruses infect endothelial cells lining blood vessels. This leads to increased capillary permeability and vascular leakage. Depending on the strain involved, the disease predominantly affects:

- The lungs in HPS
- The kidneys in HFRS

Immune-mediated injury plays a major role in disease severity. Cytokine release and endothelial dysfunction contribute to shock, pulmonary edema, and multiorgan involvement.

Why we need to discuss about it?

We are discussing hantavirus now because there has been a recent international outbreak linked to a cruise ship, which brought the virus back into global public health attention. Several people became seriously ill and at least three deaths were reported from the Andes strain of hantavirus. WHO, CDC, and multiple countries are currently coordinating monitoring and contact tracing. (World Health Organisation)

A few reasons this matters right now:

- The outbreak involved international travel, so exposed passengers dispersed across many countries.
- The strain involved — Andes virus — is unusual because limited person-to-person transmission has been documented, unlike most hantaviruses which spread mainly from rodents (WHO)
- The illness can be severe, causing rapid respiratory failure with high mortality in some cases. (WHO)
- Public concern increased because the event happened in a closed setting (a cruise ship), which reminds people of early outbreak scenarios from past pandemics.

At the same time, health agencies are emphasizing that this is not another COVID-like pandemic situation. Current evidence suggests:

- transmission is difficult and usually requires close contact
- case numbers remain very small,
- global public risk is considered low. (The United Nations Office of Geneva)

From a medical and public health perspective, discussing hantavirus now is important because it highlights:

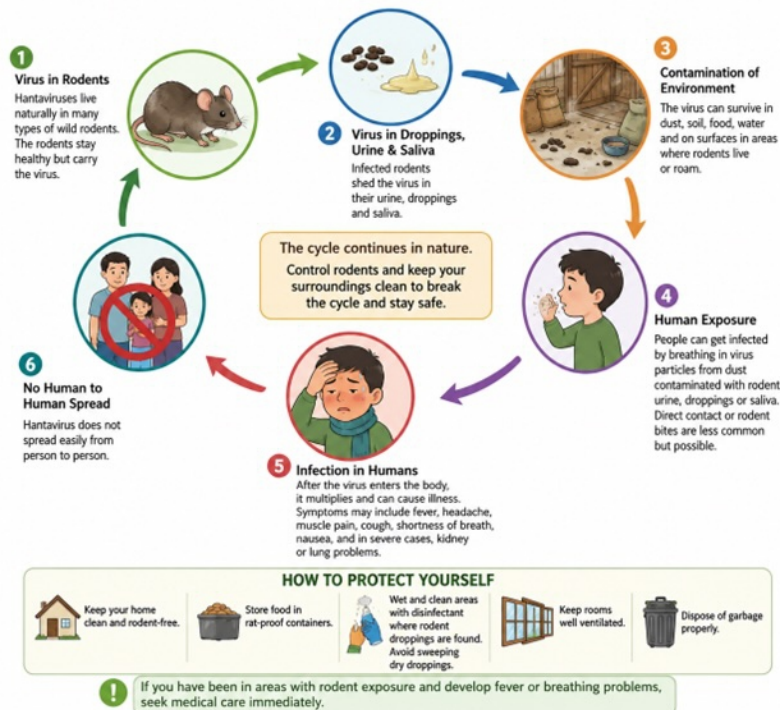
- zoonotic disease surveillance,
- outbreak preparedness,
- travel-related infection control,
- and early recognition of rare but severe infections.

For clinicians, especially in pediatrics or critical care, it is also a reminder to consider hantavirus in patients with:

- fever,
- thrombocytopenia,
- rapid respiratory deterioration,
- and exposure to rodents or endemic areas.

HANTAVIRUS LIFE CYCLE

From Rodents to Humans



Differential Diagnosis

Hantavirus infection can mimic several tropical and infectious diseases common in children. Important differential diagnoses include:

- Dengue fever
- Leptospirosis
- Scrub typhus
- Malaria
- Influenza
- COVID-19
- Sepsis
- Hemolytic uremic syndrome
- Acute glomerulonephritis

A high index of suspicion is necessary, especially in endemic areas or in children with rodent exposure history.

Clinical Features in Children

The incubation period ranges from 1 to 6 weeks. Early symptoms are usually nonspecific, making diagnosis difficult during the initial phase.

Prodromal Phase

Children may present with:

- Fever
- Headache
- Myalgia
- Fatigue
- Abdominal pain
- Nausea and vomiting
- Dizziness

These symptoms may resemble viral fever, influenza, dengue, or gastroenteritis.

Hantavirus Pulmonary Syndrome (HPS)

After a brief prodrome, rapid cardiopulmonary deterioration can occur:

- Cough
- Tachypnea
- Respiratory distress
- Hypoxia
- Pulmonary edema
- Shock

Children may rapidly progress to respiratory failure requiring intensive care and mechanical ventilation.

Hemorrhagic Fever with Renal Syndrome (HFRS)

Typical manifestations include:

- High fever
- Petechiae or bleeding tendency
- Hypotension
- Acute kidney injury
- Oliguria followed by polyuria
- Proteinuria and hematuria

Severe cases may develop disseminated intravascular coagulation (DIC) and multiorgan dysfunction.

Diagnosis

Early diagnosis is challenging because initial symptoms are nonspecific.

Laboratory Findings

Common abnormalities include:

- Thrombocytopenia
- Leukocytosis
- Hemoconcentration
- Elevated liver enzymes
- Proteinuria
- Elevated creatinine
- Hypoalbuminemia

Chest imaging in HPS may show bilateral interstitial infiltrates or pulmonary edema.

Confirmatory Tests

Diagnosis is confirmed by:

- Serology for hantavirus-specific IgM and IgG antibodies
- Polymerase chain reaction (PCR)
- Immunohistochemistry in selected cases

Travel history, environmental exposure, and epidemiological context are essential clues.

Treatment

There is no universally approved specific antiviral therapy for most hantavirus infections. Management is mainly supportive and depends on disease severity.

Supportive Care

Key components include:

- Careful fluid management
- Oxygen therapy
- Mechanical ventilation when required
- Hemodynamic support
- Renal replacement therapy in severe kidney injury

Children with HPS often require pediatric intensive care due to rapid respiratory compromise.



Antiviral Therapy

Ribavirin has shown benefit in some cases of HFRS when administered early, though evidence is limited and variable. Its role in pediatric practice remains uncertain.

Extracorporeal Support

Severe HPS cases may require extracorporeal membrane oxygenation (ECMO), particularly in refractory respiratory or cardiac failure.

Prognosis

The prognosis depends on the viral strain, disease severity, and timing of supportive treatment.

- HPS has a mortality rate approaching 30–40%.
- HFRS generally has lower mortality but can still cause serious complications.

Children who survive acute illness usually recover fully, though prolonged fatigue and temporary renal dysfunction may persist. Early recognition and prompt intensive supportive care significantly improve outcomes.

Prevention

Prevention remains the cornerstone of hantavirus control because no widely available vaccine exists for routine pediatric use in most countries.

Rodent Control Measures

Important preventive strategies include:

- Keeping homes clean and rodent-free
- Sealing cracks and holes
- Proper food storage
- Safe disposal of garbage
- Avoiding accumulation of firewood or clutter near homes

Safe Cleaning Practices

When cleaning rodent-infested areas:

- Avoid sweeping dry droppings
- Use gloves and masks
- Wet contaminated areas with disinfectant before cleaning
- Ensure proper ventilation

Community Awareness

Public health education is essential, especially in endemic rural regions. Families should be educated regarding rodent exposure risks during farming, camping, and outdoor activities.

Hantavirus and Pediatricians

Pediatricians should maintain awareness of hantavirus infection, especially when evaluating:

- Acute febrile illness with thrombocytopenia
- Unexplained respiratory failure
- Acute kidney injury with hemorrhagic manifestations
- Illness following rodent exposure

Early referral to higher centers with intensive care facilities may be lifesaving.

Conclusion

Hantavirus infection in children is uncommon but potentially fatal. Because its early symptoms mimic many common viral and tropical illnesses, diagnosis is frequently delayed. Pediatricians and healthcare providers should consider hantavirus in children presenting with fever, thrombocytopenia, respiratory distress, or renal involvement, particularly in endemic areas or in the presence of rodent exposure history. Timely supportive care remains the mainstay of treatment and can significantly reduce mortality. Public health measures focusing on rodent control, sanitation, and community awareness continue to be the most effective tools for prevention. As global environmental and ecological changes alter human–rodent interactions, awareness and surveillance of hantavirus infections in children are becoming increasingly important in pediatric practice.



Dr. Dhruva Shrestha
HOD, Senior Consultant
Pediatrician

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Celebrating 37 Years of Healing and Hope: Siddhi Memorial Day Marks Another Milestone of Community Service

The Siddhi Memorial Foundation recently marked its 37th Siddhi Memorial Day, celebrating nearly four decades of unwavering dedication to healthcare and community welfare. To honour this milestone, the foundation hosted a comprehensive day of service, recognition, and community gathering, reaffirming its deep-rooted commitment to serving the people of Bhaktapur and beyond.

A free multi-specialty Mega Health Camp and medicine distribution served as the heart of the celebration. Doctors treated 365 patients across 11 specialized departments are Obstetrics & Gynaecology, Pediatrics, Pediatric Surgery, Cardiology, ENT, Orthopaedics, Ophthalmology, Internal Medicine, Dermatology, Dental and Physiotherapy.

The Gift of Life: Blood Donation Drive - In parallel with the medical camp, the Foundation organized a blood donation program in close association with the Bhaktapur Red Cross Society. Embodying the spirit of community solidarity, 51 generous individuals stepped forward to donate blood, contributing directly to lifesaving emergency medical reserves in the region.

Honouring Extraordinary Care and Resilience the formal ceremony was the presentation of the Recognition Award and cash prizes to the Foundation's most dedicated staff members. This year, the excellence awards were presented to Sita Tamang, Sahadev Malla, Kabita Anjakhya, Saraswoti Maharjan, Aastha Phoju, Chandika Sada, Sumitra Karki, and Hari Maya Sitikhu for their exemplary service and commitment to patient care. Also presented special "Tokens of Love" to celebrate the resilience of patients who overcame rare and complex medical challenges at Siddhi Memorial Hospital (SMH). Among those honoured were a low-weight twin baby who was successfully treated and nurtured in the hospital's specialized care unit, and a brave cancer survivor whose condition was life-savingly diagnosed early during a routine hysteroscopy procedure.

The gathering brought together board members, neighbours, and local community residents. The event was graced by Chief Guest Mr. Saroj Kumar Sharma, the Member Secretary from the Social Welfare Council, who commended the Foundation's deep impact on local public health. Founder President Mr. Shyam Sundar Dhaubhadel opened the formal proceedings by welcoming the distinguished guests and later concluded the event with a warm vote of thanks, expressing his gratitude to the doctors, volunteers, staff, and community members who make the Foundation's mission possible.

The memorable day of celebration and service concluded with a communal lunch shared among all guests, partners, and staff members, reinforcing the bonds of the Siddhi Memorial Foundation family



Honoring Our Unsung Heroes: SMH Celebrates World Laboratory Day



We are proud of our lab professionals who turn samples into solutions every single day.



Our laboratory team works tirelessly behind the scenes to save lives every single day. On April 23, 2026, Siddhi Memorial Hospital proudly celebrated World Laboratory Day. We extended our deepest gratitude to our incredible laboratory technicians and the entire lab team for their vital contributions to patient care.

The Backbone of Healthcare is Diagnosis. Accurate medical treatments depend heavily on precise laboratory test results. Our dedicated lab technicians work around the clock with speed and high precision. They ensure our clinical teams have the reliable data needed to make life-saving decisions.

To honor their unwavering commitment, the hospital management hosted a special appreciation event. Each member of the laboratory team was presented with a commemorative mug as a token of appreciation. Following the gift distribution, the team gathered for a celebratory fellowship lunch to relax, bond, and celebrate their shared achievements.

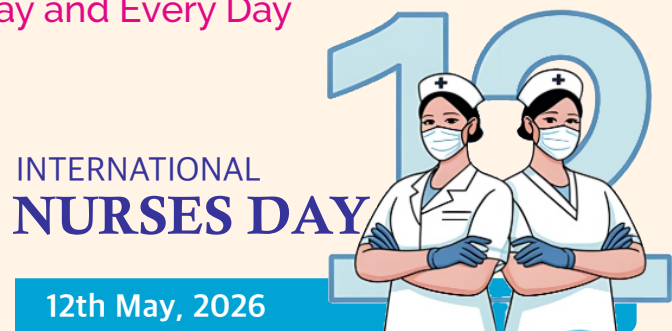
Thank you to our laboratory team for being the reliable backbone of Siddhi Memorial Hospital!

The Healing Touch: Honoring Our Nurses Today and Every Day SMH Celebrates International Nurses Day

On May 12, our hospital filled with joy, gratitude, and applause as we gathered to celebrate International Nurses Day. This annual event honors the dedication, selflessness, and compassion of our incredible nursing team. You form the true backbone of our healthcare mission. The celebration recognized these tireless efforts with special awards, gifts, and shared moments.

The highlight of the day was our annual nursing awards. These honors highlight outstanding care across different hospital specialties. Each winner received a token of appreciation along with a cash prize for their exceptional service. Best Pediatric Nurse – Rekha Shrestha: Awarded for bringing smiles, gentle comfort, and fearless care to our youngest patients. Best Maternity Nurse – Supriya Tamang: Awarded for guiding mothers safely through childbirth with expert guidance and reassuring warmth. Best Geriatric Nurse – Neelam Joshi: Awarded for showing immense patience, respect, and dignity to our elderly residents. As Tokens of Appreciation and Celebration every nurse at Siddhi Memorial Hospital received a commemorative cup. This gift serves as a daily reminder of our administration's deep gratitude for your hard work. Following the awards, hospital leadership and staff gathered for a ceremonial cake-cutting. This sweet moment symbolized the comfort and joy our nurses bring to patients daily. The celebration concluded with a festive community lunch. This gave our hardworking nursing staff a well-deserved opportunity to relax, laugh, and bond outside the wards. Management extends a heartfelt thank you to our entire nursing team.

Thank you for your unwavering commitment to healing and comfort every single day!



INTERNATIONAL
NURSES DAY

12th May, 2026

Our Nurses, Our Future.
Empowered Nurses Save Lives.



A Partnership Built on Compassion and Commitment

The collaboration between Med for Kids Nepal and Siddhi Memorial Hospital reflects a shared dedication toward improving the health and well-being of children and mothers in Nepal. What began as a simple visit to Siddhi Memorial Hospital in 2016 gradually evolved into a meaningful and long-standing partnership rooted in trust, professional exchange, and humanitarian service.

MED for KIDS Nepal is a volunteer-run, non-profit organization committed to improving the lives of children in Nepal by supporting access to medical care and social support services. Through volunteer work, donations, and knowledge sharing, the organization continues to positively impact the future of many children and families. Since the beginning of this collaboration, Swiss nurses and medical professionals have regularly contributed to Siddhi Memorial Hospital through short-term assignments, medical support, on-site and online training, and donations of essential medical supplies and equipment. In June 2024, the association MED for KIDS Nepal was formally established, further strengthening its commitment to sustainable healthcare support in Nepal.

Over the years, their continued support has contributed significantly to strengthening the hospital's service capacity. Most recently, support for the ICU setup — including monitors, infusion room facilities, pantry support, and utility room management, bilirubinometer, vein detector, bed warmer, portable patient monitors — has enhanced the hospital's ability to provide safe, efficient, and uninterrupted critical care services for women and children.

In addition, MED for KIDS Nepal has also extended valuable support toward enhancing the Human Milk Bank services at Siddhi Memorial Hospital through the donation of electric breast pumps and bottle sterilizer. This contribution plays an important role in promoting safe breast milk collection, storage, and feeding support for vulnerable newborns, especially premature and critically ill babies requiring specialized neonatal care. Such support directly contributes to improving neonatal nutrition and strengthening lifesaving care for infants in need.

More than infrastructure and equipment, this partnership symbolizes a shared belief that every child deserves the opportunity for a healthier future and every mother deserves compassionate and dignified care. Siddhi Memorial Hospital sincerely appreciates the unwavering support, generosity, and collaboration of MED for KIDS Nepal and looks forward to continuing this meaningful journey together in service of community health.

for **MED**
KIDS
Nepal



Strengthening Healthcare: Siddhi Memorial Partners With Taiwan Health Corps



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May 2026 marks one year of a transformative partnership between Siddhi Memorial Hospital and Taiwan Health Corps. Initiated in May 2025, this collaboration has significantly strengthened our healthcare services and institutional capacity. Together, we are creating a safer, more comfortable, and highly skilled care environment for our community.

Enhancing Patient Comfort and Safety - A major highlight of this partnership is the vital logistical support provided to our wards. Taiwan Health Corps has generously donated essential medical furniture, including advanced patient beds and bedside lockers. These additions have upgraded our inpatient facilities, ensuring a more patient-friendly, secure, and dignified healing environment for everyone we serve.

Knowledge Exchange and Professional Growth - True institutional capacity building goes beyond physical infrastructure. Our collaboration has actively fostered professional growth through deep clinical exchange. Medical experts from the prestigious Cathay General Hospital in Taiwan recently visited Siddhi Memorial Hospital. During their stay, they conducted specialized sessions, sharing advanced clinical experiences and technical expertise directly with our medical and nursing teams.

Looking Ahead: Global Training Opportunities - The future of this partnership holds even greater promise for our clinical standards. Planned fellowship programs and advanced training opportunities will soon allow our doctors to travel to Taiwan for specialized study. This upcoming initiative will provide our medical staff with valuable international exposure, enhance their specialized skills, and directly fuel the continuous improvement of healthcare quality at Siddhi Memorial Hospital. We extend our deepest gratitude to Taiwan Health Corps and Cathay General Hospital for their unwavering solidarity and commitment to elevating healthcare standards in Nepal.

Voices at Work

Working as a pediatric nurse for past twelve years at Siddhi Memorial Hospital has been a meaningful and rewarding journey. Pediatric emergency care requires not only medical knowledge and quick action but also compassion, patience, and emotional support for children and their families during difficult times.

Over the years, I have cared for children with various emergencies including pneumonia, dehydration, febrile seizure, respiratory distress, trauma and neonatal illness. Many critically ill children have recovered successfully due to timely intervention, teamwork and proper emergency management. Seeing children return home healthy and smiling has always been the greatest motivation in my profession.

One important lesson I have learned is that early recognition and prompt treatment can save a child's life. Equally important is empathy. A calm and caring approach helps reduce fear in children and provides reassurance to parents during stressful situations.

Siddhi Memorial Hospital has continuously played an important role in serving the community by providing accessible and dedicated healthcare services for children from different backgrounds. The teamwork among doctors, nurses and hospital staff has helped deliver quality pediatric care to countless families. Being part of pediatric emergency care for twelve years has strengthened my commitment to serving children with compassion, dedication and professionalism.



Sarmista Jakibanjar
Nursing Incharge-ER Pediatrics

10 The Knowledge Nook

Future Doctors in Action: Inside the 11th Batch MBBS Field Experience at Siddhi Memorial Hospital

Medical school is often envisioned as an endless cycle of thick textbooks, lecture halls, and sterile hospital wards. However, true healthcare mastery requires understanding the system behind the medicine. For the 11th batch of MBBS students of the Nepalese Army Institute of Health Sciences (NAIHS), the classroom expanded into the community during their two-week Health Service Management (HSM) field visit at Siddhi Memorial Hospital.

During the rotation, the students divided their focus into several critical administrative pillars like Resource Allocation: Understanding how a community hospital balances a tight budget while maintaining high-quality patient care. Quality Assurance: Observing how infection control, patient safety protocols, and medical auditing protect vulnerable mothers and children. Health Information Systems: Evaluating data collection methods to see how daily patient statistics influence long-term institutional policies. Community Interventions: Assessing how the hospital interacts with the surrounding community through outreach and preventative health education.

As the field visit concluded, the 11th batch returned to their academic base to compile comprehensive management reports and presentations. However, they brought back much more than data. They returned with the foundational skills necessary to lead departments, manage clinics, and spearhead public health initiatives



First Aid Training for Preschool Teachers



A successful First Aid Training Program for preschool teachers was conducted through the collaborative efforts of Early Childhood Education Teachers' Association and Siddhi Memorial Hospital with the objective of enhancing emergency response skills and promoting child safety in preschool settings.

The training brought together preschool teachers from different institutions in Bhaktapur, Kathmandu and Lalitpur to strengthen their knowledge and practical skills in handling common childhood emergencies. Healthcare professionals and trainers (Rasila Pasakhala And Sapana Duguju) from Siddhi Memorial Hospital facilitated interactive sessions covering essential first aid techniques, emergency preparedness, and immediate care for children during accidents or sudden illnesses.

The collaboration reflects a shared commitment to creating safer learning environments for children through capacity building and health awareness among educators. Both organizations look forward to conducting similar educational and health promotion programs in the future.

Camp Highlights



A Free Health Checkup Camp was organized by Siddhi Memorial Hospital on 28th March at Pikhel, 31st March Chaling, Kunauto and 7th April 2026 at Jitpur in association with Agraj Mahila Co-operative Society with the aim of providing essential healthcare awareness to society members. The camp featured general health assessments and consultations with specialists on Gynaecology, Orthopaedics, Pediatrics, Dental and Physiotherapy.

Dr. Jyoti Devbhandari, HOD and Senior Consultant (Obs. & Gynaecology) of SMH and a team of dedicated doctors, nurses and paramedical staff facilitated the event. Over **172** members 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 1



Camp 2



A Free Health Checkup Camp was held on 4th April 2026 at Samadarshi Co-operative Society, Bhaktapur. The camp featured general health assessments and consultations on Gynaecology, Orthopaedics, Dental and Physiotherapy. A team of dedicated doctors, nurses and paramedical staff facilitated the camp. More than **104** patients benefitted from the services.

Camp 3

A Free Health Checkup Camp was held on 25th March 2026 at Radio Jansanchar, Bhaktapur. The camp featured general health assessments and consultations with specialists on Gynaecology, Orthopaedics and Dental. Dr. Sarita Situla, Consultant (Obs. & Gynaecology), Dr. Rajiv Bastola (Orthopaedic) and Dentist Dr. Rujina Prajapati and a team of dedicated doctors, nurses and paramedical staff facilitated the camp. More than **112** patients benefitted 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



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Bhimsenthan, Bhaktapur - 7, Nepal

Hospital : +977-1-5971442
Senior Citizens' Home : +977-1- 6616589
Children Home: +977-1-6619288

adminofficer@smf.org.np

www.smf.org.np