SMAH PULSEBEAT

Growing Together Through Transformative System Thinking

SMAH continued its journey of learning and growth with the Transformative System Thinking, Basic Level Training, conducted on January 8 and January 22, 2026 in partnership with the Right Path Research and Training Center. This training was more than just a classroom session it was a space for reflection, dialogue, and renewed purpose. Employees from different departments came together to understand systems more deeply, see challenges from new perspectives, and recognize how each role connects to the bigger mission of compassionate care. Through interactive discussions and practical insights, participants were encouraged to think critically, work collaboratively, and become positive agents of change within the hospital and beyond.

This continuation of training reflects SMAH's strong commitment to nurturing mindful, thoughtful, and empowered employees who grow not only in skills, but also in heart and vision.

Strengthening Care through Compassionate Counselling

Understanding that healing goes beyond clinical treatment, SMAH conducted a Counselling class for all nurses of the OB/Gyn & pediatric Department, focusing on compassionate communication with mothers and families. This session was specially designed to support nurses who care for women in labor, postnatal mothers, and those attending regular antenatal check-ups, ensuring that every patient feels heard, understood, and reassured during one of the most important phases of life. Facilitated by Ms. Alina Shrestha, the class emphasized the vital role of counselling in hospital care not only for patients, but also for their visitors and family members. Nurses were guided on how proper counselling can reduce fear, build trust, and create a sense of safety and confidence among mothers and their loved ones.

This meaningful session reinforced the belief that a kind word, clear guidance, and empathetic listening can be as powerful as medicine. Through this training, our OB/Gyne & pediatric nurses are further empowered to provide holistic care that touches both the body and the heart, strengthening the overall patient experience at SMAH.

SMAH PULSEBEAT

Helping Babies Breathe (HBB) Training, Extending Hope Beyond Hospital Walls

With a deep commitment to saving newborn lives, SMAH successfully conducted a Helping Babies Breathe (HBB) training for Birthing Center health care providers of Panchkhal Municipality on 12 & 13 January 2026. A total of 12 dedicated participants took part in this life saving training, strengthening their skills and confidence to respond during the most critical moments of birth.

The training was facilitated by our passionate SMAH master trainer team, Ms. Biku Karmacharya, Ms. Alina Shrestha, Mr. Pukar Shrestha, Ms. Dibya Lakhe, and Ms. Rupa Shrestha who shared not only knowledge and hands-on skills, but also a heartfelt mission of compassion and care. Through practical demonstrations, simulations, and meaningful discussions, participants were empowered to act swiftly and effectively to help newborns take their first precious breath.

This program truly reflects SMAH's commitment to serving beyond hospital walls, where every trained hand becomes a promise of life and every breath saved becomes a story of hope for families and communities.

Empowering Future Nurses to Save Mothers' Lives

With a strong commitment to safe motherhood and quality care, SMAH conducted a Helping Mothers Survive (HMS) training for the dedicated students of our College of Nursing. A total of 20 enthusiastic nursing students participated in this meaningful training, taking an important step toward becoming confident and compassionate caregivers for mothers in need.

The training was facilitated by our experienced and passionate master trainers, Ms. Biku Maya Karmacharya, Ms. Alina Shrestha, Ms. Dibya Lakhe, and Ms. Pratima Manandhar who generously shared their knowledge, skills, and real-life experiences. Through hands-on practice, interactive learning, and guided simulations, the students were empowered with life-saving skills to respond effectively during maternal emergencies.

This HMS training not only strengthened clinical competence but also inspired the hearts of future nurses to serve with confidence, care, and compassion. At SMAH, we remain proud to nurture the next generation of health professionals who will stand at the frontline, protecting mothers' lives and building healthier communities.

For any queries, additional information and giving donation procedure,
Please contact at smah.advancement@gmail.com
Prepared By: Nisha Gautam, Philanthropy, External Liaison and Marketing Officer