

CASE STORIES

Nabin Singh Saud, 16 years of age is a resident of Baitadi, Sigas who had long standing history of heart disease is currently undergoing **Atrial Defect (ASD)** treatment at Manmohan Cardiothoracic Vascular and Transplant Center (MCVTC) at Maharajgunj. ASD, which is a defect precisely, a hole in the heart where there is an abnormal opening in the dividing wall between the upper filling chambers of the heart, is a common heart defect that's present at birth, having symptoms of breathlessness and rapid or irregular heartbeat. He was sent to different hospitals in hopes of getting a proper treatment but due to his financial problem, he was not able to afford a proper treatment for his case.



After recurrent sickness, he was referred to MCVTC for further treatment and observation. After analysing his cardiac symptoms cardiologist of MCVTC performed few tests and he was recommended to seek help from Jayanti Memorial Trust (JMT) witnessing her poor family background. Based on the diagnostic findings and severely abnormal heart conditions, he was admitted to the hospital for device closure and his condition was monitored closely. After the hospitalization phase, he was supported with regular medications which brought improvements in his health. On asking about his health status, his father replied “ *Coming from a poor family, I was not able to collect*

enough money for my sons treatment, I am thankful that my son has been given proper treatment and medications here”.

Fortunately, Nabin was able to recuperate from a stressful recovery and he reported an increase in his motivation, ability to change developing a post discharge plan that incorporates self-care behaviours and nutrition management. In addition to that, he thanked JMT and Basic Needs Program (BNP) for their continuous support and constant reassurance.

Pratibha Shrestha – A Journey of Hope and Healing

Pratibha Shrestha, a 32-year-old dedicated school teacher, was admitted to Manmohan Cardiothoracic Vascular and Transplant Center (MCVTC) with worsening symptoms of shortness of breath, prolonged fever, persistent cough, and orthopnea. After a thorough evaluation, she was diagnosed with Atrial Septal Defect (ASD) — a congenital heart condition requiring urgent intervention. Further assessments revealed the necessity for direct ASD closure along with Tricuspid Valve (TV) repair.

Despite the severity of her condition, what made Pratibha’s case particularly challenging was not just the medical urgency but the emotional and financial turmoil she



was enduring. Coming from a financially weak and emotionally strained family, Pratibha’s personal life had been weighed down by a series of hardships. Her mother was battling cancer, while her father had recently undergone heart stroke surgery. As the eldest and only financially active member of the family, she worked tirelessly as a school teacher, drawing a modest salary, barely enough to meet her basic needs.

Adding to the emotional distress, she had recently gone through a divorce, leaving her further isolated and burdened.

In this moment of despair, Pratibha reached out to JMT and BNP appealing for financial assistance to undergo the much-needed treatment. Leaders of BNP visited her and interviewed her guardian, hence both organizations stepped in generously and took responsibility for her treatment costs.

Case Story

Deepesh Sunar , a 17-year-old boy from Nuwakot, was diagnosed with Atrial Septal Defect (ASD), a congenital heart condition that requires timely medical intervention. Due to prolonged financial hardship, Deepesh and his family were unable to access specialized cardiac care at an early stage, resulting in a delay in diagnosis and treatment.

As his symptoms persisted, Deepesh was referred to the SGNHC for further evaluation. At SGNHC, he was thoroughly examined, confirmed to have ASD, and subsequently admitted for device closure—a critical procedure necessary to prevent long-term complications.

Recognizing the family's limited financial capacity, Jayanti Memorial Trust (JMT), in collaboration with the Basic Needs Program (BNP), extended comprehensive medical and financial support for his treatment. This timely intervention ensured that SGNHC received the required procedure and post-operative care without interruption.

Following the successful device closure, Deepesh's health condition improved significantly. He continues to recover well under prescribed medications and has been advised on self-care and follow-up to ensure long-term cardiac health.

Deepesh and his father expressed deep gratitude to Jayanti Memorial Trust, the Basic Needs Program, and the medical team for their life-changing support. The assistance not only restored Deepesh's health but also renewed hope for his family, reaffirming the critical role of donor-supported cardiac care in transforming young lives.

Case Story

Jamila Khatun a 26-year-old girl was diagnosed with Atrial Septal Defect (ASD), a congenital heart condition that required urgent surgical intervention.

With limited financial resources and overwhelming family responsibilities, accessing life-saving cardiac care became extremely challenging. Recognizing the

urgency of her medical condition, Jamila sought support from Jayanti Memorial Trust (JMT) and the Basic Needs Program (BNP).

Through the combined support of JMT and BNP, Pratibha was able to undergo successful ASD closure along with Tricuspid Valve repair. She remained hospitalized for six days, during which she received comprehensive medical care and emotional support. The surgery was successful, and her post-operative recovery progressed smoothly.

Following treatment, Jamila health improved significantly, enabling her to return to her teaching profession and resume her daily activities. She continues to follow medical advice and attend regular follow-up appointments.

Expressing her heartfelt gratitude, Jamila shared that the support provided by Jayanti Memorial Trust and the Basic Needs Program was a lifeline during one of the most difficult periods of her life. The assistance not only restored her physical health but also renewed her hope, dignity, and ability to continue contributing to her community as an educator.

Case Story: Meena Shripali

Meena Shripali, a 15-year-old girl, is the youngest of four children born to Ms. Dhanamaya Shripali, a resident of Burtibang-2, Baglung. Meena has been suffering from cardiac health issues since the age of six. She was later diagnosed with Rheumatic Heart Disease (RHD), a condition that required continuous medical attention and specialized care.

Ms. Dhanamaya, a subsistence farmer, earns a modest income that is barely sufficient to meet the daily needs of her family. She is a mother of three daughters and one son and has been managing the household largely on her own. Her husband struggles with substance addiction and does not contribute to the family's welfare, leaving her to bear the responsibility of caring for her children alone.

When Meena's condition worsened, Ms. Dhanamaya managed to arrange limited funds and took her daughter to Gandaki Hospital, Pokhara. After a series of diagnostic tests, Meena was admitted for treatment. However, the prolonged hospitalization and medical expenses quickly exhausted the family's financial resources. With no stable support system and mounting costs, continuing her daughter's treatment became increasingly difficult.

During Meena's hospital stay, the attending doctors recognized the family's vulnerable situation and informed Ms. Dhanamaya about the support services available through Jayanti Memorial Trust (JMT). This intervention marked a turning

point for the family. With the assistance of JMT, Meena was able to receive continued and appropriate medical treatment.

Meena remained hospitalized for nearly one month, during which her health showed significant improvement. The timely medical intervention and financial support played a crucial role in her recovery. Today, Meena's condition is stable, and she is responding well to treatment. Expressing her gratitude, Ms. Dhanamaya shared that the support provided by Jayanti Memorial Trust was vital in saving her daughter's life. She stated that she would never forget the assistance extended to her family during their most difficult time.

Case Story

Rejin Budha, a 38-year-old man from Dolpa, was diagnosed with Atrial Septal Defect (ASD), an acyanotic congenital heart disease that required timely medical intervention. Due to the specialized nature of cardiac care and his limited financial resources, accessing appropriate treatment was a significant challenge.

Following medical evaluation, Rejin was advised to undergo device closure to correct the heart defect and prevent further complications. With financial support from Jayanti Memorial Trust (JMT) in partnership with the Basic Needs Program (BNP), Rejin was able to receive the recommended treatment.

The device closure procedure was successfully performed, and Rejin responded well to the intervention. Post-treatment, his health condition showed marked improvement, supported by regular medication and follow-up care. Today, Rejin is stable and continues to recover, reflecting the positive impact of timely donorsupported cardiac care.

Case Story

Pushpakala Bhattraï, a 36-year-old woman from Rupandehi, was diagnosed with Atrial Septal Defect (ASD), an acyanotic congenital heart condition that significantly affected her daily life. Her condition caused ongoing physical difficulties and limited her ability to carry out routine activities.

After thorough medical assessment, she was referred to the Manmohan Cardiothoracic Vascular and Transplant Center (MCVTC) for device closure, a necessary procedure to correct the cardiac defect. However, financial constraints posed a major barrier to accessing treatment.

Jayanti Memorial Trust (JMT), in collaboration with the Basic Needs Program (BNP), provided financial assistance, enabling Pushpakala to undergo the required

procedure. The device closure was successfully completed, and her post-operative recovery has been smooth. She is currently recovering well and continues to show steady improvement under medical supervision.

Case Story

Topali BK, a 25-year-old woman from Tanahu, was diagnosed with Atrial Septal Defect (ASD), an acyanotic congenital heart disease that required surgical intervention. Coming from an economically disadvantaged and unstable family background, Topali also faced social discrimination within her community, further limiting her access to healthcare.

She was referred for specialized treatment by a local hospital in Tanahu after her condition was identified. Medical specialists recommended device closure surgery as the most effective treatment option. Given her financial hardship, the cost of treatment was beyond her family's capacity.

With the financial support of Jayanti Memorial Trust (JMT) and the Basic Needs Program (BNP), Topali successfully underwent device closure treatment. Her recovery has been positive, with significant improvement in her health following the procedure and ongoing medication. The support not only restored her physical wellbeing but also offered renewed hope and dignity in her journey toward a healthier future.