

Health for all

Reflections

Hans Hospital, Haridwar | Hans Hospital, Satpuli

AUGUST 2025

WELCOME TO THE AUGUST EDITION OF OUR EMPLOYEE NEWSLETTER, * * * * *



Dear Readers,

As we step into August, we are delighted to bring you the highlights from a remarkable month at The Hans Foundation Hospital. July was filled with inspiring stories of clinical excellence, impactful outreach camps, joyful celebrations, and moments that strengthened our bond as a family.

From life-changing surgeries and dedicated community service to festive gatherings and heartfelt farewells, each event reflects our shared commitment to healing, caring, and growing together.

We invite you to relive these moments, celebrate our achievements, and take pride in the incredible work being done across our departments.

Happy Reading!



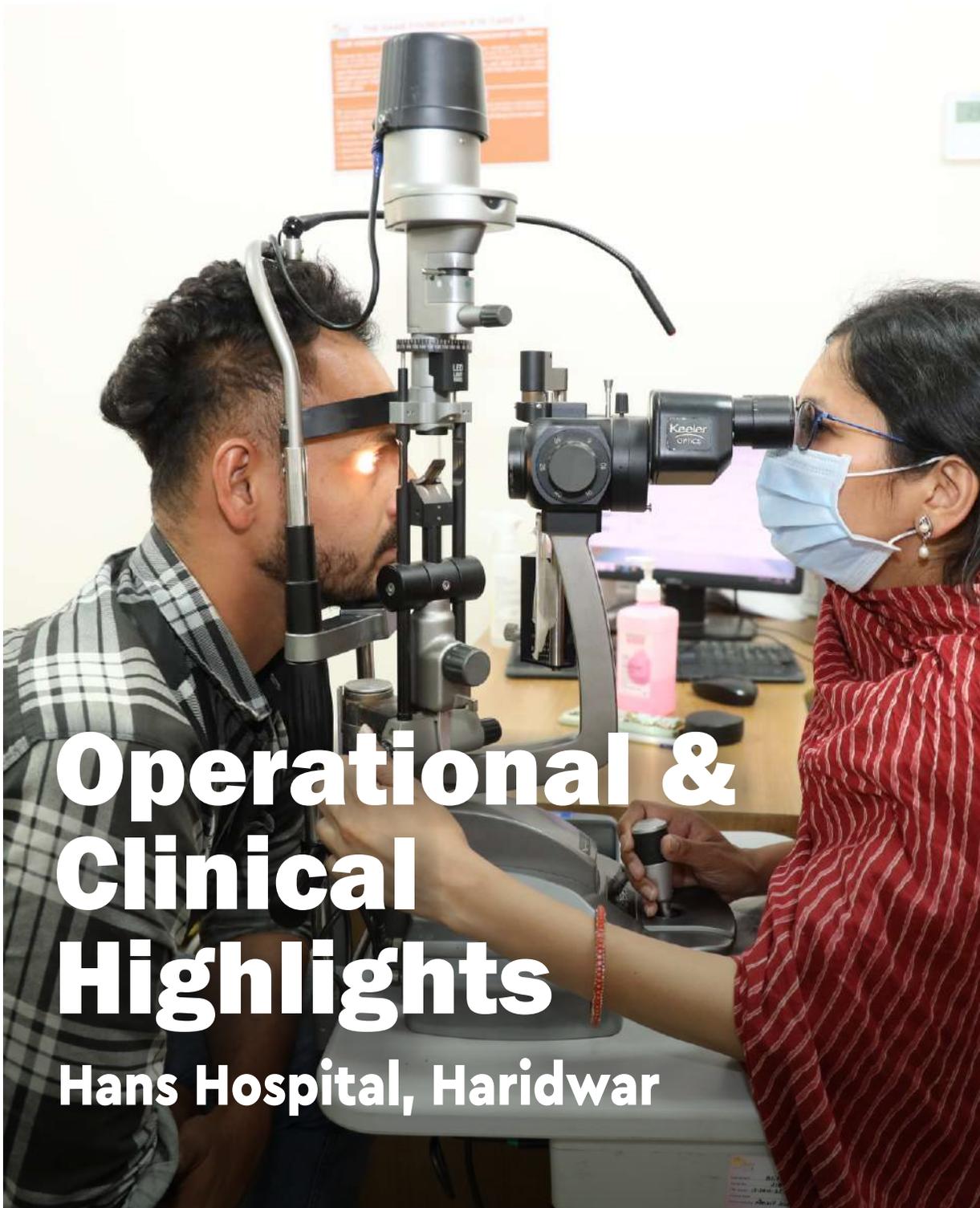
Contents



REFLECTIONS

August 2025

1. Operational & Clinical Highlights, Hans Hospital Haridwar
2. Operational & Clinical Highlights, Hans Hospital Satpuli
3. Patient Stories of Triumph
4. Employee Spotlight
5. Shining Stars
6. Community Engagement and Outreach
7. Life Beyond Work
8. Medical Facts and Trivia
9. Welcome Aboard
10. Upcoming events : Save the dates
11. Newsletter Contest



Operational & Clinical Highlights

Hans Hospital, Haridwar

19,525

TOTAL OPD

Ophthalmology : 17304
ENT : 880
Internal Medicine : 645
Orthopedics : 696

1,223

SURGERIES

Ophthalmology Surgeries : 1211
Orthopedics : 6
ENT Surgeries : 6

Hans Haridwar's 8 ENT surgeries performed at Satpuli. These surgeries are not added in Hans Haridwar surgeries.

100%

PHACO SURGERIES THIS MONTH & 0% SICS

82%

NEW PATIENT% THIS MONTH

Painless surgery has considerably impacted the patient experience.

2,463

OPTICAL DISPENSING THIS MONTH

63%

OPTICAL CONVERSION% THIS MONTH

30,273

PHARMACY DISPENSING THIS MONTH

69%

PHARMACY CONVERSION% THIS MONTH



Operational & Clinical Highlights

Hans Hospital, Satpuli

10,616

TOTAL OPD

- Internal Medicine : 1333
- Ophthalmology : 1815
- General Surgery : 1071
- Orthopedics : 725
- Obstetrics & Gyne : 490
- Dental : 455
- Pediatrics : 248
- ENT : 338
- Outreach : 1866
- Kotdwar Clinic : 2275

1,117

SURGERIES

- Ophthalmology : 962
- General Surgery : 91
- Orthopedics : 32
- ENT : 32

2,111

RADIOLOGY

- X-Ray : 1227
- ULTRASOUND : 884

44%

NEW PATIENT% THIS MONTH

Painless surgery has considerably impacted the patient experience.

1,338

TOTAL ADMISSIONS

- Ophthalmology : 1013
- General Surgery : 108
- Internal Medicine : 124
- Orthopedics : 35
- Pediatrics : 24
- ENT : 34

290

EMERGENCY FOOTFALLS

236

DIALYSIS

बधाई हो!

अगस्त 2025 में रचा गया

उत्कृष्ट सफलता

962 सफल आँखों की सर्जियाँ

अगस्त 2020 : 13

अगस्त 2021 : 699

अगस्त 2022 : 773

अगस्त 2023 : 951

अगस्त 2024 : 916

अगस्त 2025 : 962 (अब तक सर्वाधिक)

हमें यह साझा करते हुए अत्यंत हर्ष हो रहा है कि



द हंस फ़ाउंडेशन जनरल हॉस्पिटल, सतपुली द्वारा अगस्त 2025 में 962 मरीजों की आँखों की सर्जरी सफलतापूर्वक की गई, जो कि 2017 से अब तक के अगस्त माह का सर्वोच्च कीर्तिमान है। यह उपलब्धि भारी वर्षा, भूस्खलन और रोड ब्लॉक जैसी कठिन परिस्थितियों के बावजूद संभव हो सकी, जो हमारी टीम की प्रतिबद्धता, समर्पण और सामूहिक प्रयास का प्रमाण है। इस सफलता का श्रेय जाता है: आउटरीच टीम, आई सर्जन, नर्सिंग टीम, ओटी टीम, ऑप्टोमेट्री टीम, फ्रंट ऑफिस, चालक दल और सपोर्ट स्टाफ को।

आप सभी को हार्दिक धन्यवाद एवं बधाई। हमारे संयुक्त प्रयासों से ही असाधारण परिणाम संभव हो पाए हैं।

बधाई हो!

अगस्त 2025 में रचा गया

ऐतिहासिक सफलता

" एक दिन में 13 जनरल और 6 ईएनटी सर्जरियाँ, नया रिकॉर्ड स्थापित "

हमें यह साझा करते हुए अत्यंत हर्ष हो रहा है कि



- हंस फाउंडेशन जनरल हॉस्पिटल, सतपुली ने शनिवार, 30 अगस्त 2025 को एक ऐतिहासिक उपलब्धि हासिल की। इस दिन अस्पताल में कुल 19 सर्जरी (13 जनरल सर्जरी + 6 ईएनटी सर्जरी) की गई, जो अब तक का एक दिन में सबसे अधिक (non-eye) सर्जरी का रिकॉर्ड है।
- इससे पहले, 24 जून 2025 को एक ही दिन में 17 सर्जरी कर यह कीर्तिमान बनाया गया था, जिसे अगस्त माह में तोड़ते हुए अस्पताल ने अपनी क्षमता और प्रतिबद्धता दोनों को नई ऊँचाई पर पहुँचाया। यह उपलब्धि हमारी सर्जिकल टीम के समर्पण, दक्षता और सतत प्रयास का प्रतीक है। यह हमें निरंतर प्रेरित करती है कि हम और अधिक मरीजों तक गुणवत्तापूर्ण स्वास्थ्य सेवाएँ पहुँचा सकें।

“Celebrating Milestones”



A NEW MILESTONE IN RETINAL CARE INNOVATION

A new milestone in ophthalmic innovation — the Retikare Vitrectomy Machine is now operational at Hans Foundation Hospital, Haridwar.

Installed on 19th August 2025, this state-of-the-art technology delivers superior precision, enhanced safety, and improved outcomes in complex retinal surgeries.

With this addition, the hospital strengthens its commitment to delivering cutting-edge eye care to the region.

#Restoring vision #Rebuilding lives.

“Celebrating Milestones”



A NEW MILESTONE IN OPTICAL PRECISION & CARE

Enhancing Precision in Optical Care — Auto-Edger Machine now operational at Hans Foundation Hospital, Haridwar.

Installed on 1st September 2025, the newly commissioned Auto-Edger Machine brings advanced accuracy, faster processing, improved efficiency in lens crafting & dispensing.

With this upgrade, we mark another step in our journey to deliver seamless and high-quality vision solutions to our patients.

#OpticalPrecision #AdvancedOpticalCare

Patient Story of Triumph

Medicine Department - Hans Hospital, Haridwar



संजना जी हंस हॉस्पिटल, बहादुराबाद में पेट में दर्द की शिकायत लेकर पहुँचीं। डॉ. अनिल ने उनकी जाँच करवाई, जिसमें अल्ट्रासाउंड और सीटी स्कैन शामिल था। रिपोर्ट में कई गंभीर बीमारियाँ सामने आईं—**लीवर सिरोसिस, पोर्टल हाइपरटेंशन, पेट और फेफड़ों में पानी भरना, अम्बलिकल हर्निया, गंभीर एनीमिया (Hb 5.7 g/dl), स्प्लीनोमेगली, पैसाइटोपीनिया और पुरानी टी.बी.।** मरीज की हालत बेहद नाजुक थी और डॉक्टर ने तुरंत भर्ती होने की सलाह दी।

हालाँकि शुरुआत में संजना जी भर्ती नहीं होना चाहती थीं और केवल दवाइयों से इलाज करवाना चाहती थीं। लेकिन सात दिन बाद जब उनकी स्थिति और बिगड़ गई, तब उन्होंने दोबारा अस्पताल आकर भर्ती होने का निर्णय लिया। भर्ती होने के बाद तुरंत उनका इलाज शुरू किया गया। कुछ ज़रूरी दवाइयाँ अस्पताल में उपलब्ध नहीं थीं, लेकिन फार्मसी टीम के श्री विपिन ने मात्र दो घंटे में सारी दवाइयाँ उपलब्ध करा दीं। नर्सिंग स्टाफ ने मरीज की संवेदनशीलता और गंभीर स्थिति को देखते हुए दिन-रात उनकी देखभाल की।

क्रिटिकल केयर की सीमाएँ होने के बावजूद, डॉ. अनिल और उनकी पूरी टीम—नर्सिंग स्टाफ और फार्मसी विभाग—ने मिलकर लगातार प्रयास किए और उपचार को सफल बनाया। परिणामस्वरूप कुछ ही दिनों में मरीज की हालत में उल्लेखनीय सुधार हुआ और उन्हें स्वस्थ होकर घर भेजा गया।

डिस्चार्ज के समय संजना जी ने भावुक होकर कहा कि, “अगर मुझे यहाँ इलाज नहीं मिलता तो मुझे देहरादून या दिल्ली जाना पड़ता, लेकिन मेरे पास इतने पैसे नहीं थे। आपने मुझे यहीं ठीक कर दिया, इसके लिए मैं हंस हॉस्पिटल की पूरी टीम की आभारी हूँ।”

Employee Spotlight

Recognizing Our Healthcare Heroes

Healthcare Hero

DR. SKAND MAMGAIN

Medical Officer

The Hans Foundation General Hospital, Satpuli

THE JOURNEY SO FAR

Dr. Skand Mamgain's medical career is marked by a steadfast commitment to healthcare and service. He completed his MBBS from 2017 to 2022, followed by an internship at Himalayan Hospital (2022–2023). He then served as a Medical Officer at Dev Sanskriti Vishwavidyalaya (2023–2024) and Doodhadhari Burfaani Hospital (2024–2025). In 2025, Dr. Mamgain joined THFGH as a Medical Officer, where he continues to contribute to the institution's mission of delivering exceptional care.

WHY I CHOSE THIS CAREER

Inspired by his elder sister, Dr. Archi Mamgain, a specialist in Gynecology and Obstetrics, Dr. Skand found his calling in medicine. Her dedication to patient care motivated him to pursue a career where he could make a meaningful impact on people's lives.

GETTING TO KNOW DR. SKAND MAMGAIN

FAVOURITE FOOD

Dr. Skand cherishes home-cooked meals prepared by his sister, which he describes as both comforting and flavorful.

FAVOURITE GETAWAY PLACE

For Dr. Skand, there's no place like home. It's where he finds solace and rejuvenation amidst his demanding schedule.





WHAT I LIKE MOST ABOUT THE HANS FOUNDATION HOSPITALS

Dr. Skand values THFGH's commitment to providing quality care to medically underserved and economically deprived communities. He finds great purpose in contributing to an organization that prioritizes accessible healthcare.

ABOUT MY FAMILY

Dr. Skand comes from a close-knit family of four. His mother is a dedicated teacher, his father works with the Forest Research Institute (FRI), and his elder sister, Dr. Archi Mamgain, is a respected doctor specializing in Gynecology and Obstetrics.

MY SOURCE OF INSPIRATION & ROLE MODEL

Dr. Skand draws inspiration from his seniors, including his sister, Dr. Archi Mamgain, Dr. Sudip Kumar Deo (General Surgeon), and Dr. Vijay Nakum (Pediatrician). Their expertise and dedication guide his professional growth and approach to patient care.

FAVORITE PASTIME

In his free time, Dr. Skand enjoys listening to music, playing chess, and riding his bike, activities that help him unwind and maintain balance.

A PROUD MOMENT IN MY LIFE

While Dr. Mamgain humbly refrains from singling out one specific moment, he finds immense gratification in the gratitude expressed by patients whose suffering he has helped alleviate. These moments of connection and impact fuel his passion for medicine.



Shining Stars

August



Ms. Renu from the OT Department as our Employee of the Month. She has been a dedicated part of our hospital since 11th November 2019, first serving at our THFGH Satpuli unit and now contributing her skills at THFEC Haridwar.

Renu is known for her sincerity, hardworking nature, and focus on her responsibilities. She carries out her duties with excellence, maintaining a professional approach while being supportive and caring towards both patients



We are delighted to feature Mr. Rajneesh Singh in this month's Shining Star column. Rajneesh working as an Assistant in Pharmacy has been an integral part of Pharmacy Department since September 2020.

Known for being dedicated, honest, and hardworking, Rajneesh consistently goes above and beyond in his responsibilities. His positive attitude and reliability have earned him the respect and admiration of colleagues and supervisors alike.

Rajneesh truly embodies the spirit of service and commitment that defines our hospital family. We congratulate him on being recognized as this month's Shining Star and wish him continued success in his journey with us.

Congratulations to Renu & Rajneesh for being chosen as our Shining Stars!



Renu

OT Technician

Hans Hospitals, Haridwar



Rajneesh Singh

Pharmacy

Hans Hospitals, Satpuli

Community Engagement and Outreach

Making a Difference Together



भिकियासैण (कुमाऊँ) में मेगा स्वास्थ्य शिविर

समुदाय तक गुणवत्तापूर्ण स्वास्थ्य सेवाएँ पहुँचाने के निरंतर प्रयास के अंतर्गत हमारे आउटरीच टीम ने बीते माह भिकियासैण, कुमाऊँ क्षेत्र में एक मेगा स्वास्थ्य शिविर आयोजित किया। इस शिविर में बड़ी संख्या में लोगों ने भाग लिया और 322 रोगियों ने परामर्श (ओपीडी) प्राप्त किया। इनमें से 40 रोगियों को सर्जरी की आवश्यकता चिन्हित की गई, जिनका सफलतापूर्वक उपचार हंस फाउंडेशन जनरल हॉस्पिटल, सतपुली में किया गया।

यह पहल न केवल स्थानीय लोगों को तुरंत स्वास्थ्य लाभ उपलब्ध कराने में सहायक रही, बल्कि समुदाय और अस्पताल के बीच विश्वास और पहुँच को और मजबूत करने का कार्य भी किया। शिविर ने हमारे उस संकल्प को और सुदृढ़ किया कि कोई भी व्यक्ति स्वास्थ्य सेवाओं से वंचित न रहे।



अगस्त माह में चुनौतियाँ

अगस्त का महीना हमारे आउटरीच टीम के लिए काफी चुनौतीपूर्ण रहा। भारी बारिश, भूस्खलन और क्षतिग्रस्त सड़कों के कारण रोगियों को अस्पताल तक लाना कठिन हो गया। इसके बावजूद, हमारी टीम ने अथक परिश्रम और समर्पण के साथ यह सुनिश्चित किया कि ज़रूरतमंद मरीज उपचार से वंचित न रहें। इतनी प्रतिकूल परिस्थितियों के बावजूद भी हमारे अस्पताल ने आउटरीच मरीजों की कुल 782 सर्जरी सफलतापूर्वक पूरी कीं, जो अपने आप में एक बड़ी उपलब्धि है और हमारी टीम के जज़्बे का प्रमाण है। यह समर्पण और सेवा भावना ही हमारी सबसे बड़ी ताकत है।

Life Beyond Work

Hans Hospital, Haridwar

A JOYFUL START TO AUGUST



On 2nd August, our ever-cheerful Shalini from Operations rang in her birthday at work. The office buzzed with laughter, cake-cutting, and heartfelt wishes — a perfect start to the month! Later, Shalini celebrated with family & friends, wrapping up her day with love & joy.

A Journey into Nature



On 9th August, Anmol from Optical went on a family trip to Ranchi, Jharkhand, where they explored scenic landscapes and visited several beautiful waterfalls, including the famous Hundru Falls. The trip offered a perfect mix of nature, relaxation, and memorable moments with loved ones.

Family Moments



Not all birthdays are about office celebrations! On 18th August, Sahil from Front Office & Billing marked his special day in the warmth of family and love. This birthday was extra special as he celebrated with his newly wedded wife and family, also seeking spiritual blessings.

Double Delight at Work



5th August was double the fun! Kamini from Nursing & Deepa from Optometry celebrated their birthdays together, filling the workplace with sweet treats, happy faces & lots of good vibes. As part of the largest teams, their celebrations were bigger and full of energy.

A Refreshing Getaway



On 23rd August, Soniya from TPA set off on a refreshing trip to Ujjain Mahakal with her family. Known as one of the twelve Jyotirlingas of Lord Shiva, the Mahakaleshwar's divine aura and Ujjain's sacred ghats made Soniya's trip a deeply spiritual experience.

Life Beyond Work

Hans Hospital, Satpuli

EYES ON CELEBRATION!



On 29th August, the Eye Department hosted a lively get-together party. From laughter and games to sharing delicious food, the event was a perfect mix of bonding and celebration. It was a day when the entire team came together not just as colleagues, but as one big family.

A PATHOLOGIST'S DAY OUT!



On 16th August, Pankaj Singh Bisht from Hans Kotdwar Clinic, Pathology Department, enjoyed a refreshing family outing to Dehradun. From exploring the scenic landscapes to visiting the famous Forest Research Institute (FRI) and other picturesque spots, the trip was filled with joy, relaxation, and treasured memories.

BIRTHDAY CHEERS IN ICU!



On 2nd August, the ICU turned festive as the team celebrated Ms. Anchal Saini's birthday. With warm wishes from colleagues and a cheerful vibe in the critical care setting, the celebration was proof that happiness finds its way even in the busiest corners of the hospital.

A SPECIAL BIRTHDAY FOR SAKSHI



On 31st August, the General Ward Nursing staff came together to celebrate the birthday of Sakshi. The day was filled with laughter, cake, and heartfelt wishes, making her feel truly special as she stepped into another year of life with joy and positivity.

HAPPY INDEPENDENCE DAY

SATPULI



HARIDWAR

KOTDWAR



CELEBRATIONS
Hans Hospital, Haridwar, kotdwar & Satpuli

Medical Facts and Trivia :

DO YOU KNOW ?

1. Your liver can process about 1.4 liters (almost 6 cups) of blood every minute.

It filters toxins, stores nutrients, and helps with digestion.



2. Sleep helps your brain clear out toxins.

During sleep, the brain's glymphatic system becomes more active, clearing waste that builds up during waking hours.



3. Your blood makes up about 8% of your body weight.

In an average adult, that's roughly 5 liters (1.3 gallons) circulating through your vessels.



4. The tiny hairs in your nose help filter out dust, pollen, and bacteria before they enter your lungs.



5. Your body can detect light even through your eyelids.

Your body can detect light even through your eyelids.



6. Your sense of taste is closely linked to smell,

which is why food tastes bland when you have a stuffy nose.



MYTH

VS

FACT



MYTH

Detoxes and cleanses make you healthier.

FACT

Your body already has a powerful detox system — your liver, kidneys, lungs, and skin naturally remove toxins every day.

There's no scientific evidence that detox diets or juice cleanses improve this process.

In some cases, extreme detoxes can even be harmful, causing nutrient deficiencies or dehydration.

✔ **BETTER ALTERNATIVE**

Eat a balanced diet, drink water, exercise, and get enough sleep — that's the best "detox" your body needs.

WELCOME ABOARD

Hans Hospital, Satpuli & Hans Hospital, Haridwar

NEW JOINEE



Shubham Bisht
TPA
Hans Hospital, Satpuli



Chetna Saini
Nursing
Hans Hospital, Satpuli



Dr. Charu Dabral
Dentist
Hans Hospital, Satpuli



Dr. Aarti Bahuguna
Medical Officer
Hans Clinic, Kotdwar

Upcoming Events : Save the Dates

Hans Hospital, Satpuli & Hans Hospital, Haridwar



Ganesh Visarjan 6th September 2025

Ganesh Visarjan marks the conclusion of Ganesh Chaturthi celebrations. Let's come together to celebrate with devotion and positivity.



Durga Sthapana & Navratri Poojan 22nd September 2025

Beginning of the sacred Navratri with Durga Sthapana, inviting nine days of devotion and celebration.



Hans Inspiring Educator Award 13th September 2025

Honoring educators who inspire future generations through dedication, innovation, and meaningful impact.



World Patient Safety Day 17th September 2025

Raising awareness about patient safety and encouraging proactive steps to reduce healthcare risks and enhance quality of care.



Vishwakarma Pooja 17th September 2025

A day to worship Lord Vishwakarma, the divine architect, and seek blessings for skill and innovation.



World Pharmacists Day 25th September 2025

Celebrating the vital role of pharmacists in delivering quality healthcare & safe medication practices.



World Heart Day 29th September 2025

Raising awareness about heart health and promoting healthy, heart-friendly lifestyle choices to prevent cardiovascular diseases.



Dandiya Night 30th September 2025

Join us for an evening of music, dance, and vibrant cultural celebration during the festive Navratri season!

Newsletter Contest

It's an opportunity for employees who're reading this newsletter to answer the questions below and win interesting prizes.

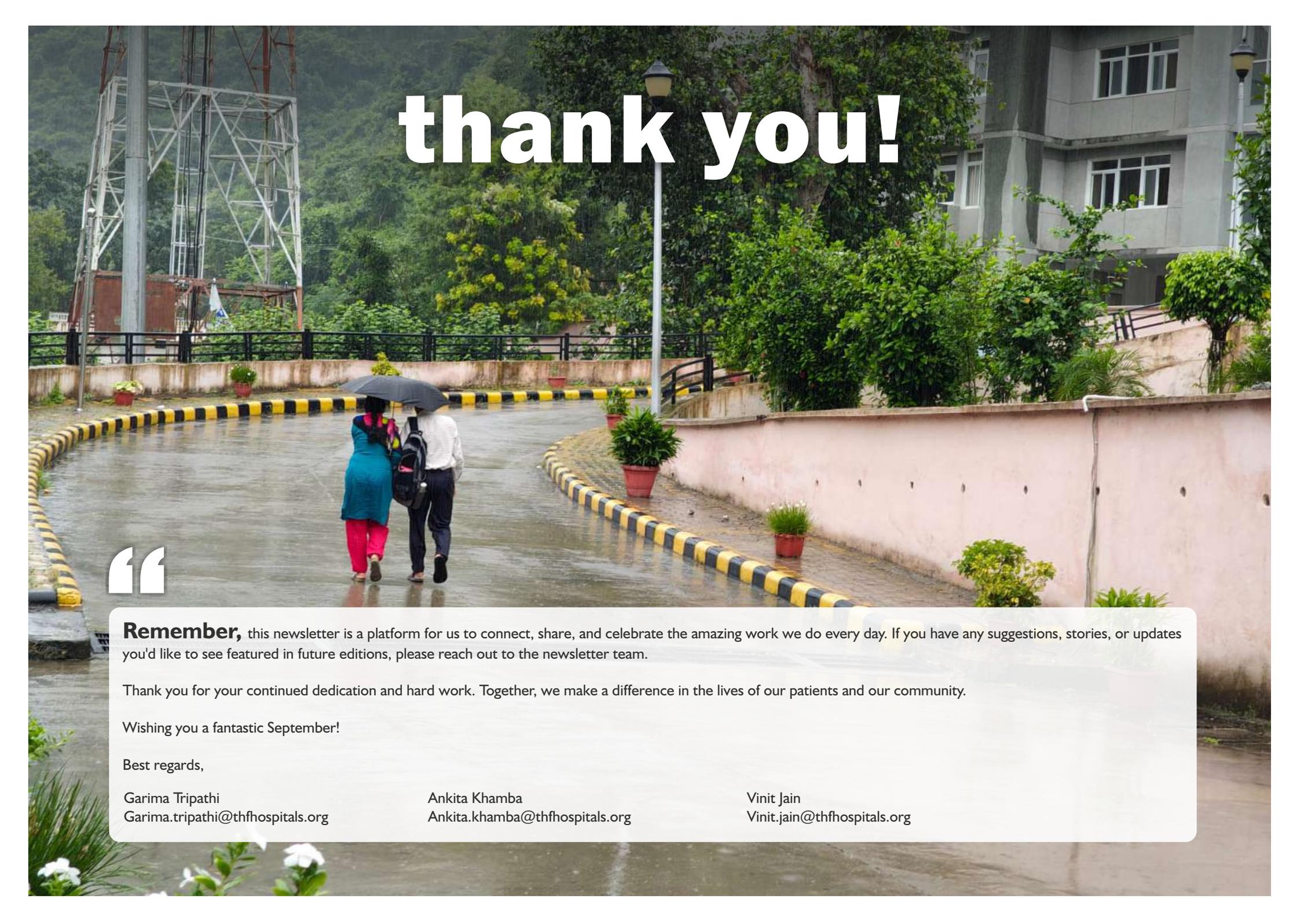
- Q1. What significant achievement did Hans Foundation Hospital, Satpuli accomplish in August 2025 in the field of eye care ?
- Q2. What surgical milestone was reached by Hans Foundation Hospital, Satpuli, on 30th August 2025 ?
- Q3. What new retinal care technology was introduced at Hans Foundation Hospital, Haridwar, in August 2025?
- Q4. Name the shining stars of this month ?
- Q5. What illnesses did Sanjana have when admitted, and what did she say upon recovery ?
- Q6. What optical advancement was made at Hans Foundation Hospital, Haridwar, in September 2025 ?
- Q7. Who were the new doctors who joined Hans Hospital, Satpuli, in August 2025 ?
- Q8. How many patients received consultation and how many were identified for surgery at the mega health camp in Bhikiyasain (Kumaon)?
- Q9. How many pharmacy dispensings and total OPD visits were there in August 2025 at Hans Hospitals Haridwar and Satpuli ?
- Q10. How many successful surgeries did the outreach team complete in August despite challenges ?

Send your answers to Ankita Khamba via-
Email: ankita.khamba@thfhospitals.org

The first two correct entries will be selected as the winners.
The winners will be announced the day after Reflections is published.



CONTEST



thank you!

“

Remember, this newsletter is a platform for us to connect, share, and celebrate the amazing work we do every day. If you have any suggestions, stories, or updates you'd like to see featured in future editions, please reach out to the newsletter team.

Thank you for your continued dedication and hard work. Together, we make a difference in the lives of our patients and our community.

Wishing you a fantastic September!

Best regards,

Garima Tripathi
Garima.tripathi@thfhospitals.org

Ankita Khamba
Ankita.khamba@thfhospitals.org

Vinit Jain
Vinit.jain@thfhospitals.org