

उत्कृष्टता और सेवा की

वीं
8

2017 - 2025

वर्षगाँठ

सेहत का वरदान

Health for all

Reflections

Hans Hospital, Haridwar | Hans Hospital, Satpuli

NOVEMBER 2025

हम आपके लिए लेकर आए हैं नवम्बर महीने की खास झलकियाँ * * * *

सफलताएँ, उपलब्धियाँ, आउटरीच गतिविधियाँ और हमारे टीम मेंबर्स की प्रेरक कहानियाँ। इस संस्करण में जानिए उन पलों को, जिन्होंने हमारे अस्पताल परिवार को और मजबूत, और अधिक संवेदनशील बनाया। आइए, साथ मिलकर इस यात्रा के हर कदम का उत्सव मनाएँ !



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November 2025

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Operational & Clinical Highlights

Hans Hospital, Haridwar

22,705

TOTAL OPD

Ophthalmology : 22,343
ENT : 134
Internal Medicine : 93
Orthopedics : 135

2,012

SURGERIES

Ophthalmology Surgeries : 2011
ENT Surgeries : 1

Hans Haridwar's 1 ENT surgeries performed at Satpuli. These surgeries are not added in Hans Haridwar surgeries.

100%

PHACO SURGERIES THIS MONTH & 0% SICS

77%

NEW PATIENT% THIS MONTH

Painless surgery has considerably impacted the patient experience.

2,264

OPTICAL DISPENSING THIS MONTH

55%

OPTICAL CONVERSION% THIS MONTH

31,522

PHARMACY DISPENSING THIS MONTH

53%

PHARMACY CONVERSION% THIS MONTH



Operational & Clinical Highlights

Hans Hospital, Satpuli

7,834

TOTAL OPD

- Internal Medicine : 1203
- Ophthalmology : 2436
- General Surgery : 528
- Orthopedics : 590
- Obstetrics & Gyne : 344
- Dental : 341
- Pediatrics : 203
- ENT : 236
- Kotdwar Clinic : 1953

1,615

SURGERIES

- Ophthalmology : 1466
- General Surgery : 82
- Orthopedics : 35
- ENT : 15
- Obstetrics & Gyne : 17

1,664

RADIOLOGY

- X-Ray : 1055
- ULTRASOUND : 609

33%

NEW PATIENT% THIS MONTH

Painless surgery has considerably impacted the patient experience.

1,783

TOTAL ADMISSIONS

- Ophthalmology : 1574
- General Surgery : 85
- Internal Medicine : 32
- Orthopedics : 41
- Pediatrics : 13
- ENT : 14
- Obstetrics & Gyne : 24

197

EMERGENCY FOOTFALL

232

DIALYSIS

7

TOTAL DELIVERIES

“Celebrating Milestones”



द हंस फ़ाउन्डेशन जनरल हॉस्पिटल, सतपुली – स्वास्थ्य सेवा से मेडिकल शिक्षा की ओर !

द हंस फ़ाउन्डेशन जनरल हॉस्पिटल, सतपुली को केंद्रीय सरकार के DNB कार्यक्रम के अंतर्गत नेत्ररोग (Ophthalmology) में 2 पोस्ट-MBBS सीटें प्राप्त हुई हैं। यह कदम हमें अस्पताल के साथ एक शिक्षण संस्थान बनने की ओर अग्रसर करता है। यह उपलब्धि हमारे संस्थान की उत्कृष्ट सेवा, गुणवत्ता और बढ़ती विश्वसनीयता का प्रमाण है। पूरी टीम की मेहनत को बधाई और धन्यवाद !

हंस नेत्रालय, हरिद्वार

विशेष महीना - नवंबर 2025

सभी पुराने रिकॉर्ड टूटे!

हमारे अस्पताल ने नवंबर 2025 में एक ऐतिहासिक उपलब्धि हासिल की — ओपीडी विज़िट और आँखों की सर्जरी, दोनों में अब तक के सभी रिकॉर्ड तोड़ दिए!



22,343 पेशेंट्स ने ओपीडी सेवाएँ प्राप्त की



2,011 सर्जरी सम्पन्न



अनेकों जीवन हुए रोशन

#हमारे समर्पित डॉक्टरों, स्टाफ और हर उस पेशेंट का हार्दिक धन्यवाद जिन्होंने हम पर भरोसा किया।

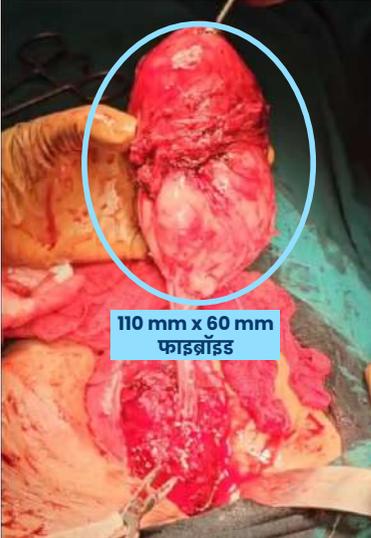


“ हर जीवन तक रोशनी पहुँचाना ”

Patient Story of Triumph

Obstetrics and Gynecology Department - Hans Hospital, Satpuli

Total Abdominal Hysterectomy



सर्जरी के दौरान – डॉ. ज्योति और ओटी टीम

मरीज रिकवरी के दौरान

ग्राम पटोटिया (रिक्खनीखाल) की 48 वर्षीय सुनीता देवी पिछले 1-2 वर्षों से पेट दर्द और अत्यधिक मासिक धर्म रक्तस्राव की समस्या से परेशान थीं। हंस अस्पताल में जाँच के दौरान उनके गर्भाशय में 110 mm x 60 mm का बड़ा फाइब्रॉइड पाया गया, जिसके कारण लैप्रोस्कोपी संभव नहीं थी। ऐसी जटिल स्थिति में डॉ. ज्योति ने Total Abdominal Hysterectomy की सलाह दी।

24 नवंबर 2025 को जनरल एनेस्थीसिया के तहत यह चुनौतीपूर्ण सर्जरी लगभग 1 घंटे 30 मिनट में सफलतापूर्वक पूरी की गई। बड़े आकार के फाइब्रॉइड के बावजूद सर्जरी में किसी भी प्रकार की जटिलता नहीं आई, और मरीज की स्थिति शुरुआत से ही स्थिर रही।

इस सफलता के पीछे पूरी टीम का उत्कृष्ट समन्वय और विशेषज्ञता रही—

एनेस्थीसिया: डॉ. प्रमिला कैथरीन | ओटी टीम: सोनू, राहुल, विजय, हेमंत, नेहा, शीतल, गौरव

लगातार तकलीफों का सामना कर रही सुनीता देवी अब पूरी तरह स्वस्थ हैं और उन्हें 01 दिसंबर 2025 को छुट्टी दे दी गई। यह केस विभाग की चिकित्सा उत्कृष्टता और टीमवर्क का एक प्रेरक उदाहरण है।

Employee Spotlight

Recognizing Our Healthcare Heroes

Healthcare Hero

PUNEETA CHAUHAN

Optom Incharge

The Hans Foundation Hospital, Haridwar

Puneeta Chauhan is truly an asset to the organization and a natural leader who inspires those around her.

THE JOURNEY SO FAR

Puneeta Chauhan began her career as an optometrist with a heartfelt mission to serve people with care and compassion. With a Diploma in Optometry and 27 years of rich professional experience, she has contributed her expertise to reputed institutions such as Medanta Hospital, Gurgaon and Arunodaya Deseret Hospital, Gurgaon. Each step of her journey has strengthened her skills and deepened her commitment to patient well-being.

Since joining Hans Foundation Hospital on 8 May 2020, Puneeta has continued to grow both personally and professionally. Guided by her seniors and supported by her colleagues, she has gained invaluable experience and always strives to deliver the best possible care to her patients.

WHY I CHOSE THIS CAREER

Puneeta finds true satisfaction in caring for elderly patients. Providing comfort and clarity to them gives her a profound sense of purpose.





GETTING TO KNOW PUNEETA CHAUHAN

FAVOURITE FOOD

South Indian cuisine

FAVOURITE GETAWAY PLACE

Hill stations & sea beaches

WHAT I LIKE MOST ABOUT THE HANS FOUNDATION HOSPITALS

She deeply appreciates the supportive staff and the positive work culture. This encouraging environment motivates her to go the extra mile in patient care.

ABOUT MY FAMILY

Puneeta lives a joyful and content life with her husband and their two children.

MY SOURCE OF INSPIRATION & ROLE MODEL

Puneeta's greatest source of inspiration is her father. His values, strength, and kindness continue to guide her every day, shaping the compassionate healthcare professional she is today.

FAVORITE PASTIME

Listening to Lord Krishna bhajans and old songs

A PROUD MOMENT IN MY LIFE

One of her happiest and most memorable moments was when her daughter achieved First Rank in a District-Level Art Competition—a moment that filled her with immense pride.



Shining Stars

November



Shivani, from the Counselling Department, has been a part of The Hans Foundation Eye Care for the past seven years. Throughout her tenure, she has consistently demonstrated exceptional dedication, discipline, and sincerity in her work. She is someone who remains fully committed to her responsibilities, stays focused on her tasks—reflecting her grounded nature and professional maturity. Her reliability, calm presence, and strong work ethic make her a true asset to the organisation. Shivani's quiet yet impactful contribution truly makes her a shining star of the team.



Sakshi, working as an Assistant in the Supply Chain Department since 21 March 2023, has consistently proven herself to be one of the most committed and hardworking members of the team. Her dedication to her responsibilities, attention to detail, and proactive approach have greatly contributed to the smooth functioning of the department. Sakshi's consistent performance and enthusiasm truly make her a shining star in the Supply Chain Department.

We appreciate her contributions and look forward to her continued growth and success.

Congratulations to Shivani & Sakshi for being chosen as our Shining Stars!



Shivani

Counselling

Hans Hospitals, Haridwar



Sakshi

SCM

Hans Hospitals, Satpuli

Community Engagement and Outreach

Making a Difference Together

टिहरी में बोट कैंप



हंस फ़ाउन्डेशन ने अपने सेवा के मिशन को आगे बढ़ाते हुए नवंबर 2025 में एक और मील का पत्थर स्थापित कर दिया है जिसमें विश्व प्रसिद्ध टिहरी झील के किनारे बसे जरूरतमंद गावों के निवासियों के स्वास्थ्य को ध्यान में रखते हुए महीने में दो बार हंस फ़ाउन्डेशन की बोट टीम द्वारा निःशुल्क नेत्र शिविर लगाए जायेंगे। इसी कड़ी में दिनांक 23-11-25 को हमारी बोट टीम द्वारा पहला निःशुल्क नेत्र कैंप झील के किनारे बसे गाँव भल्डियाना और मणि में लगाया गया जिसमें 94 लोगों ने ओपीडी में दिखाया जिसमें से 34 को चश्में एवं 20 को दवाइयां दी गयी एवं 34 लोगों के आँखों के ऑपरेशन के लिए चिन्हित किया गया इन 34 लोगों में से 15 की सर्जरी करवा कर उनको घर भेज दिया गया है। हंस फ़ाउन्डेशन द्वारा सेवा का यह प्रकल्प आगे भी टिहरी झील के निकट बसे गावों में निरंतर चलता रहेगा।

Life Beyond Work

Hans Hospital, Haridwar

**NEELAM (OPTOMETRY) & SAHIL (FRONT OFFICE & BILLING)
VISIT RAM MANDIR, AYODHYA**



On 19th November, Neelam from the Optom team & Sahil from Front Office & Billing had the opportunity to visit the sacred Ram Mandir in Ayodhya with their families. The trip was filled with devotion, joy & cherished moments as they explored the beautifully developed temple premises and soaked in the spiritual atmosphere. It was a memorable family outing that left them feeling refreshed & blessed.

PUNEETA (OPTOMETRY) CELEBRATES HER BIRTHDAY



On 20th November, our Optometry team member Puneeta celebrated her birthday with her family. The day was full of warmth, laughter, and love as she enjoyed special moments with her loved ones. We wish her a wonderful year ahead filled with happiness, good health, and success!

Life Beyond Work

Hans Hospital, Satpuli

A JOYOUS UNION: SONI RAWAT & CHANDRA MOHAN



We are delighted to share the wonderful news that Soni Rawat, a valued team member from our Pathology Department, married Chandra Mohan from Veena Dhaar (Pokhra) on 21st November 2025. The celebration was filled with warmth, blessings & joyful moments. Many of our hospital staff attended the wedding, adding to the happiness of the occasion. We extend our heartfelt wishes to the newly married couple for a beautiful life ahead.

A BEAUTIFUL BEGINNING: ARTI RAWAT & CHANDER SEKHAR



Heartiest congratulations to Arti Rawat and Chander Sekhar, both members of our staff, who tied the knot on 23rd November 2025. Their ceremony was a delightful blend of tradition, family love, and festive cheer. Several colleagues from the hospital joined the celebrations, making the event even more memorable for the couple. We wish Arti and Chander Sekhar a joyful and prosperous married life together.

WEDDING CELEBRATIONS IN KARNAL: VINIT JAIN



We are happy to announce that Vinit Jain from our MIS Department celebrated his wedding on 29th November 2025 in Karnal with Rashmi. The occasion turned into a joyful reunion as many of our staff members traveled to Karnal to be part of the festivities. Everyone enjoyed the ceremonies, delicious food, and the cheerful atmosphere, making it a memorable celebration. Warm congratulations to Vinit and his family on this special milestone!



WORLD RADIOGRAPHY DAY



HAPPY CHILDREN DAY

INTERNATIONAL MEN'S DAY



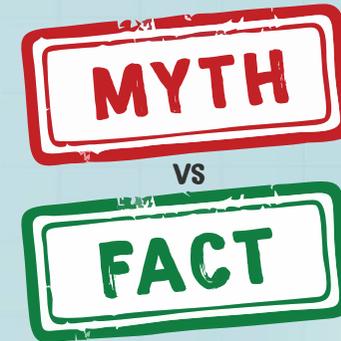
CELEBRATIONS

Hans Hospital, Satpuli & Hans Hospital, Haridwar

Medical Facts and Trivia :

DO YOU KNOW ?

1. Your stomach acid is strong enough (pH ~1–2) to kill many harmful microbes. 
2. Some people have “golden blood”
Rh-null blood has no Rh antigens at all — only about 50 people in the world have it. 
3. Your immune system produces billions of new cells every day, and many die within hours once their task is done. 
4. Some people can see more colors than others.
A rare condition called tetrachromacy allows certain individuals (mostly women) to see up to 100 million more colors. 
5. Your teeth are not bone.
They are made of dentin and enamel, which is harder than bone. 
6. The Body and Heart "Remembering" Trauma.
because the body's nervous system retains stress memories, even if the conscious mind forgets. 



MYTH
Is Spinach a
Great Source of Iron?



FACT
Spinach contains iron, but it's non-heme iron, which is harder for your body to absorb. Foods like red meat, lentils, or fortified cereals provide iron more efficiently. Oxalates in spinach also block much of its iron from being absorbed. Despite this, spinach is still packed with vitamins, antioxidants, and beta-carotene, making it very nutritious.

WELCOME ABOARD

Hans Hospital, Haridwar & Hans Hospital, Satpuli

INTERNAL TRANSFER



FROM SATPULI TO HARIDWAR



Reenu Goswami

Optical
Hans Hospital, Haridwar



Sanjay Mamgain

Optical
Hans Hospital, Haridwar

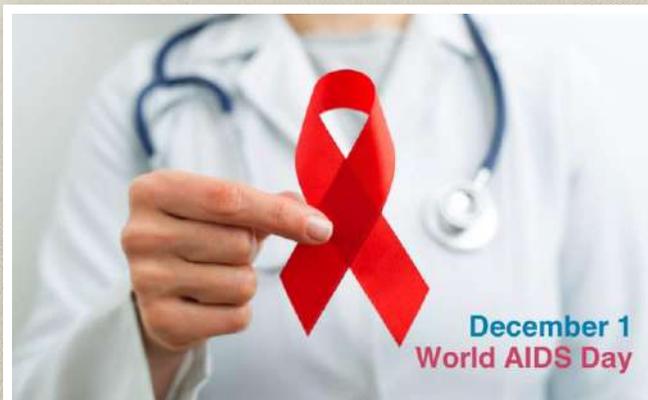


Vinod Singh Rawat

OT Technician
Hans Hospital, Haridwar

Upcoming Events : Save the Dates

Hans Hospital, Haridwar & Hans Hospital, Satpuli



WORLD AIDS DAY

1st December 2025

On World AIDS Day, we stand together for awareness, prevention, & compassionate care.



MERRY CHRISTMAS

25th December 2025

Join us for a joyful Christmas celebration filled with festive cheer and togetherness on 25th December 2025.

Newsletter Contest

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

- Q1. What key milestone did Hans Netralaya, Haridwar achieve in November 2025 ?
- Q2. What surgical procedure was performed on Sunita Devi, and which doctor advised and performed it ?
- Q3. What was the size of the fibroid found in Sunita Devi's uterus, and who was the anesthesiologist for the surgery ?
- Q4. Name the shining stars of this month ?
- Q5. How many DNB seats were granted to The Hans Foundation General Hospital, Satpuli, and in which department ?
- Q6. What initiative did The Hans Foundation launch in November 2025 for villages around Tehri Lake ?
- Q7. Who were the employees transferred from Satpuli to Haridwar in November 2025 ?
- Q8. Which employees were married in the month of November 2025 ?
- Q9. How many total OPD visits were there in November 2025 at Hans Hospitals Satpuli ?
- Q10. What were the Optical conversion rate and the number of Optical dispensations in the month of November 2025 ?

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 December!

Best regards,

Garima Tripathi
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