

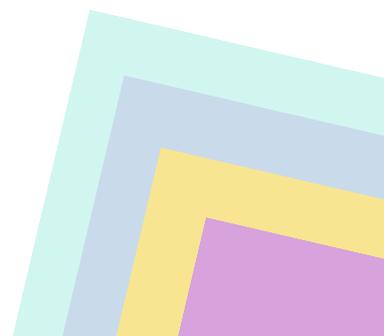


HEALTH FOR ALL

REFLECTIONS

JANUARY 2024

Hans Hospital, Haridwar
Hans Clinic, Kotdwar
Hans Hospital, Satpuli



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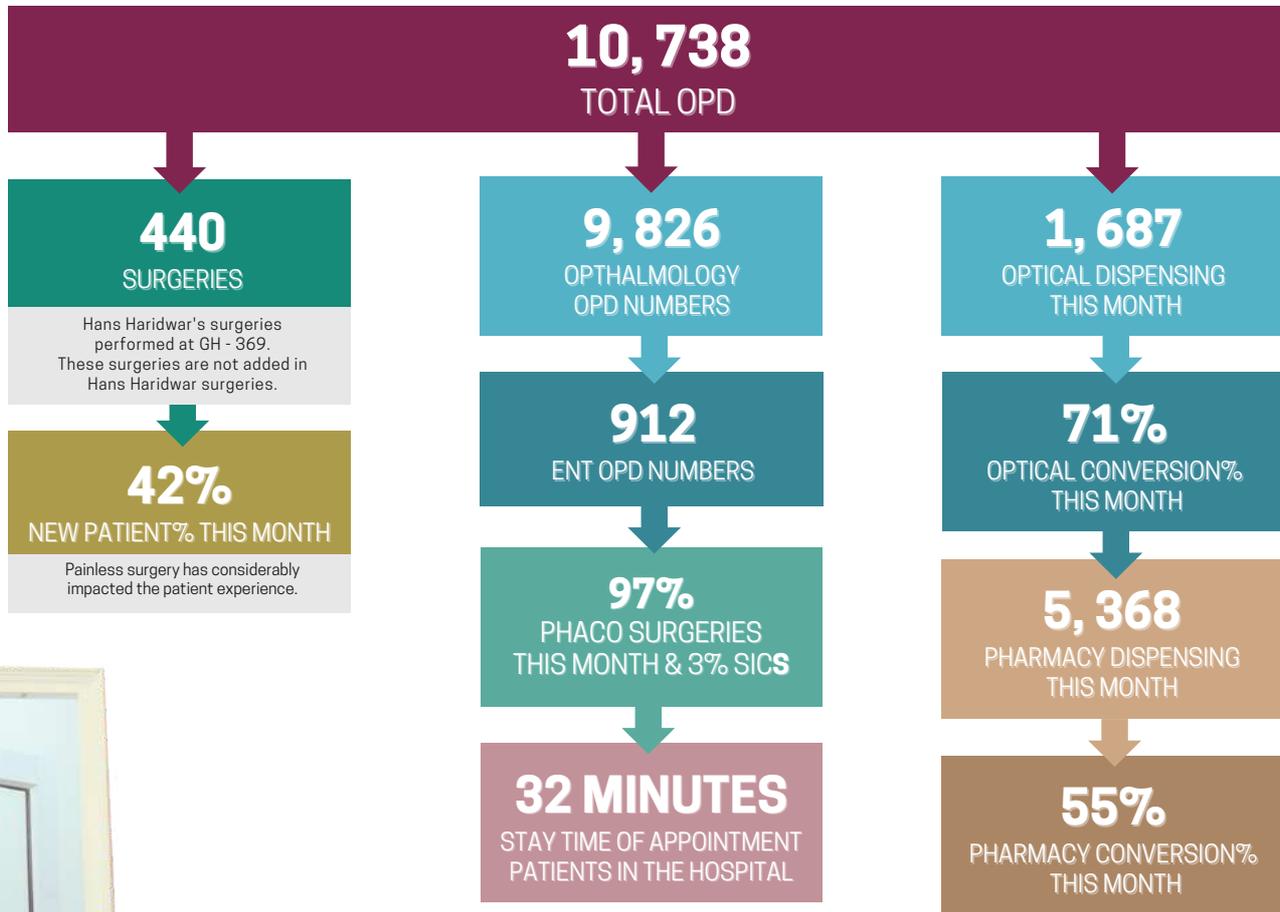
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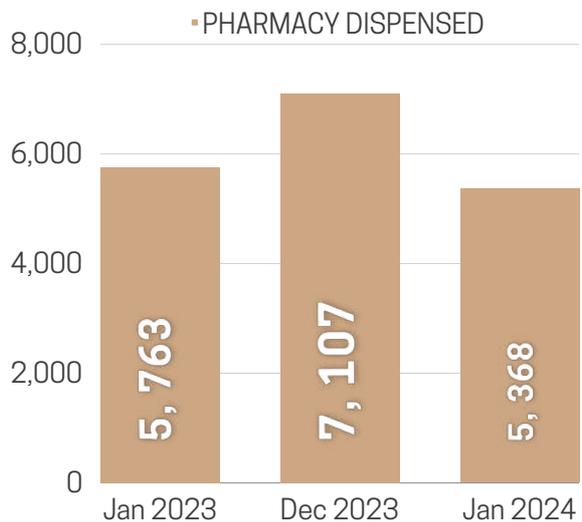
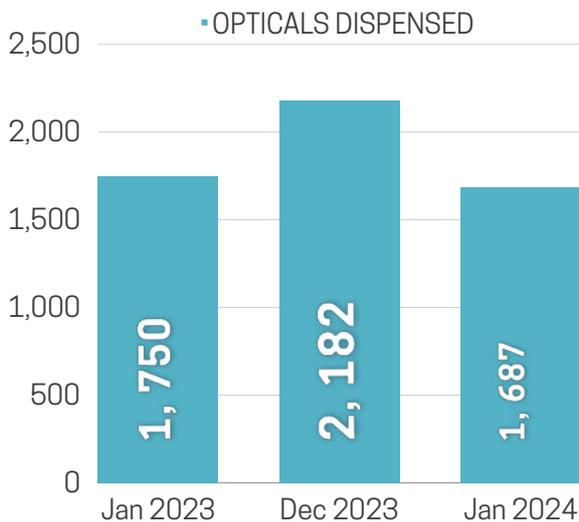
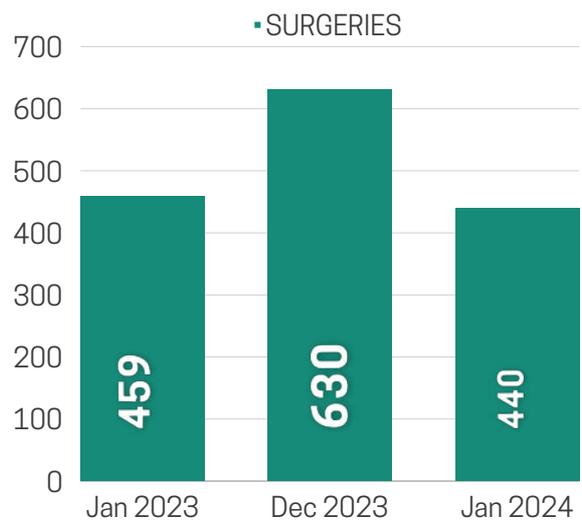
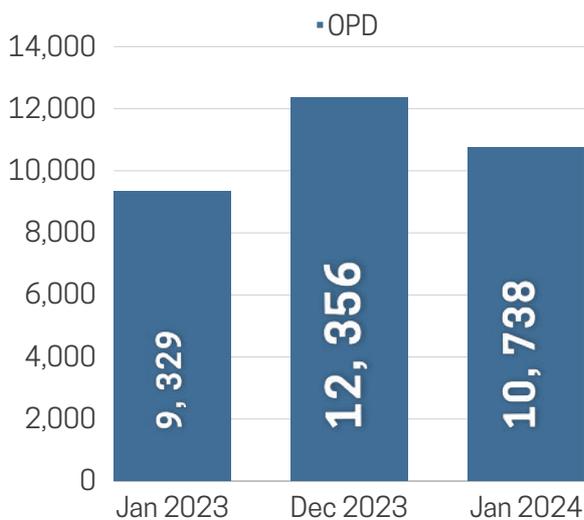
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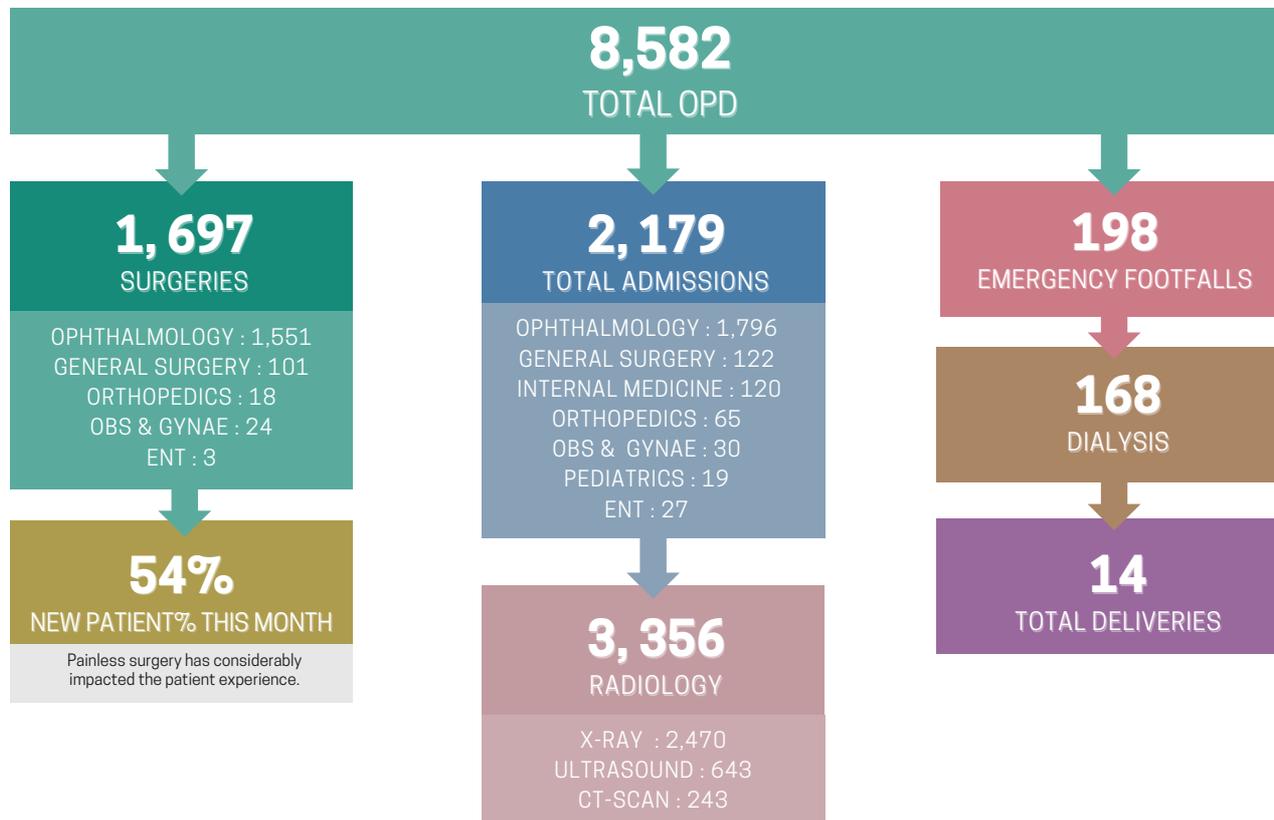
HANS HOSPITAL, HARIDWAR HIGHLIGHTS



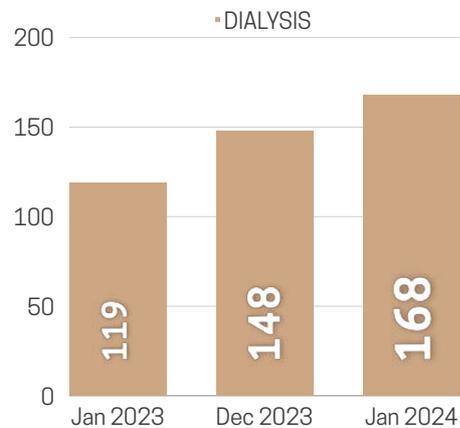
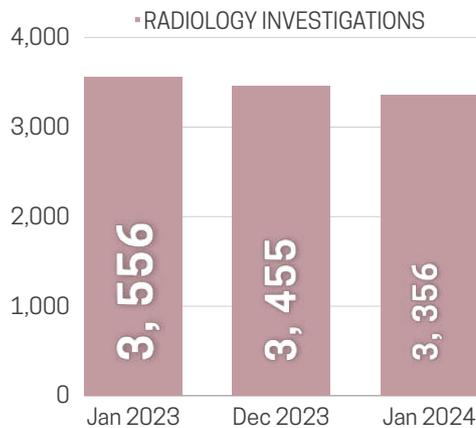
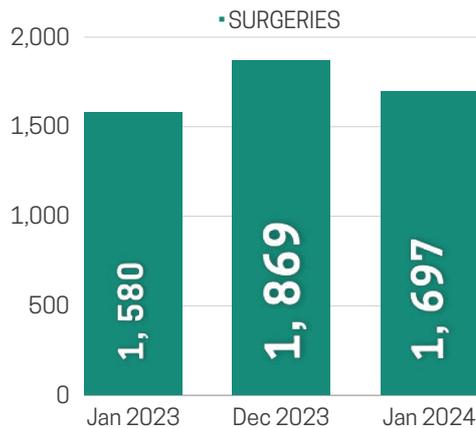
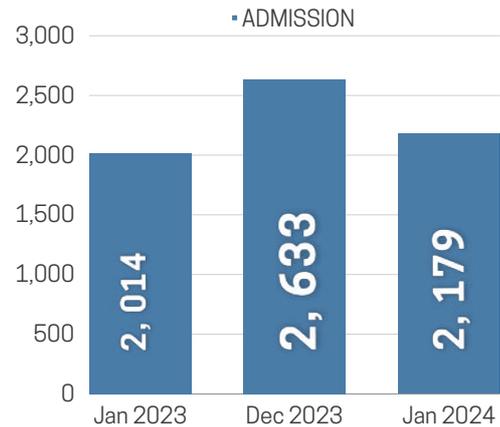
DATA SNAPSHOT OF HANS HOSPITAL, HARIDWAR



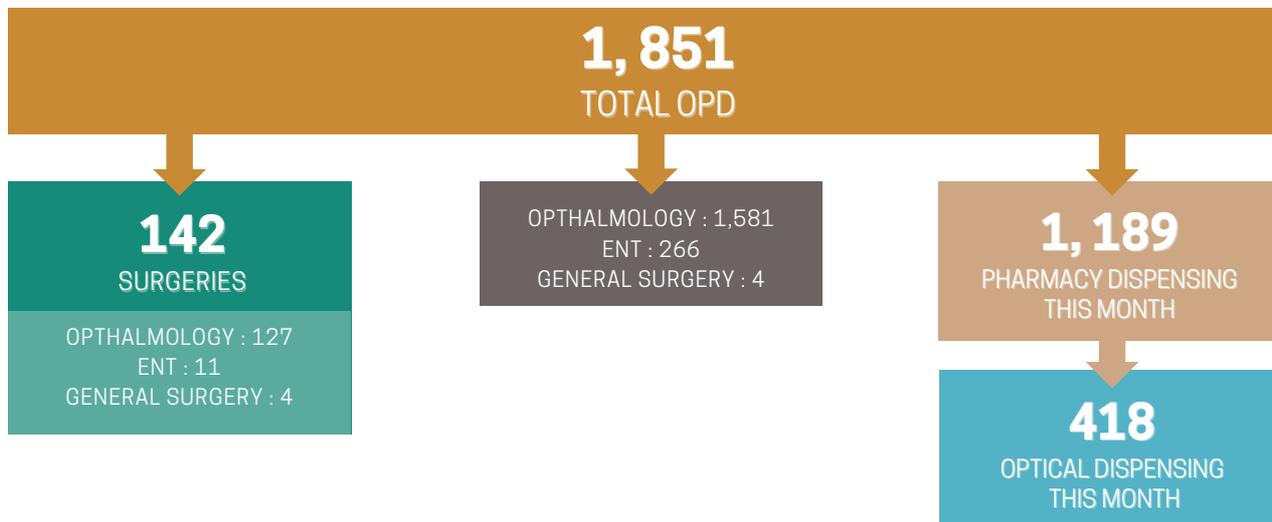
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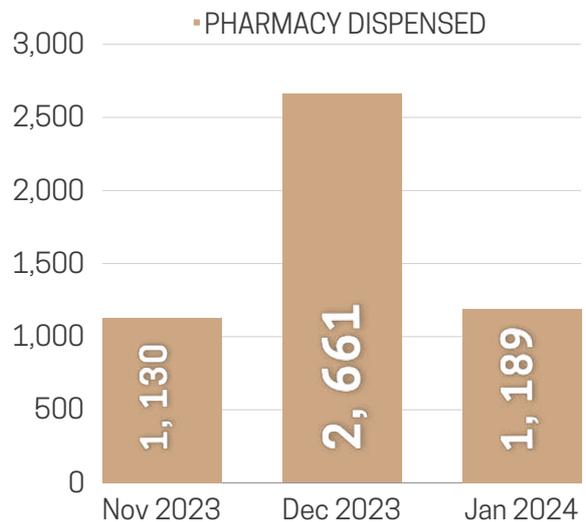
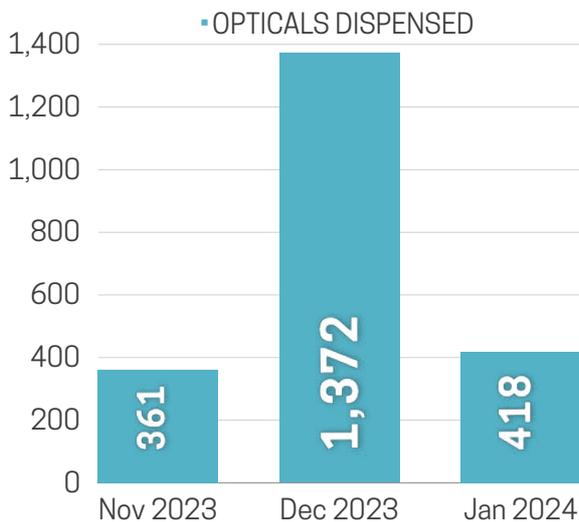
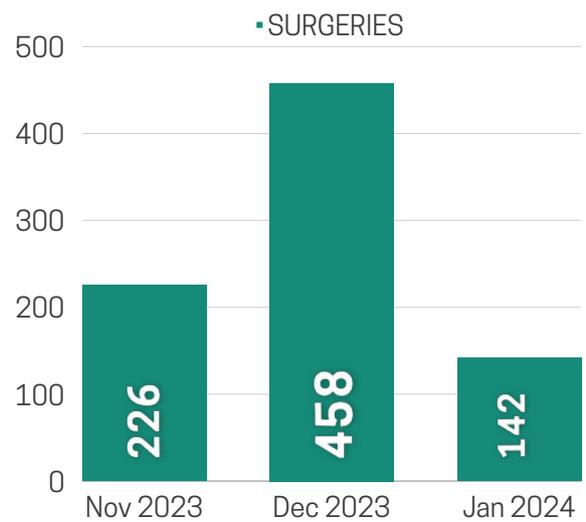
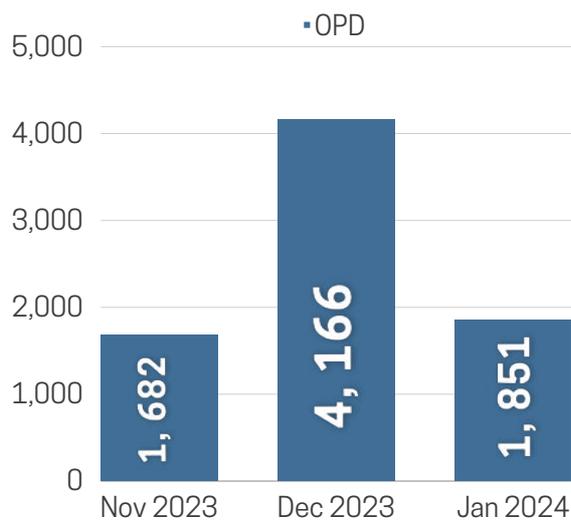
DATA SNAPSHOT OF HANS HOSPITAL, SATPULI



HANS HOSPITAL, KOTDWAR HIGHLIGHTS



DATA SNAPSHOT OF **HANS HOSPITAL,** KOTDWAR



CLINICAL EXCELLENCE

HANS HOSPITAL, SATPULI

GENERAL SURGERY DEPARTMENT



SURGERY : TLH (TOTAL LAPAROSCOPIC HYSTERECTOMY) COMBINED WITH MYOMECTOMY

Bhana Devi ji, aged 52 years, arrived at Hans Hospital Satpuli on January 22nd with a history of persistent symptoms related to uterine fibroids. Previous consultations with various healthcare providers had failed to alleviate her condition, prompting her to seek specialized care at our facility. Upon examination by **Dr. Arunesh Dubey, our General Surgeon**, Bhana Devi was diagnosed with multiple large uterine fibroids, accompanied by broad ligament fibroids located proximate to her urethra. The diagnosis underscored the complexity of her condition and the necessity for prompt intervention to alleviate her symptoms and ensure her well-being. Given the severity of Bhana Devi condition, Dr. Arunesh recommended a surgical approach known as **TLH (Total Laparoscopic Hysterectomy) combined with MYOMECTOMY to remove the fibroids**. This decision was made based on the size and location of the fibroids, as well as the patient's overall health status.

On January 23rd, Dr. Arunesh, assisted by Anesthetist Dr. Vaibhav Mahesh Gupta and the skilled OT team comprising Rahul, Rajesh, and Vijay, conducted the laparoscopic surgery. Dr. Diksha, an Obstetrics and Gynecology consultant, also provided invaluable assistance during the procedure. The surgery, lasting approximately **3 hours**, involved meticulous removal of the significant fibroids to ensure optimal outcomes for the patient. Following the successful surgery, Bhana Devi received attentive postoperative care from our medical team and after a period of observation, she was discharged from the hospital on **February 1st, having achieved a full recovery and restored quality of life.**

This case exemplifies our commitment to delivering high-quality healthcare services and achieving positive patient outcomes.

LAPROSCOPIC VIEW OF MULTIPLE UTERINE FIBROIDS



CLINICAL EXCELLENCE

HANS HOSPITAL, HARIDWAR

EYE SURGERY DEPARTMENT



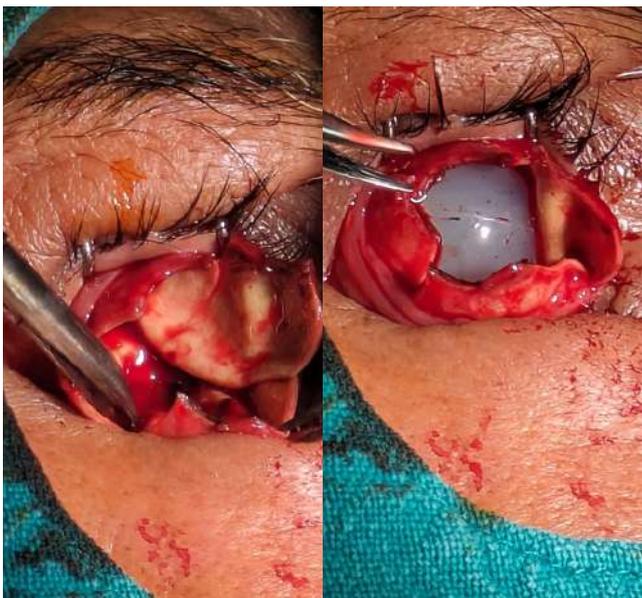
SURGERY : EVISCERATION WITH IMPLANT ARTIFICIAL EYE

Mr. C.P. Sharma, aged 70, presented with a complaint of a **painful blind left eye** at Hans Hospital Bahadradab Haridwar. Upon examination by **Dr. Sneha (our experience Eye surgeon)**, the patient was diagnosed with perforated corneal ulcer which had resulted in profuse bleeding, aggravating the severity of the condition. Given the critical nature of patient's condition, Dr. Sneha Dixit, recommended immediate evisceration with implantation as the optimal course of action.

Evisceration involves the removal of the contents of the eye while preserving the outer shell, followed by the placement of an ocular implant to maintain the structural integrity of the eye socket. On **01 Dec 2023**, Dr. Sneha Dixit performed the **evisceration procedure with implantation** on the patient. Following the successful surgery, Mr. Sharma underwent a period of postoperative care and observation to monitor his recovery progress.

One month after the surgery, an **artificial eye** was placed to restore the aesthetic appearance of the affected eye and enhance Mr. Sharma's overall quality of life. The patient responded positively to the treatment, experiencing relief from pain and achieving great satisfaction with the outcome of the intervention.

FIRST SURGERY



BEFORE

AFTER

SECOND SURGERY



BEFORE

AFTER

CLINICAL EXCELLENCE

HANS HOSPITAL, HARIDWAR

EYE SURGERY DEPARTMENT



SURGERY: LID INJURY TEAR WITH SUBCONJUNCTIVAL

A 40 years old patient named **Sohan Singh** presented at **Hans Hospital, Haridwar** on **24 Jan 2024** with a Subconjunctival Haemorrhage along with pain and redness. Further examination revealed a diagnosis of deep **“Lid Tear”** in his left eye. Our experienced Ophthalmologist and Eye Surgeon **Dr. Sneha Dixit** upon examination, recommended and performed **“Lid Tear Repair”** surgery in the Left Eye of the patient on the same day with the skilled **OT team (Ashish, Shikha, Rupa, Riya)**. The surgery took place in **15 minutes**.

Following the Lid Tear Repair surgery, Mr. Sohan Singh reported significant improvement. **The patient expressed satisfaction with the results, indicating relief from the initial symptoms of pain, redness, and the Subconjunctival Hemorrhage.** Regular follow-up appointments were scheduled to monitor the healing process and ensure the absence of any complications.

BEFORE



AFTER



KNOW YOUR COLLEAGUE



VARSHA GAUNIYAL

Operations
Hans Hospital, Haridwar

जन्म तिथि:
23rd जुलाई

पसंदीदा खाना: जलेबी

यात्रा करने के लिए आपकी पसंदीदा जगह:
बहती नदी का किनारा

01. THFH के बारे में आपको सबसे अधिक क्या पसंद है ?

जिस तरह से यह संगठन कर्मचारियों को उनकी कड़ी मेहनत के लिए पहचानता है और पुरस्कृत करता है वह वाकई सराहनीय है ।

03. आप अपने खाली समय में सबसे ज्यादा क्या करना पसंद करते हैं ?

आत्म चिंतन | अभाव ने प्रभाव की महिमा बतायी हैं । "Life is all about how we react to a situation" मतलब - जीवन इस बात पर निर्भर करता है कि हम किसी स्थिति पर कैसे प्रतिक्रिया करते हैं ।

04. आपकी प्रेरणा और आदर्श कौन है ?

आपकी प्रेरणा और आदर्श कौन है: मेरी प्रेरणा व आदर्श एक मात्र राम भक्त हनुमान जी है, जो की सेवक, साधक, भक्त व मित्र के साक्षात् प्रमाण हैं ।

05. आपके जीवन का कोई गौरवपूर्ण क्षण ?

हर वो समय गौरवपूर्ण है जो मुझे ये एहसास दिलाता है कि मैं एक महान देश *भारत* की एक कुशल नागरिक हूँ और मेरे लिये हमारी संस्कृति व सभ्यता गर्व का विषय है ।

06. आपने यह पेशा क्यों चुना ?

मानवता की सेवा के लिए

02. आपकी प्रोफेशनल यात्रा ?

मेरी प्रोफेशनल यात्रा शुरू होती है 2011 से जब मैंने नर्सिंग कॉलेज में BSc में एडमिशन लिया और उसके बाद MSc नर्सिंग किया. कॉलेज के बाद मेने हंस हॉस्पिटल सतपुली में नर्सिंग में ज्वाइन किया और पिछले पांच साल से यही हूँ. दो साल पहले वरिष्ठ नागरिक स्वस्थ केंद्र में डिप्टी मैनेजर ऑपरेशन्स थी और अब हंस अस्पताल हरिद्वार में ENT डिपार्टमेंट में कार्यरत हूँ. और ये यात्रा अभी भी जारी है, कुछ नया सीखने की, और कुछ अलग करने की।

07. कृपया हमें अपने परिवार के बारे में कुछ बताएं ?

कृपया हमें अपने परिवार के बारे में कुछ बताएं: मेरे परिवार में शामिल हैं मेरे पति देव, सास-ससुर जी, मेरे माता-पिता जी, बड़े भाई भाभी और छोटा भाई ।



EMPLOYEE CORNER

HANS HOSPITAL, SATPULI



BIRTHDAY BASHES!

Gaurav Bisht, a dedicated nursing staff member from the emergency department, along with Mahipal, the nursing in-charge, and Pawan from the front office and billing department, celebrated their birthdays with their respective teams within the hospital campus.

Meanwhile, Deepa from the front office and billing department decided to celebrate her birthday differently. She chose to commemorate her special day with her team outside of the hospital campus. They ventured to a nearby spot, creating lasting memories over delicious food and lively conversations, cherishing the opportunity to bond beyond the confines of work.

Whether within the hospital premises or outside, each birthday celebration served as a reminder of the close-knit community and strong bonds shared among colleagues, fostering a sense of unity and joy in the workplace.

BEENA'S ANDAMAN ADVENTURE

Beena, a dedicated senior staff nurse working in the Neonatal Intensive Care Unit (NICU), embarked on a memorable journey with her husband, to the breathtaking islands of Andaman. Amidst the serene beauty of Andaman, Beena found respite from the bustling hospital environment, rejuvenating her spirit and rekindling her zest for life. The tranquil surroundings provided the perfect backdrop for relaxation and reflection, allowing her to unwind and recharge before returning to her duties at the NICU.



EMPLOYEE CORNER

HANS HOSPITAL, HARIDWAR

DR. SNEHA'S TRIP TO AMRITSAR - A JOURNEY OF CULTURE AND HISTORY



Dr. Sneha and her family get on a memorable trip to Amritsar, a city rich in history and culture, to explore the iconic landmarks, starting with the serene Golden Temple. The family soaked in the spiritual ambiance, offering prayers, and partaking in the langar. The journey unfolded with a visit to the Wagah Border, where the Beating Retreat Ceremony at the Attari Border mesmerized them. Next on their itinerary was a visit to the historic Jallianwala Bagh, a solemn reminder of India's struggle for freedom. The Golden Temple, the vibrant ceremonies at the border, and the poignant moments at Jallianwala Bagh had woven together to create a tapestry of memories for the entire family.

WILDERNESS ADVENTURE



Priyanka, from lab team, embarked on an adventure to Raja ji Tiger Reserve with colleagues Sachin, Shalini, Manoj from the pharmacy department, and Shivani from nursing. Surrounded by the lush greenery of the reserve, they immersed themselves in the wonders of nature, spotting exotic wildlife and marvelling at the beauty of the landscape. Together, they forged unforgettable memories, strengthening their bonds beyond the confines of the workplace.

STEALING MOMENTS OF SERENITY



In the tranquil embrace of the Himalayas, Shivani Kukreti, a dedicated counsellor, and her husband embarked on a rejuvenating journey to Manali and Sissu. Their adventure began in Manali, a heaven for nature lovers and thrill-seekers alike. Surrounded by snow-capped peaks, they explored the vibrant markets and sampled local delicacies. From Manali, the couple ventured towards the lesser-known gem of Sissu. Tucked away in the Lahaul Valley, Sissu captivated them with its pristine landscapes and tranquillity.

JYOTI, GARIMA AND ARNAB'S BIRTHDAY BASHES!



Jyoti from EC3 Counselling, Garima from Clinicians Engagement and Arnab from HR & Admin department celebrated their birthdays with colleagues on January 3rd, January 4th and January 25th, 2024, respectively. In the small gathering with their teams and few other office friends the birthdays were celebrated by cutting their favourite cakes. We extend our warmest wishes to all of them. May the year ahead be filled with success, happiness, and countless reasons to celebrate.

WELCOME BACK SUNDAR

Sundar, from the OPD, returned from maternity leave, welcomed back by colleagues with warm smiles and congratulations. Her presence brought a renewed sense of energy and joy to the workplace, as they celebrated her return.

Sundar's dedication and commitment to her work were evident as she seamlessly resumed her responsibilities, inspiring admiration among her peers.



WEDDING ANNIVERSARY CELEBRATIONS AMIDST HIMALAYAN BLISS



On a chilly winter day on January 20, 2024, Meenakshi, a compassionate member of the EC3 Counselling Department, celebrated her 8th wedding anniversary with her family in a unique and spiritual way. The destination chosen for this special occasion was Surkanda Devi, a sacred temple nestled in the Garhwal Himalayas. The family participated in the rituals, offering prayers for love, prosperity, and continued togetherness.

JOURNEY OF TOGETHERNESS NANDANI'S FAMILY ADVENTURE

Nandani and her family embarked on a memorable journey on January 18th, 2024, starting with a joyful family function followed by an enchanting trip to Jawala Ji, Chintpurni, and Chamba in Himachal Pradesh. Surrounded by the serene beauty of the Himalayas, they immersed themselves in spiritual bliss and scenic wonder, creating cherished memories to last a lifetime.



"A BUNDLE OF JOY: VIPESH'S NEWEST ADDITION"



Vipesh, from the Optical department, and his family were overjoyed as they welcomed a precious baby girl into their lives on January 22, 2024. The arrival of their daughter filled their home with laughter, love, and endless possibilities for the future. Heartiest congratulations to the whole family.

HEENA'S FOURTH ANNIVERSARY CELEBRATION



On the joyous occasion of Lohri, Heena and her family celebrated their fourth anniversary on January 20, 2024, weaving the threads of love and laughter and the milestone of four years of marital bliss for Heena and her loved ones.

RECOGNITION

Hans Hospital, Satpuli &
Hans Hospital, Haridwar

EMPLOYEE OF THE MONTH

Congratulations



SONU

OT Technician
Hans Hospital, Satpuli

Sonu, Deputy Manager of the OT, shines as the Employee of the Month, recognized for his exceptional dedication and commitment to excellence. In July 2018, Sonu began working as an OT Technician at General Hospital Satpuli and later promoted as a Senior Technician in 2021. He is very enthusiastic and workaholic employee who enjoys music and movies.



Ruchi

Senior Optometrist
Hans Hospital, Haridwar

Ruchi commenced her employment as an Ophthalmic assistant in June 2015, subsequently earning a promotion to Optometrist. With a background in Nursing, she now holds the position of Senior Optometrist. Lakpa attests that Ruchi is the most committed member of the Optometry department. Known for her emotional nature, Ruchi enjoys hobbies such as watching animation movies and reading stories.

RECOGNITION

Hans Hospital, Satpuli &
Hans Hospital, Haridwar

MOST GROOMED EMPLOYEE



Aarti Negi

Nursing
Hans Hospital, Satpuli



Anmol

Optical
Hans Hospital, Haridwar

MOST PUNCTUAL EMPLOYEE



Pooja Bisht

Nursing
Hans Hospital, Satpuli



Neelam

Optometrist
Hans Hospital, Haridwar

INTERNAL TRANSFERS & NEW JOINEES

Hans Hospital, Satpuli & Hans Hospital, Haridwar

INTERNAL TRANSFER

From Hans Hospital, Satpuli to Hans Hospital, Haridwar



Himanshu Rawat

Food & Beverage
Hans Hospital, Haridwar



Ankit George

Nursing Incharge
Hans Hospital, Haridwar



Silviya

Nursing
Hans Hospital, Haridwar

NEW JOINEES



Dr. Prakash Pandey

Pathology
Hans Hospital, Satpuli



Sabar Singh Rawat

Camp & Outreach
Hans Hospital, Satpuli



Deepak Kumar

Pharmacy
Hans Hospital, Satpuli



Sager Saini

Project & Maintenance
Hans Hospital, Haridwar

CELEBRATIONS

Hans Hospital, Satpuli & Hans Hospital, Haridwar

SHRI SATYANARAYAN PUJA

1st January, 2024



LOHRI CELEBRATION & MAKAR SANKRANTI

14th & 15th January, 2024



REPUBLIC DAY

26th January , 2024

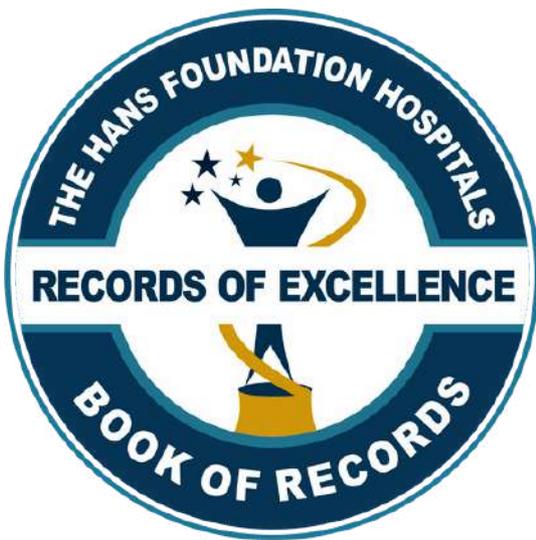


MONTHLY BIRTHDAY CELEBRATION



ABOVE & BEYOND 2023

CELEBRATING EXCELLENCE: THE HANS FOUNDATION HOSPITALS AWARD CEREMONY



In a dazzling display of talent, dedication, and achievement, The Hans Foundation Hospitals recently hosted its much-anticipated award ceremony 'ABOVE & BEYOND 2023'. The event brought together employees from all locations and other stakeholders to recognize and celebrate the outstanding contributions of individuals/teams who have gone above and beyond in making a significant impact on the patient's lives and eventually organization's success.

The award ceremony featured a diverse range of categories, reflecting the multifaceted nature of The Hans Foundation Hospitals.



DEPARTMENT OF **OPHTHALMOLOGY, SATPULI**



For performing a record number of surgeries in December month and year 2023 with excellent success rate and team's commitment to providing compassionate care. Our department of Ophthalmology is **Uttrakhand's No.1 Eye Surgery Centre.**



“

DEPARTMENT OF
**GENERAL SURGERY,
 SATPULI**

For performing a record number of surgeries in 2023 with extraordinary lifesaving interventions and emerged as one of the most promising departments of THF-GH.

“

DEPARTMENT OF
VARISHTH NAGRIK SWASTHYA KENDRA, SATPULI



VNSK is first of its kind Elderly Care Centre in Uttarakhand. With dedicated **135 beds** it has delivered excellent patient care along with **100% occupancy** all through the year.

“

DEPARTMENT OF
OPTOMETRY, HARIDWAR

For attending a record number of patients in 2023 and through their collaborative approach ensured patients receive appropriate care at the right level.



“LONG SERVICE AWARDS”

5 YEARS MILESTONES



10 YEARS MILESTONES



“ SPECIAL AWARD ” OF EXCELLENCE

“ OUTREACH DEPARTMENT OF HANS HOSPITAL, SATPULI



For their tireless efforts, positive approaches, and unwavering commitment which have significantly elevated our impact in the community and made a positive difference in the lives of those we serve.

“ DIALYSIS DEPARTMENT OF HANS HOSPITAL, SATPULI



This esteemed team has consistently demonstrated compassion, expertise, and unwavering commitment to improving the quality of life for those undergoing dialysis treatment.

“ HANS CLINIC, KOTDWAR



In recognition of remarkable achievements and outstanding performance within a short span of six months since inception, our Hans clinic, Kotdwar has proved to be a long run player.

Throughout the evening, attendees were treated to inspiring stories and testimonials that showcased the dedication and passion of the award recipients. The achievements were not only limited to professional accomplishments but also included instances of collaboration, mentorship, and going the extra mile to contribute to the overall positive culture at The Hans Foundation Hospitals.

The evening also featured

ENTERTAINMENT, SUCH AS LIVE PERFORMANCES BY THE STAFF AND ENGAGING ACTIVITIES, FOSTERING A SENSE OF FRIENDSHIP AND UNITY AMONG THE ATTENDEES.



The Hans Foundation Hospitals award ceremony was a definite success, not only in recognizing individual achievements but also in **reinforcing the organization's values and commitment to excellence**. As the night came to a close, attendees left with a renewed sense of pride and motivation, ready to continue contributing to the ongoing success story of The Hans Foundation Hospitals.

