



Celebrating

11

th

2014 - 2025

YEARS
OF EXCELLENCE

Health For All

Health for all

Reflections

Hans Hospital, Haridwar | Hans Hospital, Satpuli

JUNE 2025

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



Dear Readers,

As we step into the heart of July, we're excited to bring you the June Edition of our monthly newsletter a vibrant collection of stories, insights, and highlights that capture the energy and accomplishments of the past month.

June was a month of fresh beginnings, meaningful milestones, and forward momentum. Whether it was wrapping up half-year goals, celebrating team achievements, or launching exciting new initiatives, it gave us plenty to reflect on and even more to look forward to.



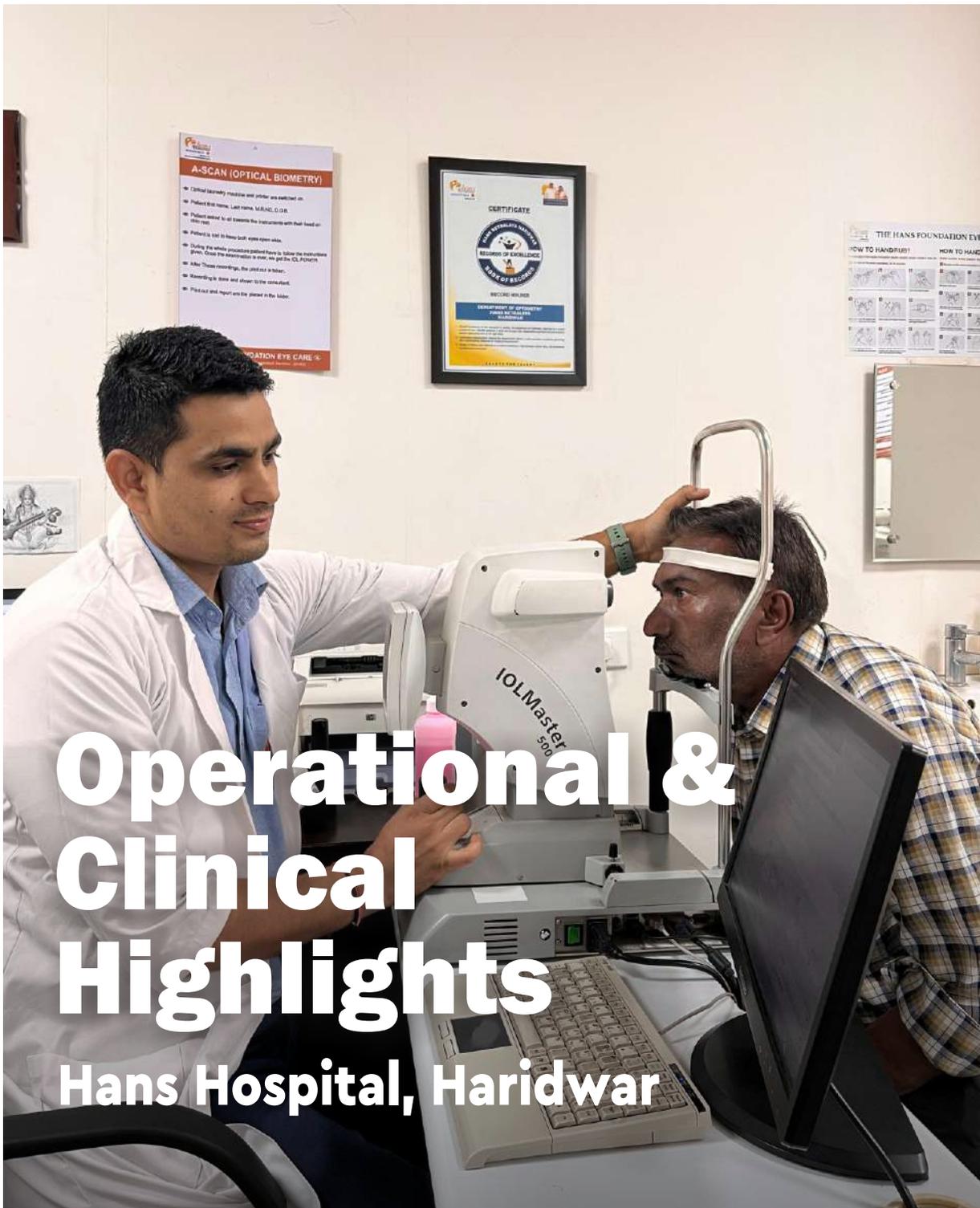


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Operational & Clinical Highlights

Hans Hospital, Haridwar

22,242

TOTAL OPD

Ophthalmology : 20381
ENT : 638
Internal Medicine : 470
Orthopedics : 753

1,036

SURGERIES

Ophthalmology Surgeries : 1016
Orthopedics : 8
General surgery : 0
ENT Surgeries : 12

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

86%

NEW PATIENT% THIS MONTH

Painless surgery has considerably impacted the patient experience.

2,220

OPTICAL DISPENSING THIS MONTH

71%

OPTICAL CONVERSION% THIS MONTH

28,672

PHARMACY DISPENSING THIS MONTH

54%

PHARMACY CONVERSION% THIS MONTH



Operational & Clinical Highlights

Hans Hospital, Satpuli

12,345

TOTAL OPD

- Internal Medicine : 2052
- Ophthalmology : 2082
- General Surgery : 898
- Orthopedics : 953
- Obstetrics & Gyne : 494
- Dental : 537
- Pediatrics : 192
- ENT : 472
- Outreach : 2012
- Kotdwar Clinic : 2653

1,175

SURGERIES

- Ophthalmology : 901
- General Surgery : 146
- Orthopedics : 50
- Obstetrics & Gyne : 19
- ENT : 59

2,822

RADIOLOGY

- X-Ray : 1386
- ULTRASOUND : 995
- CT Scan : 441

47%

NEW PATIENT% THIS MONTH

Painless surgery has considerably impacted the patient experience.

1,388

TOTAL ADMISSIONS

- Ophthalmology : 950
- General Surgery : 143
- Internal Medicine : 131
- Orthopedics : 49
- Obstetrics & Gyne : 37
- Pediatrics : 22
- ENT : 56

353

EMERGENCY FOOTFALLS

213

DIALYSIS

11

TOTAL DELIVERIES

“Celebrating Milestones”



JUNE SURGICAL MILESTONES UNLOCKED AT THFH SATPULI !

The Hans Foundation General Hospital, Satpuli, proudly achieved record-breaking surgical milestones in June 2025.

Record-Breaking Achievements-

METRIC	JUNE 2025 ACHIEVEMENT	PREVIOUS BEST
Total Surgeries	274 (Highest Ever !)	206 (Sept 2023)
General Surgeries	146 (Second Highest !)	149 (Oct 2023)
Orthopedic Surgeries	50 (Highest Ever !)	39 (Aug 2022)
ENT Surgeries	59 (Highest Ever !)	46 (Jun 2024)
Ophthalmology Surgeries	901 (Highest for June!)	876 (Jun 2023)

This remarkable success reflects the trust of our patients and the incredible dedication of our surgeons, anesthetists, nursing teams, and support staff.

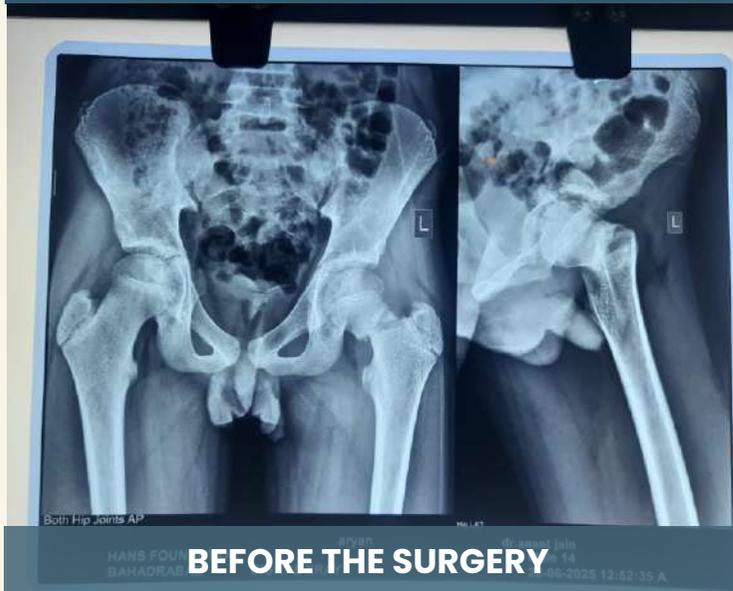
THFH is proud to rise as a center of excellence and trusted healthcare provider for Uttarakhand!

Together, we keep setting new benchmarks!

Patient Story of Triumph

Orthopaedics Surgery - Hans Hospital, Haridwar

CLOSED REDUCTION AND INTERNAL FIXATION (CRIF) OF FEMORAL NECK FRACTURE



A 14-year-old male patient sustained a fracture of the **femoral neck** after falling from a mango tree on the evening of **June 22, 2025**. He was referred to the **Orthopaedic department** of **The Hans Foundation Hospital, Bahadarabad** where he was admitted via the **emergency department** around midnight.

On assessment by our highly experienced **Orthopaedic Surgeon - Dr. Anant Jain**, the diagnosis of a femoral neck fracture was confirmed. As these fractures in adolescents are Orthopaedic emergencies due to the high risk of **avascular necrosis**, prompt surgical intervention was essential. Our team successfully performed a **closed reduction and temporarily stabilized the fracture**. Given the urgency and the requirement for specialized fixation, an appropriate implant was sourced from Dehradun on priority.

Definitive surgery was carried out on the **same day (Sunday) at 5:00 PM**. The procedure lasted approximately **two hours** and was completed uneventfully by our **OT skilled team, including Orthopedic Surgeon Dr. Anant Jain, Anesthetist Dr. Venus, and OT staff Rajesh, Deepak, and Santosh**. Postoperative recovery was smooth, and the patient was discharged home on **June 25, 2025**, in stable condition with appropriate follow-up advice.

Patient Story of Triumph

Orthopaedics Surgery - Hans Hospital, Haridwar

REVISION TOTAL HIP REPLACEMENT



BEFORE THE SURGERY



DR. ANANT & OT TEAM



HAPPY PATIENT AFTER THE SURGERY

Mr. Anil Kumar, a 53-year-old male from Delhi, The Hans Foundation Hospital, Bahadarabad in May 2025 with complaints of severe hip pain and difficulty in walking. He was diagnosed with **ankylosing spondylitis** and advanced bilateral hip arthritis, with a deformed limb and significant functional impairment.

Although surgical management was advised, the patient was found to be anaemic with multiple **comorbidities at initial evaluation, making immediate surgery unfeasible**. He was therefore optimized over the following month with continuous telephonic guidance from our team.

The Patient was later admitted on **June 22, 2025**, for surgical treatment of the left hip. **Preoperative evaluation revealed severe, complicated arthritis with acetabular protrusion (thinning and inward migration of the hip socket), making reconstruction extremely challenging**. A special imported implant was arranged to address this advanced pathology.

On **June 24, 2025**, Dr. Anant Jain, with Anesthetist support of Dr. Venus and OT team (Rajesh, Deepak, and Santosh) performed a revision total hip replacement with additional tenotomy procedures to address soft tissue contractures. The surgery lasted approximately **two hours** and was executed uneventfully. Patient is recovering well in the postoperative period under close observation and supportive

Patient Story of Triumph

General Surgery - Hans Hospital, Satpuli

HEMITHYROIDECTOMY SURGERY



BEFORE THE SURGERY



LEFT RECURRENT LARYNGEAL NERVE PRESERVED



PRESERVED PARATHYROID GLAND



REMOVED THYROID GLAND



PATIENT AFTER SURGERY WITH DR. SUDIP KUMAR

Pinky, a 25-year-old resident of Village Jakhamalla, District Pauri Garhwal, had been suffering from swelling and severe pain in her neck for the past 6–7 months. Despite seeking treatment at various hospitals, she found no significant relief, which began to disrupt her daily life.

On the recommendation of an acquaintance, Pinky visited Hans Hospital and consulted with General Surgeon Dr. Sudip Kumar Deo. After the necessary investigations, she was diagnosed with a left solitary thyroid nodule, which was the root cause of her discomfort. Following medical advice, a hemithyroidectomy (surgical removal of part of the thyroid gland) was successfully performed.

Post-surgery, Pinky showed significant improvement and has now fully recovered. Pinky and her family expressed heartfelt gratitude to the expert medical team at the hospital, especially Dr. Sudip Kumar Deo, for their dedicated care.

The success of this surgery was made possible by the efforts of the entire Hans Hospital, Satpuli team, including Anaesthesia Specialist Dr. Pramila Catherine and OT technicians Sonu, Rahul, Vijay, Hemant, Neha, Sheetal, and Gaurav, whose contributions were invaluable.

Employee Spotlight

Recognizing Our Healthcare Heroes

दीपक पंवार

उनकी प्रोफेशनल यात्रा

दीपक पंवार की प्रोफेशनल यात्रा की शुरुआत वर्ष 2016 में हुई, जब उनकी नियुक्ति टिहरी गढ़वाल पोस्ट ऑफिस में सुरक्षा गार्ड के पद पर हुई। चयन के बाद उन्होंने देहरादून में ट्रेनिंग प्राप्त की और पहली पोस्टिंग देहरादून के पैसिफिक मॉल में मिली।

इसके पश्चात उन्होंने पैनासोनिक, एंकर, हीरो, लक्ज़र, और शिवम ऑटो टेक जैसी नामी कंपनियों में कार्य करते हुए अनुभव प्राप्त किया।

मई 2023 में उन्होंने हंस फाउंडेशन हॉस्पिटल, हरिद्वार जॉइन किया। वर्तमान में वह सुरक्षा विभाग में सेवा दे रहे हैं और साथ ही मरीजों की देखभाल में भी अपना योगदान दे रहे हैं।

पसंदीदा भोजन और जगह

उन्हें भिंडी मसाला, चाने की दाल, चावल, रोटी और पनीर बहुत पसंद हैं।

पसंदीदा घूमने की जगह

दीपक को मसूरी बहुत प्रिय है — एक ऐसी जगह जहाँ उन्हें प्रकृति और शांति का अद्भुत मेल मिलता है।

परिवार

दीपक एक संयुक्त परिवार में रहते हैं जिसमें उनके माता-पिता, छोटा भाई, पत्नी और एक पुत्र शामिल हैं।



“

गौरवपूर्ण क्षण

जब उन्हें एंकर पैनासोनिक जैसी प्रतिष्ठित कंपनी में 'बेस्ट ड्यूटी अवॉर्ड' मिला, वह क्षण उनके जीवन का एक यादगार और गर्वपूर्ण अनुभव रहा।

प्रेरणा और आदर्श

उनके माता-पिता ही उनके जीवन के सबसे बड़े प्रेरणास्रोत हैं। उनकी सादगी, मेहनत और सहनशीलता से दीपक ने बहुत कुछ सीखा है।

उन्होंने यह करियर क्यों चुना

दीपक का सपना था कि वह भारतीय सेना में जाएं, लेकिन बचपन में लगी एक गंभीर चोट के कारण वह इस दिशा में आगे नहीं बढ़ सके। परिवार की जिम्मेदारियों को निभाते हुए उन्होंने सुरक्षा सेवा को अपना करियर बनाया और आज उसमें पूरी निष्ठा से कार्य कर रहे हैं।

TMFH के बारे में सबसे अधिक यह पसंद है

दीपक को यहाँ कार्य करते हुए बुजुर्ग दादा-दादी जैसे मरीजों की सेवा करना बहुत अच्छा लगता है। उन्हें यह सेवा कार्य आत्मिक संतोष और आनंद प्रदान करता है।

शौक और रुचियाँ

दीपक को खाना बनाना और गाने सुनना बेहद पसंद है। यह उनके दिन का सुकूनभरा हिस्सा होता है।



Shining Stars

June



Mahadev Singh, Senior Executive in the Pharmacy Department, has been a dedicated member of The Hans Foundation team since June 1, 2019. With over six years of service, he has consistently demonstrated a strong work ethic, calm demeanor, and collaborative spirit. His commitment to excellence and positive attitude have earned him the respect and admiration of his colleagues, making him an invaluable asset to our organization.



Deepak Singh, one of our oldest employees at The Hans Foundation General Hospital, Satpuli, joined the organization as a Driver in 2012 and, through his dedication and hard work, has grown into his current role as a Camp Coordinator in the Camps and Outreach team. Known for his commitment to community healthcare, Deepak plays a vital role in organizing and managing outreach programs that deliver essential services to underserved populations. His proactive approach, teamwork, and passion for improving lives make him a highly valued member of the hospital team.

Congratulations to Mahadev Singh & Deepak Singh for being chosen as our Shining Stars!



Mahadev Singh
Pharmacist
Hans Hospitals, Haridwar



Deepak Singh
Camp Coordinator
Hans Hospitals, Satpuli

Community Engagement and Outreach

Making a Difference Together

भारी बारिश में भी सेवा का संकल्प!



29 जून को हंस अस्पताल की डॉक्टरों और मेडिकल टीम द्वारा पौड़ी में एक मेगा मल्टीस्पेशलिटी स्वास्थ्य शिविर का आयोजन किया गया। इस शिविर में जनरल सर्जरी, प्रसूति एवं स्त्री रोग, बाल रोग, ऑर्थोपेडिक्स, मेडिसिन, और ईएनटी जैसे सभी प्रमुख विभागों की विशेषज्ञ सेवाएँ उपलब्ध कराई गईं। हमारी टीम में डॉक्टरों के साथ-साथ नर्सिंग स्टाफ, तकनीशियन, और अन्य सपोर्ट स्टाफ भी शामिल थे, जिन्होंने मिलकर शिविर को सफल बनाया।

450 से अधिक मरीजों को शिविर में देखा गया, जिनमें से लगभग 100 मरीजों को चिन्हित कर उनकी सर्जरी के लिए नियोजित किया गया है, जो भविष्य में सतपुली अस्पताल में की जाएंगी। मरीजों को निःशुल्क परामर्श, चश्मे, और दवाइयाँ भी उपलब्ध कराई गईं। शिविर में बड़ी संख्या में मरीजों को लाभ हुआ, और कई गंभीर मामलों को आगे के इलाज के लिए अस्पताल में बुलाया गया।

हंस अस्पताल — हर मौसम में, हर हाल में, आपकी सेहत का साथी!

Life Beyond Work

Hans Hospital, Haridwar

EXPLORING SCENIC BEAUTY & SPIRITUAL VIBE



Arvind and Himanshu from SCM, along with ES Kumar and Anmol from the Optical team, went on a soulful journey to Pauri. Their highlight was a visit to the revered Jai Kalashwar Mahadev Mandir, where the group immersed themselves in serene views and spiritual vibes.

SHAMIM'S FAMILY DAY OUTING



Shamim from TPA Ayushman enjoyed a delightful family outing to the Mall of Dehradun – their first visit! The day was filled with shopping, fun, and precious time spent together, adding a new memory to their family album.

LAKPA'S DIVINE CELEBRATIONS FOR ANAYA



Lakpa from Optometry marked her daughter Anaya's 5th birthday in a heartwarming celebration with family on 3rd June. The joy continued with a spiritual trip to Mansa Devi, Chandi Devi, and the sacred Har Ki Pauri, making the occasion truly memorable.

SIYA TURNS 5 – A DAY OF FAMILY JOY



Sarita and Sanjay from Optometry celebrated a special milestone as their daughter Siya turned 5. The day was filled with warmth, laughter, and close family moments, creating memories to cherish.

ANAISHA'S BIRTHDAY CHEER



Shivani from the Nursing department joyfully celebrated her daughter Anaisha's 5th birthday with family. The celebration was intimate, full of smiles, love, and the happiness of watching Anaisha grow.

Life Beyond Work

Hans Hospital, Satpuli

DR. PRAMILA'S BIRTHDAY BASH!



Our amazing Dr. Pramila turned a year wiser on June 13th, and the General OT team made sure it was a celebration to remember! With laughter, warm wishes, and sweet treats, the birthday bash was full of positive vibes and happy faces.

CELEBRATING NIDHI DABRAL'S BIRTHDAY



On June 21st, the ward team celebrated the birthday of Nidhi Dabral, our dedicated Nursing Incharge. Surrounded by her colleagues, Nidhi cut a delicious cake, and the staff shared heartfelt moments of appreciation for her leadership & care. It was a wonderful day filled with gratitude, laughter, and team spirit!

RAKESH'S BIRTHDAY CELEBRATION



On June 10th, the Ophthalmology team gathered to celebrate Rakesh from Optical on his special day. The team spirit was high with smiles, cake, and heartfelt wishes that made the day truly special. Happy birthday, Rakesh — keep rocking the Ophthal family!

VINIT & RASHMI'S ENGAGEMENT



Love was truly in the air on June 9th as Vinit & Rashmi exchanged rings and promises for a lifetime together! The serene village of Lamgara in Almora lit up with their joyful celebration. Here's to a beautiful new beginning for the lovely couple — cheers to Vinit & Rashmi!

A TEAM LUNCH IN KANDOLIYA HILLS



After a fulfilling camp in Pauri, the team of Clinicians, Technicians, and support staff enjoyed a well-deserved lunch at Kayra Resort along the scenic Kandoliya route. Surrounded by greenery and mountain air, the team relaxed with good food, laughter & great company — a perfect way to unwind and celebrate teamwork.



WORLD BLOOD DONOR DAY - SATPULI



MONTHLY BIRTHDAY CELEBRATION - HARIDWAR



SATPULI



INTERNATIONAL YOGA DAY



HARIDWAR



11th ANNIVERSARY OF HANS FOUNDATION HOSPITAL, HARIDWAR



CELEBRATIONS

Hans Hospital, Haridwar & Satpuli

Medical Facts and Trivia :

DO YOU KNOW ?

1. Lungs aren't symmetrical —  the right lung has three lobes, while the left has two (to make room for the heart).
2. The stethoscope was invented in 1816 by  René Laennec, who used a rolled-up paper tube.
3. The pupil of the eye can expand over 4 times its size in the dark to let in more light. 
4. Your brain uses about 20% of your body's total oxygen and energy, even when you're at rest. 
5. The kidneys filter about 50 gallons of blood daily to produce 1–2 quarts of urine. 
6. After age 30, the rate of muscle mass loss (sarcopenia) slowly begins —  nutrients like Vitamin D, magnesium, and protein become essential to slow it down.



MYTH

Donating blood will make me weak.

FACT

Donating blood does not make you weak.
Your body quickly replenishes the lost fluid within 24 hours,
and red blood cells are replaced in a few weeks.
Most healthy donors feel normal shortly after resting and drinking fluids.

WELCOME ABOARD

Hans Hospital, Satpuli & Hans Hospital, Haridwar

NEW JOINEE



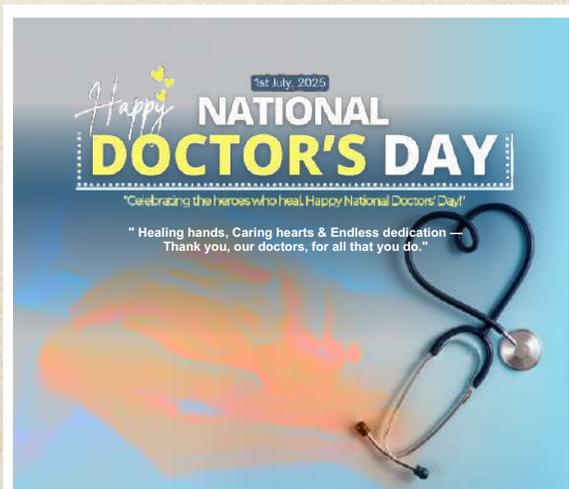
Tanuja Rawat
Nursing
Hans Hospital, Satpuli



Mohd. Gulam Rabbani
Camp & Outreach
Hans Hospital, Satpuli

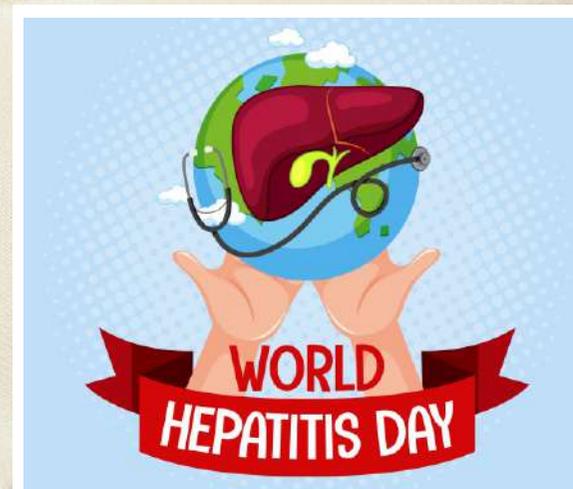
Upcoming Events : Save the Dates

Hans Hospital, Satpuli & Hans Hospital, Haridwar



NATIONAL DOCTOR'S DAY 1st July 2025

National Doctor's Day honors the dedication and compassion of our healthcare heroes — thank your doctor for their tireless care and commitment. Healthy lives begin with those who heal!



WORLD HEPATITIS DAY 28th July 2025

World Hepatitis Day urges us to know our liver status — get tested, get vaccinated, and seek timely treatment. A healthy liver starts with awareness and action!

Newsletter Contest

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

- Q1. Which departments set new surgical milestones in June 2025 at THFH Satpuli ?
- Q2. What condition was Pinky diagnosed with, and what surgery was performed to treat it ?
- Q3. Where did the team go for a relaxing lunch after the Pauri camp ?
- Q4. Name the shining stars of this month ?
- Q5. When was the 11th anniversary of The Hans Foundation Hospital, Haridwar celebrated ?
- Q6. How many patients were seen at the Mega Multispecialty Camp in Pauri, and how many were identified for future surgeries at Satpuli Hospital ?
- Q7. Who were the new joinees at Hans Hospital, Satpuli, in the month of June 2025 ?
- Q8. Which departments contributed the minimum OPD in June in Satpuli ?
- Q9. What was the Optical Conversion at Hans Hospital, Haridwar in June 2025 ?
- Q10. What condition was Mr. Anil Kumar diagnosed with at The Hans Foundation Hospital, Haridwar and who performed his revision total hip replacement surgery ?

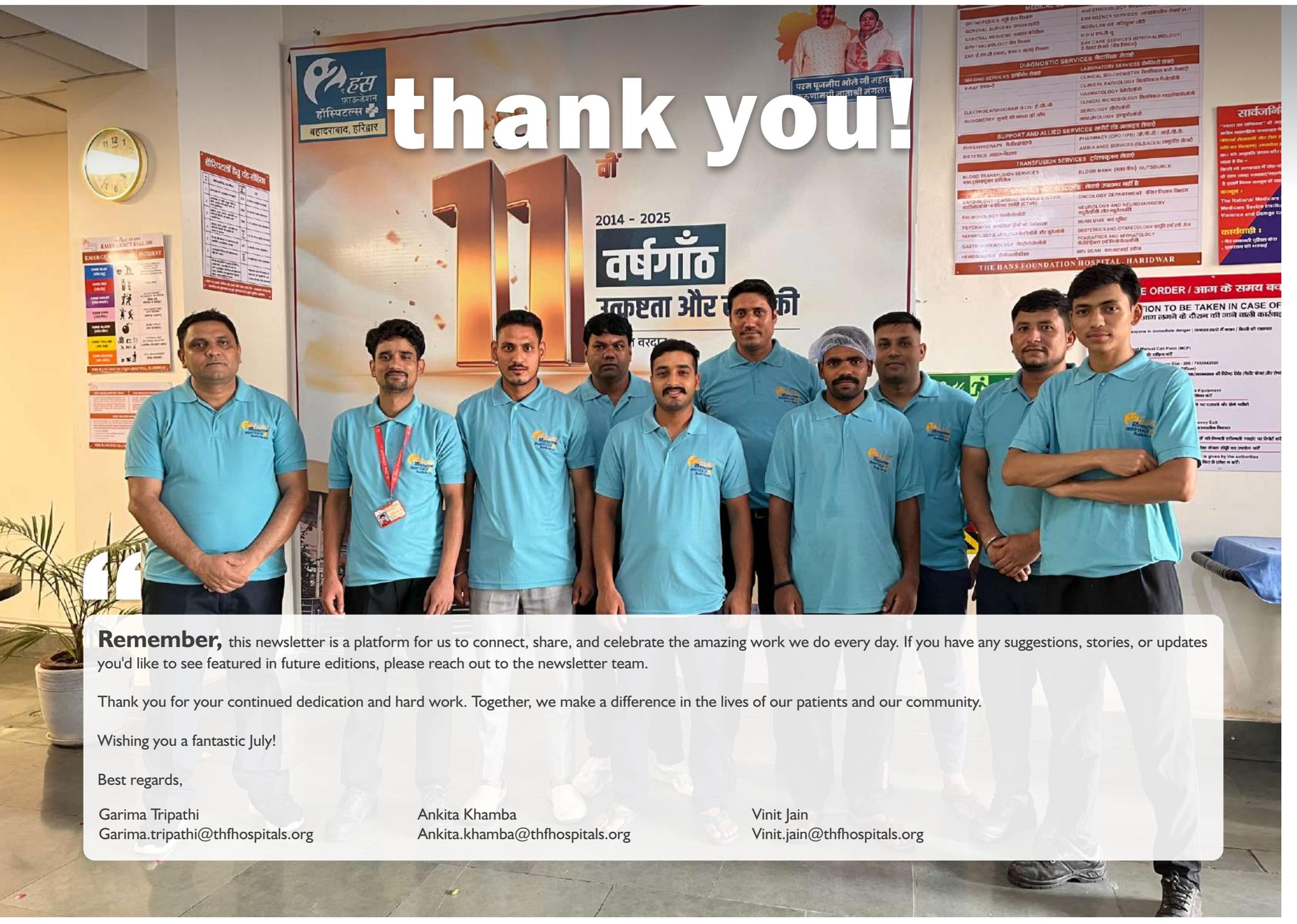
Send your answers to Ankita Khamba via-
Email: ankita.khamba@thfhospitals.org

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

Winner of the last month newsletter contest - **Shivani (EC1Counselling) Haridwar**



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 July!

Best regards,

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