

Health for all

# Reflections

Hans Hospital, Haridwar | Hans Hospital, Satpuli

JULY 2024

## WELCOME TO THE JULY EDITION OF OUR EMPLOYEE NEWSLETTER, \* \* \* \* \*



This month brings the refreshing monsoon rains, transforming the landscape into vibrant greenery and rivers and waterfalls are in full flow. As we embark on this journey through July, let's embrace the spirit of possibility and adventure. Together, let's make this month one to remember, filled with joy, growth, and meaningful connections.

So enjoy the refreshing and rejuvenating monsoon season and Stay tuned for more updates and stories in the upcoming pages.

Happy reading !



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## REFLECTIONS

July 2024

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# Operational & Clinical Highlights

Hans Hospital, Haridwar

**15,118**

TOTAL OPD

Ophthalmology : 13,113  
ENT : 776  
Internal Medicine : 698  
General surgery : 121  
Orthopedics : 410

**769**

SURGERIES

Ophthalmology Surgeries : 764

ENT Surgeries : 5

Hans Haridwar's 2 ENT surgeries performed at Satpuli. These surgeries are not added in Hans Haridwar surgeries.

**99%**

PHACO SURGERIES THIS MONTH & 1% SICS

**34 minutes**

STAY TIME OF APPOINTMENT PATIENTS IN THE HOSPITAL

**48%**

NEW PATIENT% THIS MONTH

Painless surgery has considerably impacted the patient experience.

**1,925**

OPTICAL DISPENSING THIS MONTH

**57%**

OPTICAL CONVERSION% THIS MONTH

**8,189**

PHARMACY DISPENSING THIS MONTH

**64%**

PHARMACY CONVERSION% THIS MONTH



# Operational & Clinical Highlights

Hans Hospital, Satpuli

## 16,648

TOTAL OPD

Internal Medicine : 3,458  
Ophthalmology : 5,707  
General Surgery : 1,010  
Orthopedics : 41  
Obstetrics & Gyne : 533  
Dental : 456  
Pediatrics : 241  
ENT : 774  
Outreach : 4,428

## 1,113

SURGERIES

Ophthalmology : 918  
General Surgery : 115  
Orthopedics : 14  
Obstetrics & Gyne : 33  
ENT : 33

## 3,430

RADIOLOGY

X-Ray : 2,020  
ULTRASOUND : 1,067  
CT-SCAN : 343

## 61%

NEW PATIENT% THIS MONTH

Painless surgery has considerably impacted the patient experience.

## 1,437

TOTAL ADMISSIONS

Ophthalmology : 995  
General Surgery : 124  
Internal Medicine : 184  
Orthopedics : 21  
Obstetrics & Gyne : 43  
Pediatrics : 34  
ENT : 36

## 284

EMERGENCY FOOTFALLS

## 211

DIALYSIS

## 17

TOTAL DELIVERIES



# “Celebrating Milestones”

## PATHOLOGY LAB INAUGURATED AT HANS CLINIC, KOTDWAR

Hans Clinic in Kotdwar has officially opened its new Pathology Lab on July 27th, enhancing diagnostic capabilities and patient care. The modern facility aims to provide advanced diagnostic services to better serve patients with timely and accurate results.



# Patient Story of Triumph

ENT Surgery

COORDINATION & TEAMWORK LEADS TO SUCCESSFUL SURGERY



सर्जरी से पहले की स्थिति



सर्जरी के बाद की स्थिति

## हरिद्वार और सतपुली की ईएनटी टीम

मास्टर रुद्रांश 12वर्षीय बालक, निवासी टिमरी गाँव ब्लॉक कांजीखल 16 जुलाई 24 को वह अपनी साइकिल पर घर जा रहा था, तभी वह साइकिल से 10 मीटर नीचे खाई में गिर गया। जिससे सिर में चोट और उसकी नाक की हड्डी के सामने पूरा मांस फट गया। रुद्रांश को हंस अस्पताल, सतपुली में आपातकालीन विभाग में लाया गया, बड़े पैमाने पर नाक से खून बह रहा था और सिर में चोट लगने के कारण उनका आपातकालीन उपचार डॉ राकेश और टीम द्वारा किया गया था और CT SCAN HEAD और CT SCAN FACE तत्काल आधारों पर किए गए और यह केवल हंस सतपुली में सीटी स्कैन की सुविधा के कारण संभव हो सका, CT SCAN रिपोर्ट में पाया गया कि नाक की हड्डी अपनी जगह से खिसक गई है और दाएं नाक के साइनस में गहरी चोट लगी है।

फिर तुरंत डॉ. राकेश द्वारा डॉ. समीर (हरिद्वार यूनिट में सीनियर ईएनटी सर्जन) के साथ कॉर्डिनेट बात की गई, और हंस अस्पताल हरिद्वार के लिए रेफर किया गया। हरिद्वार में रोगी को तत्काल आधारों पर डॉ समीर द्वारा देखा गया और तत्काल ओटी (प्रक्रिया-टांके और घाव के डिब्रिटमेंट) को निर्धारित किया गया, जिसमें डॉ समीर के साथ ओटी स्टाफ शुभम द्वारा सफलतापूर्वक ओटी की गई, अभी मरीज को ऑब्जर्वेशन पर रखा गया है और जनरल वार्ड में भर्ती कराया गया है। रुद्रांश की बहादुरी और डॉ. समीर और टीम का काम के प्रति समर्पण ही इस केस की बुनियाद है।

# Employee Spotlight

## Recognizing Our Healthcare Heroes

### AARTI RAWAT

(Nursing Officer)

#### HER PERSONAL LIFE

Aarti Rawat, a dedicated Nursing Officer, was born on **November 11**. She has a deep love for **Chole Bhature**, which is her favorite food. When it comes to unwinding, Aarti enjoys retreating to **Shimla, Himachal Pradesh**, a place that offers her both tranquility and scenic beauty. Her family is an important part of her life and includes **her parents, a sister, a brother, and a sister-in-law**. In her leisure time, Aarti finds joy in **reading books and engaging in sports, balancing her professional life with her personal interests**.

#### HER PROFESSIONAL JOURNEY

My professional journey started in **2018** when I took admission in **GNM**. My career began when I joined **Hans Hospitals Satpuli** in **August 2022**, and I have been working here in the Nursing department for the last 2 years. I chose nursing as a profession to provide patient care and contribute to the healthy nation mission.

#### WORKING WITH THFH

I enjoy working with The Hans Foundation Hospital because patients receive the best quality medical care at an affordable price.

#### MOMENTS OF PROUD AND LIFE'S INSPIRATION

My parents are my source of inspiration because they have taught us the value of hard work. My proudest moment to date was during the **COVID pandemic**, where as a healthcare worker, I provided the **best patient care, helping many patients survive that deadly situation**. It was a time of **testing our own mental strength**.



# Community Engagement and Outreach

## Making a Difference Together



### निर्धन वंचित शिविर - कोटद्वार

हंस क्लिनिक कोटद्वार ने 13 जुलाई 2024 से नजीमाबाद के आसपास के कुछ कस्बों में निःशुल्क आँखों के आउटडोर कैंप आयोजित करने का निर्णय लिया। कैंप का समय दोपहर 2 बजे से शाम 5 बजे तक रखा गया। इन निःशुल्क आँखों के कैंपों का उद्देश्य उन लोगों तक पहुंचना है जो अब तक हंस क्लिनिक कोटद्वार से लाभान्वित नहीं हो पाए हैं।

पहला कैंप 13 जुलाई 2024 को नजीमाबाद के बढ़िया गाँव में आयोजित किया गया, जिसमें 49 लोगों ने अपनी आँखों की जाँच करवाई। इनमें से 25 लोगों को हमारी टीम द्वारा निःशुल्क चश्मे और दवाइयाँ वितरित की गईं, और कुछ लोगों को आगे की जाँच के लिए अस्पताल आने की सलाह दी गई। इस कैंप से गाँव के मुखिया और अन्य लोग बेहद खुश थे।

हमारी टीम घर-घर जाकर हंस फाउंडेशन हॉस्पिटल द्वारा दी जाने वाली मेडिकल सुविधाओं के बारे में जागरूकता फैला रही है, ताकि अधिक से अधिक निर्धन और वंचित लोग इन सेवाओं का लाभ उठा सकें। अब तक, इन कैंपों के माध्यम से 885 लोगों को निःशुल्क परामर्श दिया गया है, जिनमें से 392 मरीजों को निःशुल्क दवाइयाँ और 354 मरीजों को निःशुल्क चश्मे वितरित किए जा चुके हैं। इन कैंपों के जरिए हमने इस महीने 25 लोगों की सर्जरी भी करवाई है।



# Shining Stars

## July



Vipin, a dedicated and soft-spoken individual, has been working at The Hans Hospital, Haridwar for seven years. Starting his journey 8 years ago, he has grown to become an Assistant Manager at THF's Haridwar, impressing everyone with his hard work, calm demeanor, and commitment to excellence. Vipin's journey is a testament to his passion for making a difference, inspiring others with his exceptional work ethic and kindness.



Navjot Singh has been a Deputy Manager in our IT department for 3.7 years, known for his positive attitude and collaborative spirit. He remains calm under pressure and pays meticulous attention to detail, earning the respect of his peers. Navjot's dedication ensures assignments are completed on time and to the highest standards. His strong work ethic and passion for continuous improvement make him invaluable to the IT department.

Outside work, Navjot enjoys outdoor games and traveling to hilly areas, reflecting his love for nature and exploration. He also has a fondness for Chinese vegetarian fast food, enjoying its vibrant flavors and variety.

***Congratulations to Vipin and Navjot for being chosen as our Shining Stars!***

**VIPIN BHATT**  
SCM  
Hans Hospitals, Haridwar



**NAVJOT SINGH**  
IT Department  
Hans Hospitals, Satpuli



# Department Showcase

## Unveiling the Distinctive Achievements and challenges

### PATHOLOGY LAB, HANS HARIDWAR

The Hans Hospitals Pathology Lab in Haridwar has been operational since 2013. Initially, the lab had just one technician and handled a limited number of samples. As the workload increased, two more technicians joined, and the volume of blood tests grew. Before December 2023, we were conducting only 4-5 tests in our lab. However, in December 2023, we introduced several new blood tests. With the addition of new specialties, we also expanded our testing capabilities to meet the needs of a multi-specialty OPD and IPD. We installed advanced equipment, including a fully automated biochemistry analyzer, coagulation analyzer, electrolyte analyzer, and hematology analyzer. To enhance patient experience, we have established two sample collection stations.

Today, our lab offers a comprehensive range of hematology, biochemistry, serology and clinical pathology tests such as LFT, KFT, Lipid Profile, Electrolytes, Prothrombin Time, APTT, CBC, and more. We now perform 25-30 tests daily and process over 6,000 samples monthly on average. Our dedicated lab team, consisting of Sarabjit Singh, Priyanka, Dinesh, and Dheeraj, successfully completed the NABH audit with zero non-compliance.



# Life Beyond Work

## Hans Hospital, Haridwar

### RAHUL'S VISIT TO MEHANDIPUR BALAJI TEMPLE



Rahul, a member of the EC4 Department, embarked on a spiritual journey to the revered Mehandipur Balaji Temple in Rajasthan on July 14, 2024, accompanied by his loving family. Rahul and his family were reminded of the unbreakable ties that bind them, transcending the mundane routines of daily life, and creating cherished memories of a journey shared together.

### PRIYANKA'S JOURNEY OF FAITH



Priyanka from the Lab Department, along with her family & friends, visited the Kaichi Dham shrine and Naina Devi Mandir in Nainital on July 31, 2024. Seeking blessings and creating unforgettable memories, they enjoyed a spiritually enriching experience in the serene surroundings.

### ANMOL'S SPIRITUAL VISIT TO MAHAKAL TEMPLE



Anmol from the Optical Department embarked on a spiritual journey with his family to the revered Mahakal Temple in Ujjain on 16th July. The serene atmosphere and divine energy of the temple created a truly unforgettable experience for Anmol and his loved ones.

### SHIVANI'S BROTHER VIKRANT GETS MARRIED



Shivani from the ENT Nursing department rejoiced on July 15, 2024, as her brother Vikrant married his beloved in a heartwarming ceremony. The joyful occasion celebrated the power of true love and family bonds as Vikrant and his bride began their new journey together, surrounded by friends & family, marking the start of a hopeful & happy chapter.

### CELEBRATING ANAYA'S 4th BIRTHDAY WITH LOVE AND JOY



Anaya, the sweet daughter of Lakpa, beamed with joy on her special day as she turned four years old! Surrounded by loving family members, the little one's face lit up with excitement as she blew out the candles on her colorful birthday cake.

### MONA'S BIRTHDAY BLESSINGS



Mona, a dedicated nursing professional, chose a unique and meaningful way to celebrate her birthday on July 16, 2024. Accompanied by her loved ones, she visited the revered Tapeshwar Mahadev Mandir in Dehradun, seeking divine blessings.

### MEENAKSHI'S SPECIAL DAY



Meenakshi, a counselor from the EC3 department, marked a significant milestone on July 14, 2024 her birthday! Surrounded by love, warmth, and well-wishes, Here's to many more years of spreading joy, wisdom, and positivity, Meenakshi!

### VINIT'S UNFORGETTABLE BIRTHDAY



Vinit from Operations Team celebrated his birthday on July 3rd in Haridwar, surrounded by Haridwar colleagues. This unique celebration away from his usual circle created unforgettable memories and stronger bonds with his Haridwar team.

### SHRISHTI CELEBRATES ANOTHER



Shrishti, from the HR team, celebrated another year of life on July 10, 2024, surrounded by her dear cousins and close friends. The joyous occasion was filled with laughter, love, and warm wishes, highlighting the importance of friendship and family.

### VARSHA CELEBRATES BIRTHDAY & HUSBAND'S NAVY RETIREMENT



Varsha from the ENT Department had a memorable July, celebrating her birthday on the 23rd with colleagues and then attending her husband's Indian Navy retirement ceremony in Visakhapatnam on the 31st July.

### A SPIRITUAL AND JOYFUL CELEBRATION



Heena from the EC3 team had a memorable July 2024, starting with a family trip to Neelkanth Mahadev temple in Rishikesh on July 14. A few days later, on July 18, 2024, Heena's birthday was filled with love and warmth, celebrated with family and colleagues, making it truly memorable.

# Life Beyond Work

## Hans Hospital, Satpuli

### MOUNTAIN MOMENTS FOR THE HARIDWAR HOSPITAL TEAM



The Haridwar hospital team, while in Satpuli for the 10-day Netra Chikitsa Mahotsava, took some time to appreciate the majestic beauty of the surrounding mountains.

### A SWEET CELEBRATION FOR DINESH



Colleagues gathered on July 5 to celebrate the birthday of Dinesh Gaur, a valued member of the front office and billing department. The celebration included a cake-cutting ceremony, bringing joy and camaraderie to the workplace.

### BIRTHDAY BONDS AT HANS SATPULI



In the vibrant halls of Hans Hospital, two dedicated nurses, Neetu Rawat and Kamini Rawat, prepared for their special days. On 17th and 19th July, their respective wards burst into celebration, surprising them with balloons and a heartfelt cake-cutting ceremony. The celebrations brought warmth and laughter, fostering a strong sense of community and making the hospital a place of healing and happiness.

### AADYA SINGH'S ENCHANTING BIRTHDAY BASH



Aadya Singh, the cherished daughter of Dr. Aakashdeep, celebrated her birthday on July 13, 2024. The party hall of the hospital guest house buzzed with joy and laughter as colleagues gathered to share the special day. Bright balloons and a beautifully decorated cake added to the festive atmosphere, capturing the innocence and delight of childhood. It was a heartwarming evening filled with camaraderie, laughter, and memorable moments, as everyone came together to celebrate Aadya's special day.

# Life Beyond Work

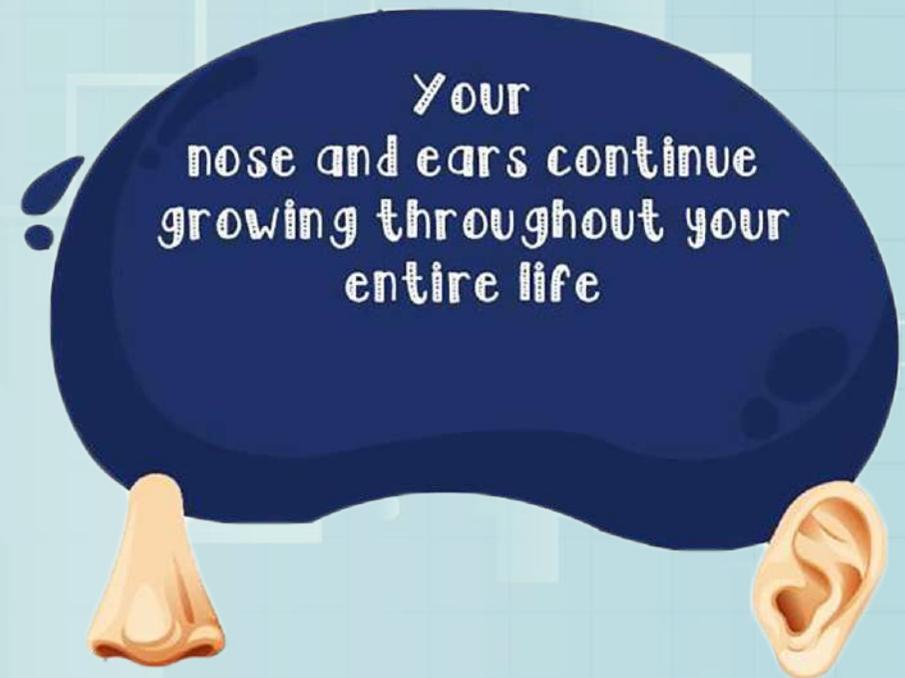
## Hans Hospital, Haridwar & Satpuli



# Medical Fun Facts and Trivia :

## DO YOU KNOW ?

1. If you **YAWN**, it may be helping you **CONTROL YOUR BODY TEMPERATURE** according to scientists.
2. The **LARGEST CELL** in the human body is an **EGG (OR OVUM)** and is barely visible to the naked eye.
3. The **LIVER** the largest internal organ and is the only organ that can **REGENERATE ITSELF**
4. The **SPACE BETWEEN THE EYEBROWS** is called the **"GLABELLA"**, which is derived from the Latin word **GLABELLUS**, meaning smooth.
5. **ONYCOPHAGIA** is the medical name for nail biting.
6. The medical name for **EAR WAX** is **CERUMEN**.
7. The **FIRST SUCCESSFUL ORGAN TRANSPLANT** was a **KIDNEY TRANSPLANT** in **1954**.
8. Your **PUPILS** can hint at your **ALZHEIMER'S RISK**.
9. Most of the **FAT** you **LOSE EXITS** your body via your **LUNGS**.



# **WELCOME ABOARD**

## **Hans Hospital, Satpuli & Hans Hospital, Haridwar**

### **NEW JOINEE**



**ANIL NEGI**  
Camps & Outreach  
Hans Hospital, Satpuli



**DEEPAK RAWAT**  
OT Technician  
Hans Hospital, Haridwar



**PANKAJ SINGH BISHT**  
Pathology  
Hans Hospital, Satpuli

# Upcoming Events : Save the Dates

Hans Hospital, Satpuli & Hans Hospital, Haridwar



15th AUGUST - INDEPENDENCE DAY IN INDIA

Every year on **15 August**, India celebrates Independence Day, marking the day when the nation gained freedom from British rule. **This day symbolizes the beginning of a new era, free from over 200 years of British colonialism.**



19th AUGUST - RAKSHA BANDHAN

Raksha Bandhan is celebrated on the Purnima Tithi (Full Moon day) in the month of Shravan. This year, it will be observed on Wednesday, **19 August 2024.**



21st AUGUST - WORLD SENIOR CITIZEN'S DAY

World Senior Citizen's Day is celebrated on **21st August** each year. Hans Hospitals Satpuli, with its unique Geriatric department, recognizes the importance of this event. It deserves to be well-planned and celebrated with our geriatric patients.

# Newsletter Contest

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

- Q1. What tests were done for Rudransh at Hans Hospital, Satpuli ?
- Q2. Name the 2 shining stars of this month ?
- Q3. How many new patients turned up in Haridwar in July month ?
- Q4. Which year Aarti joined Hans Hospitals ?
- Q5. In June, which district did the outreach teams from Kotdwar cover ?
- Q6. What was launched at Hans Clinic in Kotdwar on July 27 ?
- Q7. National Anaesthesia & OT Technician Day is celebrated on which date ?
- Q8. Which departments contributed the minimum and maximum OPD's in July in Haridwar ?
- Q9. How many total Ophthalmology OPDs and Ophthalmology surgeries performed in Satpuli in July month ?
- Q10. Name the new joinee in Haridwar ?

Send your answers to Ankita Khamba via-

Email: [ankita.khamba@thfhospitals.org](mailto:ankita.khamba@thfhospitals.org)

WhatsApp: 73109 59029

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 - **Riya (OT Staff Nurse) 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 August!

Best regards,

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