Staff joined healthcare workers across India in demanding laws that ensure their safety while on duty.
This follows the rape and murder of a young doctor at R.G. Kar Medical College and Hospital in Kolkata on August 9th.

THE hans FOUNDATION
HOSPITALS
Health For All

AUGUST 2024

Health for all

Reflections

Hans Hospital, Haridwar | Hans Hospital, Satpuli

WELCOME TO THE AUGUST 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 August, 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.

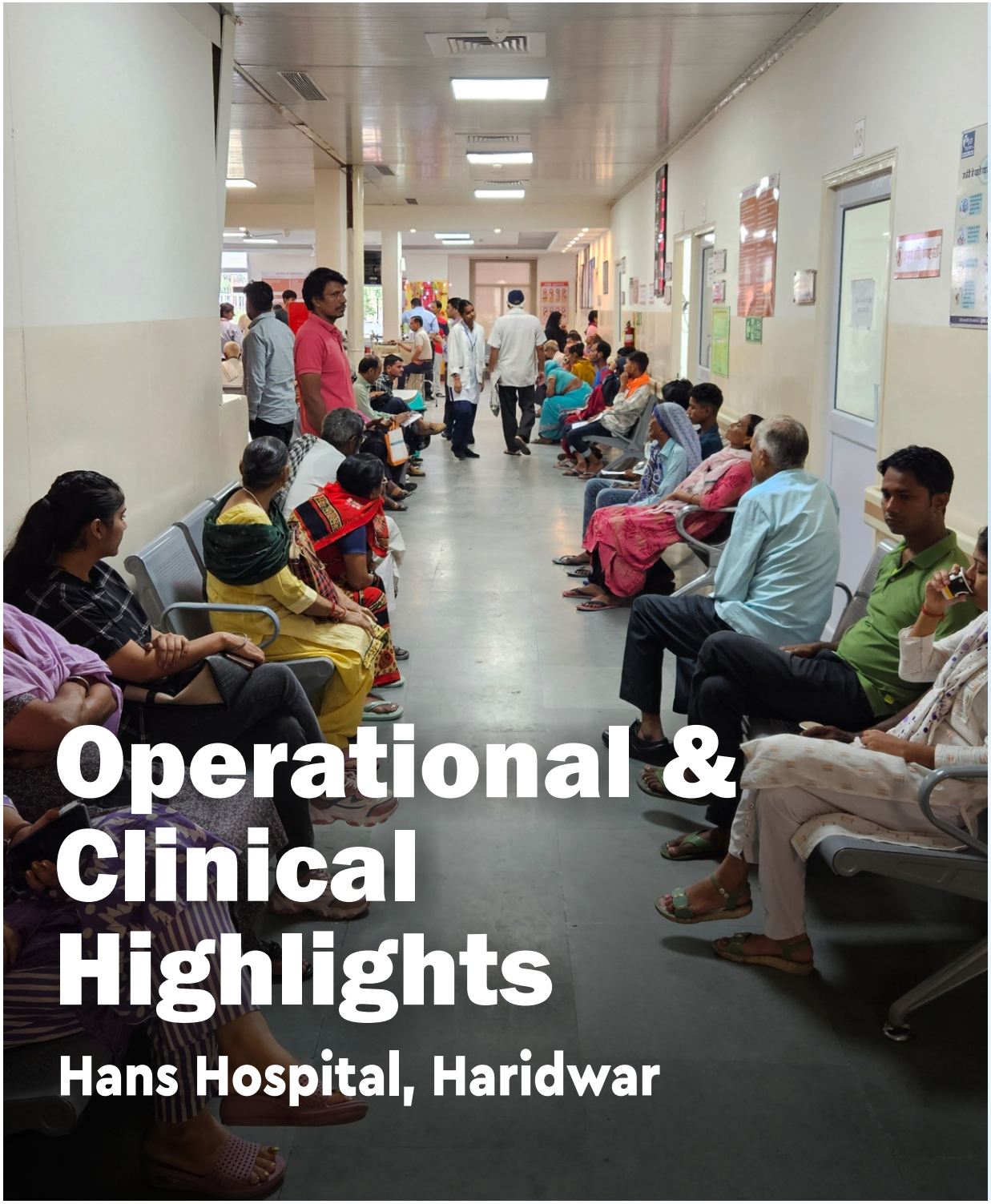
Happy reading !

Contents

REFLECTIONS

August 2024

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. Department Showcase
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

13,732

TOTAL OPD

Ophthalmology : 12,151
ENT : 856
Internal Medicine : 495
General surgery : 113
Orthopedics : 117

950

SURGERIES

Ophthalmology Surgeries : 934
Orthopedics : 11
General surgery : 4
ENT Surgeries : 1

Hans Haridwar's **15 ENT surgeries** performed at Satpuli. These surgeries are not added in Hans Haridwar surgeries.

99%

PHACO SURGERIES THIS MONTH & 1% SICS

46%

NEW PATIENT% THIS MONTH

Painless surgery has considerably impacted the patient experience.

37 minutes

STAY TIME OF APPOINTMENT PATIENTS IN THE HOSPITAL

1,831

OPTICAL DISPENSING THIS MONTH

60%

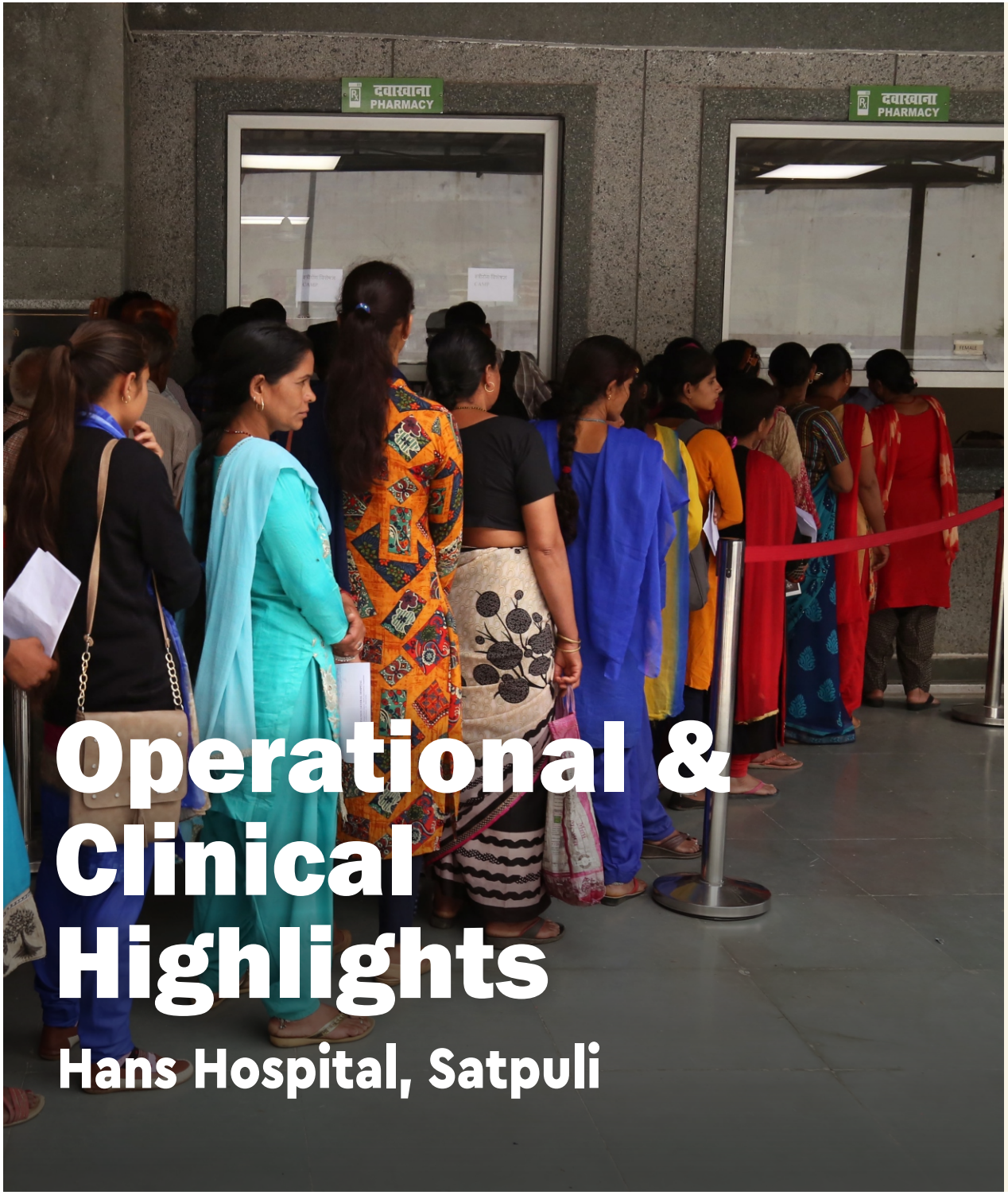
OPTICAL CONVERSION% THIS MONTH

8,326

PHARMACY DISPENSING THIS MONTH

64%

PHARMACY CONVERSION% THIS MONTH



Operational & Clinical Highlights

Hans Hospital, Satpuli

11,949
TOTAL OPD

Internal Medicine : 3,049
Opthalmology : 3,604
General Surgery : 851
Orthopedics : 35
Obstetrics & Gyne : 415
Dental : 460
Pediatrics : 264
ENT : 710
Outreach : 2,561

1,098
SURGERIES

Ophthalmology : 916
General Surgery : 80
Orthopedics : 35
Obstetrics & Gyne : 40
ENT : 27

3,578
RADIOLOGY

X-Ray : 1,514
ULTRASOUND : 1,923
CT-SCAN : 141

47%
NEW PATIENT% THIS MONTH

Painless surgery has considerably impacted the patient experience.

1,334
TOTAL ADMISSIONS

Ophthalmology : 994
General Surgery : 82
Internal Medicine : 114
Orthopedics : 35
Obstetrics & Gyne : 44
Pediatrics : 29
ENT : 36

253
EMERGENCY FOOTFALLS

206
DIALYSIS

17
TOTAL DELIVERIES

“Celebrating Milestones”

A New Beginning: Hans Hospital, Haridwar Launches New General OT

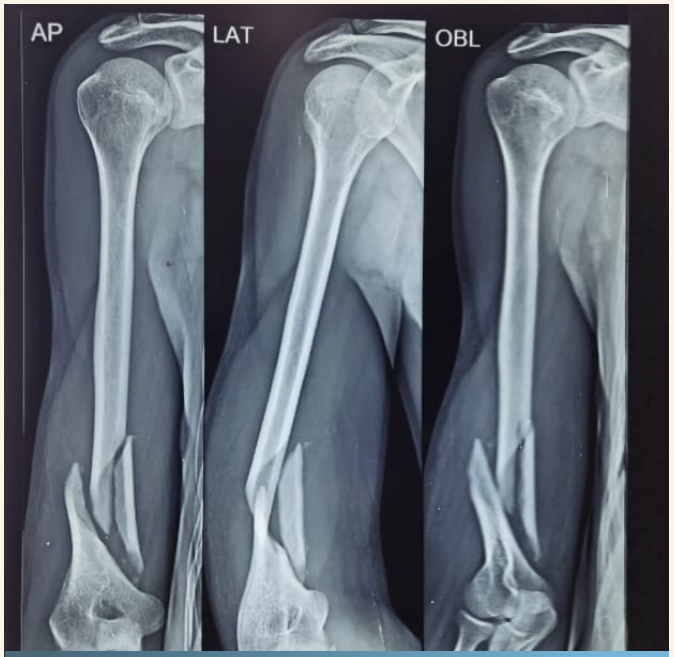
On 9th August, Hans Hospitals, Haridwar marked its own significant **milestone—the inauguration of the General Operating Theatre (OT)**. With state-of-the-art equipment and a dedicated team, the General OT was prepared to handle a **wide range of surgical procedures, enhancing the hospital’s ability to serve the community**. The first surgery in the General OT was performed on 9th August with precision and care, setting a tone of excellence and compassion that would define this new chapter.

As the month progressed, the operating theatre buzzed with activity, reflecting the hospital’s commitment to providing the highest quality care. **The successful launch of the General OT underscored Hans Hospitals' unwavering dedication to patient well-being and growth, resonating with the spirit of independence and new beginnings**.

Patient Story of Triumph

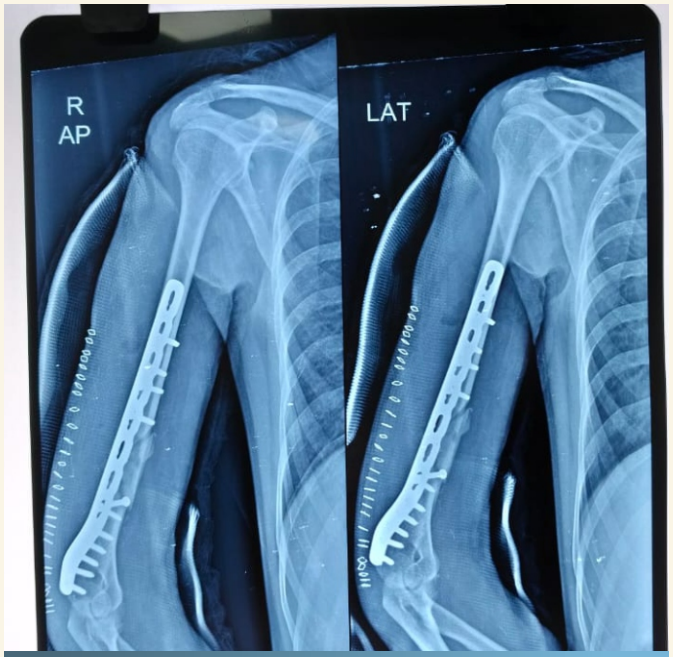
Orthopaedic Surgery - Hans Hospital, Haridwar

OPEN REDUCTION & INTERNAL FIXATION (ORIF) PLATING AND BONE GRAFTING SURGERY



BEFORE THE SURGERY

DURING THE SURGERY



AFTER THE SURGERY

On **August 22nd**, a crucial **ORIF plating and bone grafting surgery** was performed at **Hans Hospitals, Haridwar** for a patient with **humerus fractures**.
Dr. Anant Jain, along with **anesthetist Dr. Loveleen** and the **OT team - Rajesh, Deepak & Shubham** completed the **2-hour procedure**.
The surgery, conducted at **no cost due to the patient's financial situation, was successful** . The **patient was discharged on August 27th after a smooth recovery** .

Patient Story of Triumph

General Surgery - Hans Hospital, Haridwar

PLASTIC AND RECONSTRUCTIVE SURGERY

सर्जरी के बाद की स्थिति

10 अगस्त 2024 को **हंस अस्पताल, बहादराबाद, हरिद्वार** में **प्लास्टिक और रिकंस्ट्रक्टिव सर्जरी (Plastic and Reconstructive Surgery)** से संबंधित पोस्ट-बर्न कॉन्ट्रैक्चर का मेजर ऑपरेशन पूर्ण बेहोशी (जनरल एनेस्थीसिया) में सर्जरी विभाग द्वारा सफलता पूर्वक संपन्न किया गया। ऑपरेशन का महत्व इस बात से भी बढ़ जाता है, कि **मरीज़ मात्र 3 वर्ष की बच्ची** है, जो **2 वर्ष पहले गंभीर रूप से जल** गई थी और घाव के कम सुखाने से उसके दाहिने हाथ और पीठ के बाहरी भाग में सिकुड़न की वजह से एक **15 सेंटीमीटर लंबाई** का बैंड बन गया था। जिसकी वजह से बच्ची अपने दाहिने हाथ को कंधे तक भी नहीं उठा पा रही थी।

इस ऑपरेशन में बैंड को अलग कर **(रिलीज़) त्वचा** को नए सिरे से **प्लास्टिक सर्जरी (जेड-प्लास्टि तकनीक और त्वचा प्रत्यारोपण)** द्वारा पुनर्व्यवस्थित कर सिकुड़े हुए भाग की लंबाई बढ़ाई गई। **नई त्वचा उसकी दाहिनी जांघ** से ली गई। वहाँ का घाव भी **10 दिनों** में ठीक हो जाएगा। बाहरी अस्पतालों में इस ऑपरेशन में लाखों खर्च हो जाते हैं। सर्जरी **डॉ. विष्णु , एनेस्थेटिस्ट डॉ. लवलीन और OT टीम द्वारा** सर्जरी सफलतापूर्ण सम्पन्न की गई।

Employee Spotlight

Recognizing Our Healthcare Heroes

Vivek Kumar Dubey

(Fleet & Transport)

A Journey of Dedication and Service....

EARLY LIFE AND PROFESSIONAL PATH

Born on August 5, 1994, Vivek Kumar Dubey has built a career combining his passion for operations with a commitment to helping others. With an MBA in Marketing and an MA in Arts, he began as a Fleet and Transport Manager, accumulating over seven years of experience in patient transportation and operations. He now manages daily fleet operations at The Hans Foundation General Hospital, driven by his expertise in strategic planning, resource management, and emergency response.

WHY THIS CAREER

Vivek chose this path to leverage his skills in fleet and transport management, leadership, and operations, aligning them with a greater purpose: serving others in times of need.

PERSONAL FAVORITES

Vivek enjoys simple pleasures like "Gajar ka Halwa" and finds peace in visiting religious sites like Ayodhya and Kashi, appreciating their spiritual significance.

WHAT HE LOVES ABOUT THE HANS FOUNDATION

At The Hans Foundation, Vivek values the supportive and innovative environment that fosters growth and unity among team members, working together to make a positive impact.

Family and Inspirations

Living in Satpuli with his wife and two daughters, while his extended family resides in Gorakhpur and Delhi, Vivek draws strength from them. He is inspired by Subhash Chandra Bose, whose determination and courage in adversity motivate him.

Cherished Moments

In his free time, Vivek loves spending time with his grandparents, whose stories and wisdom have deeply enriched his life.

Proudest Achievement

A standout moment in his career was coordinating a 120 km green corridor to save a critically injured accident victim, earning him recognition from the Chief Medical Officer. “It was an unforgettable moment,” he says, reflecting on the honor and the gratitude from the family.

Vivek’s journey reflects his dedication, resilience, and passion for making a difference, both professionally and personally.

Shining Stars

August

SANTOSH
Front Office & Billing
Hans Hospitals, Haridwar

Santosh is a dedicated and hardworking member of the front office and billing department at Hand Foundation Hospital,Haridwar. With over two years of service, he has proven himself to be a valuable asset to the team. His kindness, attention to detail, and strong work ethic make him a shining star in the hospital.

SONI RAWAT
Pathology
Hans Hospitals, Satpuli

We are pleased to introduce Soni Rawat, who has been a dedicated Junior Technician in our pathology lab since April 15, 2022. Soni brings enthusiasm and precision to her role, contributing significantly to our team's success.

Outside of work, Soni enjoys dancing and occasionally singing. Her favorite way to relax is by watching movies. She loves indulging in Kadhai chicken with naan, her favorite cuisine.

Hailing from the picturesque town of Pokhara, Soni shares a close bond with her family, which includes her mother, father, and younger brother. Her roots and family values are evident in her warm and friendly demeanor. We are fortunate to have Soni as part of our team!

Congratulations to Santosh and Soni for being chosen as our Shining Stars!

Department Showcase

Unveiling the Distinctive Achievements and challenges

हंस क्लिनिक कोटद्वार में पैथोलॉजी लैब की सफल शुरुआत

हंस क्लिनिक कोटद्वार में 27 जुलाई 2024 से पैथोलॉजी लैब की शुरुआत की गई, जिसका उद्देश्य मरीजों को उच्च गुणवत्ता की जांच सुविधाएं प्रदान करना है। लैब के शुरुआती दिनों में, **27 जुलाई 2024 से 03 अगस्त 2024 तक, सभी मरीजों के लिए जांचें नि:शुल्क की गई।** इस अवधि में, हंस क्लिनिक कोटद्वार की **लैब में कुल 572 टेस्ट** किए गए हैं।

इस नई लैब के खुलने से यहां आने वाले **सभी मरीज बहुत खुश हैं**, क्योंकि यहाँ की सभी जाँचें कोटद्वार में चल रही अन्य सभी लैब्स की तुलना में बहुत कम शुल्क पर की जाती हैं। इस वजह से, हमारे क्लिनिक में आने वाले **सभी मरीजों को न केवल बेहतर स्वास्थ्य सेवाएं मिल रही हैं, बल्कि उनकी जेब पर भी कम बोझ पड़ रहा है।**

हंस क्लिनिक कोटद्वार में नई पैथोलॉजी लैब मरीजों की संतुष्टि और सेवा के प्रति हमारी प्रतिबद्धता का प्रतीक है।

Life Beyond Work

Hans Hospital, Haridwar

"SHIVANI CHAUHAN'S SPIRITUAL BAGAD YATRA"

Shivani Chauhan, a dedicated nursing professional, embarked on a spiritual journey with her family on August 19, undertaking the revered Bagad Yatra from Haridwar to Rajasthan.

"DHEERAJ'S SOLO SPIRITUAL JOURNEY TO VARANASI"

Dheeraj, a member of the Optical team, recently embarked on a solo spiritual journey to the holy city of Varanasi, where he visited the revered Kashi Vishwanath Jyotirlinga and the sacred Dashashwamedh Ghat on August 14.

DEEPA' S BIRTHDAY BLESSINGS

On August 5th, Deepa from Optom department marked her birthday with a visit to the Mansa Devi Temple in Haridwar, accompanied by her husband. They both enjoyed the spiritual ambiance and sought blessings at this sacred location.

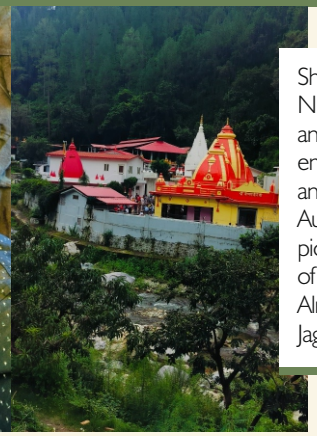
"SANJAY'S FAMILY SPIRITUAL JOURNEY TO AYODHYA"

Sanjay, a dedicated member of the Optum team, embarked on a spiritual journey with his family to the sacred city of Ayodhya on August 27th. This enriching experience allowed them to explore the ancient temples, immerse themselves in the city's rich history, and seek blessings at the revered birthplace of Lord Ram.

"GOLDEN TEMPLE VISIT AND RAGYA'S SCHOOL MILESTONE"

Heena, a team member from EC3, had a memorable August, starting with a family visit to the Golden Temple in Amritsar on August 2, where they deeply experienced the temple's history and spirituality. The excitement continued with a major milestone - her daughter Ragya's first day of school on August 6, marking a promising new chapter in her education.

"A SCENIC & SPIRITUAL JOURNEY THROUGH UTTARAKHAND"



Shivani a dedicated ENT Nursing professional, and her husband embarked on a scenic and spiritual journey in August, exploring the picturesque destinations of Neel Karoli Dham, Almora, Ranikhet, and Jageshwar Dham.

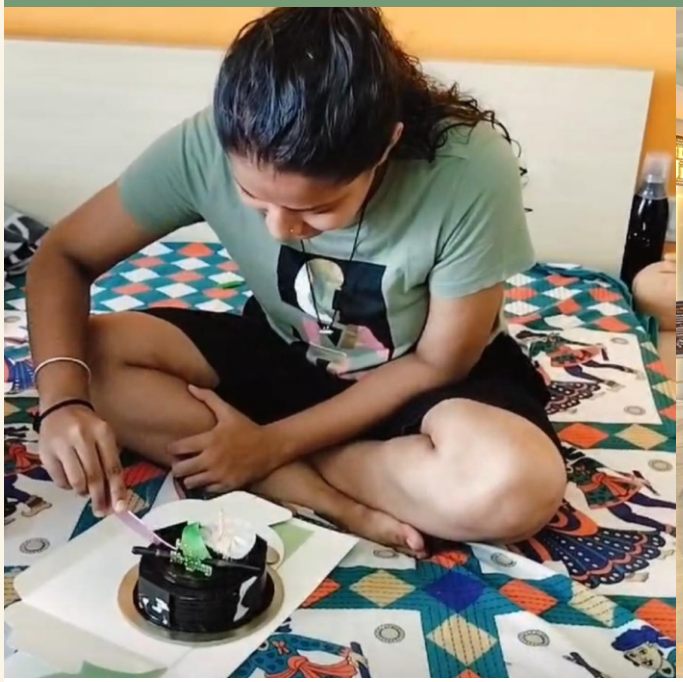
"PUNEETA'S FAMILY GETAWAY TO DHARKOT"

Puneeta, a valued member of the Optom team, enjoyed a wonderful family getaway to the picturesque town of Dharkot on August 17th. Surrounded by breathtaking natural beauty, they spent quality time together, creating cherished memories and experiencing the serene atmosphere of this hidden gem.

Life Beyond Work

Hans Hospital, Satpuli

CELEBRATING SPECIAL MOMENTS : " AANCHAL, SOHAN, AND DEEPTI'S UNIQUE BIRTHDAY JOYS "



Aanchal Saini, Sohan Singh, Deepti Gusain from nursing department celebrated their birthday respectively on 2nd August, 10th August and 16th August in their own unique way. Aanchal and Deepti, surrounded by colleagues, enjoyed a surprise celebration in the hospital filled with laughter and cake. Sohan, on the other hand, chose a peaceful outing with his close family, cherishing the quiet moments. Despite their different celebrations, all three felt the warmth of their hospital family and the joy of special memories shared.

Life Beyond Work

Hans Hospital, Haridwar & Satpuli

15th AUGUST - INDEPENDENCE DAY OF INDIA

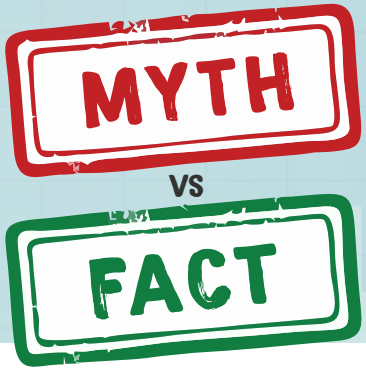
R & R AWARDS - HANS HOSPITAL, HARIDWAR

MONTHLY BIRTHDAY CELEBRATION

Medical Facts and Trivia :

DO YOU KNOW ?

1. The satisfying sound of cracking your knuckles comes from **GAS BUBBLES BURSTING** in **YOUR JOINTS**
2. **LAUGHTER** can boost the immune system and **IMPROVE OVERALL HEALTH.**
3. **X-RAYS** were discovered when **WILHELM ROENTGEN** noticed a mysterious glow. This accidental discovery revolutionized medical imaging.
4. **GOOSEBUMPS** are your skin trying to fluff up your body hair to keep you warm.
5. **EYEBALLS** are a direct physical extension of the brain.
6. You only **BREATHE THROUGH ONE NOSTRIL AT A TIME.**
7. Wearing a **HELMET CAN REDUCE THE RISK OF BRAIN INJURY** by as much as **80%**
8. The **SENSE OF SMELL CONNECTS** to the part of the brain that also **CONTROLS EMOTIONS AND MEMORIES.** This is why smells often evoke strong memories.
9. Because the **HEART** has its **OWN ELECTRICAL IMPULSE**, it can continue to beat even when separated from the body, as long as it has an **ADEQUATE SUPPLY OF OXYGEN**



MYTH

Apply ice if you burn yourself

FACT

Research shows that applying ice cubes to minor scalds can actually do more harm than good. This is because extremely cold temperatures can have a frostbite-type effect that damages the surface of the skin.

On a burned area, it is best to use running cool water, such as holding the burned area under a running tap for several minutes. Take some pain relief medication, and apply an antibiotic ointment and loose gauze to protect the area from germs.

WELCOME ABOARD

Hans Hospital, Satpuli & Hans Hospital, Haridwar

INTERNAL TRANSFER FROM HANS SATPULI TO HANS HARIDWAR

BHUPENDER
Patient care
Hans Hospital, Haridwar

NEW JOINEE

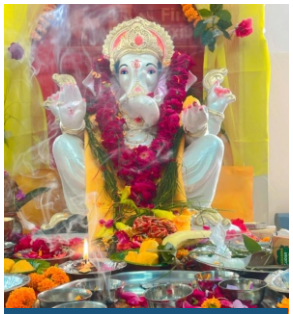
DR. ANANT JAIN
Orthopedic
Hans Hospital, Haridwar

DR. LOVELEEN
Anaesthesiology (Critical Care)
Hans Hospital, Haridwar

RAJDEEP SINGH NEGI
Optometry
Hans Hospital, Satpuli

Upcoming Events : Save the Dates

Hans Hospital, Satpuli & Hans Hospital, Haridwar



7th September
GANESH CHATURTHI

Ganesh Chaturthi marks the birth anniversary of Lord Ganesha, celebrated to bring wisdom and good fortune. This year, the 10-day festival will be observed from September 7 to September 17. At our hospital, we feel blessed to celebrate by performing Ganpati Sthapana & daily Ganesh Aarti for the next 10 days, seeking Lord Ganesha's blessings. The celebrations will conclude with Ganpati Visarjan on Ananta Chaturdashi, falling on September 17.

17th September
VISHWAKARMA PUJA

Vishwakarma Jayanti is a day of worship dedicated to Vishwakarma, the divine architect of the gods. This festival is primarily celebrated in factories and industrial areas by engineers, artisans, craftsmen, and workers of all kinds. It is a day to pray for a prosperous future, safe working conditions, and success in their fields, and to honor the tools and machines that make their work possible.

17th September
WORLD PATIENT SAFETY DAY

Observed annually on September 17, this day was established by the 72nd World Health Assembly in May 2019. Our hospital will mark this day by spreading awareness among staff about best practices for patient care, emphasizing the importance of patient safety in healthcare.

25th September
WORLD PHARMACISTS DAY

Celebrated on September 25, World Pharmacists Day was designated by the International Pharmaceutical Federation (FIP) in 2009. On this day, we honor our dedicated pharmacists and recognize their vital role in healthcare and patient well-being.

29th September
WORLD HEART DAY

World Heart Day, observed on September 29, raises awareness about heart disease and stroke, the world's leading causes of death. At our hospital, we will organize special awareness sessions for patients to educate them on the importance of heart health and preventive measures.

Newsletter Contest

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

Q1. Who performed the ORIF plating and bone grafting surgery at Hans Hospitals on August 22nd ?

Q2. Where did Puneeta enjoy her family getaway on August 17th ?

Q3. How many new patients turned up in Satpuli in August month ?

Q4. Name the 2 shining stars of this month ?

Q5. Who was internally transferred from Hans Satpuli to Hans Haridwar in August ?

Q6. What was launched at Hans Hospital in Haridwar on 9th August ?

Q7. How old is the patient who underwent the plastic and reconstructive surgery at the Haridwar hospital ?

Q8. Which departments contributed the minimum and maximum OPD's in August in Haridwar ?

Q9. How many total Outreach OPDs in Satpuli in August month ?

Q10. Who are the new doctors who joined Hans Hospital Haridwar ?

Send your answers to Ankita Khamba via-
Email: 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 - **Dheeraj (Optical) Haridwar**

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