



Health for all

Reflections

Hans Hospital, Haridwar | Hans Hospital, Satpuli

MAY 2025

WELCOME TO THE MAY EDITION OF OUR EMPLOYEE NEWSLETTER,



Dear Readers,

As we step into the vibrant month of June, it's time to pause and reflect on the inspiring journey we undertook together in May.

From impactful outreach camps in remote villages like Kenyur, where timely interventions changed lives, to the everyday dedication seen across departments — May has been a month of compassion, commitment, and continued progress at The Hans Foundation Hospitals. These stories remind us that healthcare is not just about treatment, but about touching lives where and when it matters most.

This edition brings you glimpses of the efforts, celebrations, and milestones that made May meaningful. It is a tribute to the tireless spirit of our team, the trust of our patients, and the shared mission that binds us all.

Let's carry forward this momentum into June, with renewed energy and deeper purpose. Here's to creating more impact, together.

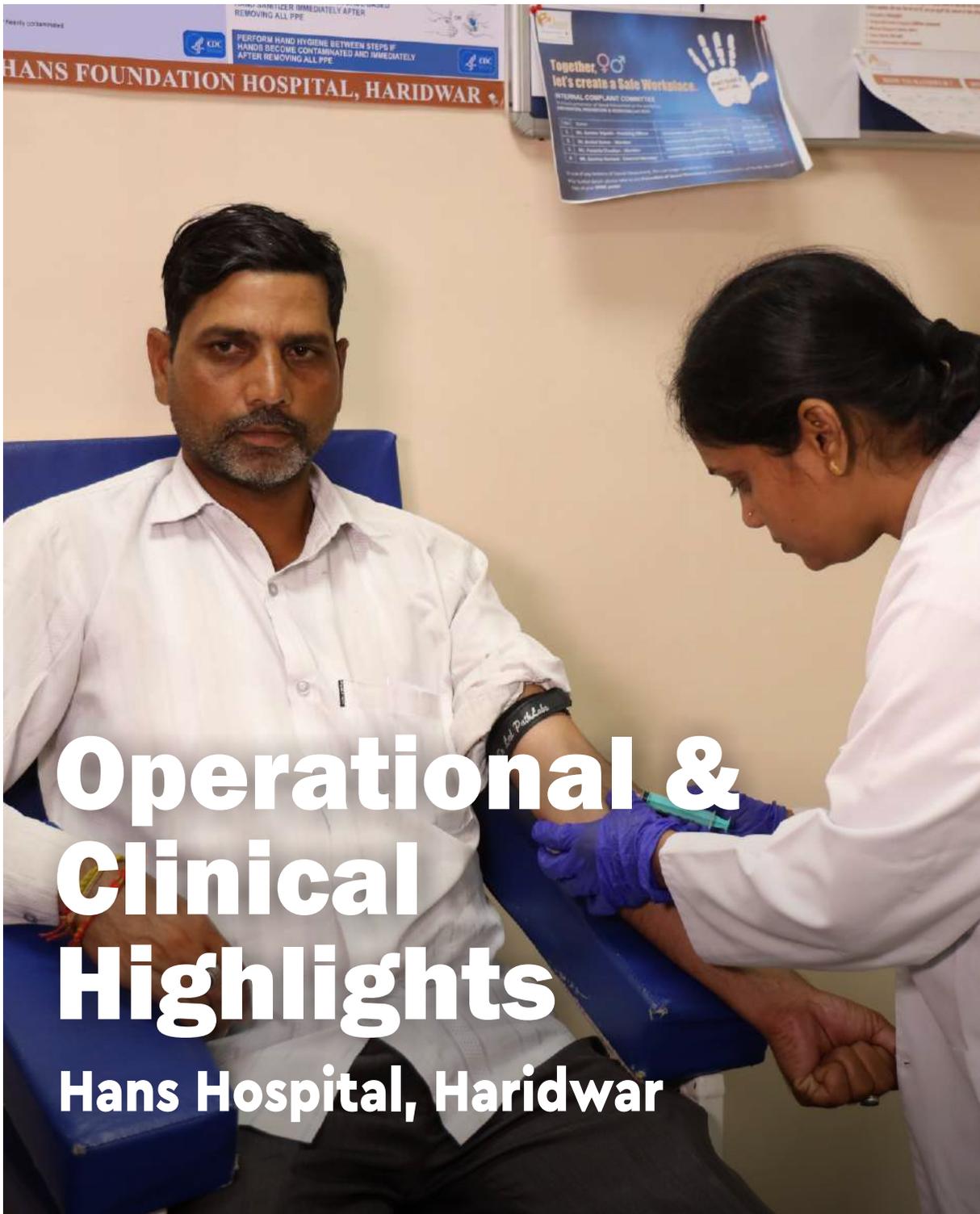


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May 2025

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Operational & Clinical Highlights

Hans Hospital, Haridwar

22,510

TOTAL OPD

Ophthalmology : 20638
ENT : 663
Internal Medicine : 542
Orthopedics : 667

1,135

SURGERIES

Ophthalmology Surgeries : 1125
Orthopedics : 7
General surgery : 1
ENT Surgeries : 2

Hans Haridwar's 12 ENT surgeries performed at Satpuli. These surgeries are not added in Hans Haridwar surgeries.

99%

PHACO SURGERIES THIS MONTH & 1% SICS

80%

NEW PATIENT% THIS MONTH

Painless surgery has considerably impacted the patient experience.

2,596

OPTICAL DISPENSING THIS MONTH

53%

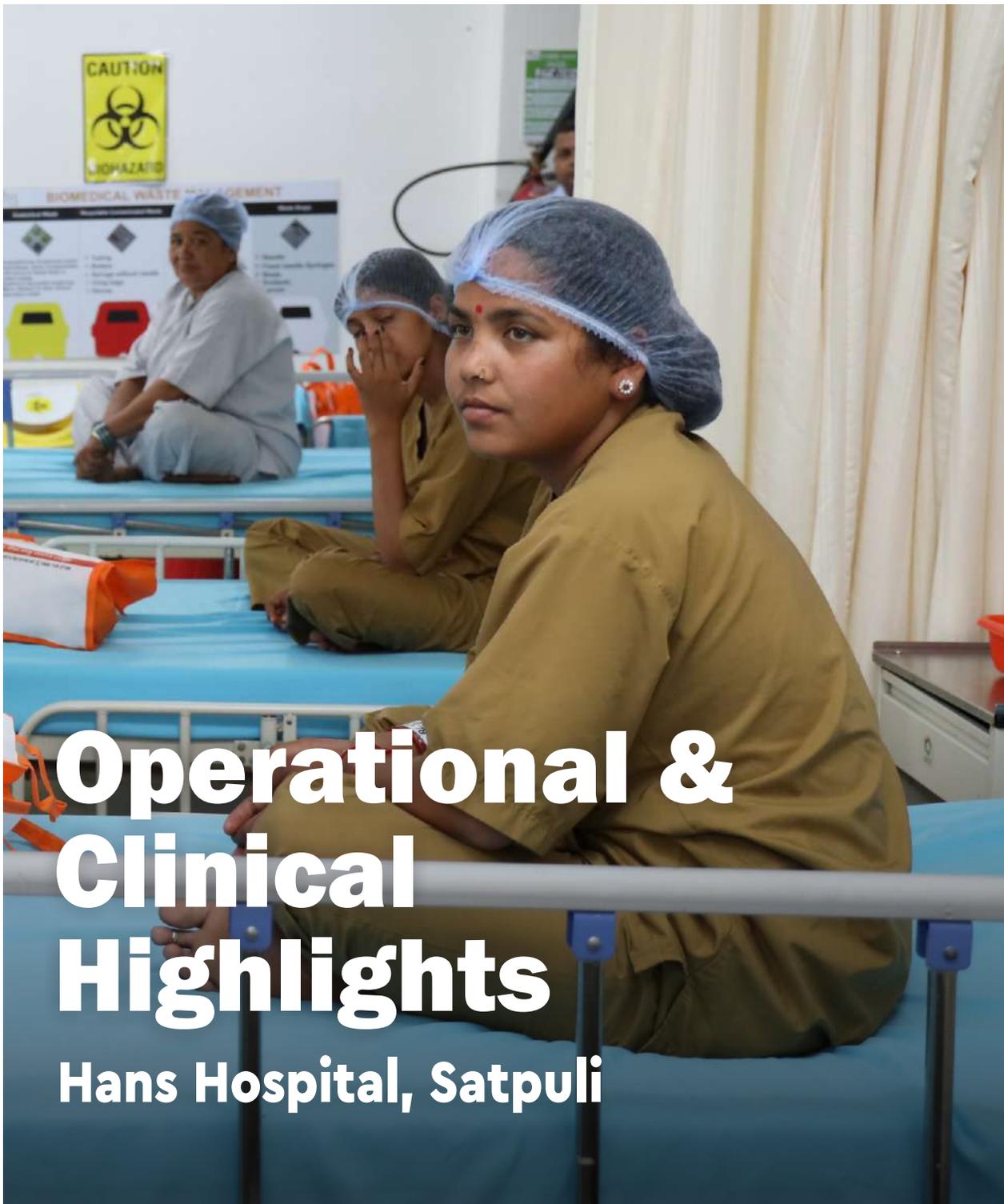
OPTICAL CONVERSION% THIS MONTH

12,702

PHARMACY DISPENSING THIS MONTH

61%

PHARMACY CONVERSION% THIS MONTH



Operational & Clinical Highlights

Hans Hospital, Satpuli

13,660

TOTAL OPD

Internal Medicine : 1757
Ophthalmology : 2197
General Surgery : 724
Orthopedics : 843
Obstetrics & Gyne : 440
Dental : 425
Pediatrics : 227
ENT : 358
Outreach : 3971
Kotdwar Clinic : 2718

978

SURGERIES

Ophthalmology : 789
General Surgery : 99
Orthopedics : 35
Obstetrics & Gyne : 14
ENT : 41

2,468

RADIOLOGY

X-Ray : 1241
ULTRASOUND : 880
CT Scan : 347

56%

NEW PATIENT% THIS MONTH

Painless surgery has considerably impacted the patient experience.

1,202

TOTAL ADMISSIONS

Ophthalmology : 822
General Surgery : 100
Internal Medicine : 140
Orthopedics : 42
Obstetrics & Gyne : 30
Pediatrics : 24
ENT : 44

311

EMERGENCY FOOTFALLS

251

DIALYSIS

11

TOTAL DELIVERIES

“Celebrating Milestones”



Posted on 4th June, 2025

Uttar Bharat Area Indian Army
@UBArea_IA

🇮🇳 MoU BETWEEN MH LANSDOWNE AND HANS FOUNDATION MULTISPECIALITY HOSPITAL IN SATPULI UTTARAKHAND 🇮🇳

On 31st May 2025, a Memorandum of Understanding (MoU) was signed between Military Hospital Lansdowne & The Hans Foundation General Hospital (THFGH), Satpuli, an NABH accredited charitable healthcare institution located at Satpuli, Uttarakhand.

Under this MoU, THFGH, Satpuli will provide free medical treatment to dependent Clientele of MH Lansdowne including diagnostics and special care to dependents for a period for five years.

The collaboration also includes provisions for emergency care, Support during hostile / mobilization conditions and exploration of telemedicine services and six monthly multispecialty medical camp.

The initiative reflects a shared commitment to improving healthcare access for Defence beneficiaries through mutual co-operation and co-ordinated efforts between both institutions.

#IndianArmy#SuryaCommand# @PRODefDehradun @MoHFW_INDIA

Patient Story of Triumph

Orthopaedics Surgery - Hans Hospital, Haridwar

HARIDWAR'S FIRST ADVANCED ANKLE SURGERY



On **17th May 2025**, Hans Foundation Hospitals, Haridwar, achieved a major clinical milestone by successfully performing the city's first advanced ankle surgery using the EndoButton TightRope system — a testament to our growing expertise in complex orthopaedic care.

A **25-year-old patient**, admitted on **14th May**, came to our OPD with a complicated ankle injury, including a fibula fracture and torn ligaments. Our Orthopaedics team, led by **Dr. Anant Jain (Orthopaedic Surgeon)**, in collaboration with **Dr. Venus (Anesthetist)**, took on the challenge. The team performed a **syndesmotic repair using TightRope**, along with **fibula plating and ligament reconstruction** — an advanced, minimally invasive technique that offers superior joint stability, reduced tissue trauma, and quicker rehabilitation.

The surgery lasted **3 long hours**, requiring immense focus, coordination, and endurance.

Thanks to the clinical expertise and seamless teamwork of **OT team (Rajesh, Deepak, and Santosh)**, the surgery was a resounding success, and the patient is now recovering steadily under close supervision.

This achievement marks yet another proud moment for **Hans Foundation Hospitals, Haridwar** — pioneering advanced orthopedic care in Haridwar and delivering world-class outcomes with skill, technology, and compassion.

Employee Spotlight

Recognizing Our Healthcare Heroes

Vinod Negi

Optical Fitter
Hans Clinic, Kotdwar

PROFESSIONAL JOURNEY

I embarked on my professional path as an Optician, driven by a deep-seated interest in eye care and vision enhancement. Over the years, this journey has allowed me to develop both technical skills and a deeper understanding of how small efforts can significantly improve someone's daily life.

WHY I CHOSE THIS CAREER

From a young age, I was fascinated by the fact that how vision correction could transform lives. This natural interest led me to explore the field further and ultimately pursue a career in optometry. It's a profession that allows me to blend science with service, and that balance keeps me motivated every day.

GETTING TO KNOW VINOD NEGI

FAVOURITE FOOD

Nothing brings me more comfort than a plate of Rajma Chawal. It's a classic dish that reminds me of home and family gatherings.

FAVOURITE GETAWAY PLACE

Whenever I get a chance to unwind, Himachal Pradesh is my go-to destination. The serene mountains, cool climate, and peaceful atmosphere help me reconnect with myself and nature.





WHAT I LIKE MOST ABOUT THE HANS FOUNDATION HOSPITALS

Among the many positive aspects of THFH, what stands out most to me is the staff management. The supportive environment, clear communication, and team coordination make it a fulfilling place to work. It's motivating to be part of a system where every member contributes meaningfully.

ABOUT MY FAMILY

I live in a joint family comprising my mother, brother, and bhabhi. Family is my pillar of strength and the core of my motivation. Their support helps me push forward, no matter the circumstances.

MY SOURCE OF INSPIRATION & ROLE MODEL

My father has always been my role model and source of inspiration. His dedication, work ethic, and unwavering sense of responsibility continue to guide me through both personal and professional phases of life.

FAVORITE PASTIME

My favorite pastime is taking long bike rides with light music playing — it's my perfect escape and refreshment. Nothing beats the freedom of the open road and a soulful playlist on the go.

A PROUD MOMENT IN MY LIFE

A defining moment in my life was when I took full responsibility for my family. It was a significant step that filled me with pride and gave me a sense of purpose and maturity.



Shining Stars

MAY



Pinkesh has completed 10 remarkable years in our Eye OT department at THFEC. She's known for her hard work and dedication. Over the years, she's faced many challenges and handled them professionally. We're grateful for her contributions and look forward to many more years of her service. Her commitment to delivering high-quality work is truly commendable. We appreciate her tireless efforts and acknowledge the significant impact she has made on our organization.



Yogendra Singh joined The Hans Foundation General Hospital on 1st August 2018 as a Technician in the Pathology Department. Through his hard work and dedication, he has risen to the position of Senior Technician. His consistent performance, punctuality, and team spirit make him a vital pillar of our laboratory team. Yogendra's journey from a technician to a senior role is an inspiration for many—showcasing how sincerity, reliability, and hard work never go unnoticed.

Congratulations to Pinkesh & Yogendra Singh for being chosen as our Shining Stars!



Pinkesh
OT Technician
Hans Hospitals, Haridwar



Yogendra Singh
Lab Technician
Hans Hospitals, Satpuli

Community Engagement and Outreach

Making a Difference Together

केन्यूर, थैलीसैण में मेगा मल्टी-स्पेशलिटी कैम्प



द हंस फाउंडेशन हॉस्पिटल, सतपुली की आउटरीच टीम द्वारा केन्यूर, थैलीसैण में एक सफल मेगा मल्टी-स्पेशलिटी स्वास्थ्य शिविर का आयोजन किया गया। इस शिविर में 300 से अधिक मरीजों की जांच की गई और उन्हें आवश्यक दवाइयाँ वितरित की गईं। शिविर का सबसे महत्वपूर्ण परिणाम यह रहा कि करीब 40 मरीजों को नेत्र एवं ईएनटी (कान-नाक-गला) सर्जरी की आवश्यकता पाई गई। इन मरीजों को सतपुली अस्पताल लाया गया, जहाँ उनकी सफल सर्जरी की गई। यह पहल द हंस फाउंडेशन हॉस्पिटल की दूरस्थ क्षेत्रों तक स्वास्थ्य सेवा पहुँचाने की दिशा में एक और मजबूत कदम है।

विशेष उज्वल भविष्य परामर्श सत्र ✨

(शुक्रवार) 9 मई, 2025

“ Guiding Dreams, Shaping Futures: Career Counselling for Garhwal’s Bright Minds ”

At The Hans Foundation General Hospital, Satpuli, we recently had the privilege of hosting a Career Counselling Session for over 400 students from nearly 25 government and semi-government schools across the Garhwal region—from Kotdwar to Pauri.

These students, often limited by lack of access to professional guidance, are full of potential, talent, and determination. All they need is the right direction—and that’s exactly what this initiative aimed to provide.

Led by expert external counselors, the session helped students from Class 9 to 12 understand career pathways, make informed choices, and align their goals with their strengths and interests.

Career counselling at the right age is critical to unlocking possibilities. It helps students avoid confusion, builds self-awareness, and lays the foundation for a purpose-driven future. The day was filled with insightful guidance, laughter, games, great food, and countless moments of motivation. The students and teachers expressed heartfelt gratitude to the hospital team for the warmth and vision behind this initiative.

We are proud to be a part of their journey—and committed to contributing to many future success stories.





Life Beyond Work

Hans Hospital, Haridwar

LAKPA'S SPECIAL DAY IN OPTOMETRY



On 21st May, Lakpa from the Optometry Department celebrated her birthday with her colleagues. The day was filled with smiles, sweet wishes, and a warm sense of togetherness. A simple yet joyful celebration that added sparkle to the department!

SAMARTHYA RAWAT'S MUNDAN CEREMONY



Dinesh Rawat from the Laboratory Department recently celebrated a joyful family tradition—the Mundan ceremony of his son, Samarthya Rawat. Held at home, the ceremony was a lovely blend of tradition, blessings, and cherished family moments.

PUNEETA'S 23RD WEDDING ANNIVERSARY



Puneeta Chauhan marked a beautiful milestone on 21st May—23 years of togetherness! She celebrated her wedding anniversary at home surrounded by her loving family. Here's wishing her many more years of happiness and harmony!

VISHAL'S SPIRITUAL JOURNEY TO KEDARNATH



On 9th May, Vishal Sachan from the MRD Department undertook a soul-soothing pilgrimage to Kedarnath along with friends. A serene darshan and peaceful vibes of the Himalayas made it a truly divine experience for him.

JYOTI'S KEDARNATH DARSHAN WITH FAMILY



Jyoti Negi from the Nursing Department also made a spiritual journey to Kedarnath with her family on 11th May. The darshan & spiritual connection brought calm, gratitude, and blessings for her and her loved ones.

Life Beyond Work

Hans Hospital, Satpuli

ANKITA'S VISIT TO DHARI DEVI TEMPLE



Ankita Gusain Negi from the Nursing Department recently took a peaceful break from her routine and visited the sacred Dhari Devi Temple with her husband. Nestled along the banks of the Alaknanda River, the temple offered the couple a serene atmosphere and spiritual solace. The visit not only brought them closer to nature and divinity but also served as a much-needed moment of calm and reflection amidst their busy lives. Ankita returned with renewed energy, carrying the blessings of Dhari Devi & beautiful memories from the trip.

A HEARTFELT CELEBRATION FOR DEEPA



On 29th May 2025, the Front Office and Billing team came together at Bungaband to celebrate not just a birthday—but a beautiful journey. It was Deepa's special day, and also a bittersweet moment as the team bid her farewell while cheering her on for the new chapter ahead. The celebration was filled with laughter, cake, shared memories, and warm wishes. As Deepa prepares to move forward in her career, her team made sure she left with a heart full of love and unforgettable moments.



SATPULI



HARIDWAR

INTERNATIONAL NURSES DAY CELEBRATION



BHUVNESHWARI MATA DOLI - SATPULI

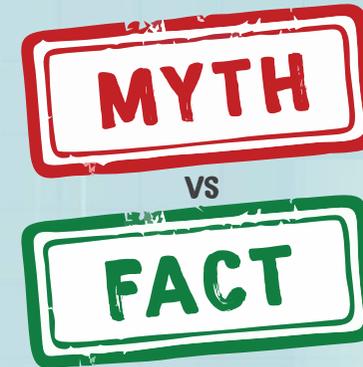
CELEBRATIONS

Hans Hospital, Haridwar & Satpuli

Medical Facts and Trivia :

DO YOU KNOW ?

1. Your brain can reorganize itself after injury through neuroplasticity. 
This allows people to recover skills lost from strokes or trauma.
2. The first successful organ transplant was a kidney in 1954, between identical twins. 
3. Your blood makes up about 7-8% of your body weight. 
So if you weigh 70 kg (154 lbs), about 5–6 liters (1.3–1.5 gallons) of that is blood. Your body can replace a pint of donated blood in just 24–48 hours.
4. Teeth are the only part of your body that can't heal themselves. 
Once enamel is gone, it cannot regenerate naturally.
5. Your gut microbes weigh about 2 kilograms (4.4 lbs). 
They help digest food, make vitamins, and even influence your mood.



MYTH
Cracking Your Knuckles Gives You Arthritis



FACT
There's no evidence of this.
The sound comes from gas bubbles,
not bone damage.

WELCOME ABOARD

Hans Hospital, Satpuli & Hans Hospital, Haridwar

NEW JOINEE



Seema
Nursing
Hans Hospital, Satpuli



Saloni Rawat
Nursing
Hans Hospital, Satpuli



Shivani Thakur
Nursing
Hans Hospital, Satpuli



Niketa Singh
ICN
Hans Hospital, Satpuli

Upcoming Events : Save the Dates

Hans Hospital, Satpuli & Hans Hospital, Haridwar



World Blood Donor Day
14th June 2025



Monthly Birthday Celebrations
30th June 2025



International Yoga Day
21st June 2025



11th Anniversary of The Hans Foundation Hospital, Haridwar - 30th June 2025

Newsletter Contest

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

- Q1. When was the Career Counselling Session held, how many students attended, and from which region did they come ?
- Q2. When was the MoU signed between Military Hospital Lansdowne and The Hans Foundation General Hospital, Satpuli, what medical services will THFGH provide, and for how long ?
- Q3. Who visited the Kedarnath Temple in the month of May 2025 ?
- Q4. Name the shining stars of this month ?
- Q5. What does Vinod Negi like most about The Hans Foundation Hospital ?
- Q6. When was the advanced ankle surgery performed at Hans Foundation Hospitals, Haridwar, which surgical system was used, and who performed the surgery ?
- Q7. Who were the new nursing staff members who joined Hans Hospital, Satpuli, in May 2025 ?
- Q8. Which departments contributed the minimum Admission in May in Satpuli ?
- Q9. What was the Optical Dispensing at Hans Hospital, Haridwar in May 2025 ?
- Q10. Which staff members from Hans Hospital Satpuli got married in May 2025 ?

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 - **Samiksha (Nursing) Haridwar**



CONTEST

thank you!

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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 June!

Best regards,

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Ankita Khamba
Ankita.khamba@thfhospitals.org

Vinit Jain
Vinit.jain@thfhospitals.org