



Health for all

Reflections

Hans Hospital, Haridwar | Hans Hospital, Satpuli

JANUARY 2025

WELCOME TO THE JANUARY EDITION OF OUR EMPLOYEE NEWSLETTER,

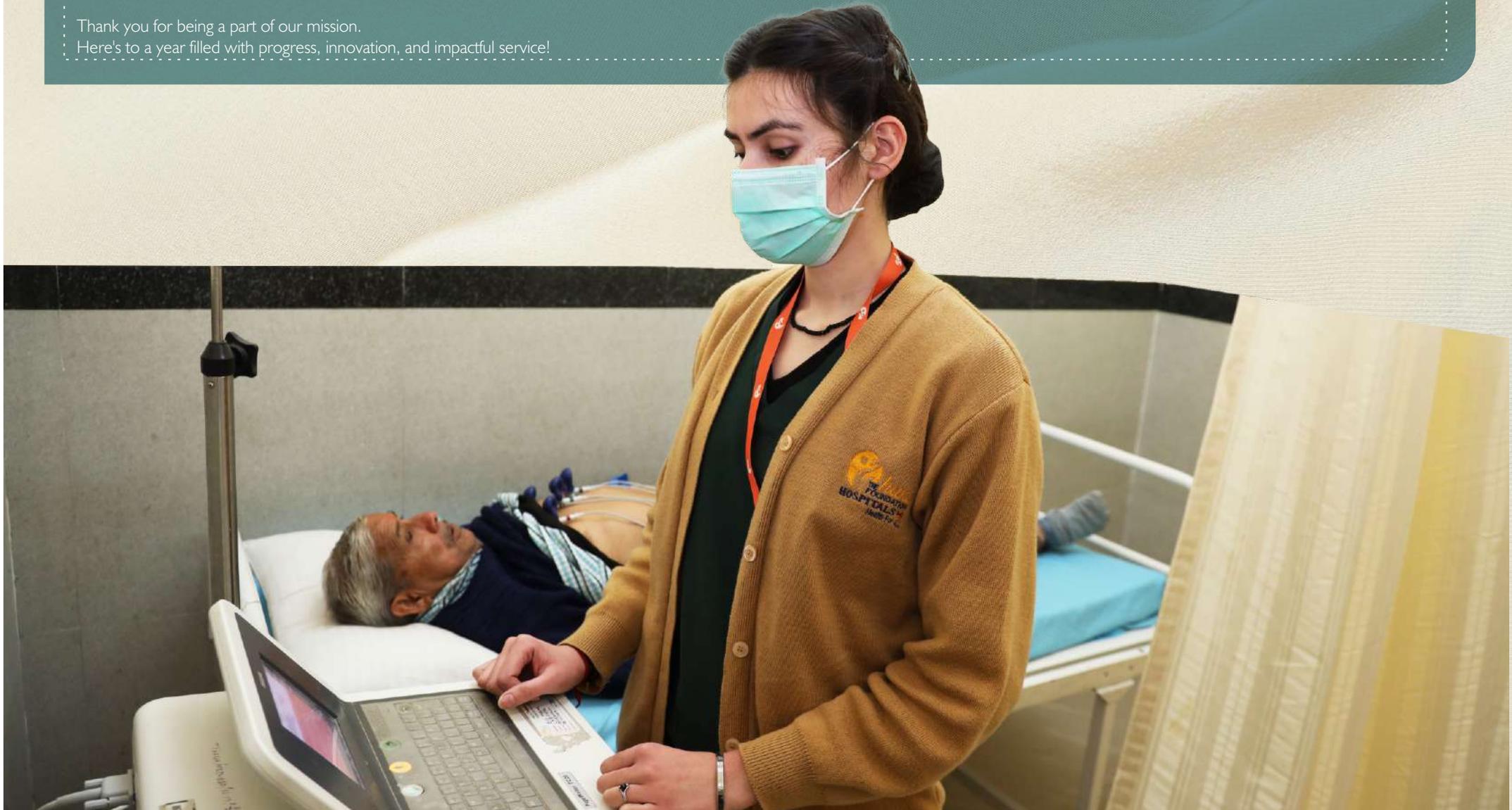


As we embark on a new year, we extend our warmest wishes to all our readers for a healthy and prosperous 2025. This edition serves as a bridge between reflecting on the accomplishments of the past year and looking ahead to the opportunities that lie before us.

At Hans Hospitals, each month brings new challenges and triumphs, and January is the perfect time to renew our commitment to providing exceptional healthcare. We are excited to share updates, stories, and highlights from our journey as we continue to grow and serve our community.

Thank you for being a part of our mission.

Here's to a year filled with progress, innovation, and impactful service!





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January 2025

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Operational & Clinical Highlights

Hans Hospital, Haridwar

16,668

TOTAL OPD

Ophthalmology : 15109
ENT : 634
Internal Medicine : 609
General surgery : 30
Orthopedics : 286

1,557

SURGERIES

Ophthalmology Surgeries : 1528
Orthopedics : 20
General surgery : 0
ENT Surgeries : 9

Hans Haridwar's 1 ENT surgeries performed at Satpuli. These surgeries are not added in Hans Haridwar surgeries.

100%

PHACO SURGERIES THIS MONTH & 0% SICS

37%

NEW PATIENT% THIS MONTH

Painless surgery has considerably impacted the patient experience.

47 minutes

STAY TIME OF APPOINTMENT PATIENTS IN THE HOSPITAL

2,126

OPTICAL DISPENSING THIS MONTH

63%

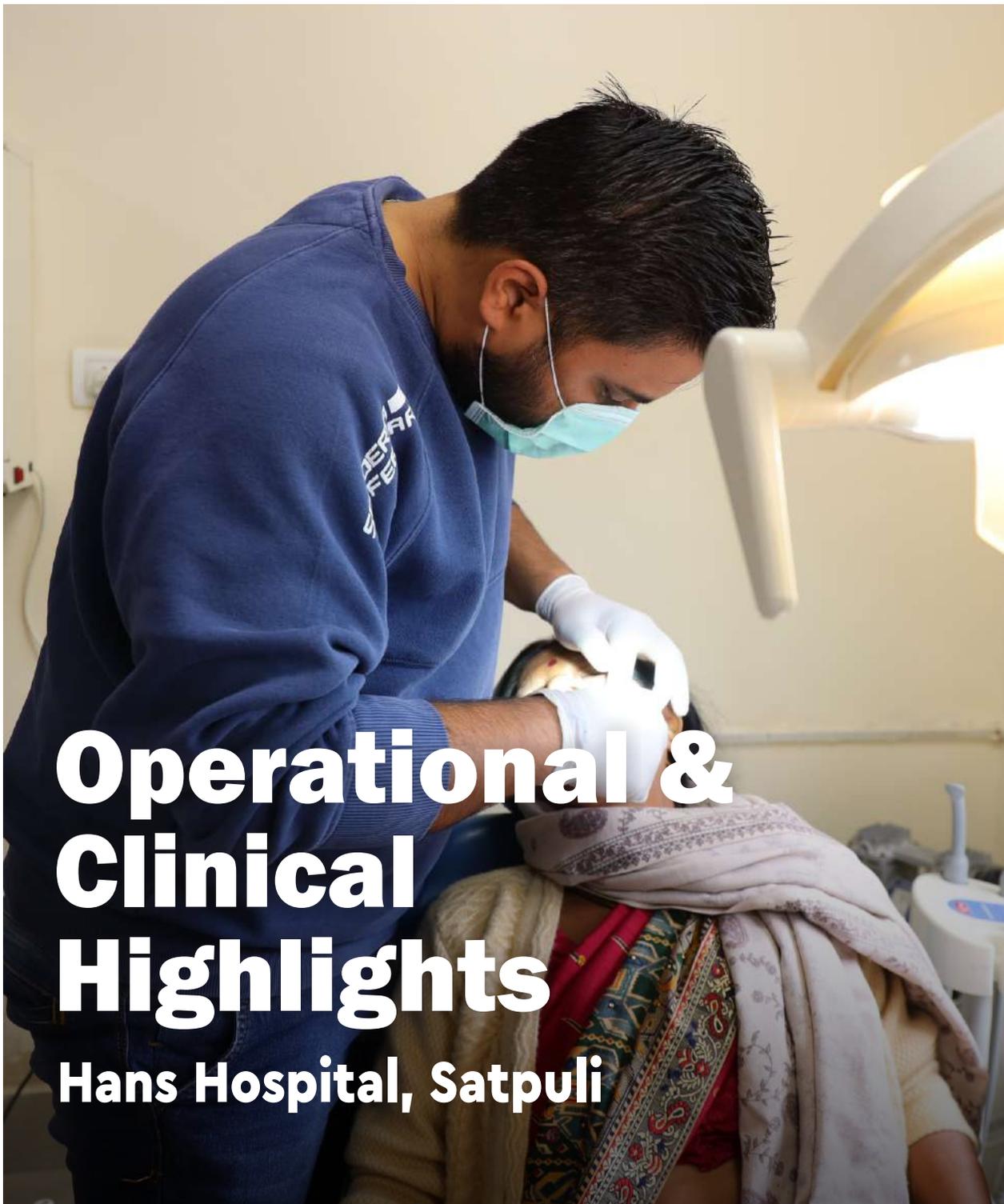
OPTICAL CONVERSION% THIS MONTH

9,976

PHARMACY DISPENSING THIS MONTH

59%

PHARMACY CONVERSION% THIS MONTH



Operational & Clinical Highlights

Hans Hospital, Satpuli

9,915

TOTAL OPD

Internal Medicine : 2001
Ophthalmology : 4830
General Surgery : 767
Orthopedics : 659
Obstetrics & Gyne : 369
Dental : 503
Pediatrics : 181
ENT : 393
Outreach : 212

1,766

SURGERIES

Ophthalmology : 1619
General Surgery : 86
Orthopedics : 21
Obstetrics & Gyne : 27
ENT : 13

2,121

RADIOLOGY

X-Ray : 1244
ULTRASOUND : 633
CT Scan : 244

46%

NEW PATIENT%
THIS MONTH

Painless surgery has considerably impacted the patient experience.

1,967

TOTAL ADMISSIONS

Ophthalmology : 1701
General Surgery : 83
Internal Medicine : 82
Orthopedics : 22
Obstetrics & Gyne : 31
Pediatrics : 25
ENT : 23

255

EMERGENCY FOOTFALLS

232

DIALYSIS

11

TOTAL DELIVERIES

Patient Story of Triumph

Obstetrics and Gynecology - Hans Hospital, Satpuli

HYSTERECTOMY



FIBROID REMOVED



DR. ANSHU CHAMOLI & OT TEAM



HAPPY PATIENT AFTER SURGERY

13 जनवरी 2025 :

ग्राम पदमपुर, कोटद्वार की 44 वर्षीय महिला, लंबे समय से पेट दर्द और भारी मासिक धर्म रक्तस्राव (3-4 वर्षों से) से पीड़ित थीं। मासिक धर्म के दौरान अत्यधिक रक्तस्राव और शारीरिक कमजोरी के कारण उनकी दैनिक गतिविधियां प्रभावित हो रही थीं। कई स्थानों पर इलाज कराने के बावजूद उन्हें राहत नहीं मिली। बिगड़ती स्थिति के चलते उनके परिवार ने हंस अस्पताल, सतपुली से सम्पर्क किया। अस्पताल में जाँच के बाद अल्ट्रासाउंड में पाया गया कि महिला का गर्भाशय बढ़ा हुआ था (Bulky Uterus) और उसमें बहुत सारे बड़े बड़े फाइब्रॉइड्स थे, जो उनके दर्द और रक्तस्राव का कारण थे।

15 जनवरी 2025 :

डॉ. अंशु चमोली ने मरीज की स्थिति को देखते हुए गर्भाशय को हटाने (Hysterectomy) सर्जरी की सलाह दी। दूरबीन विधि से सर्जरी करना चुनौतीपूर्ण था, क्योंकि बच्चेदानी में रसोली अत्यधिक बड़ी और जटिल थी। ऐसे में दूरबीन विधि से इसे पूरी तरह निकालना संभव नहीं था। इस स्थिति को ध्यान में रखते हुए, वेजाइनल मॉर्सेलेशन (Vaginal Morcellation) तकनीक का उपयोग किया गया। इस उन्नत विधि से मात्र 30 मिनट में बड़ी रसोली सहित बच्चेदानी को बाहर निकालने में सफलता मिली।, लगभग 1:30 घंटे तक चली यह सर्जरी सफलतापूर्वक पूरी हुई, और कोई जटिलता नहीं हुई, सर्जरी के बाद मरीज तेजी से स्वस्थ हो रही हैं। इस सर्जरी ने उन्हें उनके कष्टों से मुक्ति और एक नई जिंदगी प्रदान की। परिवार और मरीज ने अस्पताल टीम का आभार व्यक्त किया। मरीज अब स्थिर है और रिकवरी के लिए आवश्यक देखभाल व उपचार दिया जा रहा है।

ऑपरेशन के दौरान एनेस्थीसिया विशेषज्ञ डॉ. प्रमिला कैथरीन और ओटी टेक्नीशियन की टीम—सोनु, राहुल, विजय, हेमंत, नेहा, शीतल और गौरव — इन सभी की कुशलता और समर्पण ने महत्वपूर्ण भूमिका निभाई। मरीज की स्थिति स्थिर है और उन्हें जल्द ही अस्पताल से छुट्टी दे दी जाएगी।

Patient Story of Triumph

Orthopedics - Hans Hospital, Haridwar

EXPERTISE AND TEAMWORK IN TREATING CRITICAL CRUSH INJURIES AT HANS FOUNDATION HOSPITALS



In the January month, Hans Foundation Hospitals successfully treated many critical crush injuries, showcasing the expertise and dedication of its medical team. Led by the enthusiastic Orthopedic Specialist Dr. Anant Jain, the cases were managed with precision and care.

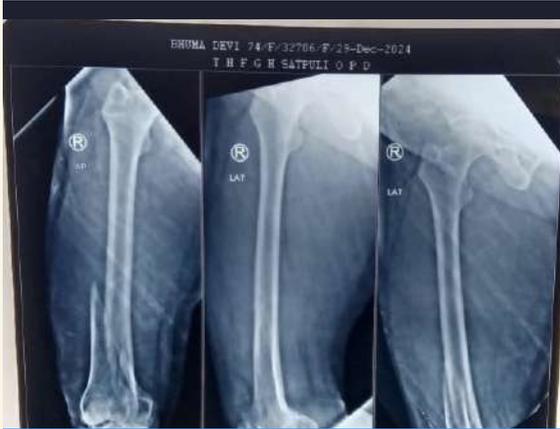
Anesthetist Dr. Loveleen provided essential support, ensuring smooth and pain-free procedures. The OT team, comprising Rajesh, Deepak, and Shubham, demonstrated exceptional coordination and efficiency, playing a pivotal role in these complex surgeries.

This milestone not only underscores the hospital's capability in handling high-stakes medical situations but also highlights the readiness of its Emergency Department to tackle critical cases with confidence and competence. These achievements mark the initial steps in the journey of making Hans Foundation Hospitals a Centre of Excellence for general specialties, alongside the renowned Eye Department.

Patient Story of Triumph

Orthopedics - Hans Hospital, Satpuli

OPEN REDUCTION AND INTERNAL FIXATION (ORIF)



BEFORE SURGERY



AFTER SURGERY



DR. RAHUL & OT TEAM WITH PATIENT UNDER RECOVERY

29 दिसंबर 2024 :

भूमा देवी जी को घायल अवस्था में द हंस फाउंडेशन जनरल अस्पताल के ओपीडी विभाग में लाया गया। डॉक्टर ने मरीज का परीक्षण किया और एक्स-रे रिपोर्ट में उनके पैर की हड्डी में फ्रैक्चर पाया गया। डॉक्टर ने मरीज को ऑपरेशन कराने की सलाह दी।

07 जनवरी 2025 :

हमारे विशेषज्ञ हड्डी रोग सर्जन, डॉ. राहुल कुमार सिंह चौहान ने मरीज के पैर का सफल ओपन रेडक्शन इंटरनल फिक्सेशन विद प्लेटिंग ऑपरेशन किया। यह एक जटिल सर्जिकल प्रक्रिया है, जिसमें टूटी हुई हड्डियों (फ्रैक्चर) को सही स्थिति में लाकर स्थिर किया जाता है। इस प्रक्रिया में मेटल प्लेट्स और स्क्रू की मदद से हड्डी को मजबूती प्रदान की जाती है। ऑपरेशन लगभग 1 घंटे 20 मिनट तक चला और पूरी तरह सफल रहा। सर्जरी के दौरान, हड्डी को सावधानीपूर्वक सही स्थिति में लाने के बाद प्लेटिंग तकनीक का उपयोग कर स्थिर किया गया।

मरीज अब स्थिर है और रिकवरी के लिए आवश्यक देखभाल व उपचार दिया जा रहा है। डॉक्टर की टीम द्वारा यह सुनिश्चित किया जाएगा कि मरीज जल्द से जल्द अपने सामान्य जीवन में लौट सके।

टीम का योगदान :

ऑपरेशन के दौरान एनेस्थीसिया विशेषज्ञ डॉ. प्रमिला कैथरीन और ओटी टेक्नीशियन की टीम—सोनू, राहुल, विजय, हेमंत, नेहा, शीतल, गौरव और सौरभ—की कुशलता और समर्पण ने महत्वपूर्ण भूमिका निभाई। मरीज की स्थिति स्थिर है और उन्हें जल्द ही अस्पताल से छुट्टी दे दी जाएगी।

Employee Spotlight

Recognizing Our Healthcare Heroes

SANTOSH CHAMOLI

Front Office & Billing
Senior Executive

FROM TEACHER TO HEALTHCARE PROFESSIONAL

Santosh Chamoli, our dedicated Senior Executive in Front Office & Billing at Hans Hospitals, Haridwar, has a story of growth and determination. Born on June 5, 1995, he pursued his MA and B.Ed. in Sanskrit from Sanskrit University in 2019. He started his career as a Hindi and Sanskrit teacher but had to pause due to the COVID-19 pandemic. He then contributed to public health services as a vaccine data operator at CHC Jwalapur for two years before joining Hans Hospitals on December 18, 2022.

WHY HANS HOSPITALS FEELS LIKE HOME

Santosh finds working at Hans Hospitals truly rewarding, describing it as a family-like environment and a refreshing change from his previous experiences in government organizations. He enjoys being well-connected with all departments and colleagues.

GETTING TO KNOW SANTOSH

FAVORITE FOOD

Rajma Chawal – a comforting classic!

DREAM GETAWAY

Goa – he hopes to visit this beautiful destination someday.





FAMILY

His family is his greatest support. He lives with his parents and wife. His father works in a private company, his mother and wife are homemakers, and his elder brother is a district coordinator at the CMO office.

HIS INSPIRATIONS AND INTERESTS

ROLE MODEL

His elder brother, who has always guided him and helped him make important decisions.

FAVORITE PASTIME

Cooking for his family. He loves to see them eagerly waiting for his homemade meals when he returns from work.

CELEBRATING ACHIEVEMENTS

Santosh's proudest moment was receiving a promotion just one year after joining Hans Hospitals. The quick recognition of his hard work and dedication brought him joy and surprise.

We are proud to have Santosh Chamoli as part of our Hans Hospitals family and look forward to his continued success!



Shining Stars

January



We are delighted to recognize Jyoti Negi, a dedicated member of The Hans Foundation Eye Care's Nursing Department, as she completes an remarkable 3 years of service. Known for her compassion, efficiency, and commitment to patient care, Jyoti has played a vital role in ensuring quality treatment and comfort for our patients. Her unwavering dedication and professionalism have earned her the respect of both her colleagues and the patients she serves.



Naresh Singh joined The Hans Foundation Hospitals in April 2019 as a Senior Steward in the F&B Department. He demonstrates unwavering commitment, always putting in the effort to exceed expectations and ensure tasks are completed efficiently. His dedication and punctuality are an inspiration to everyone around him.

Congratulations to Jyoti & Naresh for being chosen as our Shining Stars!



Jyoti Negi
Nursing
Hans Hospitals, Haridwar



Naresh
F&B (Food and Beverage)
Hans Hospitals, Satpuli

Community Engagement and Outreach

Making a Difference Together



उत्तराखंड में हंस फाउंडेशन का जनसेवा अभियान

जनवरी 2025 में, हंस फाउंडेशन की आउटरीच टीम ने उत्तराखंड के दूरस्थ क्षेत्रों में नेत्र शिविरों के माध्यम से स्वास्थ्य सेवा की नई मिसाल कायम की। इन शिविरों ने उन मरीजों के जीवन में उम्मीद की किरण जगाई, जो संसाधनों के अभाव में इलाज से वंचित थे।

पिथौरागढ़ (डीडीहाट और मुंसियारी)

5 कैंप, लगभग 400 लोगों को स्वास्थ्य लाभ।

उत्तरकाशी

2 कैंप, लगभग 350 लोगों को स्वास्थ्य लाभ।

बागेश्वर

9 कैंप, लगभग 900 लोगों को स्वास्थ्य लाभ।

अल्मोड़ा

20 कैंप, लगभग 950 लोगों को स्वास्थ्य लाभ।

चमोली

12 कैंप, लगभग 800 लोगों को स्वास्थ्य लाभ।

हंस फाउंडेशन की आउटरीच टीम न केवल चिकित्सा सेवा प्रदान कर रही है, बल्कि उन मरीजों के जीवन में आशा और आत्मविश्वास जगा रही है, जो कभी इलाज की उम्मीद खो चुके थे। इस अभियान के माध्यम से कुल 92 नेत्र शिविरों में लगभग 6550 लोगों को स्वास्थ्य सेवाओं का लाभ मिला। यह सेवा और समर्पण की यात्रा हंस फाउंडेशन की प्रतिबद्धता को दर्शाती है।

नैनीताल

2 कैंप, लगभग 250 लोगों को स्वास्थ्य लाभ।

रुद्रप्रयाग

14 कैंप, लगभग 900 लोगों को स्वास्थ्य लाभ।

टिहरी

19 कैंप, लगभग 1200 लोगों को स्वास्थ्य लाभ।

उधम सिंह नगर

9 कैंप, लगभग 800 लोगों को स्वास्थ्य लाभ।



Life Beyond Work

Hans Hospital, Haridwar

NEELAM AND SAHIL TIE THE KNOT



Neelam from the Optom team, who tied the knot with Sahil from EC1 Counselling on January 22, 2025. The entire organization joins in congratulating the lovely couple on this new chapter in their lives. We wish Neelam and Sahil a lifetime of love, happiness, and togetherness.

HEENA'S 5TH ANNIVERSARY



Heena from our EC3 team celebrated her 5th wedding anniversary on January 28, 2025, surrounded by loved ones. We extend our warm congratulations to Heena and her family, wishing them many more years of love and happiness.

TEAM BONDING AT ITS BEST



The new year began on a high note for our Counselling & Optom teams from EC1 and EC2, as they gathered for a delightful dinner at a rooftop restaurant in Haridwar on January 1st, 2025. Organized by our organization, this team-building evening provided a wonderful opportunity for colleagues to bond and unwind together.

A JOURNEY OF SPIRIT AND PATRIOTISM



Kamini from our Nursing team visited Amritsar on January 26th, 2025, with her sisters. They explored the Golden Temple and experienced the patriotic vibe at the Wagah Border; creating lasting memories and strengthening their bond.

MARRIAGE ANNIVERSARY



Ankit from our Biomedical team celebrated his 11th wedding anniversary on January 21, 2025, with his family. Congratulations to Ankit & his family, wishing them many more years of happiness.

A JOURNEY OF FAITH



Surendera from our General OPD (Patient Care) team enjoyed a family getaway to the serene Renuka Ji Temple in Himachal Pradesh on January 4th, 2025. The peaceful trip allowed him to recharge and create cherished memories with his loved ones.

Life Beyond Work

Hans Hospital, Satpuli

BIRTHDAY CELEBRATION AT EYE DEPARTMENT



The Eye Department celebrated Kirti's birthday on 10th January with joy and a cake-cutting ceremony, making the day special with warm wishes from colleagues.

NEW YEAR ADVENTURE TRIP TO CHOPTA & TUNGNATH



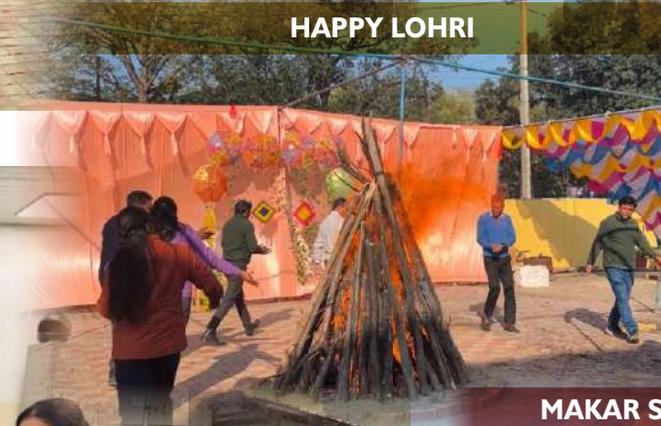
Sachin Dhanai from Radiology and Gaurav Bisht from the Emergency Department welcomed the New Year with an adventurous trip to Chopta and Tungnath. They enjoyed the snowy landscapes and created cherished memories amidst nature's beauty and returned refreshed and energized.



REPUBLIC DAY OF INDIA



HAPPY LOHRI



MAKAR SANKRANTI



MONTHLY BIRTHDAY CELEBRATION



CELEBRATIONS

Hans Hospital, Haridwar & Satpuli

Medical Facts and Trivia :

DO YOU KNOW ?

1. **YOUR BLOOD VESSELS COULD CIRCLE THE EARTH TWICE.**

If you laid out all the blood vessels in the human body end-to-end, they would stretch over 60,000 miles, enough to wrap around the Earth twice!

2. **YOU CAN'T HUM WHILE HOLDING YOUR NOSE.**

Try it! Humming requires air to pass through your nose, so if you pinch your nostrils shut, you won't be able to hum.

3. **YOUR BRAIN GENERATES ENOUGH ELECTRICITY TO POWER A LIGHT BULB.**

Electrical signals in your brain are what allow you to think, move, and process information!

4. **YOU CAN'T GROW NEW TASTE BUDS AS YOU AGE.**

After the age of 50, your taste buds regenerate more slowly, which may affect your sense of taste.

5. **YOUR TONGUE IS THE ONLY MUSCLE IN YOUR BODY THAT IS ONLY ATTACHED AT ONE END.**

The tongue is unique in that it's connected to the mouth at just one point, allowing it to move freely in all directions.

6. **YOUR BONES START OUT SOFT BUT HARDEN AS YOU AGE.**

Babies are born with more cartilage, which gradually turns into bone as they grow.



MYTH

You should drink 8 glasses of water a day.

FACT

The amount of water you need depends on your body size, activity level, and climate. The "8 glasses" rule is a general recommendation, but many people get enough hydration through food and beverages other than just water.

WELCOME ABOARD

Hans Hospital, Satpuli & Hans Hospital, Haridwar

NEW JOINEE



SEEMA PRASAD
AGM Operations
Hans Hospital, Haridwar



DR. SUDIP KUMAR DEO
General Surgeon
Hans Hospital, Satpuli



RAHUL RANA
Optometrist
Hans Clinic, Kotdwar

Newsletter Contest

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

- Q1. On which date did Dr. Rahul and his team perform the surgery at Hans Hospital, Satpuli, and what surgery was performed ?
- Q2. How many eye camps were conducted in Almora, and how many people benefited from them ?
- Q3. Which places did Sachin Dhanai from Radiology and Gaurav Bisht from the Emergency Department visit during their New Year adventure ?
- Q4. Name the employee spotlight of this month ?
- Q5. Which team goes for the team dinner this month, organized by the organization ?
- Q6. On which date did Dr. Anshu Chamoli and his team perform the surgery at Hans Hospital, Satpuli, and what surgery was performed ?
- Q7. Who were the new joiners at Hans Hospital, Satpuli, in the month of January 2025 ?
- Q8. Which departments contributed the minimum and maximum Total OPD in January in Satpuli ?
- Q9. What was the percentage of new patients at Hans Hospital, Haridwar, in January 2025 ?
- Q10. Which muscle in your body is attached at only one end ?

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 - **Deepa Sahi (Front office & Billing) Satpuli**



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 Happy New Year!

Best regards,

Garima Tripathi
Garima.tripathi@thfhospitals.org

Ankita Khamba
Ankita.khamba@thfhospitals.org

Vinit Jain
Vinit.jain@thfhospitals.org



HOSPITALS

Health For All