

Health for all

# Reflections

Hans Hospital, Haridwar | Hans Hospital, Satpuli

JANUARY 2026

## WELCOME TO THE JANUARY EDITION OF OUR EMPLOYEE NEWSLETTER,



As we step into a new year, January has set the tone for purpose, compassion, and renewed commitment. Every camp conducted, every patient counselled, and every successful surgery reflects not just our work, but our shared mission to bring light, dignity, and hope to communities that need us most.

The year ahead is full of possibilities. Together, let us aim higher, serve better, and continue transforming lives.

**Thank you for your unwavering commitment and teamwork.**



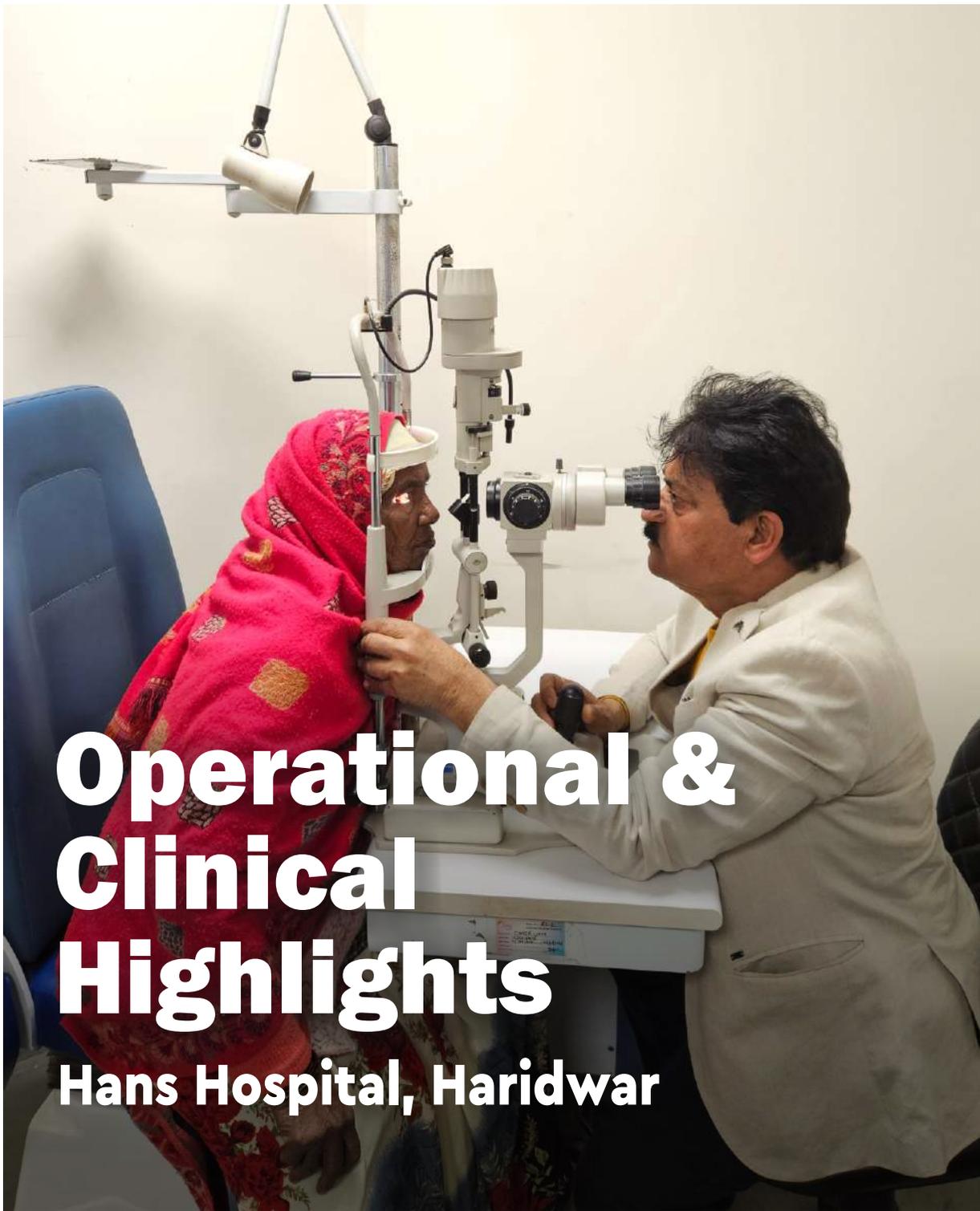
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January 2026

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# Operational & Clinical Highlights

Hans Hospital, Haridwar

**26,399**

TOTAL OPD

Ophthalmology : 26,399

**2,676**

OPTICAL DISPENSING  
THIS MONTH

**1,676**

SURGERIES

Ophthalmology Surgeries : 1676

**48%**

OPTICAL CONVERSION%  
THIS MONTH

**100%**

PHACO SURGERIES THIS  
MONTH & 0% SICS

**32,177**

PHARMACY DISPENSING  
THIS MONTH

**80%**

NEW PATIENT%  
THIS MONTH

Painless surgery has considerably  
impacted the patient experience.

**52%**

PHARMACY CONVERSION%  
THIS MONTH



# Operational & Clinical Highlights

## Hans Hospital, Satpuli

### 8,521

TOTAL OPD

Internal Medicine : 1176  
Ophthalmology : 2670  
General Surgery : 500  
Orthopedics : 516  
Obstetrics & Gyne : 340  
Dental : 430  
Pediatrics : 133  
ENT : 276  
Outreach : 552  
Kotdwar Clinic : 1928  
(Eye,ENT,Medicine)

### 1,634

SURGERIES

Ophthalmology : 1456  
General Surgery : 105  
Orthopedics : 28  
ENT : 08  
Obstetrics & Gyne : 37

### 1,550

RADIOLOGY

X-Ray : 1986  
ULTRASOUND : 564

### 36%

NEW PATIENT%  
THIS MONTH

Painless surgery has considerably impacted the patient experience.

### 1,834

TOTAL ADMISSIONS

Ophthalmology : 1577  
General Surgery : 107  
Internal Medicine : 36  
Orthopedics : 30  
Pediatrics : 23  
ENT : 15  
Obstetrics & Gyne : 46

### 189

EMERGENCY FOOTFALL

### 236

DIALYSIS

### 20

TOTAL DELIVERIES

# “Celebrating Milestones”



## WELCOMING CEREMONY – FIRST BATCH OF OPHTHALMOLOGY PG STUDENTS

The Hans Foundation Medical Institute (THF-MI), recently accredited by NBEMS (National Board of Examinations in Medical Sciences), marked a proud academic milestone with the welcoming ceremony of the first batch of PG students in Ophthalmology.

On this special occasion, the Institute's Director and Head of the Department of Ophthalmology, Dr. Gaurav Kumar, formally welcomed and felicitated the inaugural PG students — Dr. Riya Nagpal and Dr. Om Singh Rajput.

This moment signifies the beginning of a new chapter in medical education at THF-MI and stands as a proud achievement for the institute and the Garhwal region.

# Patient Story of Triumph

General Surgery Department - Hans Hospital, Satpuli

## OPEN CBD STONE REMOVAL



सर्जरी के दौरान —डॉ. सुदीप कुमार देव और ओटी टीम

निकाली गई पथरियां

मरीज रिकवरी के दौरान

जनपद पौड़ी गढ़वाल के ग्राम सुराड़ी निवासी श्री कमलेश सिंह (उम्र 56 वर्ष) दिनांक 05 जनवरी 2026 को तेज पेट दर्द की शिकायत के साथ द हंस फाउंडेशन जनरल हॉस्पिटल, सतपुली में भर्ती हुए। प्रारंभिक जांच एवं अल्ट्रासाउंड परीक्षण के दौरान वरिष्ठ सर्जन डॉ. सुदीप कुमार देव द्वारा मरीज में Recurrent Choledocholithiasis (पित्त नली में बार-बार पथरी बनना) की पुष्टि की गई।

मरीज का पूर्व में बाहरी अस्पतालों में कई बार उपचार हो चुका था। तीन बार ERCP प्रक्रिया के माध्यम से पित्त नली की पथरी निकालने का प्रयास किया गया, लेकिन स्थायी सफलता नहीं मिल पाई। लगातार समस्या बने रहने के कारण मरीज को उनके परिचितों ने हंस अस्पताल, सतपुली में परामर्श लेने की सलाह दी, जहाँ पूर्व में भी सफल सर्जरी के सकारात्मक अनुभव रहे थे।

मरीज की जटिल स्थिति को ध्यान में रखते हुए डॉ. देव ने Open CBD Exploration with Primary CBD Closure सर्जरी की सलाह दी। इस प्रक्रिया में पित्त नली को सावधानीपूर्वक खोलकर फंसी हुई पथरी को सुरक्षित रूप से निकाला गया और उसके बाद पित्त नली को पुनः बंद किया गया, जिससे पित्त प्रवाह में आ रही रुकावट पूरी तरह समाप्त हो गई। यह सर्जरी 6 जनवरी 2026 को लगभग 1 घंटे में सफलतापूर्वक संपन्न हुई। ऑपरेशन के दौरान कोई जटिलता नहीं आई और पूरी प्रक्रिया

सर्जरी के पश्चात मरीज की रिकवरी तेज रही और उनकी स्थिति लगातार स्थिर बनी रही। उन्हें उचित देखभाल एवं निगरानी के बाद 12 जनवरी 2026 को स्वस्थ अवस्था में अस्पताल से डिस्चार्ज कर दिया गया। इस सफल सर्जरी में एनेस्थीसिया विशेषज्ञ डॉ. अविनाश बडोला तथा हमारी कुशल ओटी टीम — सोनू, राहुल, विजय, हेमंत, नेहा, शीतल और गौरव — का महत्वपूर्ण योगदान रहा। यह उपलब्धि हंस अस्पताल की सर्जिकल टीम की दक्षता, समन्वय और मरीजों के प्रति समर्पण का सशक्त प्रमाण है, जो जटिल से जटिल मामलों में भी सुरक्षित एवं प्रभावी उपचार प्रदान करने के लिए प्रतिबद्ध है।

# Employee Spotlight

Recognizing Our Healthcare Heroes

*Healthcare Hero*

**SONAM**

**Nursing Supervisor**

**The Hans Foundation General Hospital, Satpuli**

## **From Ward Nurse to Nursing Supervisor — A Journey of Care,**

Behind every calm ward, every reassured patient, and every smoothly run shift, there's a nurse whose dedication keeps everything together. This month, we're proud to spotlight one of our own Senior Nursing Supervisors, whose journey is a true example of growth through hard work and heart.

## **THE JOURNEY SO FAR**

After completing GNM Nursing in 2015, Sonam's career began in 2017 at Metro Hospital, where she served for five years, building strong clinical skills and confidence. In 2022, she joined Hans Foundation Hospital as a Senior Staff Nurse. Her sincere work, leadership qualities, and patient-centered approach didn't go unnoticed. She was entrusted with major responsibilities and promoted as In-charge – Orthopaedic Ward and In-charge – Ophthalmology Ward. Today, Sonam proudly serves as a Nursing Supervisor, continuing to guide teams and ensure quality patient care.

"I have learned a lot here. The trust given to me encouraged me to grow and take responsibility."





### WHY SHE CHOSE THIS CAREER

Her biggest motivation was simple yet powerful — caring for elderly parents. That personal experience shaped her compassion and commitment to healthcare.

### GETTING TO KNOW SONAM

When she's off duty, you'll find her:

Cooking for her family, Dancing & Watching new movies

Food: Dal Makhani & Chicken

Favourite Travel Place: Her hometown — because nothing feels better than home

### WHAT SHE LIKE MOST ABOUT THE HANS FOUNDATION HOSPITALS

She values the safe, supportive working environment and the culture that promotes responsible and respectful behavior.

### ABOUT FAMILY

She lives with her husband and their two children, Moses and Sharon — her biggest source of happiness and strength.

### SOURCE OF INSPIRATION & ROLE MODEL

Her father and husband inspire her the most. From them, she learned:

- To think positively
- To be honest in her work
- To stay dedicated

### PROUD MOMENT IN HER LIFE

One memory still fills her with emotion — The day she wore her nursing uniform for the first time and went for patient care duty. That moment confirmed she had chosen the right path.

We're proud to have her as part of the THF Hospital family.



# Shining Stars

January



Shalini has been a valuable member of our SCM Department since 22nd November 2022. She is a hardworking, disciplined, and dedicated employee who consistently delivers her responsibilities with sincerity and commitment.

Gentle and soft-spoken by nature, Shalini maintains a positive and respectful approach in her work, making her a wonderful colleague to work with. We truly appreciate her dedication and contribution to the team.



Mamta Negi joined the hospital in February 2015 as an Optometrist and, through her dedication and relentless hard work, has progressed to the position of Deputy Manager – Ophthalmology. Her journey reflects her strong commitment, sincerity, and professional excellence. Over the years, she has consistently demonstrated integrity, perseverance, and a deep sense of responsibility in all her roles.

We truly appreciate her remarkable contributions and wish her continued success in her professional journey.

***Congratulations to Shalini & Mamta for being chosen as our Shining Stars!***



**Shalini**  
SCM

**Hans Hospitals, Haridwar**



**Mamta Negi**  
Optometrist

**Hans Hospitals, Satpuli**

# Community Engagement and Outreach

## Making a Difference Together



### लैसडाउन कैंट बोर्ड स्वास्थ्य शिविर

दिनांक 23 जनवरी को कैंट बोर्ड, लैसडाउन में एक स्वास्थ्य शिविर का सफल आयोजन किया गया। इस शिविर का संचालन हमारी समर्पित टीम — डॉ. शिवानी, ऑद्योमेट्रिस्ट राजदीप, नर्सिंग स्टाफ सुमित एवं कोऑर्डिनेटर नीरज — द्वारा किया गया।

शिविर में लगभग 250 मरीजों की सामान्य जांच कर उन्हें आवश्यक चिकित्सा परामर्श प्रदान किया गया। यह शिविर सामुदायिक स्वास्थ्य जागरूकता बढ़ाने और प्रारंभिक स्तर पर रोगों की पहचान करने की दिशा में महत्वपूर्ण कदम रहा।



### पिथौरागढ़ स्वास्थ्य शिविर : विश्वास की लंबी यात्रा

अस्पताल की सेवाओं को दूर-दराज क्षेत्रों तक विस्तारित करने के उद्देश्य से नारायण जी की नवगठित आउटरीच टीम द्वारा दिनांक 23 जनवरी को पिथौरागढ़ में एक विशेष नेत्र चिकित्सा शिविर आयोजित किया गया। शिविर में बड़ी संख्या में नेत्र रोगियों की जांच की गई। जांच के दौरान जिन मरीजों को सर्जरी की आवश्यकता पाई गई, उनमें से 45 मरीज आगे की नेत्र शल्य चिकित्सा हेतु लगभग 427 किलोमीटर की दूरी तय कर हंस अस्पताल, सतपुली पहुँचे। यह हमारे संस्थान के प्रति लोगों के गहरे विश्वास और भरोसे को दर्शाता है।

अस्पताल में इन मरीजों की सफल नेत्र सर्जरी की गई, जिससे उन्हें बेहतर दृष्टि और जीवन की नई रोशनी मिली। यह नेत्र शिविर हमारी उस प्रतिबद्धता का सशक्त उदाहरण है, जिसके तहत हम “दूर-दराज क्षेत्रों तक गुणवत्तापूर्ण और सुलभ स्वास्थ्य सेवाएँ पहुँचाने” के लिए निरंतर प्रयासरत हैं।



### बर्फीली वादियों में सेवा: उत्तरकाशी में आँखों की नई उम्मीद

उत्तराखंड के उत्तरकाशी जनपद में आउटरीच टीम का समर्पित कार्य कई दूरस्थ गाँवों तक उम्मीद की रोशनी पहुँचा रहा है। ग्राम पंचायत बखरेटी से लेकर खरसारी और विंगसारी तक, टीम ने नेत्र उपचार के माध्यम से नई दृष्टि दी। बर्फबारी से ढके जखोल में भी सेवा का सिलसिला नहीं रुका — सुरतानु जी सहित कई मरीजों ने सफल ऑपरेशन के बाद अपनी खुशी और आभार साझा किया। यह कहानी सिर्फ इलाज की नहीं, बल्कि विश्वास, सेवा और समर्पण की है — जहाँ पहाड़ों के बीच टीम ने हर आँख में नई रोशनी जलाई।



परम पूज्य श्री भोले जी महाराज



करुणामयी माता श्री मंगला जी



8 फरवरी को आयोजित हंस बाल मेला पूरे क्षेत्र के लिए खुशियों और उत्साह का अनोखा संगम बन गया। 17 विद्यालयों के बच्चों ने मनमोहक समूह प्रस्तुतियों से मंच को जीवंत कर दिया। ग्रीन पब्लिक स्कूल ने समूह प्रस्तुति में प्रथम स्थान प्राप्त किया, जबकि सरस्वती विद्या मंदिर स्कूल बैड प्रतियोगिता का विजेता रहा।

स्वादिष्ट व्यंजन, मजेदार खेल और बच्चों के लिए जंपिंग झूले मेले की खास रौनक बने। बच्चों की हंसी और परिवारों की उमंग ने माहौल को त्योहार जैसा बना दिया। दूर-दराज़ गांवों से आए परिवारों सहित लगभग 7,000 लोगों की उपस्थिति ने आयोजन को भव्य बना दिया।

प्रसिद्ध गढ़वाली गायक अमित सागर ने अपने सुपरहिट गीतों से ऐसा समां बांधा कि पूरा मैदान झूम उठा। अस्पताल कर्मचारियों की स्वागत प्रस्तुति और सांस्कृतिक कार्यक्रमों ने आयोजन में और भी रंग भर दिए।

हर साल की तरह इस बार भी हंस बाल मेला ढेर सारी यादें देकर गया। आयोजन टीम की मेहनत और शानदार व्यवस्था ने कार्यक्रम को सफल और यादगार बना दिया। यह मेला अब केवल एक कार्यक्रम नहीं, बल्कि पूरे क्षेत्र की पहचान बन चुका है — जिसकी चर्चा लंबे समय तक होती रहती है और जो सभी को अगले साल का इंतजार करा जाता है।







# Rewards & Recognition 2025

## DOCTOR OF THE YEAR AWARD

*Congratulations!*



**DR. HIMANI - Ophthalmology**  
Hans Hospital, Haridwar

## DOCTOR OF THE YEAR AWARD

*Congratulations!*



**DR. GAURAV - Ophthalmology**  
Hans Hospital, Satpuli

## EMPLOYEE OF THE YEAR AWARD

*Congratulations!*



**MR. SACHIN**  
Hans Hospital, Satpuli

## DISTINGUISHED CLINICIAN OF THE YEAR AWARD

*Congratulations!*



**DR. SUDIP DEO - General Surgery**  
Hans Hospital, Satpuli

## DISTINGUISHED CLINICIAN OF THE YEAR AWARD

*Congratulations!*



**DR. SNEHA - Ophthalmology**  
Hans Hospital, Haridwar

## DISTINGUISHED CLINICIAN OF THE YEAR AWARD

*Congratulations!*



**DR. BIPIN MANJERA - Dentistry**  
Hans Hospital, Satpuli

## DISTINGUISHED CLINICIAN OF THE YEAR AWARD

*Congratulations!*



**DR. RAVI - Ophthalmology**  
Hans Hospital, Haridwar

**UNIFIED FORCE AWARD**

*Congratulations!*



**OUTREACH TEAM**  
Hans Hospital, Haridwar

**UNIFIED FORCE AWARD**

*Congratulations!*



**GENERAL OT TEAM**  
Hans Hospital, Satpuli

**UNIFIED FORCE AWARD**

*Congratulations!*



**OPHTHALMOLOGY DEPARTMENT**  
Hans Hospital, Satpuli

**UNIFIED FORCE AWARD**

*Congratulations!*



**EYE OT TEAM**  
Hans Hospital, Haridwar

**UNIFIED FORCE AWARD**

*Congratulations!*



**NURSING TEAM**  
Hans Hospital, Satpuli

**MOST EMERGING TEAM AWARD**

*Congratulations!*



**MEDICAL QUALITY TEAM**  
Hans Hospital, Haridwar

**MOST EMERGING TEAM AWARD**

*Congratulations!*



**EC1 TEAM**  
Hans Hospital, Haridwar

**MOST EMERGING TEAM AWARD**

*Congratulations!*



**OUTREACH BIKE TEAM**  
Hans Clinic, Kotdwar

**MOST EMERGING TEAM AWARD**

*Congratulations!*



**OUTREACH BIKE TEAM**  
Hans Hospital, Haridwar

**MOST PROMISING TEAM AWARD**

*Congratulations!*



**HANS CLINIC TEAM (KOTDWAR)**

**UNSUNG HERO AWARD**

*Congratulations!*



**KEDAR, VINOD, PANKAJ, DEEPAK, GOPAL**  
Hans Hospital, Haridwar & Satpuli and Hans Clinic, Kotdwar

# Life @ THFH - Haridwar

## Hans Hospital, Haridwar

### BIRTHDAY CHEERS FOR JYOTI



Jyoti from Counselling kicked off the year with birthday smiles on 3rd January, celebrating with colleagues who made sure her day was full of good wishes and happy vibes. Cake, laughter, and team bonding — the perfect prescription for a great year ahead!

### A LITTLE PRINCESS ARRIVES!



Wonderful news from Deepa (Optometry) — she was blessed with a baby girl on 19th January. A tiny bundle of joy has arrived, bringing big happiness! Congratulations to Deepa and her family as they begin this beautiful new chapter of parenthood.

### SIX YEARS STRONG — HEENA'S ANNIVERSARY



Heena (Patient Care) celebrated her 6th wedding anniversary on 20th January with her family. Six years of love, understanding, and companionship — truly something to cherish. Wishing her many more years of happiness and togetherness!

### ANNIVERSARY BLISS FOR SAHIL & NEELAM



Sahil (Front Office) and Neelam (Optometry) celebrated their 1st wedding anniversary on 22nd January with a Shri Satyanarayan Poojan Havan and family gathering. Team THF wishes them a lifetime of love, happiness, and togetherness.

### WEDDING BELLS IN THE FAMILY



Double celebrations for our nursing team! Ankit (Nursing Staff) and Anjali (Nursing Staff) attended their cousin's wedding on 23rd January — a day of rituals, music, food, and joyful family time. Nothing beats wedding season vibes — especially dancing, dressing up, and celebrating love!

### A RING, A PROMISE — RASHMI'S SISTER ENGAGEMENT



Our nursing staff member Rashmi celebrated a happy family moment as her sister's engagement ceremony took place on 4th February. A day filled with traditions, smiles, and new beginnings. Best wishes to the couple for a bright future ahead!

# Life @ THFH - Satpuli

## Hans Hospital, Satpuli

### BIRTHDAY CHEERS IN GENERAL WARD



The General Ward nursing team had double celebrations this January! Ms. Seema (4th Jan) and Ms. Sweety Kumain (10th Jan) celebrated their birthdays with cake and colleagues. Wishing them both a year filled with health, happiness, and professional success!

### BIRTHDAY CELEBRATION AT GH



Mukesh Rawat from Kotdwar celebrated his birthday on 9th January during his visit to GH. The celebration was made special with a surprise cake-cutting with colleagues, turning an ordinary day into a joyful memory.

### FAREWELL WITH BEST WISHES



The General Ward team bid a warm farewell to Ms. Silviya on 21st January. Though goodbyes are never easy, the farewell party was filled with appreciation, smiles, and heartfelt wishes for her bright future ahead.

### A BUNDLE OF JOY IN ICU



Double happiness for Ms. Amisha Chauhan (ICU Nursing Staff) who was blessed with a baby boy on 21st January 2026, right here in our hospital! Welcoming new life in the very place she serves with dedication.

### A LITTLE STAR IS BORN IN RADIOLOGY



On 8th January 2026, Mr. Sachin Dhanai was blessed with a healthy baby boy. While he spends his days capturing images and diagnosing with precision, life gifted him the most beautiful "picture" of all. The THFH family congratulates Mr. Dhanai and his family.

### IT'S A BABY GIRL!



Joyful news from the LDR team! Vijay Laxmi (Nursing Staff – LDR) welcomed a baby girl on 28th January, right here in our hospital. Congratulations to her and her family on their precious bundle of joy!

### NURSING TEAM DINNER NIGHT



On 22nd January, Nursing Incharges & Eye Department nurses enjoyed a wonderful dinner party at Anantya Restaurant, Satpuli. Good food, laughter & team bonding made it a memorable evening because strong teams are built not just during duty hours, but over shared meals too!

### WEDDING BELLS FOR SUJATA



Congratulations to Ms. Sujata Gwari (LDR Nursing Staff), who begins a beautiful new journey as she celebrates her marriage on 5th February 2026. May her married life be filled with love, understanding, endless happiness.

# Life @ THFH - Kotdwar

## Hans Clinic, Kotdwar

### Blessings at Surkanda Mata



Vinod Negi (Optometrist, Kotdwar) recently visited Surkanda Mata Temple to seek blessings. A peaceful spiritual trip like this brings positivity and renewed energy — just what's needed to continue serving patients with dedication.

### Fun Outing Time!



Kamini, Renu, and Pinky from the Kotdwar staff were spotted enjoying a cheerful outing in Kotdwar. A little break, fresh air, and team bonding outside the workplace — the perfect way to refresh and recharge!

### Ready for the Fair!

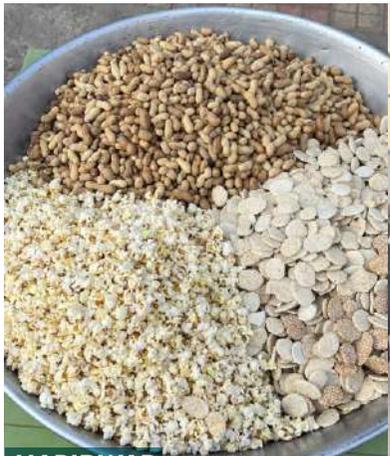


The Hans Clinic Kotdwar team geared up with enthusiasm to participate in Bal Mela. With excitement, preparation, and team spirit, they represented the hospital with energy and community involvement.

### Family Trip to the Golden Temple



Pankaj Bisht (Lab Technician, Kotdwar Clinic) had a memorable family visit to the Golden Temple. A spiritual and serene journey shared with loved ones — creating beautiful memories beyond the workplace.



HARIDWAR



HAPPY LOHRI



SATPULI



HARIDWAR

REPUBLIC DAY



SATPULI

# CELEBRATIONS

Hans Hospital, Satpuli & Hans Hospital, Haridwar

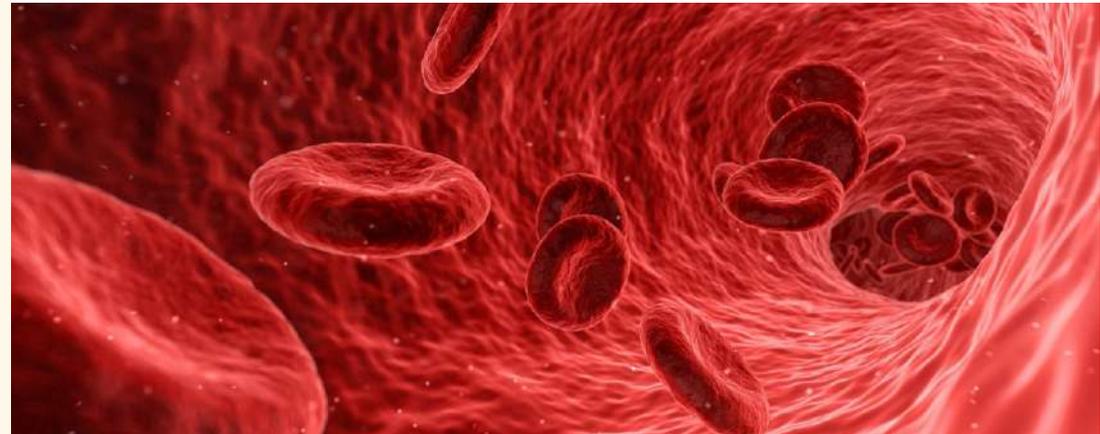
# Medical Facts and Trivia :

## DO YOU KNOW ?

1. Your mouth produces roughly one liter of saliva every day.
2. The word “muscle” comes from a Latin term meaning “little mouse,” because flexed biceps reminded Ancient Romans of a mouse under the skin.
3. The human body gives off tiny amounts of light that are too faint for the eye to detect.
4. The average person’s belly button contains about 67 different species of bacteria.
5. You shed around 4 kilograms of skin cells each year.
6. Your left lung is about 10 percent smaller than your right lung.
7. Human teeth are just as strong as shark teeth.
8. Scientists estimate that the human nose can detect up to one trillion different scents.
9. Blood makes up about 8 percent of your total body weight.



## Did You Know Your Blood Is a Delivery Service?



**Your blood travels through over 60,000 miles of blood vessels in your body — nonstop!**  
Powered by your heart, it continuously transports oxygen, nutrients, and hormones to your cells. At the same time, it removes carbon dioxide and waste products to keep everything running smoothly.  
**That means every second, your blood is working behind the scenes to keep you alive — like a built-in life support system!**

# Important HR Reminders and Updates



## ADMINISTRATIVE INSTRUCTIONS

HR has recently issued several important Administrative Instructions applicable to all staff. Please review the summaries below and refer to the detailed circulars shared via email for full guidelines.

### ADMINISTRATIVE INSTRUCTION #01 Leave Restrictions During Notice / Resignation Period

Clarifies leave limitations and approval conditions during the notice period.

### ADMINISTRATIVE INSTRUCTION #03 Compensatory Off (Comp Off)

Explains eligibility, accrual, and usage rules for compensatory off in lieu of extra duty/work hours.

### ADMINISTRATIVE INSTRUCTION #05 THFH Inter-Unit Transfer

Details the policy and approval process for staff transfers between units/departments.

### ADMINISTRATIVE INSTRUCTION #07 THFH Leave Guidelines – Frequently Asked Questions

Addresses common staff queries related to leave types, approvals, carry-forward rules, and special cases.

### ADMINISTRATIVE INSTRUCTION #09 Employee Association with Political Parties

Clarifies expectations and boundaries regarding employee involvement or affiliation with political groups while representing the organization.

### ADMINISTRATIVE INSTRUCTION #02 Gate Pass for Leaving Hospital Premises

Specifies procedures for obtaining gate passes when leaving the premises during duty hours.

### ADMINISTRATIVE INSTRUCTION #04 Uniform, ID, Footwear & Hair Guidelines

Reinforces professional appearance standards, including dress code, ID display, footwear, and grooming expectations.

### ADMINISTRATIVE INSTRUCTION #06 THFH Job Posting

Defines internal job posting procedures, eligibility criteria, and application process for open positions within THFH.

### ADMINISTRATIVE INSTRUCTION #08 Conveyance Reimbursement Framework

Provides updated rules on transport reimbursement, including eligible claims, documentation, and approval process.

### ADMINISTRATIVE INSTRUCTION #10 THFH Medical Discount Guideline

Outlines eligibility, process, and conditions for availing medical discounts under the THFH scheme.

**Note:** Staff are encouraged to carefully read the detailed circulars shared via official email and contact HR for any clarifications.

# WELCOME ABOARD

Hans Hospital, Haridwar & Hans Hospital, Satpuli

## NEW JOINEE

FROM SATPULI  
TO HARIDWAR



**Lokesh Panthwal**  
Pharmacy  
Hans Hospital, Haridwar

## NEW JOINEE



**Vikrant Bharadwaj**  
Front Office and Billing  
Hans Hospital, Haridwar



**Deepak Agarwal**  
Facilities  
Hans Hospital, Haridwar



**Rajneesh Kumar**  
Facilities  
Hans Hospital, Haridwar



**Kamleshwar Prasad**  
Front Office and Billing  
Hans Hospital, Haridwar

# Newsletter Contest

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

- Q1. At THF Hospital, who was honored with the Unsung Hero Award 2025 ?
- Q2. Who were the first two PG students in Ophthalmology welcomed at THF-MI during the inaugural ceremony ?
- Q3. What condition was Mr. Kamlesh Singh diagnosed with, and what surgery was performed to treat it ?
- Q4. Name the shining stars of this month ?
- Q5. Who were the key team members involved in the Lansdowne Cantt health camp, and how many patients were examined?
- Q6. At THF Hospital, who were honored with the Doctor of the Year and Employee of the Month awards 2025 ?
- Q7. Who were the new joiners in Haridwar in the month of January ?
- Q8. Which THF staff members were blessed with a baby boy or girl in January 2026 ?
- Q9. How many total Admissions were there in January 2026 at Hans Hospitals Satpuli ?
- Q10. What were the Optical conversion rate and the number of Optical dispensations in the month of January 2026 ?

Send your answers to Ankita Khamba via-

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



**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 January 2026!

Best regards,

Garima Tripathi  
Garima.tripathi@thfhospitals.org

Ankita Khamba  
Ankita.khamba@thfhospitals.org

Vinit Jain  
Vinit.jain@thfhospitals.org