



ARPANA SERVICES

ARPANA HOSPITAL

HEALTHCARE FOR ALL



ANNUAL REPORT 2023

MADHUBAN, KARNAL (HARYANA)

Under the Auspices of:
Arpana Research & Charities Trust
Headquarter: Arpana, Madhuban 132037, Karnal, Haryana



Param Pujya Ma — Arpana's Founder and Inspiration

Motivated and guided by Param Pujya Ma, Arpana members started formal service activities in 1980, by establishing Arpana Hospital in Madhuban, Karnal, Haryana, as a facility for rural folk who were unable to access affordable modern medical care.

Ma's perception of the Lord in every person led to the motif of service with respect, dignity, and love for each patient, irrespective of caste, creed, race, or status.

Her spontaneous words, flowing with wisdom and devotion, and her extraordinary life of service towards all who came to her continually inspires and motivates Arpana members.

*"The Lord comes to us in the form of the hungry, the sick,
the poor and the downtrodden.
To serve them, share their burdens, and to relieve their pain,
is the practical shape of surrender to Him."*

Param Pujya Ma

A Few Words from the Director...

Dear Family and Friends,

We are pleased to bring you the Arpana Charitable Multispecialty Hospital annual report for 2023, outlining our significant achievements, growth, and development.

Arpana Hospital was started in 1980 to serve the rural folk of Karnal District, Haryana, with Departments for General Medicine, Surgery, Obstetrics and Gynecology, Pediatrics, Dentistry, Ophthalmology, Orthopedics, and Community Services.

During 2022-2023, eleven new departments such as Neurology, Gastroenterology, and Cardiology, increased the medical expertise available to our patients.

We are happy to report excellent performance in our Departments, such as Orthopedics surgeries have increased by 133%, patients have increased in the General Medicine department by 50% and ICU patients have increased by 35%.

Our state-of-the-art modular operating theaters, advanced Intensive Care Unit (ICU), and High Dependency Unit (HDU), along with the advanced Dialysis Unit and Computerized Tomography (CT) scanning services, have elevated the Hospital's quality of services. Our Covid Unit demonstrated excellent service in managing the pandemic effectively.

Additionally, we provide digital X-ray services and a centralized laboratory, which functions round-the-clock, ensuring timely diagnosis and initiation of treatment. We have a 24-hour pharmacy and our canteen serves healthy meals.

In the next five years we plan to significantly augment our healthcare services by establishing our own Catheterization Lab for advanced Cardiac Care, our own fully functional Blood Bank, and by becoming a sophisticated Trauma Care Hospital.

Arpana Hospital has a reputation for excellence and our commitment is to treat patients with dignity and respect while increasingly adopting advanced medical technologies.

With warm regards,

Dr. Suvendu Sekhar Panda
AGM of Hospital

INTRODUCTION

Arpana Hospital – A Haven of Hope!

VISION

- ✚ To provide each patient the care and compassion we want for our loved ones.
- ✚ To enable every member of those we serve to enjoy a better, healthier life.
- ✚ That each patient receives equal care, no matter which caste, creed, or status.



Arpana Hospital was begun in 1980 to provide modern medical care to rural patients.

Arpana Hospital is now a multi-specialty Institute with excellent doctors and facilities including four modular operation theatres, a 12-bed Intensive Care Unit, a Neonatal Care Intensive Care Unit, and a four-machine Dialysis Unit.

No Patient was Turned Away Due to Inability to Pay!

MISSION:

- ✚ To provide safe, secure, and high-quality medical care.
- ✚ To foster excellent health professionals who will lead into the future.
- ✚ To support and develop community health and medical services.
- ✚ To promote advanced medical care and disseminate it to the world.

Arpana Hospital Accreditations

1. **NABH** (National Accreditation Board of Hospitals and Healthcare Providers) 5th edition; Final Certificate awaited.
2. **Ayushman Bharat Yojna**, the National Health Protection Mission provides Health Coverage to 500 million people up to 5 lakh rupees per family.
3. **Employees'** State Insurance Corporation Empaneled in February 2020. This is a self-financing social security and health insurance scheme for Indian workers.

CT Scanner Installed at Arpana Hospital



The CT Scanner was inaugurated by Mr. Sanjay Batla from the Chief Minister's Office, on 5th November, along with Mr. Frank Armstrong of Northern Ireland.



Arpana Hospital is proud to have a multi-slice CT Scanner, providing consultants with increased diagnostic inputs for better care of patients from all strata of society.

New Specialities were established this year, increasing the medical expertise provided:

- | | | | |
|--|-------------------|--------------------|---------------|
| • ENT (Ear-Nose-Throat) | • Neurosurgery | • Nephrology | • Cardiology |
| • Cardiothoracic Vascular Surgery (CTVS) | • Neurology | • Urology | • Dermatology |
| | • Plastic Surgery | • Gastroenterology | • Hematology |

New Lift / Elevator installed as a part of the Hospital's ongoing endeavor towards providing greater mobility for patients and staff. This also helps with isolating infectious patients.

ARPANA HOSPITAL DEPARTMENTS

GENERAL MEDICINE



Dr. R.I. Singh, MBBS, MD and Gold Medalist, Head of General Medicine, is admired for his excellent clinical diagnoses and caring treatment.

During the past year, 29,732 were seen in the General Medicine Outpatients Department.

Scope of Services: Respiratory Disease, Abdominal Diseases, Non-Intentional Cardiac Disorders, Neurological Diseases, Blood Disorders, Arthritis & Rheumatism, Allergy.

Brij Bhushan, a laborer, lives in Gharaunda with his family. He is an alcoholic and consumed a bottle of poison, mistaking it for alcohol.

His family rushed him to Arpana Hospital while he was constantly vomiting, bleeding through the mouth, and had a very high temperature. He was immediately admitted to the ICU where the doctor put him on medications and IV fluid. A complete blood checkup was also done.

After three days, he was discharged in a satisfactory condition. Due to his poor financial condition, his treatment was subsidized by Arpana. All the members of his family were very thankful to Arpana for saving his life.



GENERAL SURGERY



Dr. Abhinav Rathi, MBBS, MS, FMAS

2,477 patients were examined and 186 surgeries were performed.

Scope of Services: Swelling, Excision of Lumps, Abdominal Diseases, Hernia, Varicose Veins, Laparoscopic Cholecystectomy, Laparoscopic Appendectomy, Hydrocele, Haemorrhoidectomy, UTI, Abdominal Emergencies like Perforation, Blunt trauma Chest, and Abdomen.

"I Have Been Given a New Life by Arpana!"

69-year-old Om Prakash was a potter in Unchha Samana Village and is now living on his pension. For the past six months, he had abdominal pain, but he bore it stoically until the pain became agonizing.

His son brought him to the Arpana Hospital camp on 10 July 2022 and he was diagnosed with Hernia. He was admitted and on 14th July his Hernia operation was performed. Due to his poor economic condition, Arpana paid 75% of his bill.



OPHTHALMOLOGY



The Ophthalmology Department treated 25,543 Eye patients. 3,799 eye operations were performed.

Scope of Services: Cataracts, Ph508aco Surgery, Retina, Glaucoma, Pterygium, Cornea, Refractive Errors, Keratoconus, Squint, Oculoplastic, Dry Eyes, Eye Trauma, Paediatric Ophthalmology, Low Vision Aids

Dr. Mukul Sharma, MS (Ophthalmology)

Matloob

70-year-old, Matloob lives with his family in the village of Gunthlaraw. He has been a laborer all his life and is dependent on his pension. He had had a cataract in his right eye operated upon at Arpana in 2020.

In July he came to Arpana Hospital with a cataract in his left eye which required cataract surgery. Matloob immediately had free surgery at Arpana Hospital through his Government insurance which restored his eyesight!



ORTHOPAEDIC DEPARTMENT



Arpana Hospital offers high-end Orthopedic treatments and surgical procedures with specialized equipment and trained and dedicated staff. During the year 478 patients were seen and 34 operations were performed

Scope of Services: Arthrotome, Laminectomy, Clavicle Surgery, DHS, Fixation, Bone & Joint, Knee Replacement, Hip Replacement, fracture, Knee gap, Trauma, Lymphoma, Hemophilia.

Dr. Lokesh Charaya, MS (Orthopedics)

Vinod Kumari and her husband live in Kond Village on their old age pensions. After experiencing excruciating pain for the last nine years, Vinod Kumari came to Arpana Hospital. However, the knee replacement surgery she required was very expensive – one she couldn't afford.

As the pain increased, she once again contacted the doctor, who explained that Arpana Hospital could perform her surgery for free. As a result, she was hospitalized and underwent successful surgery on her knee. Her longtime suffering came to an end!



GYNAECOLOGY & OBSTETRICS



5,218 outpatients attended and 263 deliveries were performed.

Scope of Services: Normal Delivery, Cesarean Section, Obstetric Services, Antenatal Services For high-risk Pregnancies, 24*7 labor Room services, Uterine Surgeries, Tubal Surgeries, Ovarian Surgeries, Hysteroscopy Procedures

Dr. Anuradha Mahajan, MBBS, DNB (OBG) (Gynae)

Karshit



Karshit had previously had an 18-month-old daughter who died of pneumonia. After the baby's death, her in-laws and her alcoholic husband kicked her out of their house even though she was 3 months pregnant.

Thus, Karshit's second pregnancy was in her father's home in village Mahilpur. But when she felt the birth pains, there was no one at home, not even her father. Her neighbors brought her to Arpana Hospital.

Arpana's gynecologist checked her on an emergency basis. A Caesarian was required which she could not afford. But she was happy to know that Arpana would subsidize her surgery. By God's grace, she delivered a healthy baby boy by Caesarian that evening, weighing 2.79 kg.

PEDIATRICS

The Pediatric Department treated 1,411 children with multiple ailments such as infections, anemia, convulsions, and malnutrition. Mothers were counseled about caring for newborns, monitoring their growth, and the importance of timely immunizations.

Scope Of Services: Emergency Services, OPD & IPD Services, General Illness, Neonatal Care Services, Neonatal Transport Facilities, Nutritional & Breast Feeding Advice, Growth Clinic & Immunization Advice.



Dr. Bhawna MBBS, MD

RUDRA



Eight-month-old Rudra lives in Gharaunda where his father has a small transport business.

Rudra had a fever and vomiting for five days before he came to Arpana Hospital where he was diagnosed with Typhoid and anemia with a hemoglobin of 6.6g. Rudra was admitted to Arpana Hospital ICU.

His parents were instructed to give him the typhoid medications he required at home when he was discharged.

THE NEONATAL INTENSIVE CARE UNIT (NICU) in Arpana Hospital cared for 136 seriously ill babies.

Saloni's Baby Boy was delivered by an emergency Caesarean, saving his life. He was diagnosed with sepsis and hyperbilirubinemia and treated in the NICU. Soon, both mother and baby were discharged in good condition.



ARPANA DIALYSIS CENTER

3 Types of Dialysis are Provided:

- Multiple Use Dialysis.
- Single Use Dialysis.
- Double lumen catheter dialysis.

467 patients benefited from Arpana's Dialysis Center, including underprivileged patients.

DENTAL DEPARTMENT



Dr. Queency examines students at free Dental Camp

307 Patients were treated over the past year by Dr. Queency Sharma, BDS, Dental Surgeon.

Scope of Services: Root Canals, Impaction, Dentures (Complete/ Partial), Fixed Crowns, Veneers, Extractions, X-Rays, Fillings, Scaling, etc.

Free School Dental Check-Up & Awareness Camp

Arpana organized a free dental check-up and awareness camp on 30th July at Mount Litra Zee School, Madhuban, for children and staff. The children were guided about food intake and daily routines to prevent dental disorders.

PHYSIOTHERAPY

1,097 patients were treated in 2022-23 with manual therapies along with electrotherapy modalities.

Scope of Services: Back/ Hip/ Knee/ Shoulder Pain, Knee Arthritis, Tennis/ Golfer's Elbow, Cervical Treatment, Slipped Disc, Sciatica, Ligament Tears, Frozen Shoulder, Pre/Post Surgery Treatment, Tilted Spine Treatment, Cerebral Palsy (CP), Cerebral Ataxia, Stroke/ Paralysis, Spinal Cord Injury (SCI), Parkinson's.



Acupressure: Dr. Ravinder Kumar, MD (Acupressure) treated 239 patients in 2022-23.

Scope of services included Migraine, Cervical, Paralysis, Sciatica, Knee, High Blood Pressure, Joint Pain, etc.



Workshops for Emergency Procedures

A series of Emergency Care Workshops were conducted by Mr. Frank Armstrong, Divisional Training Manager from the Northern Ireland Ambulance Services, for physicians, critical care specialists, and paramedics.

A training program was also organized for Arpana's Medical Officers, Nursing staff, and Nursing students. They learned about managing minor to major trauma emergencies with a standardized system for evaluation.

ARPANA HOSPITAL OUTREACH BENEFITS 10,490 VILLAGERS

To reach more patients, camps were organized in villages and in Arpana Hospital.

17 General Camps over the year were held in the villages, with 1,350 patients treated.

11 Multispecialty Camps were organized at Arpana Hospital, with 995 Patients.

Eye Camps: 181 camps were held during the year in villages of the Haryana Districts of Karnal, Gharaunda, and Panipat as well as the District of Muzzafarnagar in Uttar Pradesh.

About 8,145 patients were examined over the year in these free camps.

Outreach Camps benefited 10,490 patients.



ARPANA HOSPITAL INTENSIVE CARE UNIT (ICU)

**"Where every second counts and miracles unfold,
hope and healing unite in the ICU."**

In Arpana's 12 bedded Intensive Care Unit, 805 patients from rural villages as well as towns, were treated with excellent round-the-clock care through qualified staff and excellent ICU equipment.



Arpana Hospital has a 12-bedded ICU, four Modular Operation Theatres, a Neonatal Intensive Care and a Dialysis Unit as well as a new CT Scanner

Our Deep Gratitude...

*...to friends who have encouraged and sustained us
...to organizations who have guided and supported us
...to colleagues who have given of their time and services
...in our mission to provide affordable health care to rural patients!*

Your Support can Make Modern Health Care Accessible to the Rural Poor

Indian Donations: Arpana Research & Charities Trust is approved 50% Tax Relief- Section 80G, Income-Tax Act 1961

1. Online Donation (Indians only) please click here: [eazypay](#) | Search, View and Pay your bills | ICICI Bank Ltd.
2. Donation through Direct Bank Remittance (Indians only): To Bank of India, Karnal (IFSC Code: **BKID0006750**)
3. Bank Account Name **Arpana Research & Charities Trust**; Bank Account No. **675010100100014**
4. Cheques to Arpana Research & Charities Trust to be sent to:
Information & Resources Department, Arpana, Madhuban, Karnal, Haryana 132037



Payment Gateway Link : Arpana
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Foreign Donations: Arpana Research & Charities Trust has FCRA Registration No.172310001

Foreign Donation to Arpana Research & Charities Trust is 100% Tax Exempt when sent through:

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