



ARPANA SERVICES

ARPANA HOSPITAL HEALTHCARE FOR ALL



ANNUAL REPORT 2024 MADHUBAN, KARNAL (HARYANA)

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

Founder & Inspiration –Param Puja Ma



Motivated and guided by Param Puja 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 to each patient, irrespective of caste, creed, race, or status.

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

FROM THE DESK OF THE AGM...

Dear Friends,

Located in the heart of Madhuban, Karnal, Arpana Hospital stands as a beacon of accessible healthcare excellence, strategically positioned near the National Highway and various public transport nodes for convenient access.

Since its inception on the 2nd of October 1980, our hospital has traversed an inspiring journey, evolving from a humble 13-bed cottage hospital to an expansive multi-storeyed institution with 100 beds, with Full NABH accreditation and extending our healing touch to over 500 villages, serving a population of more than 1 million.

Renowned for our advanced NICU, ICU, modular Operation Theatres, round-the-clock emergency services, well-stocked pharmacy, laboratory facilities, and swift ambulance services, Arpana Hospital, rooted in a charitable ethos, is synonymous with caring and exemplary service.

Expanding our charitable activities to Dalhousie, Himachal Pradesh, and New Delhi, we offer excellent medical care at nominal costs or free for those with limited resources, making quality healthcare a reality for all. Your steadfast support has been crucial to our achievements and we are happy to present to you the Annual Report of Arpana Hospital for April 2023 to March 2024.

Our heartfelt commitment is to treat all our patients with dignity and respect while providing the very best healthcare that we can.



With warm regards,

A handwritten signature in black ink, appearing to read 'Suvendu Sekhar Panda'.

Dr. Suvendu Sekhar Panda
AGM of Hospital

Arpana Hospital – a Commitment to Care

In the Beginning...

The story of Arpana Hospital began when Param Puja Ma and a few devotees settled in a small three-room dwelling nestled in the verdant fields of Karnal, Haryana. Dr. J.K. Mehta, one of the leading doctors of Jalandhar treated the surrounding villagers free of charge.

Today, Arpana Hospital is a 100-bed multidisciplinary Institution, providing advanced medical care to a population of over a million inhabitants of 500 communities in towns and villages.

Explore the Healing Strengths at Arpana Hospital!

Arpana Hospital stands at the forefront of medical innovation in the region. As a private charitable hospital, our ethos of empathy, societal service, and excellence sets us apart, redefining the landscape of healthcare delivery.

Super Speciality Block



Our high staff-patient ratio ensures individualized attention, while excellent medical technology and stringent quality standards in our super-specialty block rival those of celebrated 'chain hospitals', setting a new benchmark in corporate social responsibility within the healthcare sector.

At Arpana Hospital, we don't just provide healthcare; we redefine it, blending corporate efficiency with a charitable culture to create a paradigm of healing and hope for all.

Ophthalmology Block

Its subspecialties include retinal surgery, cataract treatment, glaucoma management, and paediatric ophthalmology, ensuring comprehensive eye care.

Orthopaedic Block

This facility is segmented into specialized blocks for hip replacement, sports injuries, trauma care, and spine surgery.



Gynecology Block

For specialized care for women's health issues, focused areas are set up, i.e. high-risk pregnancy management, reproductive endocrinology, gynecologic oncology, and minimally invasive gynecologic surgery.

Neurosurgery Block

This encompasses divisions for brain tumour surgery, spinal neurosurgery, neurotrauma, and paediatric neurosurgery, employing the latest surgical techniques and technology.

Attaining Full NABH Accreditation

On August 17th, Arpana Hospital achieved Full NABH Accreditation. This esteemed recognition reaffirms our unwavering dedication to upholding the highest quality and patient care standards.

In recognition, we celebrated by honoring our dedicated team members with certificates and mementos in November.



Mother & Childcare Wing Inaugurated



Mother & child wing, waiting area for patients

This serves as a holistic solution for maternal and pediatric healthcare needs in our community.

A dedicated wing for mother and childcare services was opened in February 2024.



Smiles abound in Children's Play Area

Empanelment with the Haryana Government

We proudly announce that the Haryana Government has impanelled Arpana Hospital. This status not only underscores our credibility and reliability, but also extends our reach to serve a broader segment of the community. It signifies our commitment to providing accessible, high-quality healthcare services to Haryana government employees and their families.

Precision Surgical Interventions



Committed to upgrading our services, Arpana's new C-arm Advanced Imaging Device enhances precision surgery, enabling minimally invasive joint replacements and improving outcomes in Gastroenterology, Urology, and Nephrology.

Arpana Dialysis Center



Three types of Dialysis:

- Multiple Use Dialysis
- Single Use Dialysis
- Double Lumen Catheter Dialysis

1,399 patients, including the underprivileged, benefited from Arpana's Dialysis Treatment.

Recognition for Tuberculosis Program

On March 22, 2024, the Chief Medical Officer, Karnal, honored Arpana Hospital for its outstanding contribution to the TB Program. Tuberculosis is the second deadliest infectious disease worldwide with 1 million deaths per year.

Dr. Krishan Kumar, Chief Medical Officer, Karnal, presented the award to Our Medical Director, Dr. R.I. Singh, under whose exceptional leadership this program was conducted.



Enhanced Emergency Transportation

An additional Advanced Life Support (ALS) Ambulance was made possible by contributing Rs 5 Lakhs from the Chief Minister's Discretionary Fund. This strengthened our emergency response infrastructure for patients who need it the most.

Cashless Facilities and Strategic Partnerships are offered in partnerships with:

- [Ayushman Bharat](#)
- [Star Health](#)
- [BSNL](#)
- [HDFC](#)
- [Ergo](#)

(Our ongoing efforts aim to expand these facilities to include other government-sponsored and premier research institutes.)

Workshops for Community Education

Emergency Care Workshops



Mr. Frank Armstrong, Divisional Training Manager from the Northern Ireland Ambulance Services (Retd), conducted Emergency Care Workshops from 19th to 21st February 2024, for physicians, critical care specialists, and paramedics at Arpana Hospital.

Arpana's Medical Officers and nursing staff were also given training sessions in managing minor to major trauma emergencies.

Millets as a Nutritional Powerhouse

Dr. Veena Aggarwal, one of India's finest nutritional consultants, discusses "Millets as a Nutritional Powerhouse" on 10th Dec'23 with Arpana Hospital's management, doctors, staff, Arpana members, and several invitees.

Dr. Aggarwal was also the Director of the VLCC Healthcare Group for 17 years.



Ajay, aged 23, lives in Bastada village where his father runs a grocery shop. He is enrolled at Delhi University.

Ajay endured abdominal pain and fever for 4-5 days, then sought medical assistance at Arpana. A gallbladder stone was revealed in an ultrasound test. Ajay underwent a successful surgery for its removal.

He said, "I am thoroughly pleased with the treatment and services Arpana Hospital and its staff provided. My heartfelt thanks go out to them."

ARPANA HOSPITAL DEPARTMENTS

DEPARTMENT OF MEDICINE

Dr. R I Singh, MBBS, MD (AIIMS Gold Medalist), the Medical Director, brings a wealth of experience to his patients.

Dr. Rahul Khanna - MBBS, DNB, MNAMS, FMAS, an Internal Medicine Specialist and Consultant.

During the year, 32,577 Patients were examined.



OPHTHALMOLOGY DEPARTMENT



Dr. Preeti Chopra, MBBS, MS, is a Corneal Specialist with expertise in corneal transplants and corneal disorders.

Patients were treated for cataracts, glaucoma, diabetic retinopathy, corneal transplant, etc.

22,561 patients were seen and 3,056 operations were performed.

GYNECOLOGY & OBSTETRICS

Dr. Anuradha Vilas Mahajan, MBBS, DNB, specializes in women's health.

Cases include pregnancy and its complications, caesarian, infertility, menorrhagia, fibroids, prolapsed uterus and endometriosis, etc.

There were 5,254 Outpatients and 228 deliveries.



ORTHOPAEDIC DEPARTMENT



Dr. Jalaj Jain, MBBS, MS, an Orthopedic specialist, possesses extensive expertise in musculoskeletal health, i.e. arthroscopic mosaicplasty and anterior ligament reconstruction, sports injuries, and CTEV. He implements advanced orthopedic techniques and treatments.

1,195 patients were seen and 158 operations were performed.

GENERAL SURGERY

Dr. Abhinav Rathi, MBBS, MS, FMAS, is the Head of the Department and an esteemed General and Laparoscopic Surgeon, known for his precise and minimally invasive surgical techniques.

3,137 patients were examined and 310 surgeries were performed.



PEDIATRICS DEPARTMENT

Dr. Tejinder Kaur Khanna, MBBS, MD, specializes in pediatric care, focusing on preventive healthcare and comprehensive treatment for childhood illnesses. 2,073 child patients had multiple ailments such as infections, anemia, convulsions, and malnutrition.

The Neonatal Intensive Care Unit (NICU) in Arpana Hospital cared for 266 seriously ill babies.



DENTAL DEPARTMENT

Dr. Vikas Kamboj is a dedicated and experienced dentist specializing in general dentistry. 181 patients were seen during the year.

PHYSIOTHERAPY DEPT.

Dr. Bharti, specializing in Musculoskeletal Physiotherapy, expertly treats her patients with tailored rehabilitation programs to enhance mobility and restore strength. Manual therapies and electrotherapy modalities were used for 489 patients.

ACUPRESSURE DEPARTMENT

Dr. Ravinder Kumar, MD (Acupressure), treated 94 patients for migraine, cervical, paralysis, sciatica, knee, high blood pressure, joint pain, etc.

Intensive Care Unit (ICU)



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

A total number of 1,215 Patients were admitted to the ICU during the year.

Other Salient Features

- 24*7 Casualty, Pharmacy, Lab, Ambulance (ALS&BLS), Dialysis, Canteen Support
- Ayushman and All Major TPA coverage as well as Bank And ATM Facilities
- Fully Upgraded and Centralized ICU, HDU, NICU and OT Facilities
- X-ray, Lab, CT scan, MRI, and Ultrasound
- Spacious Private and Deluxe Rooms at Affordable Prices

Arpana Hospital Outreach

20,247 Villagers Benefitted



Free Multispecialty Camps at Arpana Hospital

In April & May, seven camps were held for rural communities with free consultations from Delhi Specialists for Haematology, Neurology, Gastroenterology, Physiotherapy and Acupressure. 301 patients benefited from their skilled expertise.

30 Medical Camps in Villages treated 1,632 patients for Orthopaedic, General Surgery, and Gynaecology issues.

171 Eye Camps were held for patients in the villages of Haryana and Uttar Pradesh. 18,314 patients benefited.

1,685 Surgical Patients were given:

- Free Transport to Arpana Hospital
- Free/subsidized eye surgeries,
- Free food and medicines
- Free/affordable medical treatment, when required, for treating other health issues.



We at Arpana are profoundly grateful for the generosity and compassion of our partners and donors who embrace those in need and enable the creation of new ways to enhance health, both individually and in the community.

Arpana is deeply grateful to Delhi donors: The Baij Nath Bhandari Public Charitable Trust, Ms. Gunjan Gupta and Diamond International Pvt. Ltd. as well as to the Director General Health of Haryana, for supporting Arpana Hospital.

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

Indian Donations: Arpana Research & Charities Trust is approved under section 80G for Income Tax exemption

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



Payment Gateway Link: Arpana
Research & Charities Trust,
Madhuban

FOREIGN Donations:

1. **Donation through Direct Bank Remittance: To: State Bank of India, 11 Sansad Marg, New Delhi- 110001; (Swift ID: SBININBB104); Branch code: 00691; IFSC: SBIN0000691; Bank A/C Name: Arpana Research & Charities Trust; A/C No.: 40195606009**

For tax deduction, send donation, earmarked for Arpana, to:

2. **Canada: Arpana Canada, Mrs. Sue Bhanot, President, Arpana Canada, 7 Scarlett Dr., Brampton, Ontario L6Y3S9, email: suebhanot@rogers.com**
3. **USA: India Development & Relief Fund (IDRF) Mr. Vinod Prakash, President, IDRF, 5821 Mossrock Drive North Bethesda, MD 20852-3238 301-704-0032, E-mail: vinod@idrf.org**

Contact Person: Dr. Suvendu Sekhar Panda, AGM of Hospital, phone: +919556488699,

Email: agmhospital@arpana.org