



ARPANA HOSPITAL

Healthcare For All



ANNUAL REPORT 2025

Under the Auspices of:
Arpana Research & Charities Trust
Headquarters: Madhuban, Karnal, Haryana, INDIA

Param Pujya Ma - Our Founder & 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 to each patient, irrespective of caste, creed, race or status. We remember Her spontaneous words, inspiring a life of service,

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

Param Pujya Ma

Purpose

Arpana aims to provide safe, high-quality medical care for all, while strengthening community health services.

Credo

Arpana strives to treat every patient with respect and dignity, giving equal care -regardless of caste, creed, or status.

From the Desk of the AGM

Dear Friends,

Arpana Hospital's inspiring journey of service started on 2nd October 1980. Over the past 45 years, we have grown from a modest 13-bed cottage facility into a 100-bed NABH-accredited multispecialty hospital, touching thousands of patients across more than 500 villages, serving a population exceeding 1 million.

Guided by the vision of our founder, Param Pujya Ma, we remain determined to provide equitable, high-quality, and affordable healthcare to all sections of society—extending free and subsidized services to the underprivileged, while introducing advanced specialties to meet the growing needs of our communities.

The past year has been marked by remarkable advancements. From the inauguration of our upgraded 10-bed Emergency Department to the establishment of the Vascular Surgery Department under the expert guidance of Dr. Jaisom Chopra, we are steadily moving towards becoming a hub of excellence. The addition of advanced medical equipment, such as a Laparoscopic Surgical System and state-of-the-art ventilators, has elevated our capabilities in providing critical and minimally invasive care.

Arpana Hospital is preparing to launch a series of transformative departments and services, including:

- **Cath Lab & Cardiology** for advanced cardiac care.
- **Neuropsychiatry** for mental health.
- **An Upgraded NICU Level 2 Unit** for neonatal care.
- **Visiting Oncology & Radiology Experts**
- **Pulmonology, Sleep Clinic & PFT Centre.**
- **An Eye Bank** to restore sight.

These initiatives, combined with our ongoing cervical cancer awareness and screening programs, reflect our unwavering dedication to bringing best in the region's healthcare to rural and urban populations alike.

It gives us immense pleasure to present the Annual Report for April 2024 to March 2025, showcasing the progress, stories of healing, and milestones we have achieved together. None of this would have been possible without your steadfast support and trust in our mission.

We invite you to join hands with us in this journey of compassion and innovation as we continue to strengthen our legacy of service.

With warm regards,

Dr. Suvendu Sekhar Panda
AGM of Hospital



Hospital Highlights

Inauguration of Emergency Department

On 15th July 2024, Arpana Hospital proudly inaugurated a 10-bed Emergency Department, replacing the previous 4-bed Casualty Unit, providing life-saving care to critical patients.

The Honorable Mr. Harvinder Kalyan, MLA, was the Chief Guest and inaugurated the Department.



Specialist Vascular Department

A Vascular Surgery Department was started on November 30th, headed by an esteemed Vascular Surgeon, Dr. Jaisom Chopra, MBBS, FRCS, and MS in General Surgery with 40 years of experience. He will hold a Vascular OPD on the last Saturday of every month at Arpana Hospital, followed by a day for Vascular Surgeries.



Cervical Cancer Awareness/Screening Camps

Under the auspices of IDRF, USA, Arpana Hospital together with Arpana's Rural Development Program organized cervical cancer camps in 7 villages of Karnal during the year. It was led by Dr. Anuradha together with the dedicated team of doctors and SHG leaders.

A total of 338 women were reached and 154 underwent health screenings. 60 women were referred for further treatment.



Free Transport for Outreach Camp Patients

Arpana obtained a 25-seater bus in which underprivileged eye patients are being given free transportation to Arpana Hospital, enabling more patients to access essential eye care and treatments.



New Equipment Enhances Healthcare at Arpana

Advanced Echo & Ultrasound Machine Unveiled

Arpana Hospital inaugurated the cutting-edge medical equipment of Advanced Echo & Ultrasound Machine on 14th September. Heartfelt gratitude was given to the Life Insurance Corporation of India for this magnanimous gift. Senior LIC management, including Mr. Manoj Atrishi, Regional Manager of LIC (right in picture) and Mr. Ashok Thakur, Senior Divisional Manager (left in picture) graced the occasion.



Laparoscopic Surgical System

Supported by a magnanimous donor in September 2024, this is a minimally invasive advanced procedure allowing surgeons to visualize and operate within the body through small incisions.

It significantly reduces patient recovery time, pain, and risk of infection. The system has enhanced surgical precision and improved outcomes for patients at Arpana Hospital.

Turbo Universal Ventilator

The SKANRESPIRO Turbo ventilator is designed for both adult and pediatric patients, featuring advanced DFC technology for precise flow control and a variety of ventilation modes. Arpana purchased this for the NICU.

An Invasive & Non-Invasive Ventilator with a compressor for Adult, Pediatric & Neonatal Patients will make a huge contribution to the ICU.



Happenings & Initiatives at Arpana Hospital



Rural Campaign for Cervical Cancer

Awareness & Screening Campaign

Arpana Hospital has been actively raising awareness on cervical cancer among rural women across 108 villages with the support of Rural Development Program since September 2024, including:

Workshop on Vaccination conducted by Dr. Anuradha Mahajan for Self Help Group women trainers and health volunteers. They discussed symptoms, prevention, and vaccine dosages by age 9 -14.

An MSD Pharmaceuticals representative highlighted the cost and efficiency of 4-strain and 9-strain vaccines.

Training & Awareness Preparedness

- SHG volunteers were trained to recognize symptoms for early detection in September and October.
- SHG animators in three villages were trained for home visits and counseling in December and January.
- SHG Women from 29 groups from 22 villages participated in a session held at Arpana Hospital on 9th December for cervical.

Screening Camps were held in 7 villages by Dr. Anuradha and her team. The number of women reached: 338, number screened: 154 and patients referred for further treatment: 60



Trainings & Happenings

Lecture on Vascular Health

Dr. Jaisom Chopra, FRCS, MS, and MBBS, with 40 years of experience, lectured on varicose veins on January 24, 2025, with doctors and staff from Arpana Hospital as well as local and Karnal doctors in attendance. Dr. Chopra informed them about the risks of ignoring varicose veins, that if left untreated, resulted in pain, ulcers, and other health issues.



Soft Skills Training

Mrs. Sangeeta Pathak Bansal, an Internationally Certified Trainer and ex-IAF officer, conducted Soft Skills trainings for the Arpana staff, focusing on enhancing communication, teamwork, leadership, and emotional intelligence. The aim was to improve professional conduct and foster a more collaborative work environment among the hospital staff.



Manav Seva Sangh Donated Ultrasound Machine

An Ultrasound Machine, kindly donated to Arpana Hospital by the Manav Sewa Sangh, Karnal, was inaugurated on March 15, 2025, by Shri Swami Premamurthy, Director of Manav Sewa Sangh.



Arpana Hospital Anniversary

On 2nd October, Arpana celebrated the 44th Anniversary of Arpana Hospital, joined by friends, family, staff, and patients. All Trustees, along with Arpana management, doctors, and Arpana staff were present. Arpana proudly honored two employees for 25 years of dedicated service, and presented special appreciation awards and certificates to 29 medical officers, nurses and Arpana staff members.



Arpana Hospital receives the NABH Gold Award!

Intensive Care Unit (ICU)

Arpana's 12-bed Intensive Care Unit provided excellent round-the-clock care to patients from towns and villages, through qualified staff and advanced ICU equipment. The medical team ensured that patients received timely treatment and close monitoring. 1,201 patients were treated in the ICU during the year.



- Continuous Mandatory Ventilator mode control
- Multipara monitors
- Ventilators with compressed air pipeline
- AED – Automated External Defibrillator
- BIPAP type ventilator
- Piped oxygen and suction
- Modernized infusion pumps
- Adult AIRVO
- Blood gas analysers
- ECG machine

Arpana Dialysis Center

3 Types of Dialysis are Provided:

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

2,133 patients, including the underprivileged, have benefited.

Sweetie

Sweetie, 28, from Dingar Mazra village, has been battling severe kidney damage since 2015. Under Dr. R. I. Singh's care, she has been on dialysis for six years.

On alternate days, Arpana Hospital provides this life-saving treatment at subsidized rates, helping ease her family's financial burden.



Neonatal Intensive Care Unit (NICU)

During the year, 368 babies were admitted to the 4-bed NICU with conditions like prematurity, sepsis, dehydration, fever, and neonatal jaundice.



Arpana's Accreditations

1. NABH (National Accreditation Board of Hospitals and Healthcare Providers), full Accreditation Certificate.
2. Ayushman Bharat Yojana, the National Health Protection Mission, provides Health Coverage to 500 million people up to ₹ 5 lakh 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.
4. Ex-Servicemen Contributory Health Scheme (ECHS) Empaneled in March 2025. This scheme provides cashless and capless medical coverage to ex-servicemen and their dependents.

Arpana Healthcare

Patients	Arpana Hospital: 69,959	Haryana Outreach: 29,617	Total Patients: 99,476
Services	Diagnostics: 79,528	Operations: 3,861	Other Eye Procedures: 332

Free Cataract Surgery Restores Sumitra's Sight!

Sumitra, 70 years old, lives with her husband in Karnal, Both are dependent on their small government pension. Then, Sumitra began losing sight in her left eye.

Fortunately for her, Arpana Hospital had organized an eye camp in Karnal, where she was diagnosed with a cataract in her left eye which required cataract surgery. Arpana doctors explained to her that, due to her poor economic situation, she qualified for a free surgery in Arpana Hospital.

When she came to Arpana Hospital shortly thereafter, she was able to have her cataract removed without charge.

After the successful surgery of her right eye, Sumitra said, "I am so grateful that I can see! It is thanks to Arpana that my eyesight is successfully restored."



Arpana Hospital Departments



A New Department at Arpana – The Vascular Surgery Dept.

Arpana Hospital started the Vascular Surgery Department on 30th November 2024, with **Dr. Jaisom Chopra, an esteemed Vascular Surgeon, MBBS, FRCS, and MS in General Surgery** with 40 years of experience.

A Vascular OPD was held by Dr. Chopra on the last Saturday of every month at Arpana Hospital, followed by a day for Vascular Surgeries.

General Medical Department



Dr. R. I. Singh, MBBS, MD (AIIMS Gold Medalist), is the Medical Director and Head of Department, an experienced and widely admired doctor who provides excellent care to his patients.

Other Specialists in Internal Medicine also provided expert medical care.

- A total of 31,810 patients were seen.

Ophthalmology Department



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

- Patients were treated for cataract, glaucoma, diabetic retinopathy, corneal transplant, etc.
- 21,184 patients were seen, and 3,044 operations were performed.

Gynecology & Obstetrics



Dr. Anuradha Vilas Mahajan, MBBS, DNB, specializes in women's health, including pregnancy and its complications.

- Procedures included caesarean section, infertility, menorrhagia, fibroids, prolapsed uterus, endometriosis, etc.
- There were 5,327 Outpatients and 399 deliveries.

Orthopaedic Department



Dr. Jalaz Jain, MBBS, MS, Orthopedic & Joint Replacement Surgeon, has extensive expertise in musculoskeletal health, i.e., arthroscopic mosaic plastic and anterior ligament reconstruction, sports injuries, and CTEV.

- Advanced orthopaedic techniques and treatments are used.
- There were 1,363 Outpatients and 195 surgeries.

General Surgery



Dr. Abhinav Rathi, MBBS, MS, FMAS, is the Head of the Department and a skilled General and Laparoscopic Surgeon, known for his expertise in precise and minimally invasive surgeries.

- There were 3,949 Outpatients and 379 General Surgeries

Pediatrics Department



Dr. Tejinder Kaur Khanna, MBBS, MD, is a specialist in pediatric care, dedicated to preventive healthcare and comprehensive treatment for children. She treats various childhood illnesses, including infections, anemia, convulsions, and malnutrition.

- There were 2,352 Outpatients treated and 368 inpatients.

Physiotherapy Department

Dr. Bharti Panwar, a Bachelor of Physiotherapy (BPT) and Master of Physiotherapy (MPT) specialist in Sports Physiotherapy, expertly treats her patients with tailored rehabilitation programs to enhance mobility and restore strength.

Manual therapies and electrotherapy modalities were used for 169 patients



Dietitian

Dr. Chitra Prabhakar, B.Sc., M.Sc., and Ph.D. in Food and Nutrition, specializes in clinical nutrition therapy, community and public health nutrition, and is a Diabetic Educator. 5,120 patients benefited from dietary services.

Dietary services include: Diabetes management, weight management, thyroid, Coronary Obstructive Pulmonary Diseases (COPD), Chronic Kidney Diseases, Hypertension, Irritable Bowel Syndrome (IBS), Hormonal Imbalance, and improving Immunity through Diet.



Acupressure Department

Dr. Ravinder Kumar, MD (Acupressure), treated 69 patients in 2024-25. Scope of services included Migraine, Cervical, Paralysis, Sciatica, Knee, High Blood Pressure, Joint Pain, etc.



Dental Department

Dr. Vikas Kamboj is a dedicated and experienced dentist specializing in general dentistry. 128 patients were seen during the year. Dentistry encompasses several specialties, each focusing on specific areas of oral health. These include Root Canals, Impaction, Dentures (Complete/ Partial), Fixed Crowns, Veneers, Extractions, X-Rays, Fillings, Scaling, etc.



Additional Specialties Available

Cardiology
Vascular Surgery

Neurology
Plastic Surgery

Urology
ENT

Neurosurgery
Dermatology

Oncological Surgery

Saving Priyanka's Baby

Priyanka lives with Surender, her husband, their 3 year-old son, and her in-laws in Sikri village, District Karnal. Her husband has been studying for the last few months to get a government job and, thus, has not been working.

On January 12, 2025, Priyanka gave birth to a baby boy at Arpana. The baby was premature and after birth, the child had breathing difficulties. He was admitted to the NICU for tests and was diagnosed with neonatal jaundice.

The baby was given specialized care and placed on oxygen for four days to support his fragile health. The family's prayers and the efforts of the doctors and nurses led to the baby's good health. Facing financial struggles, the parents were relieved when the Arpana doctor offered to subsidize by 50% NICU care, easing their burden.

On 17th January, he was discharged. Surender, the father, was deeply relieved and very happy that his son was saved and expressed his gratitude for Arpana Hospital and the staff who made this possible..



Arpana's Outreach Programs

Benefitted 29,617 Patients

To extend healthcare services to underserved populations, medical outreach camps were organized in rural Haryana Districts—Karnal, Gharaunda, and Panipat—as well as in District Muzaffarnagar of Uttar Pradesh.



General Medical Camps

- Total Medical Camps – 42
- Total Eye Camps – 252
- Total Patients – 3,948
- Eye Patients – 22,430
- Total Camp Surgeries – 15
- Eye surgeries – 1,834

Village Camp Beneficiaries – 26,378 patients

Arpana's Karnal Clinic

Arpana Clinic was started in Prem Nagar in 2023. During the year, it provided:

- Daily OPD Clinics with 3,239 patient Consultations and 187 Laboratory Tests
- 10 Medical and Eye Camps benefitted 2,642 patients.
- 98 patients referred for advanced hospital treatment.



We at Arpana are deeply grateful for the generosity and compassion of our partners and donors...

Mr. Ravindra Bahl (New Delhi), The Baij Nath Bhandari Public Charitable Trust (New Delhi), Mrs. Sushma Lall (New Delhi), Orbis Financial Corporation Ltd. (Gurgaon), IDBI Bank (Chandigarh), and IDRF (USA) ...for supporting Arpana's Haryana Development Programs

Your Support can Make Modern Health Care Accessible to All

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

1. Online Donation (Indians only) [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 Office, Arpana, Madhuban, Karnal, Haryana 132037

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Foreign Donations to Arpana Trust are 100% Tax Exempt when sent through:

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

Arpana Canada

Mrs. Sue Bhanot, 7 Scarlett Drive, Brampton,
Ontario L6Y 3S9 Canada
Email: suebhanot@rogers.com
Tel: +1-905-450-0184

India Development & Relief Fund (IDRF)

Dr. Vinod Prakash, President, IDRF, 5821 Mossrock
Drive, North Bethesda, MD 20852, USA
E-mail: vinod@idrf.org
Tel: +1-855-463-4243, +1 240 688 9229

Contact Person: Dr. Suvendu Sekhar Panda, AGM Hospital, phone: +91 9556488699, agmhospital@arpana.org
Email: arct@arpana.org | www.arpanaservices.org