



ARPANA SERVICES

Arpana Hospital - A Haven for the Underprivileged



Arpana Hospital Annual Report April 2020 to March 2021

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

Our Founder & Inspiration -Param Pujya Ma



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, to share their burdens and to relieve their pain,

is the practical shape of surrender to Him."

Param Pujya Ma

Our Mission

To provide compassionate, comprehensive, affordable, modern, primary and secondary health care to underprivileged populations in the area whilst moving towards sustainability by charging private patients and actively encouraging use of government services wherever available.



Our Vision

To move towards excellence in the field of health care services, improving upon existing facilities and standards of services and care, including technical up gradation, and adding more facilities to meet the expectation of the beneficiaries.



No patient is turned away due to inability to pay

A Hospital of their Own!

Arpana Hospital was started in 1980 to serve the rural folk of Karnal District, Haryana, who had virtually no access to health care. The original 13-bed cottage hospital has gradually become a 100-bed modern health facility, with 8 Departments and Community Services. Arpana Hospital has evolved over the years, adding two more operation theatres as well as units for intensive care, neonatal care, and dialysis.

The aim of the hospital is to provide compassionate, affordable and high quality modern healthcare to meet the health needs of rural communities. Each patient is treated with kindness, respect and dignity. Arpana Hospital is dedicated to the principle that all should have good health care. Thus, all who come to us are treated – and never turned away due to inability to pay. To the rural folk in surrounding villages, this has, indeed, become a Hospital of their own.

COVID's Effect on the Hospital

As we report on these service activities during April 2020 to March 2021, we need to acknowledge the impact the COVID-19 pandemic has had. Arpana Hospital had to contend with a sharp decline in the number of patients and unprecedented upheaval of staff.

In Haryana, Arpana Hospital provides modern health facilities to rural folk. However, due to lockdown restrictions and suspension of elective surgeries by the civil administration, the patient footfall has been significantly less this year.

Government Covid-19 guidelines prohibited outreach camps, so Arpana organized free Surgical, Orthopaedic and Endoscopy camps at Arpana Hospital. Also, as per government policy, Arpana gave vaccinations for COVID-19 to medical staff and then to seniors and others.

GENERAL MEDICINE



Dr. Ashwani Saxena, MBBS, MD, provides clinical diagnoses and caring treatment. 5,573 patients attended Arpana's General Medicine Outpatients Department during the year.

Problems included gastrointestinal imbalances, cardiac disease, neurology like CVA infarct and intra cranial hemorrhage, asthma, chest infections, tuberculosis, diabetes, thyroid disorder, typhoid, poisoning, acute infections like complicated malaria, dengue, etc.

Rishipal, a daily wage labourer, lives in Shahpur. His son works at a small *dhabha* and their financial condition is shaky.

Rishipal was admitted to Arpana with a history of pain in his left upper abdomen for the past ten days. For 2 years he had been suffering abdominal pain and had been treated from a tertiary level Government Hospital. But due to the lockdown he was unable to continue his treatment.

His relative referred him to Arpana Hospital where he was diagnosed with Acute Chronic Pancreatitis. He responded well to his treatment and after six days he was discharged.

Rishipal was very happy to receive such effective treatment and grateful to the doctors and staff for their services and care.



Rishipal being treated at Arpana Hospital

OPHTHALMOLOGY



Dr. Mukul Sharma, examines patient

The Eye Department is headed by Dr. Mukul Sharma, MS (Ophth.) and assisted by Dr. Dinesh Dhiman MS (Ophth.).

Patients were treated for Cataract, Diabetic Retinopathy, Corneal Transplant, Glaucoma, etc. 19,199 patients were seen, 2,176 operations performed.

Speciality Clinics and Procedures:

- Paediatric Ophthalmology
- Diabetic Retinopathy
- Orbit (Eyelid & Sac Surgeries)
- Green Laser Treatments
- Squint
- Vitreo Retina
- Micro Surgery

Suresh Kumar

Suresh Kumar, 65 years old, lives with his wife in village Chochada. They have a son who is a migrant labourer and a daughter who is married.

Suresh Kumar was working as a daily labourer but because of his dim eyesight, he lost his job and now depends only on his pension. His neighbour referred him to Arpana, praising its eye department. He was diagnosed with a cataract in his right eye and advised surgery.

Due to his poor economic condition, Arpana Hospital performed his surgery free of cost and also provided him free treatment and medicines. He said that his eye had been saved because Arpana had given him a free operation as he had no resources and was not able to pay.

Suresh Kumar expressed his gratitude and happiness and said, "In Arpana there is a loving and caring environment. I will never forget all the love and care which I received."



ORTHOPAEDIC DEPARTMENT

Dr. Devwart Kaushik, MBBS, MS, DNB (Orthopaedics) is the Head of the department.

As well as all kinds of trauma, he performed arthroscopic mosaicplasty and arthroscopic anterior ligament reconstruction, sports injuries, CTEV and closed interlocking nails.

During the year 1,034 patients were seen and 32 operations were performed.

Relief through Surgery



Sakuntla Devi is a 60 year old women, resident of Shyam Nagar, Karnal. Her husband is a heart patient and cannot work. Her son and daughter, along with 4 grandchildren, live with them. They are all dependent on the son's meagre income.

This year, Sakuntla Devi came to Arpana Hospital in pain and with abdominal swelling. She was diagnosed with Irreducible Large Incisional Hernia, requiring Hernioplasty surgery.

Sakuntla's surgery was performed successfully. Due to her family's financial condition, the operation was free.

Sakuntla Devi recovered and she and her entire family were very grateful for the professional skills of the doctors and nurses as well as for the care and dignity with which she was treated.

GYNAECOLOGY & OBSTETRICS

Dr. Anuradha Mahajan, MBBS, DNB (OBG) (Gynae), is Head of the Department, assisted by Dr. Nisha Gandhi.

Their cases include pregnancy and its complications, caesarian, infertility, recurrent abortions, menorrhagia, fibroids, prolapsed uterus and endometriosis, etc.

There were 4,886 outpatients in this department and 294 deliveries were performed at affordable rates.

Dr. Anuradha performs ultrasound examination



Saving Saavan's Baby



Saavan lives with her husband in village Manak Majra. Her husband is working at a private agency in Kurukshetra. It was her first pregnancy and she had a full term pregnancy. Before Arpana Hospital, she was getting her regular checkup done from a Government Hospital but her family was not satisfied.

She came to Arpana Hospital on July 2, 2020 for checkup with her husband and sister in law. The gynaecologist found that her blood pressure was very high and advised her to have an immediate Caesarian operation.

Saavan was immediately admitted to the maternity ward and the Caesarian was performed on the same day. On July 3, she delivered a healthy female child who weighed 2.15 kg.

After four days, both mother and baby were discharged in good condition. Her family members were grateful to the doctor and the staff for saving both mother and child and thanked them profusely.

PAEDIATRICS

Dr Seema Singh, MBBS, DCH (HOD) treated children, counseled mothers about caring for newborns, monitoring their growth and the importance of timely immunizations. She stressed the importance of breast-feeding and the value of homemade weaning food.

1,870 patients were examined with ailments such as respiratory tract infections, anemia, convulsions, worm infection and malnutrition. 89 patients were admitted in the Neonatal Intensive Care Unit (NICU).

Shivani's Baby



Shivani lives with her husband and his parents in the town of Gharaunda. Her husband was working in a factory but, due to the lockdown, the factory closed and he lost his job.

Shivani gave birth to a premature baby girl on 19th December, 2020, in Arpana Hospital. The infant's weight was only 1.58kg and she was having breathing problems. Arpana's Child Specialist admitted the baby into the Neonatal ICU, where the infant was kept in an incubator and carefully treated and monitored. She gradually improved until, after 15 days, the tiny infant recovered enough to be sent home.

Her family were grateful for the excellent treatment given to Shivani and for the excellent skills of the doctors and nurses who saved the life of her baby.

GENERAL SURGERY

Dr Ramesh Kumar Agarwal, MBBS, DNB, FMAS, MNAMS, MIMSA, MBA (Master of Health Administration), Laparoscopic & General Surgeon, is Head of the Surgical Department.

1,703 patients were examined during the year and 117 surgeries were performed.

Surgical procedures performed included Laparoscopic, Hernia & Hydrocele, Appendix, Laser surgery, Haemorrhoid, Fissure & Fistula, Fibroid Uterus, Breast Lump surgery.



Brij Bhushan



Brij Bushan lives in Gharaunda. He is a labourer but due to his poor health, has been unable to work and stays at home. He has two daughters and one son. In his family he is the only bread winner.

He had abdominal pain and fever with chills for 10-12 days. He went to a local hospital which referred him to Arpana.

He came to Arpana with severe pain and was admitted into the hospital. After an ultrasound, the doctor diagnosed an infection in his liver with hepatic abscess. The doctor performed an aspiration procedure to remove the extraneous substances in his liver.

After six days, he was discharged in good condition. His family members were grateful to the doctor and the staff and they thanked Arpana Hospital for his excellent care and treatment.

DENTAL SURGERY

Dr. Queency, (BDS) Dental Surgeon, performed Fillings, Scaling, Root canals, Removable Partial Dentures, Complete Denture, Fixed Crowns, Veneers, Extractions, X - rays, Impaction.

All safety measures are followed with proper sanitization. Department provides quality treatment to any patient.



PHYSIOTHERAPY



Dr. Anjali Malik, BPT, Physiotherapist, is also a certified pre and postnatal fitness instructor, and a qualified nutritionist.

She also offers specific exercises to pregnant women, diabetics, geriatrics, etc. and manages this Department which is very well equipped.

536 patients were treated in 2020-21.

Patient treated with Transcutaneous Electrical Nerve Stimulation Machine

FACILITIES AT ARPANA HOSPITAL

12 Bedded Intensive Care Unit (ICU)

Arpana's Intensive Care Unit brings excellent health care to patients through qualified staff & impressive ICU facilities:

- ✚ multipara monitors
- ✚ infusion pumps
- ✚ ventilators with compressed air pipeline
- ✚ blood gas analysers
- ✚ piped oxygen and suction
- ✚ Continuous Mandatory Ventilator mode control
- ✚ ECG machine

Treatments include:

- ✚ use of capnography
- ✚ insulin infusions
- ✚ Air Breathing & Circulation for unconscious patients
- ✚ arterial block gas for ventilator assessment



411 patients were treated in the Intensive Care/ High Dependency Unit.

DIALYSIS



Types of Dialysis

Three types of Dialysis facilities are provided by Arpana Dialysis Center:

1. Multiple Use Dialysis.
2. Single Use Dialysis.
3. Double Luman Catheter Dialysis

During the year, 653 patients benefited from Arpana's Dialysis Center, including underprivileged rural patients.

Colonoscope Equipment

Arpana Hospital obtained a Colonoscope Equipment through generous donors in March.

This enables our doctors to perform colonoscopy examinations of the Lower Gastrointestinal (GI) Tract, an essential diagnostic procedure for many of our rural patients.

This equipment helps our rural patients obtain modern facilities at reasonable rates.



Covid-19 Vaccination

Government sent vaccinations to Arpana Hospital. As per government policy, these were free for the 106 staff members who were administered the 1st dose of COVID-19 vaccine on 22nd January 2021. The second dose for 95 staff members on 19th February was also free.

45 senior persons at the Arpana complex paid for their first vaccinations in the first week of March.

ARPANA HOSPITAL OUTREACH

Arpana's doctor met with SHG animators from 20 villages and gave them an update about all Arpana Hospital services including a 2 day surgical camp in November 2020. The doctor urged the animators to counsel patients in need of surgery to avail of the camp being held.

Orthopedic Camp: This camp was held at Arpana Hospital on 21st & 22nd November 2020. The Orthopaedic Consultant examined the 51 patients who attended this camp, recommended treatment and made referrals.



Surgical Camp

Arpana's outreach team informed and mobilized SHG groups about a subsidized surgical camp organized at Arpana Hospital.

The camp was held on December 20th, 2020, and 35 patients, suffering from chronic ailments, attended.

Out of 35 patients attended who were suffering from chronic ailments, 4 were operated for Hernia, Hemorrhoids, Fissure and Cholelithiasis respectively.

Eye Camps: Arpana has held monthly Eye Camps in Samalkha and Panipat for several years. However, in 2020-21, due to Covid-19 no eye camps could be held.

Endoscopy Camp: This Camp was held in Arpana Hospital on 17th March, 2021 and 40 patients examined. These patients were from villages Amritpur Klan, Madanpur, Kairwali, Sirsi, Sangoi, Darad and Nagla Farm. 14 endoscopy procedures were done in this camp.

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 under section 80G for Income Tax exemption

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

Foreign Donations: Arpana Research & Charities Trust has FCRA Registration No. 172310002

1. **USA: AID for Indian Development, 84 Stuart Ct, Los Altos, CA 94022, email: tejinder.singh.1537@comcast.net**
2. **Canada: Arpana Canada, 7 Scarlett Dr., Brampton, Ontario L6Y359, email: suebhanot@rogers.com**
3. 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 Account Name **Arpana Research & Charities Trust**; Account No. **40195606009**
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