



ARPANA SERVICES

Arpana Hospital - A Haven for the Underprivileged



Arpana Hospital Annual Report 2022

**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, share their burdens, and to relieve their pain,
is the practical shape of surrender to Him."*

Param Pujya Ma

Our Mission

To provide compassionate, affordable, modern, health care to underprivileged populations, whilst moving towards sustainability by charging private patients and actively encouraging the 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 upgradation, and adding more facilities to meet the expectation of the beneficiaries.



No patient is turned away due to an inability to pay

Arpana Hospital: *Your Health, Our Mission!*

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, now having four 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.

Arpana Hospital in the Second Wave of Covid-19

The second wave started in March 2021 and was much larger than the first, with shortages of vaccines, hospital beds, oxygen cylinders and other medicines throughout the country also being felt at Arpana Hospital.

Arpana Hospital started operating its Covid Ward on an emergency basis on 25th April 2021. About 90 patients were treated in our Covid ward till the end of May.

Caring and compassionate donors stepped up to provide hospital beds, ventilators, oxygen concentrators, cardiac monitors, BiPAP machines, and consumables like PPE kits, masks, etc.

We appreciate our Hospital staff – Doctors, nurses, nursing aides, ward boys, etc. who worked day and night – putting their own lives at risk – to save the lives of our Covid patients.



New Initiatives

Oxygen Plant to Fight Omicron Installed in Arpana Hospital



An Oxygen Plant, donated by Sewa International Organization, was inaugurated at Arpana Hospital, Madhuban, Karnal, by Cricketer Sumit Narwal on 18th Jan. 2022.

The Oxygen Plant, with a capacity of 150 liters per minute, is dedicated to the common people in their fight against Corona and its variants.

Cricketer Sumit Narwal said that any person battling Corona should not lose his life due to lack of oxygen.

Now Arpana Hospital can pipe a continuing supply of oxygen to the Emergency Ward, ICU, Covid Ward, etc.

Acupressure Department

Dr. Ravinder Kumar, MD (Acupressure) joined Arpana Hospital in October 2021.

With Acupressure treatment, many rural folks have found relief from migraine, cervical, paralysis, sciatica pain, knee pain, high blood pressure, joint pain, etc.



GENERAL MEDICINE



Dr. R.I. Singh, MBBS, MD and Gold Medalist, Head of General Medicine, provides clinical diagnoses and caring treatment.

19,784 patients attended Arpana's General Medicine Outpatients Department during the year.

Problems included cardiac disease, tuberculosis, diabetes, thyroid disorder, typhoid, respiratory infections, poisoning, urinary infection, acute infections like complicated malaria, dengue, etc.

Sunder Devi, 66 years old, is a widow with 3 sons and 2 daughters, all of whom are now married. She lives in Muzzafarnagar in a joint family with her sons.

After a lifetime of smoking, Sunder Devi was suffering from a severe cough. She was treated by the village Registered Medical Practitioner, but was getting worse – with swelling in her respiratory tract and trouble breathing.

Her son brought her to Arpana Hospital with symptoms of dizziness, body aches, and breathing difficulties.

The doctor examined her and she was admitted to the hospital where nebulization and medication and other supportive treatment were given.

With the right treatment and care, she recovered and was discharged after fifteen days. She was happy and thankful to the doctors, nursing staff, and Arpana Hospital for the care she received.



OPHTHALMOLOGY



Dr. Mukul Sharma examines a patient

This year, Arpana started to work on the upgradation of the Eye Department, so that the rural communities can easily access quality eye care. The Eye Department is headed by Dr. Mukul Sharma, MS (Ophthalmology).

22,295 patients were treated for Cataract, Diabetic Retinopathy, Corneal Transplant, Glaucoma, etc. and 2,657 operations were performed.

Speciality Clinics and Procedures:

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

Mange Ram, 65 years old, lives alone in Kutail. He is deaf and dumb by birth. He was working as a daily laborer but because of his dim eyesight, he lost his job and now he is dependent only on his small pension.

His neighbor brought him to Arpana Hospital on 23 December 2021. After an examination, the doctor diagnosed glaucoma in his left eye and advised a glaucoma surgery. However, due to financial problems, Mange Ram was scared and refused the surgery. But when he learned that his surgery would be free, he happily agreed to the operation.

He was very grateful to the Doctor and Arpana Hospital for helping him financially, as this enabled the operation to be done and restored his eyesight!



Our profound gratitude to Friends of Kalpana & Jaydev Desai for their support for free cataract surgeries for underprivileged patients

ORTHOPAEDIC DEPARTMENT

Dr. Lokesh Charaya, MS (Orthopaedics) is the Head of the Department.

As well as all kinds of trauma, he performs arthroscopic mosaicplasty, arthroscopic anterior ligament reconstruction and treats sports injuries.

During the year 478 patients were seen and 34 operations were performed.



Vikram Singh



Vikram Singh lives with his wife and two sons in the village Kheri. His sons, 11 and 6 years old, study in school. He is a worker in a privately owned factory, with a low monthly income which makes his day to day life difficult.

For the past two years, he suffered excruciating pain and had trouble in walking. He visited many doctors in Uttar Pradesh, and all the doctors recommended hip replacement surgery, a very high cost operation.

His relative who is working in Arpana, urged him to come to Arpana Hospital, when he was admitted as a patient due to his hip pain. The doctor recommended a hip replacement operation and informed Vikram that Arpana Hospital would subsidize the cost.

After the surgery, he received 6 days post-operative care and his longtime suffering came to an end. Vikram Singh expressed his gratitude and happiness saying, "I am very happy with the treatment and services of Arpana Hospital and its staff and am very grateful to them."

GYNAECOLOGY & OBSTETRICS

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

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

There were 5,218 outpatients in this department and 263 deliveries were performed.

Dr. Anuradha in consultation



Mrs. Kamlesh, a homemaker, age 46 years, is a resident of the town in Gharaunda.

Mrs. Kamlesh came to Arpana Hospital as she has been suffering from heavy bleeding during her periods for the past 2 years, leading to extreme weakness and fatigue, along with debilitating pain. She did not respond to oral medications. Blood transfusions were given, but these were effective in the short term only. She required an operation.

A successful laparoscopic hysterectomy was performed on 30/11/2021. Because it was a Laparoscopy Operation, there was less blood loss, less post-operative pain and post-operative recovery is quicker. Kamlesh was discharged on the 3rd day, happy that her suffering was at an end.

PEDIATRICS



Dr. Basil Soreng, MBBS, DCH (HOD)
with patient

The Pediatric Department treated children and counseled mothers about caring for newborns, monitoring their growth, and the importance of timely immunizations. The importance of breastfeeding and the value of homemade weaning food was stressed.

The Neonatal Unit in Arpana Hospital, with upgraded equipment is able to care for seriously ill babies, some with multiple conditions like prematurity, sepsis, dehydration, fever, and neonatal jaundice.

1,864 patients were examined with ailments such as respiratory tract infections, anemia, convulsions, worm infection, and malnutrition. 239 patients were admitted to the Neonatal Intensive Care Unit.

GENERAL SURGERY

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

2,063 patients were examined during the year and 130 surgeries were performed.

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



A New Lease on Life for Sunil!



Mr. Sunil Kumar, age 22 years, lives in Kaimla Village with his parents, his wife, and his younger brother. He is a driver and his father is a laborer.

Sunil had been having fever, stomach pain, and bloating of the abdominal cavity. He came to Arpana Hospital and was examined by Dr. Ramesh Aggarwal (MBBS, DNB, FMAS, FAIS), who had several tests done. He was then diagnosed with a hole in his bowel and an infection in the abdominal cavity. Surgery was required.

Dr. Aggarwal performed a laparotomy surgery to repair the hole and Sunil went to the ICU for recovery. However, after 2 days, a CT scan showed that Sunil had a new infection and fluid was filling his heart and lung cavities. The doctor explained his serious condition to his family, suggesting they go to the Post Graduate Institute (PGI), Rohtak. But his family members had faith in Arpana's doctors and entreated Dr. Aggarwal to save Sunil's life.

It was discovered that, due to the patient's lack of protein, combined with his severe infection, all his stitches had opened, causing the re-infection. The operation to repair the intestine took 2-3 hours. After surgery, he gradually began to recover and was discharged after 11 days.

His relatives were happy and Sunil said, "I am very grateful to Dr. Aggarwal, who saved me, along with the treatment and services I got at Arpana Hospital."

DENTAL SURGERY

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

All safety measures are followed with proper sanitization. The Department provides quality treatment to all patients. This year 312 patients were treated.



PHYSIOTHERAPY



Transcutaneous Electrical Nerve Stimulation Procedure

Dr. Munnu, BPT, (Physiotherapist) is Head of the Department. He is also a certified pre and post natal fitness instructor, and a qualified nutritionist.

585 patients were treated in 2021-22. Three-post TKR (Total Knee Replacement) rehabilitations were performed. Additionally, patients were treated with manual therapies along with electrotherapy modalities.

Specific exercises were prescribed for neuro, ortho, paediatric and cardio patients in this well equipped Department, as well as for pre, and post-natal fitness.

Complete rehabilitation for sports injuries is also provided.

FACILITIES AT ARPANA HOSPITAL

12 Bedded Intensive Care Unit (ICU)

In Arpana's Intensive Care Unit 595 patients were treated with excellent health care through qualified staff & impressive ICU facilities which included:

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

Arpana Dialysis Center



3 Types of Dialysis Provided:

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

During the year, 385 patients benefited from Arpana's Dialysis Center, including underprivileged rural patients.

ARPANA HOSPITAL OUTREACH

Self Help Group Women Trained As Animators: In Arpana's target area of 106 villages, Arpana has trained 80 SHG women volunteers as animators, who inform villagers about the health services they can access at Arpana Hospital. They also provided information about government medical schemes.

Animators work with Arpana Hospital medical staff to arrange outreach camps for free treatment and medicines and refer critical patients to Arpana Hospital. They create awareness in rural folk of seasonal diseases and protective measures.

Medical Camps: Holding camps in villages was restricted before by the government until October, due to Covid -19. A Medical Camp was then held in the villages in November. From December 2021, Arpana organized camps in villages and in Arpana Hospital. Now every month, a Multispecialty Camp is held at Arpana Hospital and Eye camps are held in villages.

Eye Camps: Presently, 10 camps a month are being held in villages of Karnal, Gharaunda, Panipat, District of Haryana, and Muzzafarnagar, District of Uttar Pradesh. About 1200 patients were examined every month in these camps.

A Medical Camp was held in November in village Kalron. Dr. Ramesh Aggarwal, Gen. Surgeon, and Dr. Ravinder Kumar, Acupressure, examined 60 patients.

A Multispecialty Camp in Memory of Dr J.K. Mehta, was organized at Arpana Hospital on 6th March 2022.

500 patients were seen in 10 disciplines including Haematology and Neurology, through Specialists from Delhi and Karnal, as well as Arpana's well-qualified doctors.



Dr. Mohit Goyal, Neurologist from Delhi

Building a "Vaccine Wall" Against Covid-19: Due to the Covid epidemic, some villages in Arpana's 100 target villages had to be sealed off to rescue the epidemic. Arpana offered to join with the government team to build a "Vaccine Wall" against Covid in the 100 villages. Soon, the Arpana team, local Headmen, and Government village workers joined the official Government effort to fight Covid.



94% of the population of 100 villages received the 1st dose and 77% received the 2nd dose by end Dec.2021.

Arpana trained 80 self-help group women volunteers to inform and motivate each household to get vaccinated.

Arpana SHG women animators, along with Asha and Anganwadi workers and ANMs, conducted a house-to-house survey in all the villages, informing, quelling doubts, and motivating people to get vaccinated. SHG women also went with various families to the vaccine centers.

This strategy proved effective as 94% of the population were inoculated – **thus building a "Vaccine Wall" to defeat Covid!**

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.

Arpana is especially grateful to Mr. Suresh Motiram Shivdesani (Oman), Sewa International Inc. (USA), Dame Mary (Guernsey), Arpana Guernsey, Baij Nath Bhandari Public Charitable Trust (New Delhi), Friends of Kalpana & Jaydev Desai (USA) and Diamond International inx Pvt. Ltd (Gurugram), for supporting these programs.

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 (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: **I & R Office**, Arpana, Madhuban, Karnal, Haryana 132037



Payment Gateway Link : Arpana Research & Charities Trust, Madhuban

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

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 2. **Canada:** Arpana Canada, 7 Scarlett Dr., Brampton, Ontario L6Y3S9, 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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