

DECEMBER, 2025

ST. STEPHEN'S HOSPITAL

SERVING HUMANITY IN THE SERVICE OF CHRIST

Care Connect

Quarterly Newsletter : Stories and Updates



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From the Director's Desk



Christmas is a time we all look forward to.

Celebrations at St. Stephen's Hospital are at present in full swing. Each ward of the hospital is decorated. All departments are enjoying their own Christmas with multiple lunches on almost all days of the weeks in Advent. There is a strong feeling of bonhomie and good cheer across the hospital.

In the midst of this, we sometimes miss the simple nature of history's most momentous event. Christ was born in a cattle shed bereft of all ornaments. There were no fancy clothes, just some strips of cloth to wrap around him.

No one celebrated sweets or other delicacies. Indeed, His whole life was one of simplicity, punctuated by His teachings, which still resound today.

The world today needs to re-learn what Christ taught. His teaching centres on love – love for God and love for all of God's creation. There is clearly no discrimination. For us to be happy in life we need to shed all hatred in our hearts and allow the love of God to pervade us. All of us are equal in the eyes of God. Why, then, can we humans presume to be wiser than God and cause divisions? Why do we fight instead of understanding the diversity of human behaviour? Why do we believe in vengeance rather than forgiveness?

As we traverse through this season of hope, peace, love and joy, **let us pause and reflect on where we are as responsible humans.** Let us not give in to the baseness of our nature. Instead **let us adopt the higher moral ground and dedicate ourselves not to live only for ourselves but for all of God's children.**

May you and your families have a Christmas filled with God's blessings.

MILESTONES



St. Stephen's Hospital Healthcare Facility, Gurugram marked an important milestone with the inauguration of the New Hospital Building, generously donated by the Jaquar Foundation, on Friday, 19th December 2025.



DEPARTMENT SPOTLIGHT

DEPARTMENT OF OBSTETRICS & GYNAECOLOGY

A legacy of 140+ years in compassionate, heartfelt and holistic care

Dr. Naima Chaudhary
Senior Consultant, Head of the Department

A Legacy of Care: Who We Are & What We Do

We are the Obstetrics & Gynaecology Department, providing comprehensive care for women at every stage of life. Our services range from prenatal care and labour support to gynaecological treatments, cancer screening, and surgical interventions. **At the heart of our work is a commitment to patient-centred, holistic care—supporting not just physical health, but emotional well-being as well.**

Your department has a long history. Can you tell us about it?

Established as part of the hospital that began as a women’s and children’s institution in 1885, the department carries a legacy of over 140 years. From its humble beginnings, it has grown into one of the city’s leading tertiary care centres. With each decade, we have **expanded our capabilities, embraced new technologies, and strengthened our clinical expertise—while staying true to our founding values.**

The Heart Behind the Healing: What Makes The Team Exceptional?

Our strength lies in round-the-clock consultant-supervised emergency and delivery care, and a **deep commitment to “safe motherhood”**. We offer comprehensive support for high-risk pregnancies, continuous fetal monitoring, **painless labour services, and a spouse-friendly labour room** that prioritises emotional comfort alongside safety. Across labour rooms, OT, OPD, wards, and casualty, our team works as one—ensuring seamless, compassionate care.

How is technology shaping the care you provide?

Innovation plays a key role in improving outcomes. We now integrate **continuous fetal monitoring**, advanced critical care for high-risk births, and **minimally invasive procedures** through laparoscopy and hysteroscopy. These advances allow safer deliveries, quicker recovery, and more precise clinical decision-making.

Have diagnostics and treatment options expanded as well?

Yes, we offer advanced laparoscopy/hysteroscopy, IVF and fertility services via the RFM unit, HPV vaccination, and outpatient colposcopy with Pap smear screening—enabling earlier detection and safer, faster interventions.

How do these advancements impact patient outcomes?

Recent advancements have improved outcomes in high-risk pregnancies, early cancer detection, and fertility care. Continuous fetal monitoring, epidural services, and critical care support now ensure safer deliveries and confident clinical decision-making.



DEPARTMENT OF OBSTETRICS & GYNAECOLOGY

Your department speaks of a mother-centred philosophy. What does that mean in practice?

For us, care extends beyond clinical protocols. We focus on Comfort, Safety & Dignity of the patient.

- Our initiatives prioritise both clinical safety and emotional comfort:
- Epidural analgesia for **painless labour**
 - **Spouse-friendly labour room**
 - **24×7 consultant availability**
 - Continuous monitoring for safer, supervised labour

From antenatal visits to postpartum care, the team provides **consistent guidance, empathetic communication, and close monitoring** to support mothers at every step.

What does a typical day look like behind the scenes?

A structured morning meeting sets the day’s workflow. The team manages labour room services, emergencies, OT procedures, ward rounds, and OPDs with seamless coordination to ensure uninterrupted and safe patient care.

What lies ahead for the department?

We plan to adopt newer technologies, expand fertility services, and strengthen preventive healthcare. The **CERVICARE THRICE collaboration with CMC Vellore** remains a cornerstone in cervical cancer prevention, along with ongoing community outreach at Sundar Nagri, Delhi.

The Road Ahead

Over the next decade, we aim to lead in compassionate, high-quality women’s healthcare—expanding maternal care, minimally invasive surgery, and advanced diagnostics. We believe that **healthy women build thriving communities.**

“At the heart of every innovation is a mother we strive to protect, and a future we are honoured to help bring safely into the world.”



ACHIEVEMENTS



- **Dr. Mukul Pandey** contributed as Associate Editor to the 4th Edition of Pediatric and Neonatal Mechanical Ventilation, published by Jaypee Publications and released at PEDICON 2025 in Hyderabad.
- Department of Neurology: **Dr. Gaurav K. Mittal, Dr. Harleen Kaur, and Dr. Jennifer Singhdev** published a Letter to the Editor in Neurology India titled “ICH After Thrombolysis in Granulomatosis with Polyangiitis: Learning Through a Case with Review of Literature” (73(4): 859–861, Jul–Aug 2025).
- **Dr. Vinita Gupta** and **Dr. Sayantan Banerjee** (Community Health) represented the department with oral presentations at NUTRICON 2025, Sharda University.
- **Dr. Vineet Varghese** delivered a lecture at the prestigious St.Stephen’s College, New Delhi on March 2025 “*Opportunities in Medicine*”.
- *The Many Faces of Syphilis: Challenges of a Diverse and Overlooked Spectrum of Presentation*- titled paper from dept of dermatology was accepted at 38th IUSTI Europe Congress October 2025, Athens,Greece

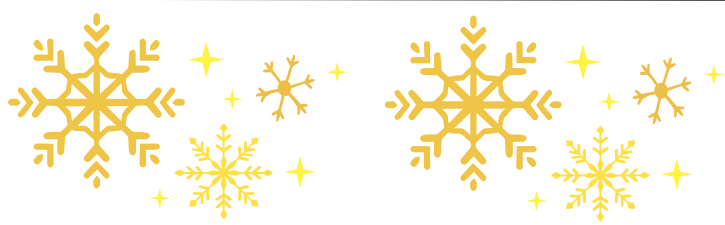


RECENT EVENTS



- **Mental Health Awareness Day** - 10th Oct 2025
- **“Global Handwashing Day Awareness Programme”** Nursing dept- 15th Oct 2025
- **St. Stephen’s Hospital “1st Nursing Scientific and Research Conference”** - 17th Oct 2025
- **St. Luke’s Day**- 18th Oct 2025
- **Talent Nite**- 1st Nov 2025
- **“Be Wise Immunise”** by Nursing Dept- awareness activity-Nov 2025
- **“Communication for Health Care professionals” workshops** by HR dept - 6th, 27th Nov 2025
- **“Mental Health Care of Staff” Workshop** Dept. of Psychiatry- 20th,21st Nov 2025
- **Public Awareness Session on “No-Scalpel Vasectomy”** by Community Health Dept at Sundar nagri- 08th Dec 2025
- **Christmas Choir concert**- 13th Dec 2025
- **Christmas Entertainment**- 16th Dec 2025





" IN THEIR SHOES " Spotlight on Our Caregivers



Every interaction you have with a patient matters." These words capture the spirit of our hospital's unsung heroes. They work quietly behind the scenes, embodying compassion, sincerity, and dedication, ensuring patients receive not just medical care but also comfort and dignity.



Ms. Rosemary Francis
Deputy Nursing Superintendent

Serving the institution since 1986

I began my nursing journey here as a student nurse in 1986 and joined as a staff nurse in 1989. Those early years were filled with learning, discipline, and close patient care. "Those early years shaped not just my skills, but my values as a nurse."



मिस पुंगावनम
नर्सिंग एड

सेंट स्टीफेन्स हॉस्पिटल में 43 वर्षों की सेवा।

"मैं इस अस्पताल में केवल 18 साल की उम्र में आई थी। 43 साल बाद भी यह मेरा दूसरा घर है।"

मैंने सेंट स्टीफेन्स हॉस्पिटल में 1982-83 में प्रशिक्षण लिया और 1984 में स्थायी कर्मचारी के रूप में नियुक्त हुई। इन वर्षों में मैंने पेशेंट केयर, बेबी केयर, बेड मेकिंग, ओपीडी में मरीजों का स्वागत, विवरण जाँच और डॉक्टरों के साथ मरीजों के आंकलन में सहयोग जैसे अनेक कार्य किए हैं।

Nursing was a calling for me. I wanted to serve people with compassion and dignity, and be part of a profession where my work could truly make a difference in someone's life.

"Nursing is not just a profession—it is a commitment to compassion and service."

I have worked in OT, medical and surgical units; and extensively in Neonatal Intensive Care. I was also involved in emergency, and critical care services. Each department strengthened my clinical skills and deepened my understanding of holistic patient care. "Every department taught me something new and strengthened my confidence."

What personal challenges shaped your journey?

When I joined as a student nurse, learning and communicating in English was difficult. My teachers supported me patiently and encouraged me constantly.

"Support and encouragement can completely change a person's journey."

Is there a moment that remains close to your heart?

I will always remember is the recovery of a 500gram neonate after two months in intensive care.

"Seeing such fragile live survive reminds us why our work truly matters."

How did the transition from bedside nursing to leadership happen?

Moving into the role of Deputy Nursing Superintendent was one of the most meaningful phases of my career. It allowed me to guide nurses, mentor young staff, and strengthen teamwork.

"Leadership, for me, means supporting others and helping them grow."

What values guide you every day?

Integrity, empathy, discipline, and clear communication guide my work.

"A calm mind and clear communication can resolve even the most difficult situations."

What keeps you motivated even today?

Seeing patients recover and knowing that our work makes a real difference.

"Purpose, empathy, and service continue to guide me every day."

Your message to younger nurses?

Work with unity, kindness, and commitment.

"When we work together with compassion, we create lasting impact."

Looking back, how do you see your journey?

Every step has been guided by purpose, empathy, and service.

"I am grateful for this journey and remain committed to serving with dedication."

मेरा सफर चर्च के माध्यम से शुरू हुआ। उस समय मेरा परिवार कठिन दौर से गुजर रहा था—मेरे माता-पिता कुछ रोग से पीड़ित थे, माँ हृदय रोगी थीं और पिता सब्जी बेचते थे। मेरे दो छोटे भाई हैं, इसलिए जिम्मेदारी बहुत कम उम्र में समझ आ गई थी। "मेरी माँ चाहती थीं कि उनके जाने से पहले मैं अपने पैरों पर खड़ी हो जाऊँ।"

नवंबर 1993 में मेरी शादी हुई और अगस्त 1994 में मेरे पति का अंतिम चरण के फेफड़ों के कैंसर से निधन हो गया। उस समय मैं चार महीने की गर्भवती थी। मैंने गर्भावस्था के दौरान भी काम जारी रखा और नवंबर 1994 में मेरी बेटी का जन्म हुआ।

"यहाँ मिले प्यार और सहारे ने मुझे मजबूत बनाया। मैंने कभी खुद को अकेला नहीं महसूस किया—मुझे यहाँ घर जैसा महसूस होता है।"

मैंने गायनेकोलॉजी, ईएनटी, डेंटल, मेडिसिन, पीडियाट्रिक्स, रेडियोलॉजी, न्यूरोलॉजी, साइकियाट्री, डर्मेटोलॉजी और अब ऑर्थोपेडिक्स विभाग में कार्य किया है। हर विभाग और हर वरिष्ठ व्यक्ति ने मुझे कुछ न कुछ सिखाया।

मेरे लिए सबसे बड़ी खुशी मरीजों को ठीक होते देखना है।

"मैंने पोलियो से ग्रसित मरीजों को वकील और पीएचडी धारक बनते देखा है। जब मरीज़ धन्यवाद देते हैं, तो मैं कहती हूँ—मेरा अस्पताल मेरा ख्याल रखता है, आप ठीक होकर किसी और की मदद करें।"

मुझे हर दिन प्रेरणा कहाँ से मिलती है?

"भगवान ने मुझे काम करने की शक्ति दी है। लोगों का दुख हमारे दुख से कहीं बड़ा होता है। मरीजों को ठीक होते देखना ही मेरा सुकून और उद्देश्य है।"

मेरे लिए अच्छा काम क्या है?

"समय पर आना, साफ़ यूनिफॉर्म, मुस्कुराता चेहरा और मरीजों से प्यार से बात करना। मैं अपना काम ईमानदारी, लगन और मेहनत से करती हूँ। ऊपरवाला पहले देखता है, दुनिया बाद में।"

टीमवर्क मेरे लिए बहुत महत्वपूर्ण है।

"मिलकर काम करने से ताकत मिलती है। लोग मुझ पर भरोसा करते हैं और अपनी बातें साझा करते हैं। मैं नए स्टाफ से कहती हूँ—गुस्से पर नियंत्रण रखें और समझदारी से काम करें।"

मेरी असली ताकत प्रार्थना है।

"प्रार्थना ने मुझे जीवन भर संभाला है। मुश्किल दिनों में भी काम पर आना मुझे स्वस्थ रखता है। मरीजों की तकलीफ़ देखकर मेरी समस्याएँ छोटी लगने लगती हैं।"

नए स्टाफ के लिए उनका संदेश:

"खुश रहिए और भगवान को साथ लेकर काम कीजिए। आप यहाँ लोगों की मदद के लिए हैं। इस नौकरी का एक उद्देश्य है, इसे ईमानदारी और प्रेम से निभाइए।"

"मैं धन्य हूँ कि मैं इस अस्पताल का हिस्सा हूँ। इसने जीवन के हर मोड़ पर मेरा साथ दिया है। मेरी कामना है कि हम सब एक परिवार की तरह मिलकर आगे बढ़ें।"

UPCOMING EVENTS

- CHRISTMAS LUNCH - 27th Dec 2025
- HOSPITAL LANGAR - 29th Dec 2025
- WATCHNIGHT SERVICE - 31st Dec 2025
- REPUBLIC DAY CELEBRATION - 26th Jan 2026
- ST. STEPHEN'S DAY Special Service in Chapel- 15th Feb 2026



HEALTH AND WELLNESS *corner*



A PAUSE IN THE RUSH: SEEING THE GOOD AGAIN *The Gratitude Shift*

“THE FULLNESS IN WHAT WE ALREADY HAVE”

“Gratitude unlocks the fullness of life. It turns what we have into enough — and more.”

In our busy daily lives, **we often miss small moments of comfort and joy. Gratitude means noticing and appreciating these moments.** It is more than saying thank you—it is a simple shift in how we look at life, helping us feel more connected, calm, and present.

“FROM SCARCITY TO ABUNDANCE”

Research shows that **practicing gratitude improves mood and increases overall life satisfaction.** It gently moves our attention away from what feels missing and toward what is already present—creating a **sense of emotional abundance.**

“YOUR BRAIN ON GRATITUDE”

Practicing gratitude activates brain regions linked to emotional regulation and reward. It increases dopamine and serotonin, supporting happiness, resilience, and long-term emotional well-being.

“THANKFULNESS HEALS”

Try practicing gratitude in small ways—write a few thoughts, pause for quiet reflection, or share a note of thanks. These simple habits can calm the mind and lift the heart, strengthen relationships, and reduce emotional distress.

“FINDING LIGHT IN DIFFICULT DAYS”

Gratitude doesn’t make problems disappear. It helps us cope better by finding meaning, even on hard days.

Even small moments of reflection can create grounding and balance.

“A DAILY PAUSE”

Take a moment today. Name one thing—big or small—that lifted you.

Practicing gratitude nurtures personal well-being and helps build a kinder, more connected community.

Department of Psychiatry

WINTER-PROOF YOUR SKIN Tips and tricks

• Switch Your Cleanser

Use cream or gel-based cleansers for face and body. Avoid harsh soaps—they worsen dryness and itching(strip essential oils).

• Moisturise Within 3 Minutes

The “3-minute rule” is a winter - apply a moisturiser immediately after bathing, while the skin is still slightly damp.

• Hydrate Your Scalp

Use anti-dandruff shampoo once or twice weekly if needed. Avoid over-washing.

For regular use, choose mild, anti-dry shampoos. Apply a silicone based serum to hair ends to reduce frizz.

• Try a Simple Hair Mask:

Use aloe vera or honey ,yogurt and oil(2:1:1) for 20 minutes and rinse.

• Lips

Use a plain petroleum jelly or a ceramide-based lip balm. Reapply often, especially before bed.

BREATHE BETTER AND EAT SMARTER *Your Anti-Pollution Diet Guide*

Pollution & Diet Solution

Delhi’s air quality is poor and can affect everyone—even those without health issues. During this time, we can strengthen our body through smart nutrition and simple precautions.

Protect Yourself Outdoors

Even short exposure to polluted air can impact respiratory and overall health.

- ✓ Limit unnecessary outdoor activities
- ✓ Always wear a high-quality, well-fitted mask (N95/KN95)
- ✓ Avoid peak pollution hours when stepping out

Strengthen Immunity with Smart Nutrition

Pollution increases stress on the body. The right nutrients help counteract free radicals and support lung function.

Vitamin C: The Immunity Shield (A potent antioxidant)

Sources:(1/day) **Amla, guava, bell peppers, chauli, orange, cabbage, green onions and sprouts.**

Vitamin E: The Tissue Protector

Sources:**Sunflower oil (1-2tsp), sunflower seeds(1-2tbsp), almonds(5-6).**

Omega-3 Fats: The Anti-Inflammatory Warriors

Sources: **Flax seeds(1 tbsp), chia seeds(1tbsp), walnuts(4-5 halves).**

Desi Nuskhe for Respiratory Comfort

Traditional remedies can provide natural relief and strengthen respiratory resilience.

- **Ginger, tulsi, or cinnamon tea** — congestion and throat irritation
- **Turmeric + ghee** — cough and asthma
- **Jaggery + onion juice** — both wet and dry cough
- **Warm milk with a pinch of turmeric at night** — supports lung healing
- **Lukewarm water** — calms the throat and aids detoxification

Eat the Rainbow, Heal the Body

Include a variety of **seasonal fruits and vegetables.** A **colourful plate** provides antioxidants that help the body fight pollution damage.

Balanced Diet Your Daily Mantra

A balanced diet, good hydration, adequate rest, and protective habits together help your body stay resilient during high-pollution days.

Dietary and Nutrition Department

• Hand & Feet Care

Apply fragrance-free hand cream frequently. Moisturise heels daily; use urea or lactic-acid creams for cracks. Change out of damp socks promptly.

• Don’t Forget Sun Protection

UV rays remain active even in winter. Apply sunscreen daily.

• Stay Warm, But Let Your Skin Breathe

Choose soft, breathable layers. Avoid wool directly on skin—use cotton underneath.

• Keep a Humidifier Close

Indoor heating dries the air. Use a humidifier or place a bowl of water near the bedside to reduce dryness and itching.

Department of Dermatology

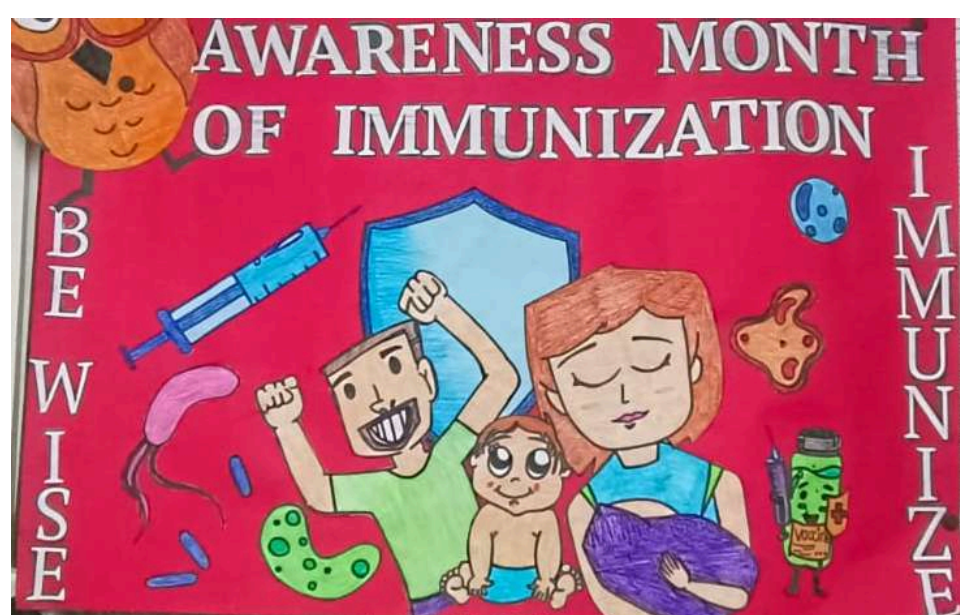
SNAPSHOT CORNER



Global Handwashing Day on 15th October,
Nursing dept. in collaboration
with Infection Control



World Mental Health Day on 10th October 2025
Celebrated by the Psychiatry dept. in collaboration with The College of Nursing



“Be Wise-Immunize”
Immunization Month celebrated
Nov'25 by the Nursing Dept.



Mental Health Sensitization talk and Resilience Building Session
for the Nursing Tutors conducted by the Psychiatry Dept.



**1st Nursing
Scientific
Research
Conference**
17th October 2025



St. Stephen's Hospital “1st Nursing Scientific and Research Conference”
on 17th October 2025 (Nursing College, College of Nursing with Infection Control)

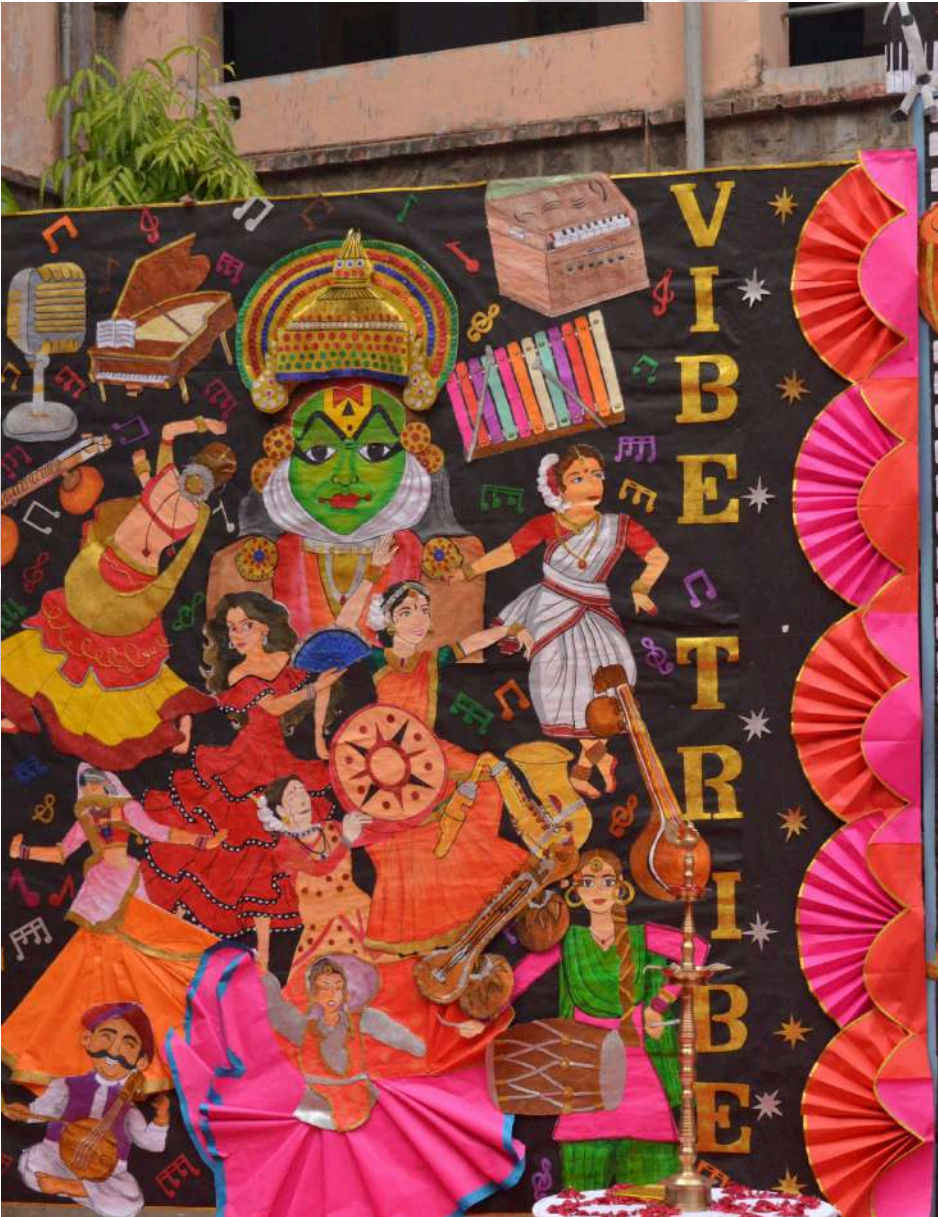
SNAPSHOT CORNER

SPORTS 2025



SNAPSHOT CORNER

TALENT NITE 2025



SNAPSHOT CORNER

TALENT NITE 2025



Ho ho ho!



Pulse of creativity

merry CHRISTMAS

Hospital mein Pehla din!

Aaj mera St. Stephen mein pehla din tha.
Dil mei khushi or thoda sa dara tha.
Safed coat ne diya naya vishvas.
Seva ka sapna hua aaj khaas.

Tab-aaye John Sir HOD ek
Pyari muskan ke sath.
Bole aao "beta" chalo
mere saath.

Pharmacy IPD Ka rasta dikhaya
ek chaaye pilayi on sabse milvaya.

Unke har bol par tha apnepan ka rang
laga jaise parivar milgya
ek naya sang.

Suresh sir - Bade dil ke Insaan
Hmesha pyar se bole or
Samjhaye har dawai ka naam
Unka pyara nature ek comfort ban gya
Stress k beech wo light ban gya

Divya Mam-jo pyaar se "BHAIYA" kehke bulati hai
Har baat ko itna pyaar se smjha haati hai
Unki muskan se har tension durr hojati h
Or apne nature se apnapan chor jaati hai

Rahul Sir-Ek dum friendly aur cool
Unke saath har pal lgta school ka rule
Unke saath kaam krna ek mazedaar class jesa
Har din seekhne ka naya ehsaas aata waisa

Ankita Mam dil se badi pyaari
Nature se simple unki vibe bhari
Unka kaam or smjhane ka style dono bemisaal
Laga koi dost mila hospital mein bemisaal

Preeti mam dil se badi
Whenever i need help vo hoti hmesha khadi
Dostt bhi guide bhi ek sweet support
Unke saath lagti hai har shift ek positive note

Sachin sir ne har formula ko jeevan se joda
Kuch bhi karna bas error nahi naa zyda naa thoda
Unke sikhaye kaam ne diya bhot gyaan
Pharmacist hona job nahi ye hai imaan ka kaam

Guddu bhaiya jo har waqt saath nibhaate hai
Unki simple si help se bhi vo dil ko choo jaate hai
Vo hai humri housekeeping ke hero
I was like "GUDDU bhaiya" alwys ready kabhi naa zero

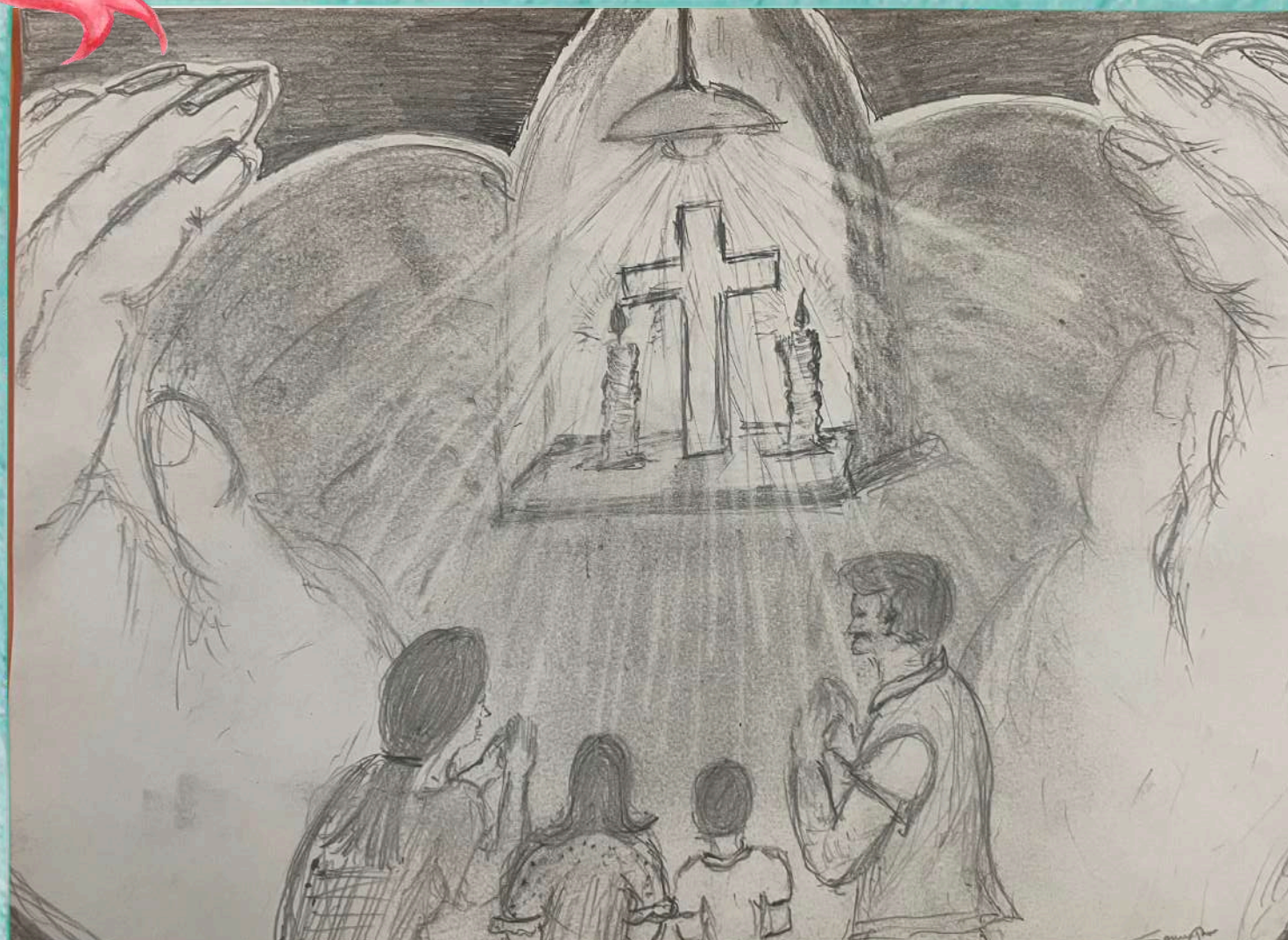
Aaj maine sikha inn sab se milkar
Hospital sirf ek kaam ki jagah nahi
Ye ek pariwar wahi
Jaha har ek insaan kuch sikhata sahi

Main fresher zaroor hoon par dil se seekhne ka iraada hai
Har baat,har smile,har help mein mjhe aashirwaad aata
hai

Ye bas yaadon ka pehla panna hai,
ye dengy saath mera sab kyoki mjhe bhi ek acha
pharmacist banna hai

St.Stephen Hospital seva ka mandir pyaara
Jaha har smile me chupa hai sahara
Yaha ilaaj or dawai hi nahi
swasth hokar ghar jaane ki shakti di jaati hai
Insaaniyat har dil main basayi jaati hai

Mr. Mohan Murari
Pharmacist



**A FAMILY THAT PRAYS TOGETHER
STAYS TOGETHER**

Dr. Soumyajit Bose
Community Health Department



सेंट स्टीफन अस्पताल और दिसम्बर का महीना

सेंट स्टीफन—नाम सुहाना,
दिल को दे जाए एक हौसला।
दिसंबर की ठंड में महसूस यह अहसास,
किस्मत की खुशबू हर गलियारे में समाई।

डॉक्टर, नर्स, स्टाफ हैं तैयार,
हर दर्द में देते दिल का सहारा।
बातों में राहत, चेहरों पे मुस्कान,
यहाँ मिलता है अपनापन महान।

मरीज़ आते उम्मीद के साथ,
यहाँ मिलता जीने का रास्ता खास।
रिश्तेदार बैठे दुआओं में डूबे,
आँखों में हौसला, भले हों दिल परेशान।

"In love, serve one another"

यही सबका दीली असर।
एक का दर्द सभी का दर्द,
यहीं जोड़ता है परिवार का गर्व।

विश्वास लाएँ रोशनी हजार,
हर कदम पर करुणा की कतार।
प्यार, दया और मीठी फिक्र,
यही तो प्यारे रिश्ते हैं यहाँ बेशुमार।

अस्पताल नहीं, एक प्यारा नगर है,
जहाँ हर पल मिलना कुछ बेहतर है।
सेंट स्टीफन—नाम उजागर,
दिलों का घर, दुआओं का सफ़र।

श्वेता पॉल
स्टाफ नर्स



RETIRED STAFF



Emmanuel Mathew
Pharmacist



Francis Singh
O.T Technician



Bhagirathi Devi
Ayah



Gayatri Devi
Ayah



Kishan Kumar Yadav
Attendant,
Accounts Dept.

THE DEPARTED SOULS



P.D Singh
Radiology
(Retired)



Mahima Subodh
Staff Nurse



Karan Bahadur
Dietary (Retired)

NEW MEMBERS



Somya Jha
Physiotherapy



Suresh Kanna
Dietary Dept.



Priyanka Tigga
Critical Care



Iffat Naseem
Physiotherapy



Mahendra Singh
Security



Rohan Kumar
Biomedical



Mohan Murari
Pharmacy



Akib
Medical Records



Shakeel Ahmad
Staff Brother



Prachi
A.N.M



Tarannum
A.N.M



Akansha
Staff Nurse



Alka
Staff Nurse



Angel
Staff Nurse,



Dipika
Staff Nurse



Himanshi
Staff Nurse



Hannah
Staff Nurse



Priyanka
Staff Nurse



Priyanka Rawat
Staff Nurse



Radhika Nagpure
Staff Nurse



Ritika Gautam
Staff Nurse



Ritu
Staff Nurse



Simran Patrick John
Staff Nurse



Vandana
Staff Nurse



Rasha Malik
Staff Nurse



Rashika Dangi
Staff Nurse



Shaina Khattoon
Staff Nurse



Suhani Tiwari
Staff Nurse



Tamanna Yadav
Staff Nurse



Varsha
Staff Nurse



Yukta Duggal
Staff Nurse



Christy Yesudas
Staff Nurse



Arti Kumari
Staff Nurse



Radhika
Staff Nurse



Ritika
Staff Nurse



Smriti Lakra
Staff Nurse



Simran Negi
Staff Nurse



Shreya Kumar
Staff Nurse



Anugraha Raju
Staff Nurse



Anagha Nair
Staff Nurse



Joyna Micheal
Staff Nurse



Kanika
Staff Nurse



Muskan
Staff Nurse



Mahima Paul
Staff Nurse



Priyanshi
Staff Nurse



Jayalakshmi K.S.
Staff Nurse



Suriya Ayesha Junaid
Staff Nurse



Sarah Peter
Staff Nurse



Damini
Staff Nurse



Shivani Sharma
Staff Nurse



Sara
Staff Nurse



Roshni Pradhan
Staff Nurse



Mohd. Ameen
Staff Brother



Sonam Yangzom
Staff Nurse



Sapna
Staff Nurse



Tanu Singh
Tutor,
College of Nursing



Anjali Arora
Tutor,
College of Nursing



A. Kosha O
Tutor,
College of Nursing



Raveena Massey
Staff Nurse



Nishika
Staff Nurse



Manisha
Staff Nurse

Merry
Christmas
&
Happy New Year
2026



“This Christmas, may the peace of Christ rest gently over our hospital community,
and may the New Year unfold with His guidance and love.”

From the CareConnect Editorial Team

We hope you enjoy this edition as much as we enjoyed compiling it.

To join the editorial team, or to share inputs, feedback, and submissions for the next issue, write to
newsletterofssh@gmail.com

— Dr. Nidhi Sharma, Ms. Shinon Ashley Samuel, Dr. Abha Mangal & Prof. (Dr.) Feba Geevarghese