



FEBRUARY 2022 | VOL. 2 | ISSUE. 11

SWAMI VIVEKANAND HEALTH MISSION SOCIETY, UTTARAKHAND



In a first

Spine Surgery begins at Dharmawala Hospital



Eye Check-Up Camp at Pipalkoti Hospital



Surgery Camps at Pipalkoti & Narayankoti Hospitals

**MONTHLY NEWSLETTER
FEBRUARY 2022**



"Spine Surgery Begins at Dharmawala Hospital"



27th Feb.: Yet another feat was achieved by the Society when Spine surgeries began at Dharmawala hospital. Dorsal Lumbar decompression and Cervical laminectomy + foraminotomy were the 2 highly advanced surgeries done successfully and the post op was also uneventful.



- Only 3 days of hospital stay.
- No post operative complications.
- Minimal cost.
- Fully satisfied patients.

Regular Spine OPD facility started on every Saturday from 12th Feb onwards. In just 3 days of OPD: 53 patients benefitted.

Spine Surgery Facility in Rural Area

The initiation of spinal OPD as well as spinal surgery facility at a remote place like Dharmawala hospital speaks volumes of the effort put in by the SVHM Society to achieve this landmark.

A spine surgery in India costs approximately between Rs 2 to 4 lakhs and is available at selected few higher centres only. There is no nearby spine surgeon in and around Dharmawala hospital and the patients need to travel a minimum of 40 km to get access to such specialized consultation as well as the patients need to shell out large sums of money.

The cost of spinal surgery at Dharmawala Hospital is only **5 - 10%** of the total cost as compared to the other hospitals. This price is negligible compared to any other hospital and will hugely benefit the patients coming from lower socioeconomic strata, who would otherwise be forced to live rest of their life with disability and disease as the high costs for consultation and surgery would be **out of reach.**



Spine OPD consultation underway
Dr. Tejasvi Agarwal - M.B.B.S., M.S.(Ortho)
Consultant Spine Surgeon

Case 1:

- A female patient aged 60 yrs presented with **complaints of:**
 - Pain in neck and left upper limb since 2 years.
 - Numbness of left hand since 1 year.
- **Diagnosis:**
 - C6-C7 PIVD (Extrusion)
- **Surgery:** Laminectomy C6-C7 and Foraminotomy left C67.
- **At Present:** Pain in neck and upper limb disappeared.



Patient mobilized from second day itself

Case 2:

- A male patient aged 40 yrs presented with **complaints of:**
 - Imbalance while walking since 6 months.
 - Pain and weakness in left leg since 1 year.
 - Muscle Power (3/5).
- **Diagnosis:**
 - Cervical Stenosis (C5-C7) Dorsal stenosis (D10-L1). Lumbar canal stenosis with Myelopathic gait.
- **Surgery:** Cervical and lumbar Laminectomy and Discectomy.
- **At Present:** No pain in leg and walking normally
- If the surgery wouldn't have been done timely the patient would have suffered from paralysis.
- Muscle Power (5/5).



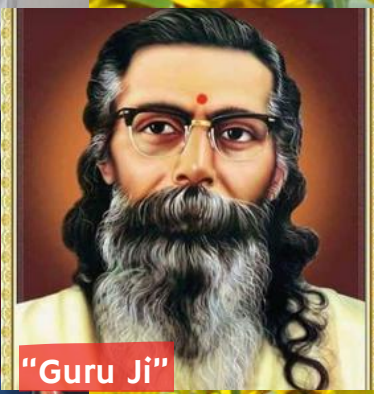
Patient started walking from second day itself

HIGHLIGHTS OF THE MONTH



19th Feb.: Haridwar

"Shri Madhavrao Sadashivrao Golwalkar Jayanti"



"Guru Ji"

Ceremonial lighting of lamp by Mr. Anil Verma, Vibhag Sampark Pramukh, RSS Haridwar.

The 116th birth anniversary of 2nd Sar Sanghchalak of RSS Shri Madhavrao Sadashivrao Golwalkar "Guru Ji" was celebrated on 19th of February 2022 at Swami Ramprakash Charitable Hospital, Haridwar with the dignitaries and staff paying their rich tributes.



20th Feb.: Haridwar

"Bal Gokulam" Project. The project is designed to enable children to rediscover and inculcate Hindu cultural roots, learn ancient values in an enjoyable manner and to develop a sense of service to mankind.

Ongoing Prayer Session Ceremonial lighting of lamp

A new initiative under SVHM Shiksha Abhiyan called "Bal Gokulam" was inaugurated in Swami Ramprakash Charitable Hospital, Haridwar on 20th February 2022.



20th Feb.: Haridwar

SVHM Society enters into a collaboration with Sri Sathya Sai Sanjeevani International Centre for Child Heart Care & Research, Palwal, Haryana for free Paediatric Cardiology consultations and Surgeries. The Centre will conduct free Paediatric Cardiology OPD at Society's Haridwar hospital on 3rd Sunday of every month as well as operate any patient referred by Society hospitals free of cost at their Centre.

Dr Yogesh Sathe, Paediatric Cardiologist, Palwal examining a case

Dr Yogesh Sathe being felicitated

Dr Yogesh Sathe is the Head of the Paediatric Cardiology Department at Sri Sathya Sai Sanjeevani International Centre for Child Heart Care & Research, Palwal. A total of 7 Paediatric cardiac patients were selected for surgery. Out of which 1 suffering from Patent Ductus Arteriosus (PDA) was scheduled for early surgery and rest 6 being unfit were postponed until they become fit to be operated. The entire cost of surgery will be borne by the centre.

SPECIALTY CAMPS

SURGERY CAMPS RESUMED AFTER COVID

Narayankoti & Pipalkoti: Surgery and Ortho Camp

20th Feb.

Narayankoti

Camp Surgeries: 8



Ortho surgery underway by Dr Kapil Tyagi (Sr. Orthopaedic Surgeon)



General surgery underway by the team of Dr M.M. Hamidi (Sr. Laparoscopic Surgeon) and Dr Rahul (Sr. Anaesthetist)

An Arduous Effort by a Dedicated and Determined Team of Professionals

The joint team of Doctors from Yatharth Super Specialty Hospital, Noida comprised Dr Kapil Tyagi, Sr. Orthopaedic Surgeon, Dr M. M. Hamidi, Sr. General and Laparoscopic Surgeon and Dr Rahul, Sr. Anaesthetist completed an arduous task with their sheer grit, determination and dedication. The team traversed a distance of around 1100 km by road, performed complex surgeries (27) and saw patients in OPD at Narayankoti and Pipalkoti Hospitals and were then back to their respective homes within a span of two days. What an amazing feat!

21st Feb.

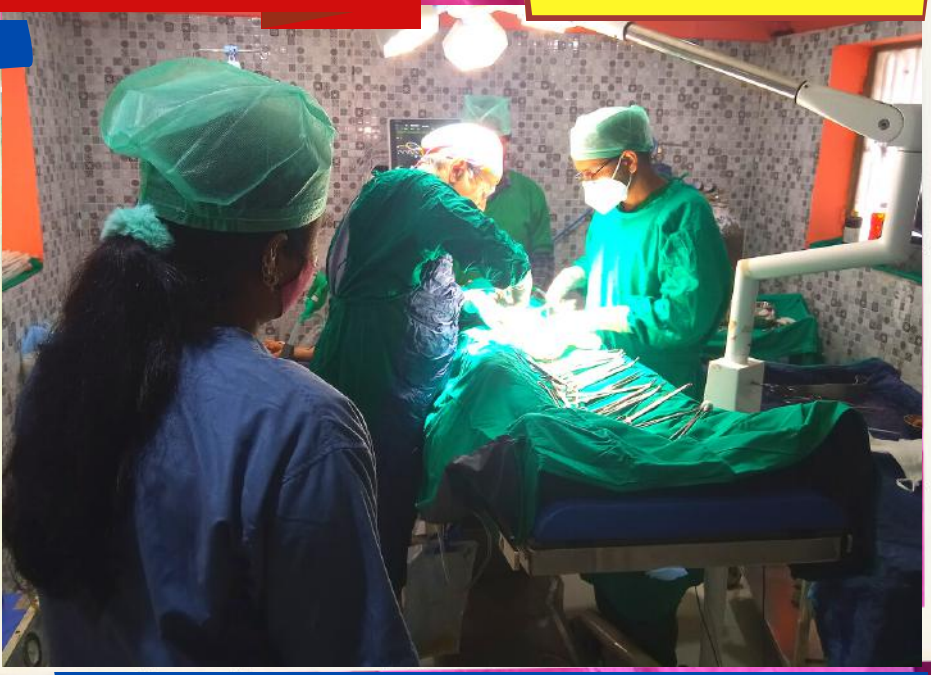
Pipalkoti

Camp Surgeries: 19

A total of 90 Ortho patients were registered in the camp and availed the facilities.



Patient consultation underway by Dr Kapil Tyagi (Sr. Orthopaedic Surgeon)



General surgery underway by the team of Dr M.M. Hamidi (Sr. Laparoscopic Surgeon) and Dr Rahul (Sr. Anaesthetist)

SPECIALTY CAMPS

20th Feb.

Petshal

Beneficiaries: 78

Camp Surgeries: 6



Surgery underway by the team of Dr Ajay Agarwal, Sr. Laparoscopic Surgeon and Dr Manoranjan Pant, Sr. Anaesthetist from Rudrapur

Patient consultation underway by Dr Nilambar Bhatt, Sr. Physician and Diabetologist, Haldwani

Dharmawala & Pipalkoti: Eye Check-Up Camp

Pipalkoti: 22nd Feb.



Eye examination underway



Registration Queue

122 beneficiaries were registered in the camp and availed the facilities, out of which 33 cataract patients were identified, who will be then operated free of cost at Society's Haridwar Hospital.

Dharmawala: Every Tuesday

A total of 307 patients were registered in these camps out of which 89 were identified as suffering from cataract. Out of these 29 were operated free of cost at Vivekananda Netralaya (A Super Speciality eye care center), Rajpur Road, Dehradun



Camp beneficiaries - Post Surgery



Eye examination underway

Uro Surgery Underway



Registration Queue



27th Feb.

Team of Urologists: Prof (Dr) Prashant Lavania, Agra and Dr Prashant Jain, Dr Vikas Bansal and Dr Devpriya from New Delhi

Camps
4

MULTIDISCIPLINARY AND SUPER SPECIALTY CAMPS

Beneficiaries: 1219

Camp Surgeries : 33



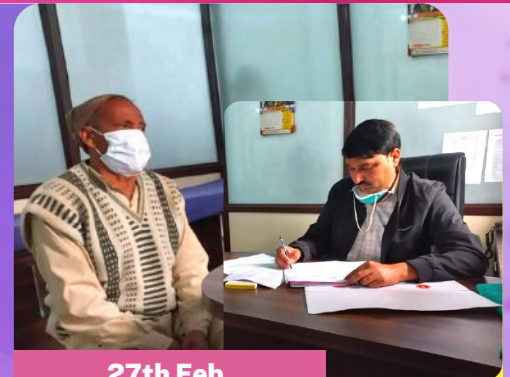
27th Feb.

Dr Bheem Raj Gupta
Sr. Nephrologist, Delhi



27th Feb.

Dr Anil Bhatt
Nephrologist, Noida



27th Feb.

Dr S.K. Jaiswal,
Neurosurgeon, Agra



27th Feb.

Dr Pravendra Sharma
Sr. Orthopedic Surgeon, Agra



27th Feb.

Prof (Dr) Sagar Lavania
Psychiatrist, Agra



27th Feb.

Dr Neeraj Saraswat
Eye Surgeon, Dehradun



13th & 27th Feb.

Prof (Dr) S. K. Bakshi
Physician, Muzaffarnagar



27th Feb.

Prof (Dr) U. N. Gupta,
Physician, Agra



27th Feb.

Dr Bhagat Singh
Physician, Agra

Haridwar



Free meals distribution during camps

Camps
3

MULTIDISCIPLINARY AND SUPER SPECIALTY CAMPS

Beneficiaries: 500

Camp Surgeries : 2



13th & 20th Feb.

Dr Rahul Chandola,
Adult CTVS, Heart & Lung
Transplant Specialist, Delhi



20th Feb.

Dr Yogesh Sathe,
Paediatric Cardiologist, Palwal
conducting 2-D ECHO



13th Feb.

Dr Sharad Pandey,
Sr. Neuro Surgeon, New Delhi



13th Feb.

Dr Om Prakash Meena
Orthopaedic Surgeon, New Delhi



13th and 27th Feb.

Dr. Anil Bhatt
Nephrologist, Noida



20th Feb.

Dr Naveen Agrohi,
Orthopaedic Surgeon, Roorkee

Haridwar



27th Feb.

Dr Bheem Raj Gupta
Sr. Nephrologist, Delhi



13th Feb.

Dr Gaurang Singhal
ENT Surgeon, New Delhi



27th Feb.

Dr Alok Kumar
Skin Specialist, Roorkee

MULTIDISCIPLINARY AND SUPER SPECIALTY CAMPS



27th Feb.

Dr Abhay Kumar
General & Laparoscopic Surgeon &
Dr Vijay Tyagi, Anesthetist from Dehradun



21st - 27th Feb.

Dr Ratnesh Gupta
Sr. Physician, Delhi



13th Feb.

Dr Santosh Kumar
Eye Surgeon, New Delhi



20th & 27th Feb.

Dr Nitin Kumar
Physician, Dehradun

Dr Ratnesh Gupta yet again provided his voluntary service for a week at SVHM Haridwar. Our heartfelt thanks for his kind gesture.

Community Medical Camps

Camps: **8**
Beneficiaries: **757**

NARAYANKOTI
PIPALKOTI
PETSHAL

NARAYANKOTI

Camps: **4**
Beneficiaries: **402**



7th Feb.
Trijuginarayan Village



9th Feb.
Pathali Village



11th Feb.
Kontha Village



26th Feb.
Bhingi Village

Lifestyle disorders found:

- Hypertension: **95**
- Diabetes: **54**
- Others: **253**

PIPALKOTI

Camps: **3**
Beneficiaries: **288**



1st Feb.
Kamyar Village



Lifestyle disorders found:

- Hypertension: **26**
- Diabetes: **8**
- Others: **254**

2nd Feb.
Salud Village



16th Feb.
Ringi Village

PETSHAL

Camp: **1**
Beneficiaries: **67**

Lifestyle disorders found:

- Hypertension: **8**
- Diabetes: **6**
- Others: **53**



22nd Feb.
Andoli Village

The services offered in all these camps were general health check-up including measurement of BP, temperature, sugar, SPO2 along with nebulization and ECG facility as per the patient's requirement and illness. As always, all the medicines prescribed were given free of cost.

Community Health Projects

Community Women Health Project

- **House Visits: 458**
- **Person followed up: 804**
- **Total enrolled beneficiaries: 880**



REPEAT HB FOLLOW UP



FOLLOW UP VISIT AND COUNSELLING



BREAST AND CERVICAL CANCER PROGRAM - FOLLOW UP VISIT



MY PAD BENEFICIARY

MENSTRUAL HYGIENE COUNSELLING SESSION

Anaemia Prevention and Control Program

- **Regular Follow Up**
- Number of persons contacted : **468**
- Taking medicines
 - Regular: **392 (83%)**
 - Not Regular: **74 (16%)**
 - Drop Out: **2 (0.4%)**
- **Follow Up after 4 months of treatment**
- Number of beneficiaries contacted : **336**
- Blood Hb Test done: **336**
- Hb: Reached normal level: **245**
- Same as before: **53**
- Decreased: **38 (Referred)**

Breast and Cervical Cancer awareness and screening program

- **Contacted: 59**
- Number of females undergone repeat counselling sessions: **59**

My Pad (Menstrual Hygiene Program)

- Total number of females contacted: **108**
- Number of females undergone repeat counselling sessions: **108**
- Number of beneficiaries: **7**
- Pads distributed: **12**

Community Mental Health Project

- **Person screened: 373**
- **Suspected Patients: 42**
- **Confirmed Patients : 26 after consultation with Dr. Sagar Lavania**



COMMUNITY MENTAL HEALTH SURVEY AND AWARENESS SESSION

Mental Health Education Session



23rd Feb.: A group counselling session was conducted for adolescent girls on topic: **"Puberty Age & Adjustment"** at Himalayan Children Academy JR High School, Dharmawala Village.

- **Number of participants: 56**
- **Lecture duration: 1 hour**
- **Group Interaction: 30 minutes**
 - **18/56 were identified as suffering from psychological issues.**

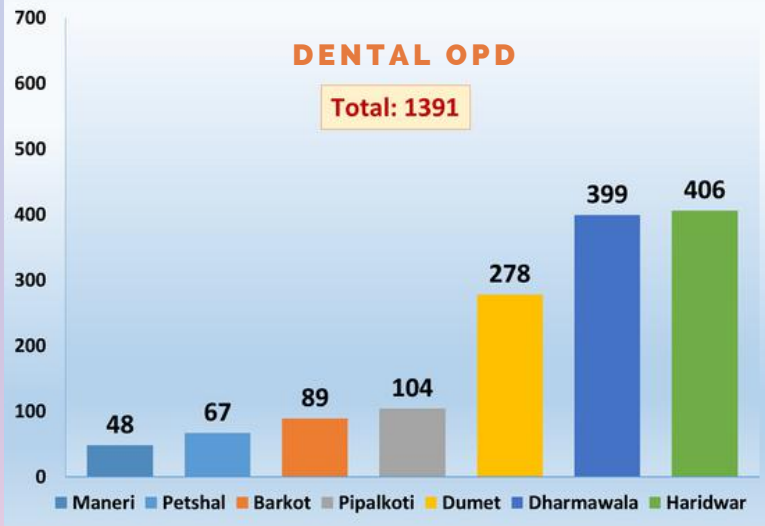
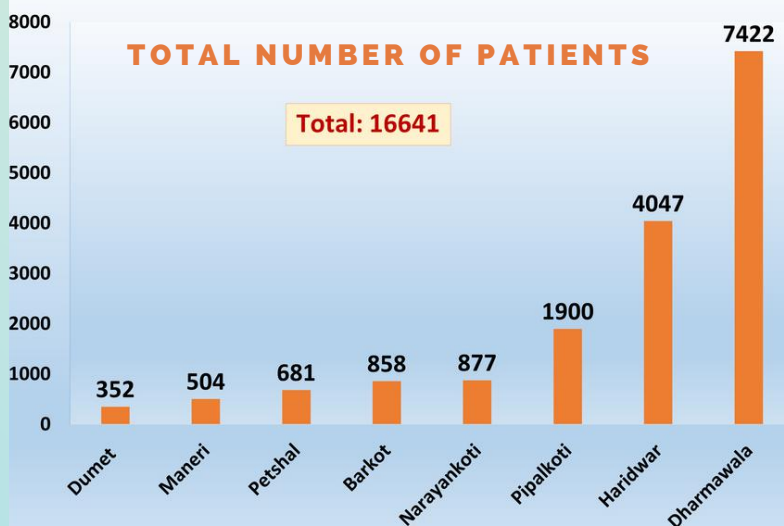
Psychiatry OPD (Tele Consultation)

Psychiatry patients seen in daily OPD (Video consultation): **65**

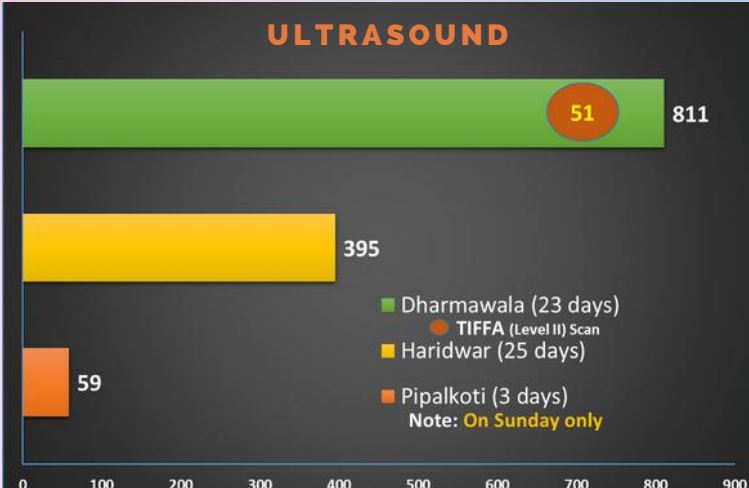
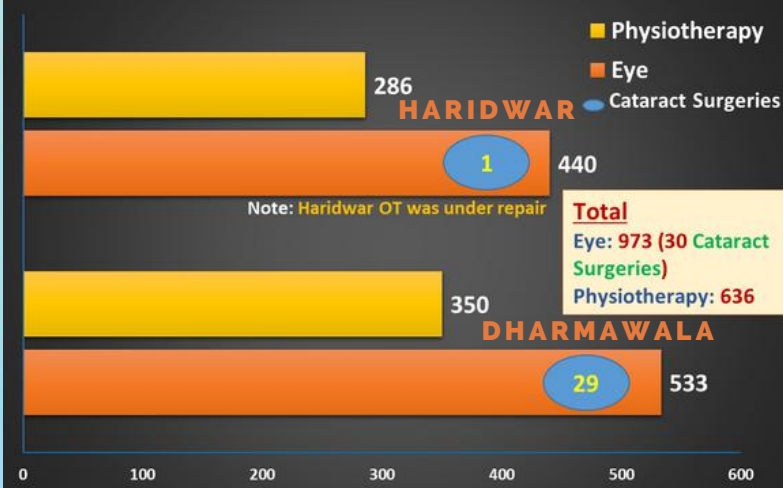


ONGOING VIDEO CONSULTATION IN OPD WITH PROF. DR. SAGAR LAVANIA, SR. PSYCHIATRIST, AGRA COORDINATED BY OUR PSYCHOLOGIST DR. SHALINI.

STATISTICS



NOTE: THREE OF OUR HOSPITALS(GANGOTRI, BADRINATH AND KEDARNATH), WHICH FUNCTION IN SYNC WITH THE CHAR DHAM YATRA SEASON WERE FUNCTIONAL FOR OCTOBER AND NOVEMBER MONTHS ONLY AS THE CHAR DHAM YATRA WAS SUSPENDED



USG FACILITY IS AVAILABLE AT DHARMAWALA, HARIDWAR AND PIPALKOTI HOSPITALS ONLY. TIFFA (LEVEL II) SCAN AVAILABLE ONLY AT DHARMAWALA HOSPITAL.

Hospital	Surgeries (181)	
	Major	Minor
Dharmawala	88	31
Narayankoti	5	11
Barkot	0	13
Pipalkoti	12	7
Petshal	5	2
Haridwar	5	2
Total	115	66

Hospital	Lab Test	Emergency	X Ray	ECG	Plaster
Dharmawala	6339	165	987	345	62
Maneri	55	3	20	1	3
Narayankoti	1521	52	211	175	14
Barkot	590	4	254	36	57
Pipalkoti	1155	32	157	77	6
Petshal	532	30	120	13	22
Haridwar	2659	89	330	207	23
Total	12851	375	2079	854	187

SURGERIES INCLUDE: GENERAL, URO, ENT, ORTHO, MAXILLO-FACIAL AND EYE

CT Scan	238
Ayurved (Panchkarm)	226 (39)
Uroflowmetry	43
Endoscopy	24
ECHO	22
Audiometry	15
Psychological Counselling	587
Lifestyle diseases	321
Mental Health (Screening, Counselling & Psychotherapeutic sessions)	141
Pre & Post Operative	125

NOTE: THE ABOVE MENTIONED FACILITIES ARE AVAILABLE ONLY AT DHARMAWALA HOSPITAL



SWAMI VIVEKANAND HEALTH MISSION SOCIETY, UTTARAKHAND

For Domestic Donations

Account details:

Swami Vivekanand Health Mission Society

A/C No: 32584491256

IFSC Code: SBIN0010626

Branch Name: CST Herbertpur, Dehradun



to serve more



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All donations are tax-exempted under section 80G of the Income Tax Act, 1961.



Dharmawala, Dehradun



Maneri, Gangotri Marg



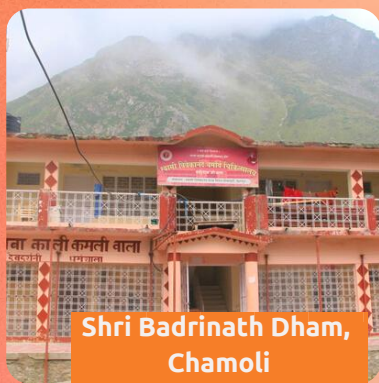
Narayankoti, Kedarnath Marg



Barkot, Yamunotri Marg



Pipalkoti, Badrinath Marg



Shri Badrinath Dham, Chamoli



Petshal, Jageshwar Dham Marg



Shri Kedarnath Dham, Rudraprayag



Haridwar



Gangotri Dham, Uttarkashi



Sadhana Kendra Ashram, Dumet, Dehradun

“Never say No, Never say, 'I cannot', for you are infinite. All the power is within you. You can do anything.”
-Swami Vivekanand.