



**SWAMI VIVEKANAND HEALTH
MISSION SOCIETY
UTTARAKHAND
OCTOBER 2021
NEWSLETTER**

HIGHLIGHTS OF THE MONTH

27th OCTOBER: DHARMAWALA



Shri Vipin Chandra Ji, Chief Commissioner Income Tax being presented a memento



Shri Vipin Chandra Ji after touring the hospital: "I am overwhelmed to see the facilities created by the team at this Centre. Hats off to you people, Keep it up". These were the encouraging words of Shri Vipin Chandra ji who visited Dharmawala hospital and was highly impressed with the facilities and services.

20th OCTOBER: DHARMAWALA



Shri Yudhveer Ji (Prant Pracharak, RSS Uttarakhand) along with other RSS functionaries paid a visit to Dharmawala hospital. He was highly appreciative of the rapid progress of facilities and services of the hospital in a short duration.



SVHM Society members with Income Tax officials

28th OCTOBER: DEHRADUN

Chief Commissioner Income Tax (CCIT), Uttarakhand has identified SVHM Society as one of the most trusted social service organizations working on ground level for the upliftment of poor and down trodden and also for all round development of the society. As a part of the "Vigilance Week" celebrations of Govt of Uttarakhand, CCIT had invited SVHM Society members to present an overview of the Society's humanitarian work with the officials and staff of Income tax Dept. Head Quarters.



Dr. Anil Sharma with Haridwar team

19th OCTOBER: HARIDWAR FREE CATARACT SURGERY CAMP A total of 5 surgeries were done



Surgery underway by Dr. Anil Sharma (Eye Surgeon), Ambala

22nd and 23rd OCTOBER GANGOTRI DHAM FREE DENTAL CAMP

A free dental camp was organised at Gangotri Dham hospital in joint collaboration with National Medicos Organisation (NMO), Tehri Hydro Development Corporation (THDC) Limited and Seema Dental College & Hospital, Rishikesh. A total of 148 persons benefited from the camp.



Dental procedure underway



Inaugurated by: Sadhvi Dharmnishtha Ji, Gangotri Dham; Mahant Ramesh Ji (Mateshwari Annshetra, Gangotri Dham); Shri Rajpushp Ji (Vibhag Pracharak, RSS Tehri); Dr. Himanshu ji (Principal & Owner, Seema Dental College)

HIGHLIGHTS OF THE MONTH



CORONA WARRIOR AWARD: DHARMAWALA

Dr. Deepak Sinha of Dharmawala hospital was accorded with "Corona Warrior Award" by Hon'ble CM of Uttarakhand Shri Pushkar Singh Dhama for the services rendered during the Covid Pandemic.

SVHM SHIKSHA ABHIYAAN: DHARMAWALA

Dharmawala hospital staff Vandana Pundir, Optometrist and Onkar Shrivastawa, Office Secretary contributed to a social cause by taking daily 1 hour evening class of underprivileged children of the labour workforce staying in the vicinity of our hospital. These children hailing from different age groups under 10 yrs and devoid of any schooling are learning basic reading and writing skills. Also they are being taught elementary English, Hindi and Mathematics. The logistics were donated by our hospital's Chief Accounts Officer Mr. Rohit. Notably Dharmawala hospital has been providing free medical facilities to these labourers and their family members.



Ongoing night education classes



DEEPAWALI AT SVHM HOSPITALS

Snapshots



Dharmawala - Lamp lightning



Dharmawala - Games session



Dharmawala - A sumptuous feast



Maneri - Gifts distribution



Narayankoti - Games session



Barkot - Gifts distribution



Pipalkoti - Gifts distribution



Petshal - Lamp lightning



Haridwar - Gifts distribution



Gangotri Dham - Staff bursting crackers

The Hans Foundation extended their gratitude and blessings from Pujya Mata Shri Mangla Ji and Pujya Bhole Ji Maharaj by sending Deepawali gifts to all the staff of SVHM Hospitals

COMMUNITY MEDICAL CAMPS

HARIDWAR

Camps: 11; Beneficiaries: 707

The services offered in the camp consisted of general health check-up including blood pressure, temperature and oxygen saturation (SPO2) measurement and blood sugar estimation.

Specialities of Skin, Eye, Pathology, Dental and Ayurved were available in these camps. All the facilities including medicines prescribed were given totally free of cost.



02-10-2021: Meerpur Village



20-10-2021: Gaindikhata Village



04-10-2021: Teliwala Village



21-10-2021: Ranimajra Village



06-10-2021: Valmiki Ashram



23-10-2021: Panjanheri Village



10-10-2021: Rajababu Public Inter College



26-10-2021: Pherupur Village



27-10-2021: Haddipur Village

Newly diagnosed patients:

- Hypertension: 52
- Diabetes: 37



28-10-2021: Aurangabad Village



30-10-2021: Garh-Meerpur Village

MULTIDISCIPLINARY AND SUPER SPECIALTY CAMPS ON SUNDAY'S - HARIDWAR

Camps: 4
Beneficiaries: 899



DR. SHARAD PANDEY,
SR. NEURO SURGEON,
NEW DELHI



DR. O. P. MEENA,
ORTHOPAEDICIAN,
NEW DELHI



DR. PAWAN KUMAR,
SKIN SPECIALIST,
ROORKEE



DR. SANDEEP SUPEHIA,
ENDOCRINOLOGIST,
NEW DELHI



DR. RAHUL CHANDOLA,
HEART AND LUNG TRANSPLANT
SURGEON, DELHI



DR. RAJEEV KURELE,
AYURVEDIC PHYSICIAN,
HARIDWAR



DR. VIKAS DHILLON,
ENT SPECIALIST,
KARNAL



DR. MANISH GUPTA,
GASTROENTEROLOGIST,
GHAZIABAD



DR. ABHAY KUMAR,
LAPAROSCOPIC SURGEON,
DEHRADUN



DR. PRASHANT JAIN,
UROLOGIST,
NEW DELHI



DR. NAVEEN AGROHI,
ORTHOPAEDICIAN,
ROORKEE



DR. HARISH CHAUHAN,
AYURVEDIC PHYSICIAN,
HARIDWAR



DR. ATUL KHANDELWAL,
UROLOGIST,
SONIPAT



DR. BABITA AHLAWAT,
DENTIST,
KARNAL



DR. HIMANSHU GARKOTI,
EYE SPECIALIST,
NEW DELHI



DR. NITIN KUMAR,
PHYSICIAN,
DEHRADUN



DR. ARUSHI DHILLON,
GYNAECOLOGIST,
KARNAL



DR. SANJEET GOIT,
ENT SPECIALIST,
NEW DELHI



DR. ASHOK KUMAR,
ENT SPECIALIST,
KARNAL

Surgeries
conducted
during
camps: 8



DR. SUDHI,
ANAESTHETIST
ROORKEE

MULTIDISCIPLINARY AND SUPER SPECIALTY CAMPS ON SUNDAY'S- DHARMAWALA



Camps: **4**
Beneficiaries: **1311**

**PROF. DR. S.K BAKSHI,
SR. PHYSICIAN,
MUZAFFARNAGAR**



**PROF. DR. PRASHANT
LAVANIA, UROLOGIST,
AGRA**



SURGERY UNDERWAY
DR. VIKAS BANSAL (UROLOGIST, NEW DELHI) AND DR. DEVPRIYA (UROLOGIST, NEW DELHI)



**DR. SUDHIR SINGH,
SKIN SPECIALIST,
AGRA**



**PROF. DR. SAGAR LAVANIA,
PSYCHIATRIST,
AGRA**

**Surgeries
conducted
during
camps: 15**

SURGERY CAMP - PETSHAL 3rd OCTOBER



SURGERY UNDERWAY

**11 Major
surgeries
conducted in a day**



SURGERY UNDERWAY



**DR. M HAMIDI (SR. LAPAROSCOPIC AND GEN SURGEON,
NOIDA) & DR. RAHUL SINGH (SR. ANAESTHETIST, NOIDA)
WITH SVHM PETSHAL TEAM**

SUCCESS STORIES (FEW OF THEM)

KEDARNATH DHAM HOSPITAL

The hospital which became operational on 2nd September 2019 catered 21,268 patients in a short span of 100 days. This year also in mere 39 days, 11,629 patients were treated in the hospital with an astounding daily average of around 300. The round the clock facilities were provided totally free of cost.

03-10-2021



- A 33 yrs old pilgrim from Ludhiana suffered a fall while riding a mule resulting in injuries on his back and legs.
- He was in great pain and discomfort which became more agonizing as tried to get off from the mule and hence remained seated on the mule.
- Sensing his condition, the hospital staff started treatment there and then itself so as to lessen his agony. Once relieved, he was then further treated.
- The patient and his attendants were full of praise for the services and facilities provided by the staff and the hospital.



15-10-2021



- A 29 yrs old pilgrim from Haryana while returning from Kedarnath Dham slipped and suffered injuries on his right lower limb. He was unable to walk and with no means of transport available could not be brought to the hospital.
- On learning about the situation, our hospital staff promptly reached the site which was about 1 kilometer away and brought the patient to the hospital in a stretcher.
- X ray done, revealed fracture of right femur bone.
- The injured limb was given a plaster cast and post stabilizing, the patient was discharged.



06-10-2021

To listen the podcast



<https://www.youtube.com/watch?v=OEJFXxUEhna>

- One of the members of a tourist group on a visit to Kedarnath Dham developed high fever with chills, shortness of breath and was unable to walk while on the way to the temple.
- Our hospital being located near the temple, got the news about the patient and our team acting swiftly reached the site within 2 minutes. The patient was immediately given required treatment onsite and was then shifted to the hospital for further intensive care.
- The patient was later discharged in stable condition. The entire group was immensely thankful to the hospital and the Society for rendering such critical care at Kedarnath Dham.

14-10-2021

To listen the podcast



[youtube.com/watch?v=J0d978vau40](https://www.youtube.com/watch?v=J0d978vau40)

- A pilgrim from Jagannath Puri, Orissa on a to visit Kedarnath Dham presented in the hospital with complaints of shortness of breath and restlessness.
- Necessary and requisite investigation were carried out and patient was treated accordingly including Oxygen support as the SPO2 was below 70 %.
- He recovered completely and was discharged in stable condition.
- The patient was very thankful to every staff of our hospital.

To listen the podcast



17-10-2021

<https://www.youtube.com/watch?v=V8UyMoBdAe4>

- A tourist from Dehradun while on a trekking expedition to Uttarakhand had a fall leading to bony injury of his left thumb.
- After self managing with some basic primary first aid dressing, he presented in our hospital.
- X ray done revealed dislocation of left thumb joint. He was given required plaster cast after stabilizing the joint and then discharged.
- He was full of praise and gratitude and went on to laud the services saying that treatment with such love and care is not possible anywhere else.

SUCCESS STORIES (FEW OF THEM)

DHARMAWALA HOSPITAL

06-10-2021



- A male patient aged 26 years with c/o facial pain and heaviness since 2-3 months was diagnosed as suffering from large sized Maxillary sinus cyst which needed surgery.
- The patient underwent bilateral Caldwell LUC surgery done by the team of Dr. Nimish (Maxillofacial Surgeon) and Dr. Shreya (ENT Surgeon) and the cyst was removed successfully.

13-10-2021



- A female aged 24 years with c/o facial asymmetry, was diagnosed as having hemifacial microsomia, a congenital condition in which the tissues on one side of the face are underdeveloped.
- Patient underwent surgical correction for both ear deformity, zygoma (cheek bone) correction and chin correction with mastoid and retromolar bone graft by the team of Dr. Nimish (Maxillofacial Surgeon) and Dr. Shreya (ENT Surgeon).

What makes these two surgeries special is that such difficult and complex surgeries are being done here at minimal cost and with perfection. The same procedures would have costed much more to the patients hailing from lower socio-economic strata.



Surgery underway



Pre-Op



Post-Op

ANAEMIA PROGRAM (FEW OF THE ACHIEVEMENTS)



Age: 5 yrs

Hb: 7-->11 g/dl



Before Treatment: low appetite, irritable, angry

After Treatment: Good appetite, cheerful, no irritability and anger. Parents were very happy.

Duration of Treatment: 3 months

Follow up visits: 12

Daily consumption of Iron Rich Food:

- 1) Green Leafy Vegetables once a day.
- 2) Carrot once a day.
- 3) Locally available Saag thrice a week.
- 4) Green moong dal alternate days.

Usage of Iron Kadhai.

Age: 24 yrs

Hb: 10.1 --> 14.6 g/dl



Before Treatment: Weakness, fatigue, depressive and dull.

After Treatment: Active in work, much more confident, joined stitching classes, glow in face

Duration of Treatment: 3 months

Follow Up Visits: 6

Daily consumption of Iron Rich Food:

- 1) Green Leafy Vegetables twice a day.
- 2) Gud-chana daily.
- 3) Daal: Kala chana, arhar, masoor (alternate days). Use of lemon with each daal.
- 4) Papaya 4 times a week.

Usage of Iron Kadhai.



GANGOTRI DHAM HOSPITAL

21-10-2021



- A female pilgrim from Bengaluru with complaints of severe giddiness and restlessness presented in our hospital.
- She was diagnosed as suffering from Altitude Sickness
- She was immediately attended and required treatment started
- She was later discharged in a healthy state.

To listen the podcast



<https://www.youtube.com/watch?v=Hk8UgucmgJw&t=2s>

- A female pilgrim from Rajasthan age 37 yrs was brought with complaints of shortness of breath and giddiness.
- Her SPO2 was below 72% and was suffering from Altitude Sickness.
- She was quickly attended to and stabilized by providing immediate Oxygen support and necessary treatment.
- She was then discharged in stable condition



08-10-2021

<https://www.youtube.com/watch?v=DcoM6ja3V24>

- A female pilgrim from Madhya Pradesh had a fall injuring her right hand while visiting Yamunotri Dham and due to lack of any facility was in extreme pain for 2 days until she presented in our hospital at Gangotri Dham.
- With the perception of taking some medicines only. she and her attendants were awestruck to learn about the facilities and availability of Doctors, including Dr Pawan Garg, Senior Orthopaedician from Agra who happen to be available on that day as a part of his 10 days voluntary service.
- X ray done revealed fracture of her right wrist. Immediate plaster and the other necessary treatment was provided.
- The patient and her relatives were surprised to see such quality and upgraded facilities at this high altitude.

23-10-2021



Dr. Pawan Garg, Sr. Orthopaedician, applying plaster

Community Women Health Project Dharmawala



TOTAL:

- **House Visits: 150**
- **Person contacted: 715**
 - **New: 253; Old: 462**
- **Under Treatment: 798**
 - **New: 101; Old: 697**

Anaemia Program



Blood Hb Test underway



Blood Hb Test underway



Beneficiaries



Weight measurement

Quarterly Follow Up (After 3 months of treatment)

Breast and Cervical Cancer awareness and screening program

Regular Follow Up



Breast and Cervical Cancer awareness session



Regular Follow-up visit



Quarterly Follow-up visit

My Pad (Menstrual Hygiene) program

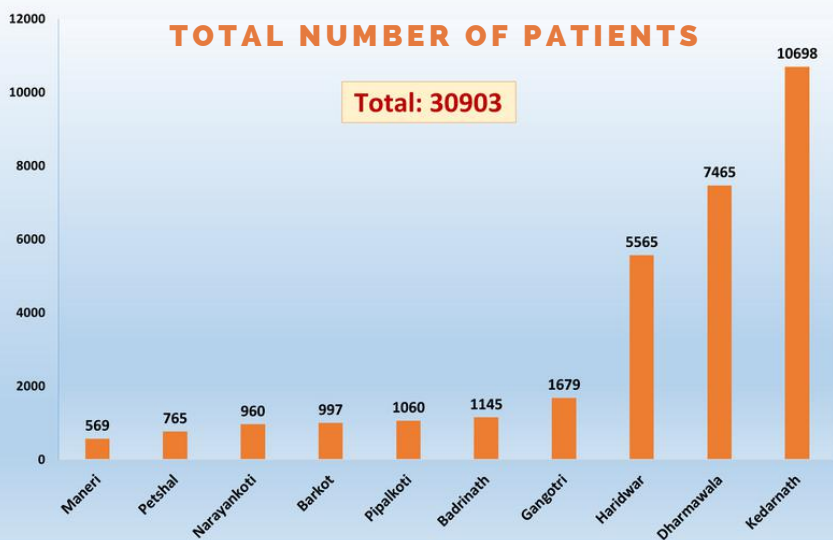
My Pad (Menstrual Hygiene) awareness session



The Smile: My Pad beneficiaries

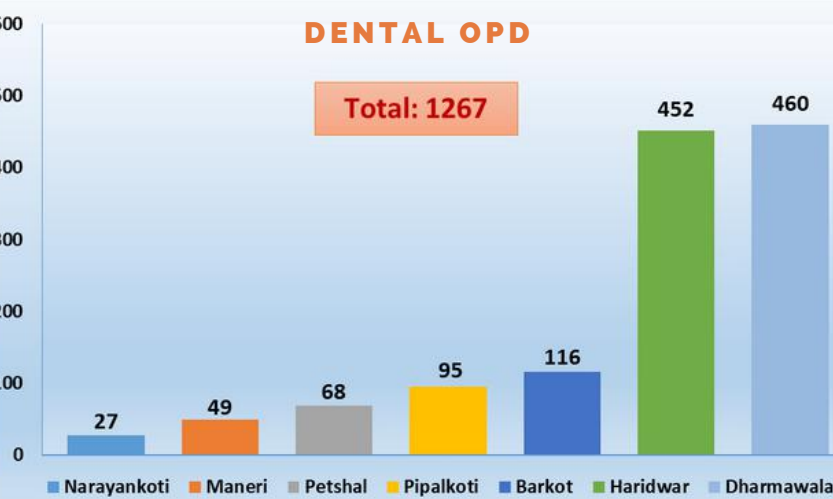
STATISTICS

TOTAL NUMBER OF PATIENTS



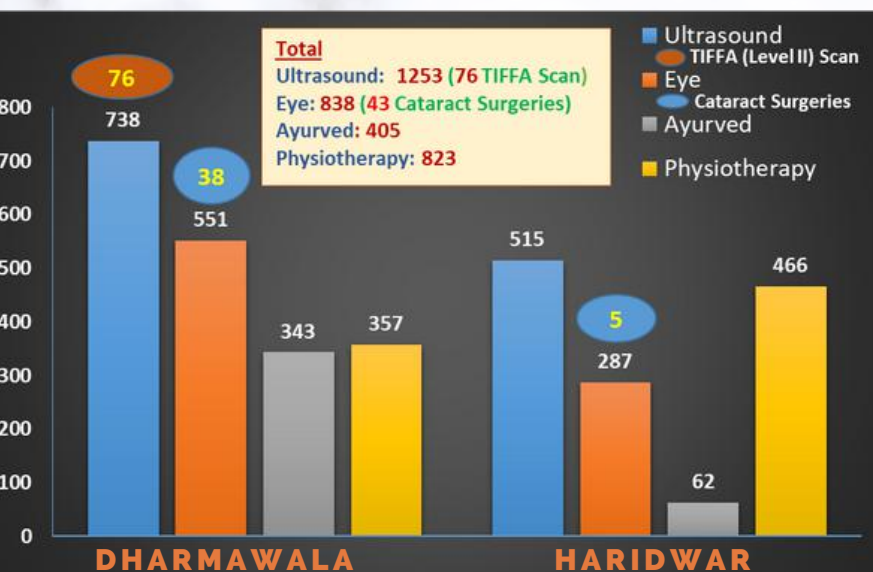
Hospital	Lab Test	Emergency	X Ray	ECG	Plaster
Dharmawala	7371	225	781	312	36
Maneri	35	2	24	2	6
Narayankoti	793	55	190	55	25
Barkot	601	11	242	41	63
Pipalkoti	276	23	54	10	10
Badrinath	459	46	44	16	2
Petshal	605	34	118	14	18
Kedarnath	452	992	26	10	13
Haridwar	4598	84	347	187	12
Gangotri	235	121	38	0	26
Total	15425	1593	1864	647	211

DENTAL OPD



Hospital	Surgeries	
	Major	Minor
Dharmawala	70	26
Narayankoti	0	5
Barkot	0	28
Badrinath	0	7
Petshal	14	0
Haridwar	8	5
Total	92	71

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



Panchkarm (Ayurved)	77
CT Scan	254
Endoscopy	52
Uroflowmetry	29

FACILITIES AVAILABLE ONLY AT DHARMAWALA AND HARIDWAR HOSPITALS. TIFFA (LEVEL II) SCAN AVAILABLE ONLY AT DHARMAWALA HOSPITAL

FACILITIES AVAILABLE ONLY AT DHARMAWALA HOSPITAL

30903 163 1593 1864 1253 15425

Registrations Surgeries Emergencies X Ray Ultrasound Lab Tests

STATISTICS

1 COMMUNITY WOMEN HEALTH

2 COMMUNITY MENTAL HEALTH

ANAEMIA PREVENTION AND CONTROL PROGRAM

	Total
House Visits	150
Persons contacted	715 (New: 253; Old: 462)
Under Treatment	798 (New: 101; Old: 697)

	Total
House Visits	155
Eligible Contacts	109 (Male: 30; Female:79)
Suspected Patients	31 (Male: 9; Female: 22)

QUARTERLY FOLLOW-UP (AFTER 3 MONTHS OF TREATMENT)

	Total
House Visits	45
Persons contacted	60
Hb done	60

Hb	Total
Increased	43
Same as before	8
Decreased	9

Last Sunday PSYCHIATRIC camp 31-10-2021	Total
Patients visited	23 (Male: 11; Female: 12)
Old	7
New	16

REGULAR FOLLOW-UP

	Total
House Visits	293
Persons contacted	402

Symptoms	Total
Improved	24
Same as before	6
No Symptoms Now	30

Depression	9
Anger	1
OCD	1
Schizophrenia	1
Psychotic disorder	1
Somatoform disorder	1
Seizures	1
Sleeping disorder	7
Referred	1

Status	Total
Regular	320
Not Regular	45
Not started	10
Drop Out	15
Absent	12

BREAST AND CERVICAL CANCER AWARENESS AND SCREENING PROGRAM

Number of females attended awareness session for Breast and Cervical Cancer Program	83
	Questionnaire filled: 31
Number of females screened at SVHM Hospital Dharmawala	28

MY PAD (MENSTRUAL HYGIENE PROGRAM)

Number of adolescent girls and menstruating females attended individual counselling session regarding menstrual hygiene program	100
Number of My Pad (Reusable cloth pads) beneficiaries	34
Total number of cloth pads distributed	67



SWAMI VIVEKANAND HEALTH MISSION SOCIETY UTTARAKHAND

MONTHLY NEWSLETTER

OCTOBER 2021

Donate us to serve more:
Swami Vivekanand Health Mission Society

AIC No: 32584491256

IFSC Code: SBIN0010626

Branch Name: CST Herbertpur, Dehradun

<https://svhmuk.in>

<https://twitter.com/svhmuk>

<https://www.instagram.com/svhmuk/>

svhmuk@gmail.com; anujdrs@gmail.com

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



Badrinath Dham, Chamoli



Petshal, Jageshwar Dham Marg



Kedarnath Dham, Rudraprayag



Haridwar



Gangotri Dham

