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नारायण सेवा

Swami Vivekanand Health Mission Society



Inauguration of Sanitary Pad making machine

Quarterly Newsletter

July - Sept. 2022



Inauguration of Society's 12th Hospital at Karol Bagh, Delhi

Content



From editor's desk:

The second quarter of the year witnessed yet another milestone when 12th hospital of the Society became operational in Karol Bagh area of Delhi on 30th September which incidentally coincides with the 10th year of the establishment of the SVHM Society. Also there were other multiple activities spanning from launch of new initiatives, interventions to introduction of new facilities, services and celebrations of festivals and events. Apart from these the Society continued its routine humanitarian activities scaling new peaks.

Society's hospital at Shri Kedarnath Dham had a grandeur landmark moment when on 28th of September the patient count crossed 1 lakh mark. The number speaks volumes of the tireless and ceaseless effort being undertaken by the Shri Kedarnath Dham hospital team of dedicated and devoted professionals. Also what is remarkable is that this number is approximately 10% of the total number of devotees who visited Shri Kedarnath Dham till 30th September this year.

Society strengthened their women empowerment intervention by inaugurating a Sanitary Pad making machine, donated by the FIEM Foundation, Sonipat, Haryana in Dharmawala hospital thus emboldening the Menstrual Hygiene program being run by the Society since 2019.

Society began a new community health programme "Jeevak" for oral, head and neck cancer screening, prevention and treatment in the tribal dominated villages near Dharmawala hospital from September month thus opening another frontier for the betterment of community and society.

Twin interventions related to USG services adorned the quarter, first was installation of a new advanced USG machine at Dharmawala hospital and the second was initiation of USG services at Petshal hospital, thus becoming the fourth hospital of the Society to have this facility.

Other notable developments included Inauguration of Ayurved Health and Research Centre at Haridwar hospital, initiation of Arthroscopic/ Sports Injury Surgeries at Dharmawala hospital. Also regular full time Paediatrics and Skin OPD services started at Dharmawala hospital thus widening the spectrum of facilities available.

The scholarly side of the Society Doctors gave us another moment to cheer, when an article "asymptomatic idiopathic submandibular abscess" of Dr Nimish, Maxillofacial Surgeon and Dr Shreya, ENT Surgeon, Dharmawala was published in the July edition of the "The Egyptian Journal of Otolaryngology".

Meanwhile the Society hospitals continued offering their services with full vigour and zeal and especially the three Dhams hospitals were working round the clock to ensure that the devotees' pilgrimage is safe and uneventful.

Society's mission and vision is continuing unabated and with each passing quarter we are inching closer with the blessings and wishes of Almighty and our well-wishers.

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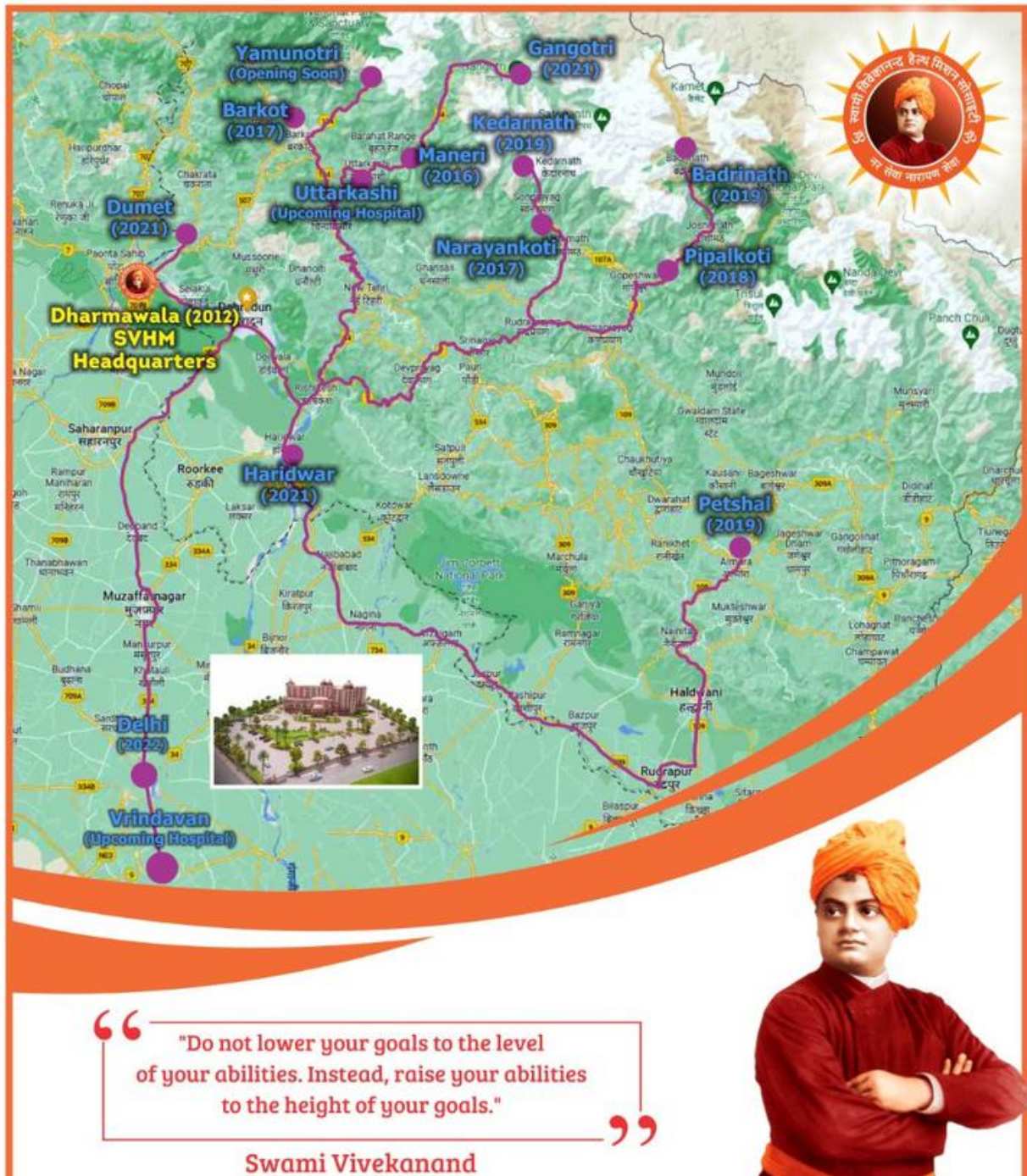
Dr Tarashree Singhal

Dr Deepak Sinha

Mrs Swati Nair

Mr Nitesh Uniyal

OUR FOOTPRINTS



“Do not lower your goals to the level of your abilities. Instead, raise your abilities to the height of your goals.”

Swami Vivekanand



Founded in the year 2012 by a group of young Doctors and some philanthropists, Swami Vivekanand Health Mission Society is continuing its mission of providing high quality charitable health care to mankind. The Society started its journey by establishing their first charitable project in the form of a small dispensary at Dharmawala, a tribal dominated village, situated 40 km from Dehradun, Uttarakhand and bordering the states of Himachal Pradesh and Uttar Pradesh.

The self-belief of the Society to provide quality health care to the deprived, tribes, pilgrims and needy along with strong willed approach led to establishment of more hospitals in phases as well as the up gradation of the small dispensary of Dharmawala to a full-fledged multi-specialty hospital. The Society with its vision and mission as the guiding principles also established charitable hospitals in three of the Char Dhams of the state of Uttarakhand and presently the Society is running 11 charitable hospitals in the state of Uttarakhand and the latest 12th hospital has become operational at Delhi.

The Society apart from its charitable hospitals is also involved in other philanthropic activities like conducting community medical camps in remote, hilly and difficult to reach areas (during COVID wave also), education activities, making community self-reliant via Swavalamban Abhiyaan and community health programmes which encompass five programs in itself (Anaemia Prevention and Control Programme, Breast and Cervical Cancer Awareness and Screening Programme, Menstrual Hygiene Programme, Community Mental Health Programme and Oral, Head and Neck Cancer Awareness, Screening and Treatment Programme).

The 'Nar Sewa Narayan Sewa' motto of the Society has been and will always be the essence of all our endeavours to serve humanity.

Inauguration of Society's 12th Hospital

30th Sept.: Delhi

Facilities

- OPD & Day Care
- Eye Clinic
- Dental Clinic
- Physiotherapy
- Pharmacy
- Well Equipped Laboratory
- Digital X-Ray
- Ultrasonography (starting shortly)
- Specialty and Superspecialty OPD
- Minor OT

Swami Vivekanand Health Care Centre, Karol Bagh, Delhi



The inaugural event was graced by: Param Pujya Shri Sudhanshu Ji Maharaj, Founder - Vishwa Jagriti Mission, Shri Suhas Rao Hiremath - National Coordinator, Susanskarit Swasthya Seva; Dr Ramesh Gupta, Gastroenterologist, Founder LRG Charitable Trust; Shri Rakesh Kumar Gupta and Dr Anuj Singhal, Secretary, SVHM Society.



Reshma Ji, a Transgender anchoring the event

The Health Care Centre will be an ideal destination for the underprivileged sections of the Society residing in and around Karol Bagh locality of Delhi. Karol Bagh is home to a large number of daily wage earners inclusive of labourers, rickshaw and cart pullers, unskilled workers, etc.



Dance performance by the Transgender community

The program started with lamp lighting and Ganpati Vandana followed by a religious dance featuring the Ten Mahavidyas and Nav Durga by the members of the Transgender community. Dr Anuj Singhal, Secretary of Society then gave a presentation showcasing the journey of SVHM Society over the years. Chief Guest of the event, Shri Suhas Rao Ji then shared his thoughts regarding the need for rational and ethical practice in the Medical Profession. This was followed by felicitation of the members of Transgender community and the program ended with singing of National Song Vande Mataram.



Chief Guests with the team of Doctors

The function also had the presence of several senior Doctors, members from the business community of Karol Bagh and students from four Medical Colleges of Delhi (Atal Bihari Vajpayee, Vardhman Mahavir, Lady Hardinge, and A.I.I.M.S.).



A glimpse of the event

Inauguration of Sanitary Pad Making Machine

12th July: Dharmawala



Donated by: FIEM Industries - Sonipat, Haryana under their CSR initiative

The inaugural event was graced by: Dr N. S. Chauhan, Senior Surgeon of Government hospital, Vikasnagar as chief guest. The ceremony had the presence of Secretary of Society Dr Anuj Singhal, Executive Committee Member Dr Tarashree among other hospital Doctors and staff. Also the occasion had the presence of Gram Pradhans, ICDS Supervisors, Anganwadi and ASHA workers of villages in and around Dharmawala.

The inauguration of this machine strengthened the women empowerment intervention and emboldened the Menstrual Hygiene program being run by the Society since 2019.

Program

Menstrual Hygiene awareness session in villages (in 2 years)

- **No. of participants: 3989**
- **No. of beneficiaries started using sanitary pads after attending awareness sessions: 2231**



Awareness session Village: Shahpur (Participants: 93)

The gathering was shown a documentary showcasing the Society's journey over the years followed by a welcome speech given by Dr Anuj. Dr Tarashree then briefed the audience about the Menstrual Hygiene program being run by the Society and explained the importance of the sanitary pad making machine in the intervention. The function ended with a vote of thanks address by Dr. Deepak followed by refreshments to all the participants. All the women participants were also distributed a packet each of the sanitary pad as a complimentary gesture by the hospital.



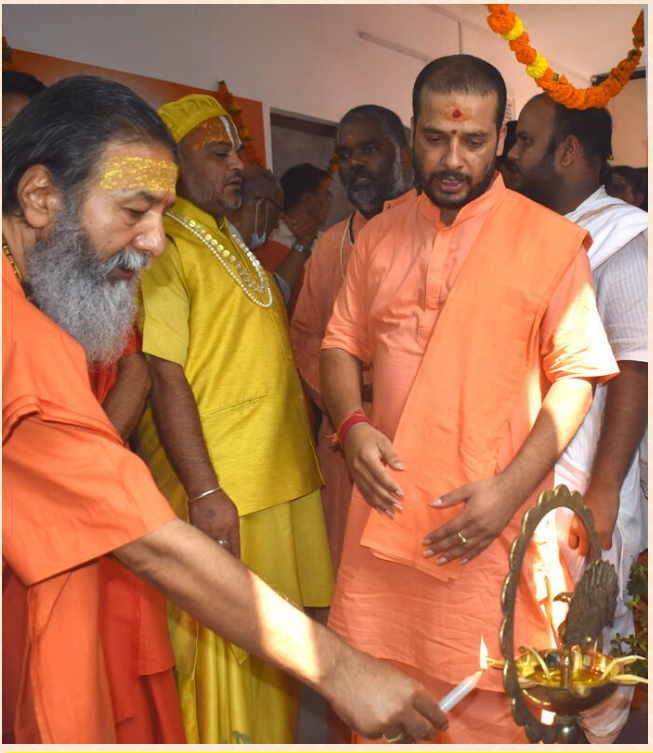
Sanitary Pad distribution during CSR inaugural event



My Pad beneficiaries Village: Shahpur

Inauguration of Ayurved and Panchkarm Centre

2nd July: Haridwar



The centre was inaugurated by Dr Krishan Gopal Ji, Sah Sarkaryavah, RSS and Shri Shri 1008 Mahamandaleshwar Swami Harichetnanand Ji Maharaj

4th July: Haridwar

Swavalamban Abhiyan



The beneficiaries along with chief dignitaries and Haridwar hospital team

Under the Swavalamban campaign at Haridwar Hospital, needy persons from nearby villages who had lost their livelihood due to some unfortunate circumstances and mishaps were provided with self-employment and free treatment, the details of which are given below:

- A 33 year male resident of Rani Majra, lost his only means of livelihood when his shop and house were destroyed in fire and during the same he fractured his left ankle which needed surgery. Having lost everything in the incident, hence was unable to bear the expense of the surgery and was living with the disability. Society came forward, he was operated free and was given a bicycle drawn cart to start his job afresh.
- A 23 year male, resident of Ramnagar Roorkee, was left unemployed for the last 2 years due to an accident in which he fractured his hip bone and was unable to bear the expense of the treatment which included costly surgery. Society facilitated free hip replacement surgery as well as he was provided a bicycle drawn cart for restarting his employment. The cart was sponsored by Shri Raghu Kannodia Ji and Shri Satish Jain Ji and the expense of operation / implant was borne by Shri Vishwanath Agrawal Ji.
- An entire poverty stricken family from Jwalapur were provided support to come out of their misery. Husband aged 45 yrs. was provided a bicycle drawn cart while his wife aged 40 and his 22 yrs. old unemployed Son recruited in Haridwar hospital as GDA (General Duty Assistant) and Housekeeping staff respectively. The cart was sponsored by Shri Raghu Kannodia Ji.

Notable Events

21st June - 1st July: Haridwar

Bal Gokulam Camp

The 10 day long camp was inaugurated by Swami Hariharanand Ji on 21st June which had participation of 23 children (8-12 years). Under this program the following activities were undertaken:

1. Recitation of Shlokas from the 12th chapter of Shrimad Bhagavad Gita.
2. Yog Aasan were demonstrated and practiced.
3. Storytelling from Panchtantr
4. Miscellaneous Sports activities.

The camp concluded with distribution of books from Shrimad Bhagavad Gita and Panchtantr to the children as gifts.



Shri Kedarnath Dham

Free distribution of footwears to the needy pilgrims

Till date 553 footwears distributed

Extending their philanthropic arm, Shri Kedarnath Dham hospital began distributing free footwear to the devotees as per the need. Unaware of the weather conditions and terrain of the area, a lot of pilgrims had their clothes wet because of the rain and had their footwear torn out while traversing the 8 km long trek. This is in addition to the ongoing free tea and biscuits being supplied to the pilgrims.



31st Aug.: Petshal

Ultrasound facility started

A once in a month ultrasound facility in collaboration with Arohi Mobile Medical Van began at Petshal hospital, thus enhancing the scope of facilities of the hospital. The USG is being done by Dr Vivek Sharma, Professor and ex HOD, department of Radiology, AFMC, Pune and Ex Commanding Officer, Command Hospital Lucknow.



Notable Events

4th Sept.: Dharmawala



Bal Gokulam started

As a part of Bal Gokulam initiative, every Sunday Dharmawala hospital staff Anvesha and Divya are conducting sessions for the underprivileged children of daily wage labourers residing in the vicinity of the hospital. The interactive and learning with fun session includes: recitation of Shloks of Shrimad Bhagavad Gita, Yog practice, Storytelling from Panchatantr and Sports.



20th Sept.: Dharmawala



New Advanced Ultrasound Machine

Dharmawala hospital had a vital value addition when an advanced Ultrasound machine was installed thus vastly enhancing the imaging procedure quality. The 3D/4D technology enabled machine comes with superb sensitivity into anatomy and function with consistent imaging even in difficult-to-image patients with exceptional penetration.



21st Sept.: Pipalkoti



Blood donation Camp

To mark the occasion of the 75th anniversary of independence (आज़ादी का अमृत महोत्सव), Pipalkoti hospital in collaboration with Chamoli district health department organised a blood donation camp in their premises. A total of 39 persons registered themselves online for blood donation, out of which 12 donated. The donors were praised for their gesture and presented with certificates and refreshments. Dr Yashoda Pal, Pathologist and Nodal Officer and Ekta Bisht, Lab Technician, Blood Bank, District Hospital, Gopeshwar (Chamoli) along with the Pipalkoti hospital team made the camp a success.



20th Sept.: Dharmawala



Oral, Head and Neck Cancer Awareness, Screening and Treatment named "Jeevak"

A new community health programme for oral, head and neck cancer awareness, screening and treatment named "Jeevak" was started in the tribal dominated villages near Dharmawala hospital. The objective of the programme is to reduce the mortality and morbidity associated with such cancers through awareness generation, promotive and preventative measures, screening, early detection, thorough investigation and treatment.



Notable Events

26th Sept.: Dharmawala

Arthroscopic/ Sports Injury Surgeries started



In another first, Dharmawala hospital began Arthroscopic reconstructive Surgeries for Sports Injuries. Dr Gaurang Agarwal, Arthroscopic Sports Injury Surgeon who has been regularly offering his voluntary services in Society hospitals conducted an Arthroscopic ACL reconstruction procedure assisted by Dharmawala Ortho team thus sowing the seeds of a facility which is usually available at corporate and premier hospitals only.



26th Sept.: Haridwar

Inauguration of Optical Workshop Lab



Haridwar hospital had an important addition when an Optical workshop lab was inaugurated by Dr Teesta Shah thus paving way for comprehensive eye facilities made available under one roof. The lab will cut, grind, fit and supply fully ready spectacles to the hospital which will lessen the burden of the patient to visit other shops for the same.



Special Visits

9th July: Petshal



Dr Pavnish Kumar, Orthopaedician, Medical College, Dehradun paid a visit to the Petshal hospital where he provided his valuable inputs as well as took stock of the various Surgical instruments and tools. He also undertook a training session for the paramedical staff regarding the maintenance and use of X-ray machine. Dr Pavnish Kumar has been regularly providing voluntary services to the Society hospitals since long and the Society will remain deeply indebted for the same.

27th July: Pipalkoti



28th July: Shri Badrinath Dham



Shriman Narayan Ji, Prant Pracharak Pramukh Uttarakhand, RSS

Notable Events

Special Visits

3rd Sept.: Dharmawala >



A team of two doctors from Sevankur Bharat, Maharashtra visited Dharmawala hospital to collaborate for their project called "One Week for Nation" which includes conduction of free medical camps and one day stay of 300 doctors in a village itself. The team visited few hilly tribal villages where they interacted with the local folk and also visited the Society run Dumet hospital.



Dr Vishal Dhakre, MBBS MD Medicine, Sevankur Bharat Upkram Pramukh & Dr Nitin Gadewad MBBS MD Chest Medicine, Sevankur Bharat, Sanyojak

10th Sept.: Gangotri Dham >



Swami Shyam Giri Ji, Ujjain; Vinod Ji, Akhil Bharatiya Adhikari & Shri Paras Ji, Vibhag Pracharak with hospital staff

19th Sept.: Narayankoti >



22nd Sept.: Pipalkoti >



Shri Kamlanand Saraswati Ji Maharaj, Mathadheesh, Shringeri Math; Shri Hariteertha Swami Ji Maharaj with respective hospital staff

Notable Events

Special Visit by Pujya Sant Swami Vijay Kaushal Ji Maharaj

25th Sept.: Dharmawala >

Dharmawala hospital, staff and patients were supremely privileged by the kind visit of Spiritual Saint Pujya Sant Swami Vijay Kaushal Ji Maharaj. His holiness inaugurated the last Sunday multi-specialty camp with lighting of lamps followed by recitation of ritualistic prayer. His holiness visited the hospital, highly appreciated the facilities and services and bestowed his good wishes and blessings for the further progress and expansion of the hospital.



Camp started with lighting of lamps and prayer by Pujya Sant Swami Vijay Kaushal Ji Maharaj



Touring the hospital and inspecting the facilities



Pujya Sant Swami Vijay Kaushal Ji Maharaj with team of Doctors

30th Sept.: Gangotri Dham >



Shri Mahendra Ji, Kshetra Pracharak, Western UP and UK with hospital staff

Celebrations



Harela and Guru Purnima

Celebration of "Guru Purnima" & the State Festival of Uttarakhand "Harela"

16th July

Dharmawala



Swami Prem Vivekanand Ji Maharaj along with Dr. Anuj Singhal, Dr. Tarashree Singhal and other hospital staff planting a sapling.

3rd Foundation Day Celebrations

21st July

Petshal



Vibrant cultural programs marked the foundation day celebrations of Petshal hospital held on 21st of July. Highlight of the program was a traditional dance performance by the girl students from Government Inter College Petshal. The program was attended by staff from the Inter College as well as local folk. The chief guest of the occasion was Shri Pramod Pant, Principal of Inter College who gave an inspiring speech praising the staff and services being offered by the hospital. The program ended with Petshal staff extending thanks to the guests followed by refreshments.



An inspiring discourse by Swami Prem Vivekanand Ji Maharaj followed by a melodious bhajan which left everyone engrossed.

Pipalkoti



Fruit and medicinal plants were planted by the RSS Volunteers of Bund Bhumiya Shakha.

23rd July

Guru Dakshina

Dharmawala



Chief Guest: Shri Surendra Mittal Ji, Prant Vyavastha Pramukh, Uttarakhand

Rakshabandhan



Dharmawala



Barkot



Haridwar



Shri Badrinath Dham



Gangotri Dham



Shri Kedarnath Dham

Celebrations

Marathon organised to mark "Akhand Bharat Sankalp Diwas"



14th Aug.

Dharmawala

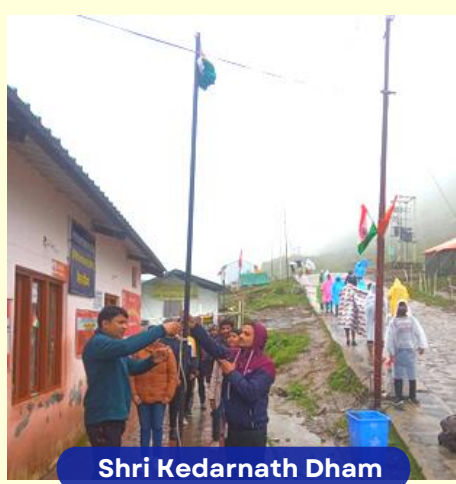


As a part of Independence Day celebrations and Akhand Bharat Sankalp Diwas, a marathon was organised at Dharmawala hospital. A total of 22 staff (17 male and 5 female) participated in the race with full enthusiasm and vigour, which had 5 and 3 km stretch distances respectively

Independence Day



Dharmawala



Shri Kedarnath Dham



Haridwar



Barkot



Narayankoti



Petshal



Shri Badrinath Dham



Gangotri Dham

Shri Krishan Janmashtami

19th Aug.

Dharmawala



Shri Krishan Janmashtami was celebrated in Dharmawala hospital with full religious fervour and devotion. The pious occasion had the staff singing bhajans for Bhagwan Shri Krishan, and keeping a vigil into the night. After Bhagwan Shri Krishan's midnight hour birth, form of baby Krishan was bathed, clothed, and then placed in a cradle. Also the temple was decorated with flower garlands.

Sunday's Multidisciplinary and Super Specialty Camps

Dharmawala

Camps: 03

Surgeries:
(Uro: 56; Spine: 13)

Beneficiaries: 1569



Camp started with lamp lighting and prayer



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



Dr Sandeep Supehia,
Endocrinologist,
New Delhi

Dr Varun Kumar Agarwal,
Surgical Oncologist,
Agra

Dr Vipul Aggarwal,
Orthopedic Surgeon,
Agra

Dr Sagar Lavania,
Psychiatrist,
Agra



Dr Tania Garg,
Psychiatrist,
Dehradun

Dr Mahesh Khaitan,
Eye Surgeon,
Dehradun

Dr S. K. Bakshi,
General Physician,
Muzaffarnagar

Dr Avinash,
General Physician,
Muzaffarnagar

Sunday's Multidisciplinary and Super Specialty Camps

Camps: 12

Haridwar

Beneficiaries: 2157



The team of voluntary Doctors with Haridwar hospital staff

Specialty Camps

Specialty Camps: 2

Petshal

Beneficiaries: 134



The team of voluntary Doctors with Petshal hospital staff



Dr Pramod Joshi, Cardiologist, Haldwani



Dr Nilamber Bhatt, General Physician & Diabetologist, Haldwani



Dr Pavnish Kumar, Orthopedic Surgeon, Dehradun



Dr Karthikeya Bhatt, General Physician, Haldwani

Eye Camp and Cataract Surgeries

Dumet



Dr N.S. Jangangi, Eye Surgeon examining the patient



Eye examination underway

A total of 3 free eye camps were organised at our Dumet hospital in collaboration with Amritsar Eye Clinic, Dehradun. Out of 131 beneficiaries screened, 15 underwent cataract surgery at the Amritsar eye clinic totally free which included conveyance and lodging.

Narayankoti

3rd Aug. : Ukhimath



Eye examination underway



Haridwar hospital organised a health and eye check-up camp at Ukhimath, situated 18 km from our Narayankoti hospital. A total of 390 beneficiaries were screened in this camp and 130 were given spectacles.

Community Health Project - Dharmawala

New Community Health Program: "Jeevak"

ORAL, HEAD AND NECK CANCER AWARENESS, SCREENING AND TREATMENT PROGRAM

Overall objective / Goal

- Approximately 60-70% of population is addicted to some form of tobacco chewing. Early addiction ranges from 12-13 years.
- According to NFHS 20-21 data, Oral, head and neck cancer (OHNC) screening in Uttarakhand is 0.4-0.5% whereas the national average for screening is 1-1.2%.
- The project "Jeevak" started with a aim to thoroughly screen, early diagnose, investigate and treat OHNC.
- Also to inculcate the practice of routine self-examination and to promote tobacco cessation thereby reducing the prevalence of OHNC.
- To do early diagnosis and treatment, hence cut down the overall treatment cost for patients and their families.



House visit



Awareness Session



Primary Screening

- **Houses Visited: 125**
- **Person Contacted: 318 (M: 170; F: 148); Total Person found with addiction: 149 (47%) (M: 104; F: 45)**
- **No. of Camps: 2 (Participants: 62; Referrals: 14)**

Anaemia Prevention and Control Program



- **Houses Visited: 978**
- **Person Contacted: 1666**
- **Follow Up Visits: 1298 [Regular: 1147 (88%); Irregular: 127 (10%); Drop Out: 24 (2%)]**
- **Presently under treatment: 178 (New: 51; Old: 127)**

Follow Up Hb

- **Number of beneficiaries contacted : 301**
- **Blood Hb Test done: 301**
- **Hb: Reached normal level: 210 (70%)**
- **Same as before: 43 (14%)**
- **Decreased: 48 (16% - Referred)**

New Beneficiaries

- **Number of beneficiaries contacted : 67**
- **Blood Hb Test done: 67**
- **Found Anaemic: 59 (88%)**
- **Treatment given: 51**
- **Referred: 8 (7 < 5 years & 1 Severe Anaemic)**

Breast and Cervical Cancer Awareness and Screening Program (BCC)

- **Houses Visited: 2367; Person Contacted: 2834**
- **BCC Survey form filled up: 697**
- **BCC Awareness Sessions: 3 (Participants: 136)**
- **BCC Screening Camps: 3 (Screening: 71)**
- **MH Survey Form filled up: 1409**
- **Number of My Pad beneficiaries: 1935 [Distributed: 3275 (Cloth pads: 41; Suraksha Sanitary Pad Packets: 3234)]**

My Pad Menstrual Hygiene Program (MH)



Community Medical Camps

Haridwar, Dharmawala, Petshal, Narayankoti & Delhi

Camps:
59
Beneficiaries:
9364

Haridwar



11th July
Teliwala Village



30th August
Dhanora Village



7th September
Bajriwala Village

Dharmawala



6th July
Hathiyari Village



17th August
Makhti-Pokhari Village



7th September
Nagthat Village

Petshal



3rd August
Takoli Melgaon



14th July
Kapad Khan Village



3rd August
Dewar Village

7th August
Lavara village

Delhi



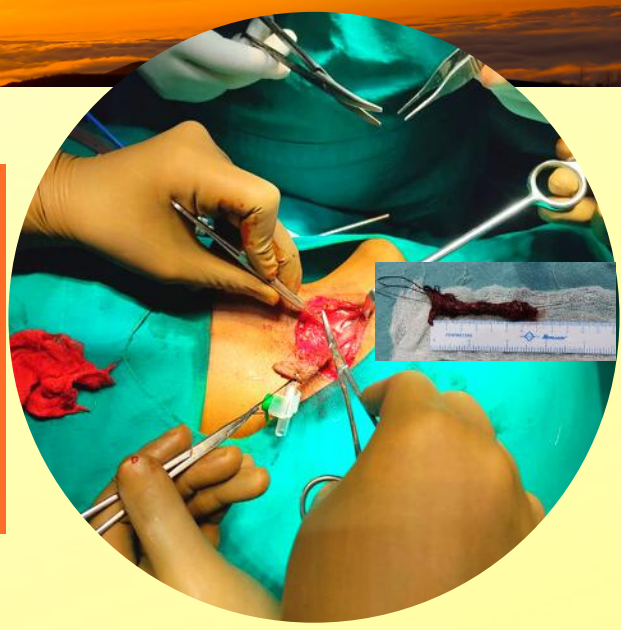
28th August
Matka Basti Jhandewalan



Success Stories

Dharmawala: 29.09.22

- A 15 year male patient presented with complaint of watery discharge since last 12 years from a small opening on left side of neck which used to increase during eating.
- It was causing recurrent swelling and infection also.
- CT with Sinogram revealed 2nd Branchial fistula on left side.
- He was operated for Branchial fistula excision successfully by Dr Shreya Agarwal, ENT Surgeon and was cured of this congenital malformation.



Dharmawala: 19.08.22

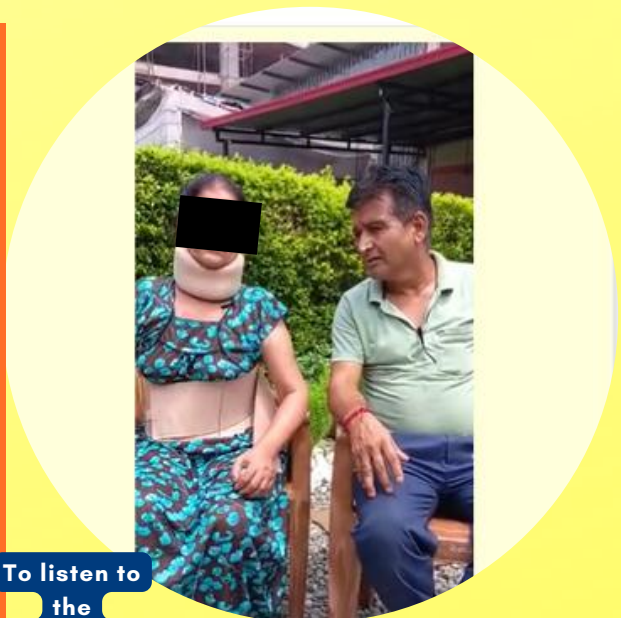
- Unable to walk and in severe pain since last 6 months, a 77 year old lady presented in our spine OPD.
- She was diagnosed as severe lumbar canal stenosis (Compression of spinal cord at lumbar region) and needed surgery.
- Being very old, relatives were sceptical about the risk of surgery however they decided for the surgery after our Doctor counselled and convinced them.
- Spine surgery (L2-S1 laminectomy) was done successfully.
- Post-surgery there was significant improvement in her pain as well as she was able to walk from the second day onwards.
- The patient was extremely happy to be relieved of her malady and appreciated the services of the hospital and staff
- She is the oldest patient to have undergone spine surgery at Dharmawala.
- Such cases quell the misbelief and misconceptions surrounding spine surgery.

To listen to the patient's feedback

<https://youtu.be/U0j9XQ94TW8>

Dharmawala: 26.08.22

- A 65 year lady presented in spine OPD with complaints of loss of balance while walking and tingling and numbness in both upper and lower limbs. Also she was unable to walk for long distances and had difficulties doing fine movements of her hand. She was having these complaints since last 1 year.
- She was diagnosed Compressive Spondylotic Myelopathy (C3-C7) with Lumbar Canal stenosis (compression of spinal cord in cervical and lumbar region) which needed surgery.
- Tandem Decompression surgery which means doing both the levels of surgery (Cervical + Lumbar) in a single sitting was done successfully.
- Noteworthy is that only very few centres in India and abroad do Tandem Decompression surgery.
- Patient responded very well and improved significantly post-surgery and was able to walk without losing balance from 2nd day onwards as well as her tingling and numbness lessened.



To listen to the patient's feedback

https://youtu.be/Ck4JzWLS_fY

Success Stories

Dharmawala: 11.09.22

- A 57 year old trauma patient with comminuted fracture of right knee joint presented in the emergency.
- The treatment required was complex skilled surgery which was done efficiently and successfully.
- The case was managed effectively post operatively which included extensive rehabilitation for building the strength of muscles for regaining full range of motion of the knee joint
- After a period of two months, the fracture united completely and he was having full range of movement with no limp

To listen to the patient's feedback



<https://youtu.be/al44Oqjop8U>



Dharmawala: 18.07.22

- A 35 year old male RTA (road traffic accident) case presented in the emergency with complex fracture involving lower end of right thigh and knee joint
- The fracture needed meticulous surgery inclusive of fixation along with closed reduction and plating
- He was successfully operated and required procedure undertaken
- After a period of three months, the fracture united completely and he was walking without any limp and pain

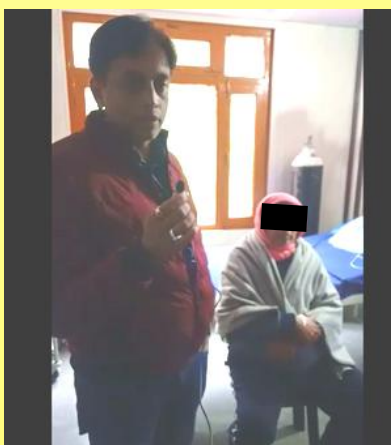
To listen to the patient's feedback



<https://youtu.be/vGAYUXIBeIM>

Gangotri Dham: 14.09.22

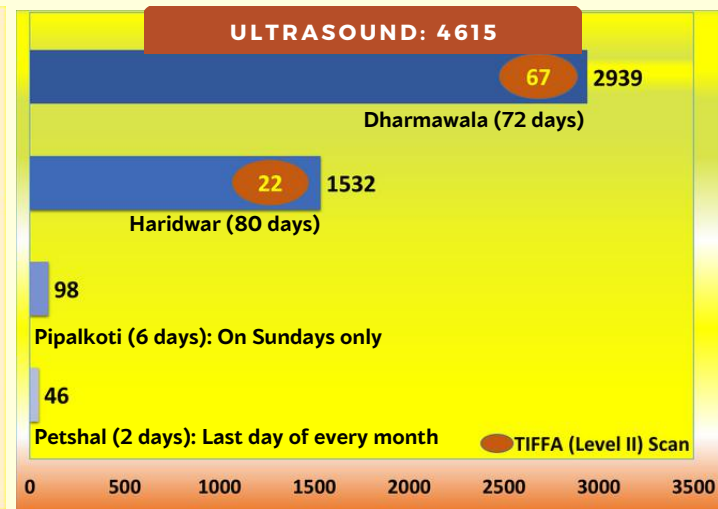
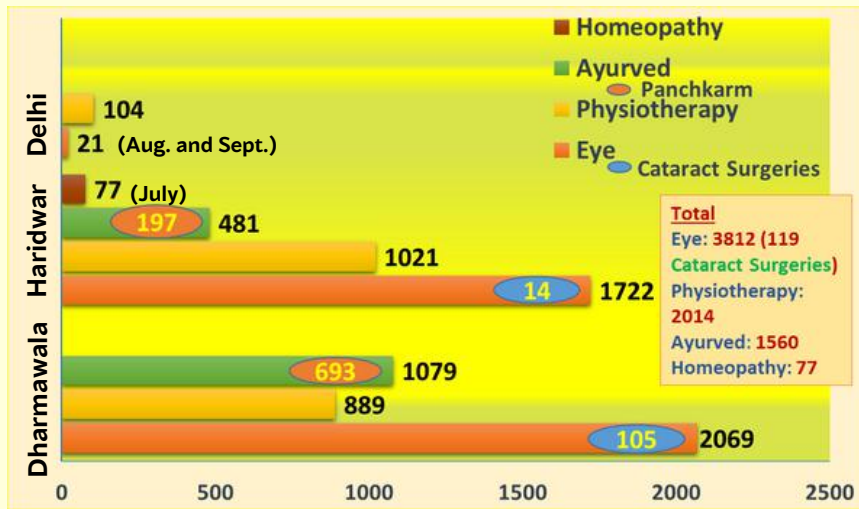
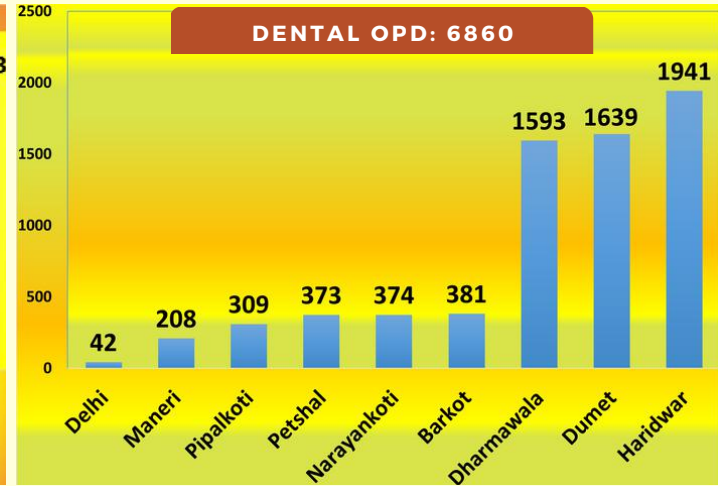
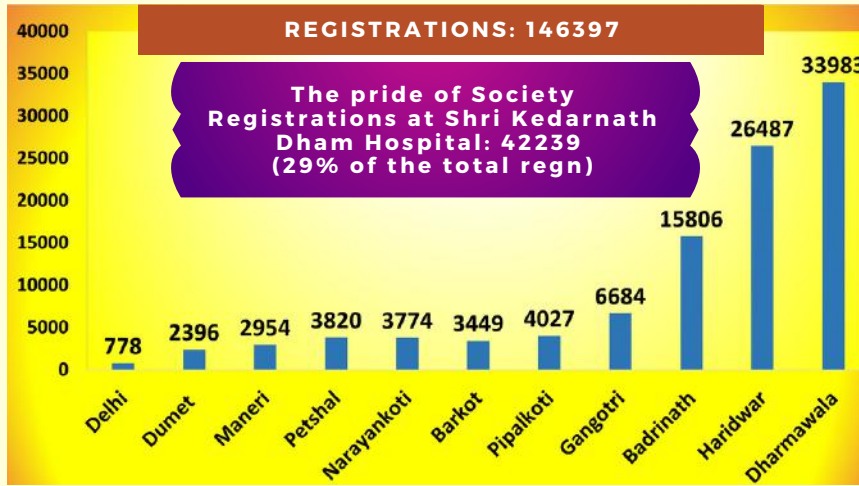
- A 31 year old male pilgrim was brought by his friends in serious condition at 10.30 pm with complaints of cough, fever and difficulty in breathing.
- He had fallen sick while on Tapovan trek route and unable to get proper treatment anywhere else, was advised by local folk to visit our hospital
- He was diagnosed as suffering from acute mountain sickness and was immediately admitted to ICU.
- Subsequently in two days, he recovered completely and was extremely grateful to the Society and hospital staff.
- He also willingly donated for the hospital as well as assured full cooperation in future too.



Gangotri Dham: 17.09.22

- A 70 year male pilgrim from Gujarat was brought to our hospital with complaints of cough, fever and difficulty in breathing.
- His oxygen level was 50% and BP 190/110
- He was diagnosed as suffering from pneumonia and was immediately admitted to the ICU.
- He recovered completely and was discharged after 2 days in healthy condition
- Fully satisfied with the medical facilities and care provided, he also donated for the hospital and expressed his desire to support in the future too.

Statistics (July - Sept 2022)



FACILITIES AVAILABLE ONLY AT DHARMAWALA, HARIDWAR AND DELHI HOSPITALS

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

Hospital	Surgeries (520)	
	Major	Minor
Dharmawala	260	115
Narayankoti	-	41
Barkot	6	55
Petshal	2	4
Haridwar	20	8
Gangotri	-	9
Total	288	232

Hospital	Lab Test	Emergency	X Ray	ECG	Plaster
Dharmawala	26880	759	3736	750	155
Maneri	483	8	76	0	9
Narayankoti	2591	198	657	92	73
Barkot	2965	34	1022	68	226
Pipalkoti	2266	151	324	93	22
Badrinath	3936	956	617	660	33
Petshal	1656	90	366	31	59
Kedarnath	1946	6044	170	183	292
Haridwar	9796	447	1376	661	85
Gangotri	581	495	144	23	15
Dumet	360	NA	NA	NA	NA
Delhi	104	NA	NA	22	NA
Total	53564	9182	8488	2583	969

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

Total COVID Vaccination	157
COVISHIELD	145
COVAXIN	12
CT Scan	1019
Uroflowmetry	128
Endoscopy	117
Audiometry	61
ECHO	39

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

Statistics (July - Sept 2022)

YOG THERAPY AND LIFESTYLE DISEASES COUNSELING DHARMAWALA & HARIDWAR



Dharmawala



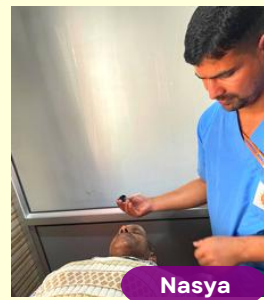
Haridwar

YOG THERAPY SESSIONS:
285 (DHARMAWALA); 197 (HARIDWAR)

**LIFESTYLE DISEASES COUNSELING
SESSIONS:**
1531 (HARIDWAR)

LIFESTYLE CLINIC (DHARMAWALA)

Since inception, Enrolled: 120
Lifestyle counselling, Diet chart, Stress management, weight management, Group Counselling sessions where old patients share their experience with the newly enrolled beneficiaries.



Nasya



Cupping

Dharmawala



Haridwar

Sarvang Abyang



Dharmawala

Diabetes Clinic

Herbal plants from our garden being used for medicines preparation at Ayurved Department - Dharmawala



Ayurved Department is using Vitex Negundo, Mimosa Pudica and Ricinus Communis in Neurological, Musculoskeletal, Myopathies and skeletal disorders during panchakarm treatment of the patients. Bacopa Monnieri and Centella Asiatica are being used during panchakarm procedure of neurological patients with dementia and migraine. Adhatoda Vasica is being used in Thrombocytopenia.

STATISTICS OF OUR CHAR DHAM HOSPITALS

REGISTRATIONS: 64729 (IN A SPAN OF JUST 92 DAYS)

Shri Badrinath Dham Hospital

15806

172 patients/day

Shri Kedarnath Dham Hospital

42239

459 patients/day

Gangotri Dham Hospital

6684

73 patients/day

TOTAL NUMBER OF EMERGENCIES: 7495

956

6044

495



SWAMI VIVEKANAND HEALTH MISSION SOCIETY

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



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

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सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः



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



Karol Bagh, Delhi