



**PARMARTH NIKETAN &
DIVINE SHAKTI FOUNDATION
MEDICAL CAMP REPORTS**

FOR 1ST QUARTER 2015

4 January to 29 March 2015



**Parmarth Niketan & Divine Shakti Foundation Medical Camp Reports
for 1st Quarter 2015
Sunday 4 January to 29 March 2015**

January 4 2015 - Kalikidal Village

DISTANCE FROM PARMARTH NIKETAN: 13 KM

SEVAK TEAM: DR. PRIYA PARMAR, MS CLAUDINE FRANCO.

TIMING: 9:30 AM TO 3.30PM

MAXIMUM PATIENTS TREATED: 107

YOUNGER CHILDREN SUFFERING FROM: COLD, COUGH, EAR INFECTION. SKIN DISEASE

DISEASE: High blood pressure, skin disease, acidity, worms, constipation, eczema, fever & cold, gynaecological problems.





11 January 2015 - Bapugram

At 9am medical team comprising of Dr Priya, Claudine Franco and Bibi Hamel left Parmarth for Bapugram. This village is situated 12 km from Parmarth.

Mohanji organized this camp with the help of Mrs Laxmi Rawat, BDC Member for Bapugram, Rishikesh.

The common diseases treated were : diabetes, HP, Ear infection among children, cataract in adults, hair and dandruff problem, children and adult dental problems.

Majority of the patients were diabetic. There were few showing high sugar content in their blood. Dr Priya advised these patients about altering their diet to bring down their blood sugar level. Those who were already a diabetic patient and showed high sugar reading were advised to drastically change their diet and eating habit.

Bibi with the help of Dr Priya held a demonstration on hygiene - how to wash hands and brush teeth. Few mothers and children were keen to try the proper method of brushing teeth. Free tooth brushes were distributed to some of the children.

Photographers from DainikJagran Amar ujala. Hindustan and Rastri Sahara turned up to take photos. The article appeared on Monday's newspaper. In addition DevBhoomie TV channel videoed the medical camp as well as interviewed some residents and patients. This programme was aired on Monday 12th at 8am on the Rishi channel.

A total of 134 patients were seen and we finally closed the camp at 3.30pm



Bibi easing the pain of the young patient's injured foot with a massage, watched by Mrs Laxmi Rawat, BDC Member, Bapugram, Rishikesh



Dr Priya and Bibi holding a hygiene demonstration





Photographer Kishan from Hindustan Times







January 18 2015 - Kimsar

DISTANCE FROM PARMARTH NIKETAN: 32 KM

SEVAK TEAM: DR. PRIYA PARMAR, MS CLAUDINE FRANC & BOBY

TIMING: 10.00 AM TO 3. 20 PM

MAXIMUM PATIENTS TREATED: 65

DISEASE: High Blood Pressure, skin disease, acidity, worms, constipation, eczema, fever & cold, gynaecological problems, eye & ear problems.





15 February 2015 - Deuli Village

Bal Maitri School, Deuli. Distance 20 kms from Parmarth ashram

The medical camp held at the premises of Bal Maitri School. Camp began at 10.15 am.

It was a slow start being winter the villagers were slow in arriving. Also there was a wedding nearby and presumably the villagers were otherwise occupied. However the children of Bal Maitri School came.

All the children had common cough and cold and wanted cough mixture. They knew exactly what they needed. One boy sprained his ankle just after we arrived and fortunately for him Dr Priya was able to attend to him.

One lady was a diabetic and had high blood pressure. Dr Priya had given her a month's supply and when it finished she could not afford to buy further supply and consequently her blood pressure was high when we took her reading.

A mother with two daughters came to seek attention for their dental, cold and worm problems. Unfortunately we could not do much for them for their dental problem but were able to dispense medicine to get rid of the worm and cold.

The mother herself had neck, shoulder and sciatic problems. Pain gel was dispensed to her and Bibi showed her some exercises to alleviate her muscular problems.

Other diseases that Dr Priya treated were skin diseases, eye and ear infections. We had a regular visitor with constipation problem.

We took the opportunity to impart and demonstrate how to wash hand and correct way to brush teeth. A short video is attached.

A total of 29 patients were seen and we closed camp at 1.30pm.









22 February 2015 - Mala Kundi

Distance : 21 km from Parmarth and the camp was held in the premises of Government Primary school.

On this medical camp we were joined by Dr Carolina Presotto, a Kundalina Yoga Student. Dr Presotto is an experienced dermatologist. She has her own clinic in Brazil. Having Carolina was great as she helped both children and adult patients with skin diseases. She offered correct diagnosis but unfortunately we did not have the necessary skin ointment or medicines to dispense to the patients. We did the best we could with cleaning and advising the villagers to use natural products such as neem leaf, coconut oil and practicing hygiene.

On questioning what we found out was that being winter and water scarcity the ladies were not bathing themselves or their children on daily basis. This lack of hygiene contributed to their skin itchiness and spreading of skin infection among children. However we did stressed to the mostly female patients the importance of practicing hygiene.

V NAS a large organization has built a resort below the village and I understood that they have run water pipes to some of the lower lying houses however houses in the higher ground have to travel 1 to 1-1/2 km to fetch water from central water pipe.

Other diseases that both doctors treated were joints pain, ear infection among children and adults, acidity, indigestion, fever among adults, small injuries, asthma in adult, worm in children, cough/cold and fever among children, diarrhoea among children and headache among teenagers.

Quite a few dressings for small injuries were also done by Bibi. ORS were distributed generously.

Total no. of patients seen : 69 - majority being elderly females and children

Camp closed at 2pm.

























15 March 2015 - Gujjar Basti, Rajaji National Park Forest

The medical camp team comprising of Dr Priya, Bibi, Martina (Yoga Student), Punitha (Parmarth guest) and Sofi from Siberia (responsible for the free sterilization of stray dogs) left Parmarth at 9am.

It started raining while we were on our way to the Gujjar Basti community so we set up camp inside the hut of the head of the village Ferozdin Metha.

The villagers started arriving as soon as we set established ourselves.

99% of the villagers were sick with fever.

Majority of the children and adults who availed themselves of the medical camp were treated for fever, cough and common cold. We also treated senior citizens for acidity, joint pain among the old and young men and women. We had one young girl, 3 months pregnant with leucorrhoea who was shy to consult Dr Priya as many of the villagers were gathered around the doctor. Another lady had gynaecological problem. Some men and women were also treated for skin diseases.

One man had a deep gash on his knee which was swollen. Sofi cleaned the wound, dressed it and we gave him additional dressings and Betadin solution with instructions to clean and dress the wound daily for five days.

Punita held hygiene and teeth brushing sessions with the children. See separate write up on this matter.

Punita and Bibi walked around the village with a view to gauging the number of hand pumps in this community. The community is divided into lower and upper even though the huts are just stone's throw distance. Each family has two huts one hut serves as the kitchen and the other their living quarters. The boundary of their land is demarcated by logs surrounding their property.

The general condition of this community is filthy made worse by the rain. The villagers both adult and children were unkempt, unwashed and smelled.

A total of 98 patients were treated and we left for Kunai village at 1.30pm

Brief statistics of the Gujjar Basti community:

3 hand pumps serving 26 huts. No electricity. No toilets
63 school going children and only one teacher for all aged children.



The team setting up camp inside the hut of village headman



Consultation, registration and hygiene sessions in process



Gujjar Basti Medical Camp Site









Sofi cleaning the nasty gash

15 March 2015 - Kunau Village

The Medical Camp comprising of Dr Priya, Bibi, Punita, Martina and Sofi left Gujjar Basti for Kunau at 2.30pm. We saw about 31 patients mostly females with high blood pressure, high blood sugar, ear infection in children, common cold and fever. We had one regular lady a 93 year old patient who suffered from constipation.

We closed camp as it started to rain at 4.30pm.

Total no. of patients seen : 31



Setting up the camp and a villager helping to put up the banner



The 93 year old patient with constipation problem and almost blind



It hurts when I bend my elbow like this....





22 March 2015 - Ganga Bhogpur Village

The camp was held at Bandematram Kunj Ganga Bhogpur run by Divya Seva Prem Mission Chandighat Haridwar. These students are the children of leprosy-stricken people who are unable to work at all. Number of students(boys and girls) are 300.

The Medical Camp comprising of Dr Priya, Punita from London, Martina from Bali and Sofi from Siberia left Parmarth at 9am. We checked about 63 patients mostly children & lady. Most of children were suffering from common cold and fever, skin diseases & lady patient suffering from constipation, leucorrhoea, joint pain and headache.

Punita held hygiene hand washing and teeth brushing sessions with the children.

Sofi did the yoga to mitigate the pain of shoulder and neck-pain.

We closed camp as it started to rain at 2.00pm.

While returning we also checked 12 patients at Gurjar Basti situated on the way.

Total no. of patients seen : 75









29 March 2015 - Mala

This week end we learnt two things i.e. the village that we knew to be Mala Kota is simply called Mala. Mala Kota is a village situated in the upper reaches of the mountain.

Our ashram drivers and vehicle were not able so Ramesh ji managed to hire both from Biju ji. It was refreshing to have a driver who showed interest in our medical camps. He hails from Kalikidal village. He was pleasantly surprised that we distributed free medicines and did a seva on selfless basis. Furthermore he gave the correct odometer reading from Parmarth to Mala. It was 40km. So we stand corrected on both these facts.

It was drizzling when the medical team comprising of Dr Priya, Martina and Bibi left Parmarth at 9am. It drizzled all the way to Mala. It was still drizzling when we arrived 10.30am. The room which we used on previous visits to conduct the medical camps was not available as the shop keeper had rented it out. Needless to say we adjusted to working around whatever space was available to us. We set up a small table and chair for the doctor and the patient.

The morning drizzle had a telling effect on the number of patients who came to the camp. At the close of 1.30pm we treated 50 patients.

The diseases treated were:

- ear infection in adult and children,
- skin diseases common among young and old,
- high blood pressure,
- about four villagers were diabetic,
- joint and knee pain among the elderly were a common problem. We freely massaged and distributed knee caps to those afflicted by the pain,
- Eye problem among the road construction workers were common. These workers are not given goggles or any kind of eye protective glasses when breaking the stones. Small pieces of stones are getting into their eyes thus causing irritation and pain to their eyes.
- Indigestion and constipation were also treated,
- Lucorrea among the female patients,
- Few dressings.

We are finding it difficult to treat patients for simple ailments such as cough and cold because we have run out of cough mixture/syrup for both adult and children. We have also run out of skin cream i.e. betadine and providone cream. For cases that required these medicines, we could only issue savlon solution and cotton to the construction workers to self-administer/manage their basic wounds.

We returned to Parmarth at 4.30pm.





















