



स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

Dossier 2018-2019 of the Ashram

Swami Narayan Mission (Society) a Charitable Homoeopathic Dispensary, working with the mission of service to the poor and needy people, even after 28 Yrs. of its foundation the mission has been continuing with the extreme and same zeal.

The Mission organizes camps also in the remote and suburb rural area of Rishikesh, district Dehradun in Uttarakhand.

Currently with a great contribution of Sewa THDC the mission has been running 05 Charitable Homoeo Health Centres in the remote area of the hills of Uttarakhand, the first at Pokhri (Block Pratapnagar), the second at Dhauntari (Distt. Uttarkashi) in Tehri Garhwal both established in 2011, the third one at Koteswarpuram (Block- Narendra Nagar) established in 2014, fourth one at Pipalkoti- Distt. Chamoli established in August 15, 2016 and 5th one at Indra Nagar, Rishikesh established in 2018. All of the five Health Centres are being managed successfully by Swami Narayan Mission Society (SNMS) for around 09 yrs through its qualified & dedicated staff, all the staff and doctors are trained to serve humbly to poor and needy people who are living in difficult conditions at nearby villages of the Health Centres; doctor goes to even the doors of patients who are not able to arrive at the clinic. All of the above great services to poor and needy persons are possible only with a great contribution of Sewa Thdc.

In the past 09 yrs thousands of poor and needy people living in difficult conditions at Pokhri, Dhauntri, Koteswarpuram, Pipalkoti and Indra Nagar as well all of the villages nearby Pokhri, Dhauntri, Koteswarpuram, Pipalkoti and Indra Nagar have been benefitted through the above Health Centres. Details are as below:-

Details of Ashram O.P.D. and camps are as below:-

From April 2018 to March 2019, total **39,394** pts of different cases were checked, treated, and provided them medicines free of cost, organized total 39 camps in the different places of Uttarakhand.



स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

Details of O.P.D .of 6 Health Centres are as below:-

(1) **13,799** patients of different cases were checked, treated, and provided them medicines free of cost in the O.P.D. of Dhauntari, Uttarkashi from April 2018 to March 2019.

(2) **12,064** patients of different cases were checked, treated, and provided them medicines free of cost in the O.P.D. of Pokhri, Pratap Nagar from April 2018 to March 2019.

(3) **12,061** patients of different cases were checked, treated, and provided them medicines free of cost in the O.P.D. of Koteshwar from April 2018 to March 2019.

(4) **12,159** patients of different cases were checked, treated and provided medicines free of cost in the O.P.D. of Indra Nagar, Rishikesh (March 18, 2018 to July 2019).

(5) **39,394** patients of different cases were checked, treated, and provided them medicines free of cost in the O.P.D. of Ashram from April 2018 to March 2019.

(6) **12139** patients of different cases were checked, treated, and provided them medicines free of cost in the O.P.D. of Pipalkoti from April 2018 to March 2019.

101,616 a gross total of patients were checked treated and provided them medicines free of cost through six OPD Health Centres.

Society organizes health camps also weekly and on special occasions under 14 different banners to spread awareness and awaken the people on variety of diseases and epidemics.

As per the motto of the society, all participant patients in these camps are provided free treatment and medicines.



स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

श्रीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

The topic wise details of these camps along with statistics and photos are given in the following sections:-

- 1. Diabetes Awareness and its Treatment Programmes:-** This kind of camps were organized 4 times from April 2018 to March 2019 at the different places of Uttarakhand such as Shyampur- Khadri, Gumaniwala – Shyampur, Nammardar-Pharm, Haripurkala, Raiwala, Doiwala etc. Total 463 of diabetes patients were checked and provided them medicines free of cost. The information about diabetes was given to people, such as reasons of the Diabetes, its types (Mellitus & Insipid us), remedies and which kind of exercise should be performed, diet regime and recipes of food for diabetic patients.





स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

- 2. General Health Examination and Treatment Camps:-** This kind of camps were organized 5 times at the different places of Uttarakhand in Paudi Garhwal and Tehri Garhwal, from April 2018 to March 2019. Total 525 general cases were checked and provided them medicines free of cost. In these camps information about maintaining health were given, like routine maintenance of health, protecting from dengue, Swine – Flue and Malaria etc. Participating children were also given sweaters and other winter stockings.



- 3. Obesity treatment and Awareness Program:** -This kind of programs were organized 4 times at Shyampur- Khadri of Uttarakhand from April 2018 to March 2019; total 331 of patients were checked and provided them medicines free of cost. Information were given to people about the causes of Obesity, its remedies and precautions.





स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

- 4. Environment and Health Awareness Programmes**:-This kind of camps were organized 4 times at the different places of Uttarakhand from April 2018 to March 2019. In these camps, the chief functionary of the mission expressed his views about Environment and Health. Health is closed to environment; there is no good health without good environment. You can be healthy only in healthy (pollution free) environment, you can't imagine – Healthy mind in healthy body in polluted environment. The health of **350** patients was checked and they were provided medicines free of cost by the society.



- 5. Cow Protection and Benefits to the Nation from it**:-Camps were organized 4 times under the banner of Cow Protection and Benefits to the Nation from it, the health of **442** pts was checked and provided them medicines free of cost. This kind of camps were organized at the different places of Uttarakhand such as Shyampur Khadri, Laxmanjhula, Paudi Garhwal, Haripur – Kala, Gumaniwala – Shyampur, Raiwala and Bhaniawala etc. from April 2018 to March 2019. Through these camps the chief functionary of the Mission conveyed the message to public “The cow husbandry is very important and beneficial in the human life spiritually and materialistically. Milk is very necessary for calcium, protein, and vitamins to human body. It has high level calcium, protein and vitamins content and improve immunity of body. Cow must be respected and served by new generation.



स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....



- 6. Intoxication Control and Awareness Programme:-** This kind of programs were organized 04 times at the five important places of Uttarakhand from April 2018 to March 2019, the health of total **551** patients was checked and provided medicines to them. The chief functionary of the mission conveyed the message to public through these programs that intoxicating objects such as Alcohol, Drugs, Betel-Spices (Pan- Masala), Gutkha and Tobacco etc. are harmful for health at all. All these things are the mother of Intestinal-Ulcer, Cancer, Tuberculosis of lungs, Heart-Diseases, Lungs- Inflammation, Hepatitis- B and Jaundice etc and this kind of habit forms ulceration & Carcinoma into duodenum and other sensitive parts of intestines.





स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

7. Cardiac Diseases, their Treatment and Awareness Programme:-This kind of programs were organized 04 times at Shyampur of Uttarakhand from April 2018 to March 2019; total **170** patients were checked and provided medicines to them free of cost. All information and precautions about heart diseases were brought to the knowledge of public such as which kind of meals they should take and which kind of meals they should avoid, how the meals for heart-patients should be cooked and which kind of exercises should be conducted by pts all in details. Heart patients should always avoid fried and fast foods & bakery items.



If the valves of heart are blocked and shrunken by using too much Oil, Ghee and fried

Oily, fast and fried foods and no movement of body creates the blockage of valves and arteries of heart, they might be dissolved and improved under the Homoeopathic Treatment, this is the characteristic of the science of Homoeopathy, there is no this kind of solutions in other pathies (other Medical Science) especially for heart.



स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

- 8. Hypotension, Hypertension Treatment and Awareness Programme:-** This kind of camps were organized 04 times at the six places of Uttarakhand from April 2018 to March 2019. Total **281** patients were checked and provided medicines to them free of cost. The number of both sex (Male and Female) were almost equal, even 15 to 19 & 20 yr old children were found suffering from this kind of problems. There is one of reasons for this kind of diseases that is the change of standard of life and concept. Most of people have no time to discuss the matters; they have no time to take an exercise under the supervision of an expert in the running life. The chief functionary of the mission awakened the new generation about their health and against an adulteration in almost all of the commodities, unnecessary tension, anxieties and fried & fast food all of these things disturb our nervous system and the system of body.



- 9. Women Right and Responsibility Awareness Programme:-** This kind of camps were organized 04 times at the four important places of Uttarakhand from April 2018 to March 2019 under the banner of General Health Examination and Treatment Camps. Total **305** women were awakened about their rights and responsibilities and trained them to awake women of rural areas and villages by organizing this kind of programme in other villages and rural areas, there was the focus on the main concept of swamiji in these camps that women have rights similar to the right of men in the field of job, works, politics and other activities of society but in the field of responsibility women have the first responsibility of



स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

responsibilities is to protect themselves, women should themselves maintain some of responsibilities they should not expect more than something from govt. How should women protect themselves? Swami ji expressed his concept at this point "If girls have to go to schools, colleges and public- places (offices & market) they should never cross the line of dignity, it may be possible if you are with your family and going to attend a marriage party or some of especial functions." According to Indian Mythologies woman is the another visible form of beauty, attraction, pity and goddess they are always appreciable and worship able but even Brahma(Creator), Shiva (Destructor to world) and a lot of ascetics like Narad, Shringi Rishi , Praashar Muni and Vishwamitra etc. were charmed and fell in love with women (All these stories are in the Indian Mythologies and all of them are true not like Novels),how you can imagine for controlling the sense by the simple persons who are always in an obscene atmosphere. So the first an obscene scene must be controlled especially in public places against rape scams, Only Law and order is not sufficient.





स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

10. Swine flue Awareness and prevention :

This kind of programs were organized 02 times at Shyampur – Khadari, Rishikesh between April 2018 to March 2019, the health of total **539** of patients was checked and provided medicines to them. Awareness was created in the public about the symptoms of swine flue such as cold, cough, fever with chill and body ache, low blood level etc. The people were also explained that it is highly contagious and fatal virus.





स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

11. Camps for H.I.V. :

Camps for H.I.V. AIDS awareness were organized 2 times during April 2018-March 2019.

In these camps **327** patients were checked, treated, and provided them medicines free of cost. President of society Dr .Swami Narayan Dassji provided all information about H.I.V. viruses and causes of H.I.V.related diseases and explicitly explained that this kind of virus enters the blood when having relationships with more than one partners.



12. Camps for Cancer:

Camps for Cancer were organised 04 times at the different places of Rishikesh during the year April 2018 to March 2019 in these camps total **350** of patients were checked,treated and provided them medicines free of cost. In the camps, president of the society Dr.Swami Narayan das ji awakened the patients about casuses and symptoms of cancers. He explained that cancer is not so easily curable in any medical science but if precaustions and treatment are initiated at the time it can definitely be cured with Homoeopathic Medicines, and there is curative solution to Cancer in this science. To avoid cancer we must avoid frequently consuming Painkillers, Higher Antibiotic Medicines, Tobacco, Alcohol and fast and fried food. Immunity of body must be maintained with good nutritious food



स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....



13. Camps for Dengue:-

This kind of programs were organised 06 times during rainy seasons in 2018-19.

499 patients were benefitted from these camps. President of the society Dr.Swami Narayan dass ji motivated people to keep their surrounding clean and elaborated in detail about the causes and symptoms of dengue fevers. He explained the participants that symptoms of dengue are high body temprature around 103 to 104 degrees fever,severe bodyache, running nose,cough etc.





स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

Summary of Progressive Report in the OPD - Health Centre of the Ashram in 2018-19

Month	Male	Female	Children	Emergency	Camps	Total
April	1025	1353	139	28	48	3032
May	1168	1043	83	22	100	2416
June	1083	1076	118	27	0	2304
July	1049	1106	98	32	433	2778
August	1245	1101	91	24	413	2874
September	1078	1071	103	20	555	2827
October	1155	1137	121	29	413	2855
November	1072	1111	109	25	409	2726
December	1123	1102	99	18	424	2766
January	813	729	74	42		3691
February	1233	1030	75	57	418	5170
March	1440	1189	85	61	548	5955
					TOTAL	39,394

1.	Total patients of DHAUNTRI During 2018-19	13799
2.	Total patients of POKHRI During 2018-19	12064
3.	Total patients of KOTESHWAR During 2018-19	12061
4.	Total patients of Indra Nagar During 2018-19	12159
5.	Total patients of Pipalkoti During 2018-19	12139
6.	Total patients of Ashram During 2018-19	39,394
	GROSS TOTAL	101,616



स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

Centres:

Swami Narayan Mission Society runs 05 centers in the remote areas of mountains in Garhwal, with the support of Sewa-THDC.

These centers are located at the places, namely:

1. Dhauntri, Uttarkashi :

The beneficiary villages of this centre are:

Dhauntri, Saud, Lugada, Kamad, Udari, gongad, Satiyali, Gahar, Dikholi, Saundi.

2. Pokhari, Pratap Nagar:

The beneficiary villages of this centre are:

Pokhari, Galyakhet, KhaladGaon, Khitta, Aabki, Banyani, Semdhar, Sinwalgaon, Kotalgaon, Majhkhet.

3. Koteswarapuram:

The beneficiary villages & Govt Employees of this centre are:

Kyari, Siroli, Dobhal Gaon, Bandaria, Payal Gaon, Jakholi Saundiya Gaon, Sauni, Alli Talli, Khand Surkhet, C.I.S.F.& allied staff and some of THDC staff and officers staying near the centre.

4, Indra Nagar:-

The beneficiary villages & Govt Employees of this centre are:

Indra Nagar, Rishi Coloney, Aadarsh Nagar, Aashutosh Nagar, Ganga Nagar, Bankhandi, Old Bus Stand, THDC colony Pragatipuram, Amit Gram, Maniram Road and the staff & officers of GRIEF were benefitted.

पंजीकृत संख्या : 1396

श्रीमतेरामानन्दाय नमः

फोन: 0135-2432502

मोबाईल:- 9412933655



स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

5, Pipalkoti :-

The beneficiary Villages of this centre are: Dhauntri, Saud, Lugada, Kamad, Udari, Gongad, Satiyali, Gahar, Dikholi, Saundi.



स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

Progressive Report of Dhauntri Health Centre for the period of 2018-19.

Month	Male	Female	Children	Emergency	Total (including Emergency cases)
Apr-18	490	491	114	04	1099
May-18	545	546	114	03	1208
Jun-18	521	529	103	04	1157
Jul-18	523	522	105	03	1153
Aug-18	557	542	105	04	1208
Sep-18	502	519	93	03	1117
Oct-18	539	558	105	03	1205
Nov-18	510	494	87	02	1093
Dec-18	556	507	90	03	1156
Jan-19	564	535	107	03	1209
Feb-19	504	478	87	03	1072
Mar-19	536	499	84	03	1122
				TOTAL	13799



स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

Dhauntri Health Centre :-





स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

Progressive Report of Pokhari Health Centre for the period of 2018-19.

Month	Male	Female	Children	Emergency	Total (including Emergency cases)
Apr-18	594	319	68	46	1027
May-18	575	325	66	37	1003
Jun-18	646	347	79	53	1125
Jul-18	610	345	79	41	1078
Aug-18	599	322	95	39	1055
Sep-18	549	318	67	36	970
Oct-18	582	340	81	40	1043
Nov-18	499	305	62	35	901
Dec-18	539	313	69	37	958
Jan-19	570	306	64	40	980
Feb-19	501	265	71	39	876
Mar-19	576	362	68	42	1048
				TOTAL	12064



स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

Photos:

Pokhri Health Center:-





स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

Progressive Report of Koteswarpuram Health Centre for the period of 2018-19.

Month	Male	Female	Children	Emergency	Total (including Emergency cases)
Apr-18	594	319	68	46	1027
May-18	575	325	66	37	1003
Jun-18	646	347	79	53	1125
Jul-18	610	345	79	41	1075
Aug-18	599	322	95	39	1055
Sep-18	549	318	67	36	970
Oct-18	582	340	81	40	1043
Nov-18	499	305	62	35	901
Dec-18	539	313	69	37	958
Jan-19	570	306	64	40	980
Feb-19	501	265	71	39	876
Mar-19	576	362	68	42	1048
				TOTAL	12,061



स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

Koteshwarpuram Health Centre:-





स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

Progressive Report of Indra Nagar Health Centres for the period of 2018-19.

Month	Male	Female	Children	Total
Apr-18	469	765	66	1300
May-18	488	656	39	1183
June-18	431	517	43	991
July-18	382	484	29	895
Aug-18	419	600	44	1063
Sep-18	438	509	54	1001
Oct-18	444	484	30	958
Nov-18	331	424	27	782
Dec-18	317	457	41	815
Jan-19	317	393	48	758
Feb-19	276	353	39	668
Mar-19	353	464	35	852
Apr-19	353	501	39	893
			TOTAL	12,159



स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

Indra Nagar Health Centre:





स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

Summary of Progressive Report of Pipalkoti Health Centre for the period of 2018-19.

Month	Male	Female	Children	Emergency	Total (including Emergency cases)	Specific Cases	
April	464	341	38	25	868	Heart	868
May	353	336	30	21	740	Bone & Joint	740
June	427	361	38	17	843	Skin	843
July	355	328	28	17	728	ENT	728
August	407	327	38	22	794	Gastroenteritis	794
September	471	392	28	32	923	Gynecology	923
October	490	311	31	16	848	Respiratory	848
November	404	365	24	20	813	Neurology	813
December	405	370	22	22	819	Hormonal	819
January	446	492	59	54	1051	Renal System	1051
February	467	505	34	10	1016		
March	379	414	22	7	822		
April	450	456	41	12	959		
May	426	441	40	8	915		
				TOTAL	12139		



स्वामी नारायण मिशन (सोसाइटी)

श्रीनारायण आश्रम

होम्योपैथिक धर्मार्थचिकित्सालय

शीशमझाडी, मुनि की रेती, ऋषिकेश (उत्तराखण्ड)

पत्र संख्या.....

दिनांक.....

Photos:

Pipalkoti Health Centre:

