



**DIVINE SHAKTI
FOUNDATION**



REPORT ON THE 2 DAY FREE CARDIAC AND ORTHO-SPINE MEDICAL CAMP

**PARMARTH NIKETAN,
RISHIKESH**



1. Introduction

A two-day Free Cardiac and Ortho-Spine Medical Checkup Camp was inaugurated on November 1st and 2nd, 2025 at Parmarth Niketan Ashram, Rishikesh, under the holy presence and blessings of Pujya Swami Chidanand Saraswati Ji, President of Parmarth Niketan. The inauguration ceremony began with the lighting of the traditional lamp, symbolizing light, healing, and the spirit of service.

The camp was organized to extend specialized healthcare services to the poor, needy, and pilgrims, focusing on cardiac and orthopedic wellness. It is part of Parmarth Niketan's continued efforts to promote holistic health and compassionate service in society.

2. Organizing Team and Medical Leadership

The camp was organized under the able guidance of :

- Dr. Prof. Surendra Nath Khanna, Chairperson, Adult Cardiac Surgery and Heart Lung Transplant, Artemis Hospital, Gurugram
- Dr. Varun Khanna, Consultant, Orthopedics and Spine Surgery, Artemis Hospital, Gurugram

Their vision and leadership ensured that patients received expert medical attention, screenings, and counseling throughout the camp.

3. Services and Facilities Provided

During the camp, comprehensive health checkups were offered, covering a wide range of diagnostic tests such as:

- Blood Pressure
- Blood Sugar
- ECG (Electrocardiogram)
- BMI (Body Mass Index)
- Thyroid Function Test
- HbA1c (Diabetic Indicator)
- Lipid Profile
- BMD (Bone Mineral Density)

Additionally, essential medicines were distributed free of cost to all patients as part of the initiative to ensure accessible healthcare for everyone.



4. Message from Pujya Swami Chidanand Saraswati Ji

While inaugurating the camp, Pujya Swami Chidanand Saraswatiji shared profound insights on health and service.

He emphasized that “the heart must be treated with the heart,” reminding everyone that health is the greatest wealth.

He said,

“Only when a person is healthy can they fulfill their duty towards society, the nation, and the world. This camp embodies the spirit of compassion, service, and humanity.”

Swamiji also addressed the growing concern over lifestyle-related diseases, especially heart ailments and orthopedic issues, stressing the importance of preventive care through:

- Yoga and Pranayama
- Meditation and Positive Thinking
- A Balanced Diet
- Healthy Daily Routine

He concluded with an inspiring message :

“Health is the true prosperity of a nation. A healthy family creates a healthy society, and a healthy society creates a healthy India. Our service is our spiritual practice; service to humanity is the truest worship of God.”



5. Expert Insights

a) Dr. Prof. Surendra Nath Khanna's Message

Dr. Khanna highlighted the importance of early screening in preventing cardiac diseases. He noted that heart health can be maintained through timely diagnosis, proper treatment, and lifestyle awareness, emphasizing that "Awareness is the best medicine."

b) Dr. Varun Khanna's Observations

Dr. Varun Khanna pointed out the rise in spine and orthopedic problems among younger generations, caused by poor posture, excessive mobile and laptop use, and sedentary lifestyles.

He stated that the camp aims not only to treat existing conditions but also to educate people about healthy living practices that can prevent future ailments.





6. Participation and Impact

The camp witnessed enthusiastic participation from both local citizens and visiting pilgrims. Over 200 patients received specialist consultations, diagnostic checkups, and free medicines, benefitting greatly from the dedicated service of the medical team. The event created significant awareness about preventive healthcare, heart and spine wellness, and the importance of regular medical checkups.

7. Acknowledgements

The success of the camp was made possible through the dedicated efforts and support of :

- Dr. S.N. Khanna, Dr. Varun Khanna, and Vikas for their leadership and coordination
- Jyoti and Neha, Dr. Jayshree and Dr. Devi, Priyanka and Devina, Ankit and the BMD Team, and Sushant and Murari, for their outstanding service, organization, and patient support

Parmarth Niketan extends heartfelt gratitude to all volunteers, doctors, and support staff who contributed selflessly to this noble initiative.

8. Conclusion

The Two-Day Free Cardiac and Ortho-Spine Medical Checkup Camp at Parmarth Niketan Ashram stands as a testament to the ashram's ongoing mission of serving humanity through health, awareness, and compassion.

By providing free specialized medical care and spreading awareness about healthy lifestyles, this initiative reaffirmed that "Seva (Service) is the highest form of Sadhana (Spiritual Practice)"—and that true worship lies in serving others.
