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हेल्पलाइन नं. : 0542-2367725, 8933050004 📞 9415207136





Breathe Easy Chest Foundation For Humanity

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ब्रेथ ईजी- निदेशक परिचय



Mrs. Sunita Pathak

President



Dr. S K Pathak (MBBS, MD)

Secretary



चिकित्सा क्षेत्र में उत्कृष्ट योगदान के सन्दर्भ में डॉ. एस.के पाठक की प्रधानमंत्री श्री नरेन्द्र मोदी जी से मुलाकात



डॉ. एस.केपाठक को केन्द्रीय स्वास्थ्य राज्यमंत्री श्रीअश्विनी कुमार चौबे द्वारा "इंडियन एक्सीलेंस अवार्ड 2019" से सम्मानित करते हुए



चिकित्सा क्षेत्र में उत्कृष्ट योगदान के लिए डॉ. एस.के पाठक जनता हिताय समिति (ऊ.प्र) द्वारा "काशी गौरव रत्न अलंकरण 2019" सम्मान ग्रहण करते



चिकित्सा क्षेत्र में उत्कृष्ट योगदान के लिए डॉ. एस.के पाठक को "करपात्र चिकित्सामणि पुरस्कार" से सम्मानित करते हुए श्री धर्म संघ शिक्षा मंडल



Background & Overview

S. No.	Particulars	Details and Remarks																																			
1.	Name of the Organization	Breathe Easy Chest Foundation for Humanity (BECFH)																																			
2.	Genesis of Organization/ Date and Year of Establishment	Date: 28.04.2016; Year: 2016																																			
3.	Regd. & Head Office Addresses	B-1/128-32A-1, Breath Easy Centre, 2 nd Floor, Mumukshu Bhawan, Lanka, Varanasi (UP) 221 005 India																																			
4.	Contact Person	Dr. Sanjay Kumar Pathak (Secretary) Mrs. Sunita Pathak (President)																																			
5.	Telephone /Cell No	+91- 9415207136/ 8933050004																																			
6.	Email ID	breatheeasyhospital@gmail.com																																			
7.	Website	www.breatheeasy.in																																			
8.	Constitution of Organization	Registered as a Society under Society Registration Act, 1860																																			
9.	Members of NGO	<table border="1"> <thead> <tr> <th>S. No.</th> <th>Name</th> </tr> </thead> <tbody> <tr><td>1</td><td>Sunita Pathak</td></tr> <tr><td>2</td><td>Sanjay Kumar Pathak</td></tr> <tr><td>3</td><td>Swapnil Pathak</td></tr> <tr><td>4</td><td>Sakshi Pathak</td></tr> <tr><td>5</td><td>Sunil Upadhyay</td></tr> <tr><td>6</td><td>Abhishek Keshari</td></tr> <tr><td>7</td><td>Ashwani Pathak</td></tr> <tr><td>8</td><td>Daulat Ram Sawaika</td></tr> <tr><td>9</td><td>Pratima Singh</td></tr> <tr><td>10</td><td>Vineet Singh</td></tr> <tr><td>11</td><td>Vivek Mishra</td></tr> <tr><td>12</td><td>Prakash Chaturvedi</td></tr> <tr><td>13</td><td>Akhilesh Srivastava</td></tr> <tr><td>14</td><td>Ratan Srivastava</td></tr> <tr><td>15</td><td>Ashok Singh</td></tr> <tr><td>16</td><td>Rohit Singh</td></tr> </tbody> </table>	S. No.	Name	1	Sunita Pathak	2	Sanjay Kumar Pathak	3	Swapnil Pathak	4	Sakshi Pathak	5	Sunil Upadhyay	6	Abhishek Keshari	7	Ashwani Pathak	8	Daulat Ram Sawaika	9	Pratima Singh	10	Vineet Singh	11	Vivek Mishra	12	Prakash Chaturvedi	13	Akhilesh Srivastava	14	Ratan Srivastava	15	Ashok Singh	16	Rohit Singh	
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16	Rohit Singh																																				
10.	Registration Details with various Statutory Acts and Authorities	<ul style="list-style-type: none"> ✓ Registered Under Society Registration Act, 1860, Varanasi on 28.04.2016; ✓ Income Tax Permanent Account Number (PAN): AADAB2626H; ✓ Income Tax Tax Deduction Account Number (TAN): ALDB02300E; 																																			

		<ul style="list-style-type: none"> ✓ Registered under Section 12AA of Income Tax Act, 1961 vide Registration Number: F. No. 505/2119/2016-17 Dated - 22.02.2017; ✓ Registered Under Section 80G of Income Tax Act, 1961 vide Registration Number: F. No. ITBA/EXM/S/80G/2018-19/1009790671(1) Dated 07.05.2018;
11.	Bankers	1. Bank of Baroda (BoB) (Lanka Branch; Varanasi) Saving Account No – 19270200001044 IFSC Code – BARBOLANKAX MICR Code – 221012007
12.	Strength of Executive Committee Governing Body	Sixteen
13.	Place of Operation / Jurisdiction of Organization	All over UP
14.	Vision	<p>The Society (hereinafter referred as BECFH) formed with the object of rendering medical relief among general public belonging to any of the sections of Uttar Pradesh with special emphasis on Varanasi district. The object of the BECFH includes addressing lungs related diseases and spreading awareness in society and general public for Tuberculosis, Chest Allergy, Asthma related diseases. The objects of BECFH further includes:</p> <ul style="list-style-type: none"> ✓ Free training of general practitioners engaged in the field of medical both in urban and rural areas; ✓ Campaign to provide free medical facilities for local people; ✓ To conduct general awareness program for spreading awareness regarding pneumonia and AIDS; ✓ To make available free books and periodicals for doctors to keep them update with latest technologies; ✓ To provide free vaccination; ✓ To fulfill needs of poor and needy; ✓ To create Self Help Groups (SHGs) in rural areas to facilitate economic growth. ✓ To work and aware people and society regarding Tuberculosis; ✓ To show a new hope to asthmatic and respiratory ill patients; ✓ To aware society regarding AIDS and tobacco.
15.	Mission	is " TO ENSURE SMILE ON EVERY FACE ": This is best done by establishing a redeemed, regenerated and progressive society, which will be free from exploitation, injustice and disparities – where the

		<p>overall development and dignity of every person will be secured, where people can live healthy and in peace, solidarity, co-operation and brotherhood and where the rights of each one will be protected. All these would be brought about through transformation and sustained development of the Indian society in which they live.</p> <p>To partner with likeminded organizations nationally and internationally in addressing health related concerns of India.</p>
16.	Target Community	People suffering with health related problems particularly in the area of lungs related diseases and such as Tuberculosis, Chest Allergy, Asthma related diseases.
17.	Our Strengths	Lead by Professionals, Better Management, Linkages and CBO's Leaders, Well Trained Qualified Staffs having leadership quality, having good relationship with all stake holders, Good Networking with others like minded right based organizations, deep relationship with communities, Progressive thoughts courageous manpower, dedicated, sincere, hardworking, highly motivated, good liaoning capacity, high credibility
18.	Issues	Working with Right Based Approach particularly in Health Sector, Education and Skill Development related to Health Sector.
19.	Our Experience	BECFH – A NGO based at Lanka, Varanasi in Uttar Pradesh State was a result of long discussion and debate when a small group of professionals such as Doctors, Professors, Teacher, MSW, Advocates, Chartered Accountants and Social activities united to work for the development of the Weaker Section people of the society especially in the field of health and health related education particularly in the area of lungs related diseases and such as Tuberculosis, Chest Allergy, Asthma related diseases.
20.	Communities with whom the organization is working	Nomadic Tribes/Scheduled Castes, Under Marginalized and Weaker Section of Slums especially socially excluded Group (Muslim and Dalit) Landless Laborers, Small and Marginal Farmers, Dwelling Communities, women's and children's, Destitute Women's, Handicapped, Blinds and people from all walks of life.
21.	Key Thematic Areas of Intervention so far	Right to Dignity, Right to Livelihood, Right to Education & Right to Health.
22.	Past Experience, nature of Intervention and Key Achievements:	BECFH has 02 (Two) years of experience in working on health related issues. The geographical coverage of the organization is spread over Uttar Pradesh state of India. Primarily, it emphasizes on strengthening community based organizations, building leadership and encouraging people's action for health issues. It is working for the capacity building of the people in favors of decentralization and participatory development processes towards the self governance. Secondly, it has built up a people's federation to take up the initiatives for their health issues.
23.	Core Values of the	➤ Participation which leads to empowerment

	Organization	<ul style="list-style-type: none"> ➤ Education of children's especially the under privileged and marginalized. ➤ Women's and Children especially the girls are the centre of all developmental initiatives. ➤ Maintaining transparencies and accountability in all programs. ➤ Efficient and effective work by all staff, which would achieve professional standards of performance. ➤ Developing a very clear understanding of all projects, roles and responsibilities is an important prerequisite. ➤ Team work and commitment in any job assigned. ➤ Completing the job assigned well within the speculated time period. ➤ Regularly upgrading the skills and knowledge and always strive for excellence. ➤ Always be honest to self and other.
24.	Nature of Intervention & Key Achievements	<p>1) Education: Establishing Community Based Grievance Redressed Mechanism by Strengthening PRI System in UP State</p> <p>2) Child Care and Protection- Ensuring child rights of every child who need care and protection 24 x 7.</p>
25.	Organization's strength / capacity to implement the proposed project Presence of skilled and experienced human resources	The organization has more than ten full time and part time workers. In addition to this there are more than fifty volunteers who actively participate in all the programs of the organization. The chief functionary of the organization is an experienced medical practitioner (Post Graduate).
26.	Office Set up	In the presence area the organization has a rapport with the community in some villages through implementation some activities in past. However, the communities in the area need sustained efforts to face the discrimination in the entitlements at a large scale. It has its registered office at District Head Quarter and has contact state office in UP State with CSO's Network. It has developed its own structure for the better policy making, effective management and successful implementation in direction of realization of its vision into action. It has been working with the help of three tier management process i.e. General Body, Executive Body and Project Management Committee (Staff) respecting eh core content of democracy transparency and committed to purpose.
27.	Existing Infrastructure Building Vehicles, Equipments	BECFH has well furnished and equipped office cum training centre which can accommodate about more than 100 people, vehicles, over five computers with printers and internet facilities. Furniture, chairs, Almirah, Audio Visual Equipments and others.

28.	Specialization of the Organization	<ul style="list-style-type: none"> ➤ Having skill Research, Study, Advocacy, Training and Implementation. ➤ Having skilled / professional HR ➤ Having policies for better performance. ➤ Having external bodies. ➤ Having grievance redressed cell. ➤ Our 70% to 80% transactions are from the Banking Channels through the A/c Payee Cheques. ➤ Our Organization believes in transparency at every level of work.
29.	Weakness / Negative side of our Organization	Lack of Enough Funds/Finances in view of proposed future plans.
30.	Major Project Undertaken	<ul style="list-style-type: none"> ➤ 08 April 2016, health camp organized by BECFH at Breath Easy Center, Varanasi where 163 patients were benefitted; ➤ 03 May 2016, mega health camp on World Asthma Day organized by the joint venture of BECFH and Shri Kashi Ganga Aarti Samiti at Rajendra Prasad Ghat, Varanasi where 878 patients were benefitted; ➤ 30 May 2016, health camp on the occasion of World No Tobacco Day organized by the joint venture of BECFH and Subeh Benaras Manch at Assi Ghat, Varanasi where 540 patients were benefitted; ➤ 26 July 2016, health camp organized by BECFH at Dainik Jagran & Radio Mantra Office at Varanasi where 200 staffs of Dainik Jagran & Radio Mantra were benefitted; ➤ 16 Aug 2016, multispecialty health checkup camp on Sawan Mela organized by the BECFH at Opposite Manas Mandir, Varanasi where 250 patients were benefitted; ➤ 01 Sept 2016, Health Camp for Flood affected people in Nagwa area held at Ravidas Park, Nagwa where 261 flood victims were benefitted; ➤ 02 Sept 2016, Health Camp for Flood affected people in Assi area held at Jagannath Mandir, Nagwa where 265 flood victims were benefitted; ➤ 02 Sept' 2016, Mobile Van that covers all major areas of Varanasi where flood affected majorly. Free health check up camp. In this initiative total 352 flood victims were benefitted; ➤ 17 Sept' 2016, Free health camp for Media person in Mughalsarai. Total 05 doctors were involved and 165 patients were benefitted; ➤ 18 Sept' 2016, Free health camp for senior citizen of Varanasi. Total 128 patients were benefitted; ➤ 24 Sept' 2016, Free health camp for Varanasi traffic police and their family members. Total 4 doctors were involved and 282 patients were benefitted;

		<ul style="list-style-type: none"> ➤ 20 October' 2016, One day workshop and seminar on serious issue of increasing air pollution held at Malviya Bhawan, B.H.U. in collaboration with 'Care 4 Air'; ➤ 16 November' 2016, On the occasion of World COPD Day an awareness rally and mobile camp was organised. Facilities offered in mobile camp were free consultancy and medicine, Blood pressure test, P.F.T. etc. Total 490 patients were benefitted; ➤ 01 December' 2016, CME for family physicians at Mirzapur and Vindhyachal held at Hotel Yash Inn, Mirzapur. Total 21 doctors attended and benefitted; ➤ 10 December' 2016, School awareness program and health camp at St. Al- Haneef Educational Centre. Total 10 doctors participated in this initiative and free check up of 1783 students was performed; ➤ 15 January' 2017, CME for family physician at Mohania, Bihar held at Hotel Sri Hari, Mohania, Bihar. Total 162 doctors attended this program and benefitted; ➤ 25 January' 2017, T.V. Talk on snoring and respiratory diseases telecasted on Siti Channel. Topics covered during such show were Breathlessness, COPD, Tuberculosis, Snoring and allergic diseases management; ➤ 08 April' 2017, 7th Annual Foundation Day, Mega Health Camp 5th News Letter Launch: Camp organised to create awareness in masses regarding their health issues; ➤ 01 May' 2017, World Asthma Day: Press Conference organised to create awareness in masses regarding myths and misconception against Asthma. Still there are many patients of this disease who do not know about their breathlessness. With this Press Conference, we tried to help them to know better about their disease; ➤ 01 May' 2017, Awareness Rally, Patient Education Program and Free Health Check up Camp of lungs functioning at Assi Ghat, Varanasi; ➤ 31 May' 2017, World No Tobacco Day: Patient Education Program and Free Health Check up Camp organised to create awareness in masses regarding smoking and chewing tobacco. Free Health Check up Camp of lungs functioning also done where it is observed that almost 40% of people attended are suffering from respiratory problems; ➤ 25 June' 2017, Respiratory Conclave Conference 2017 (RCC 2017) organised at Hotel Radisson Varanasi: RCC 2017 was complete package for participant consultants
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		<p>that comprises of burning and advanced respiratory lectures by international faculties. This will help them in their medical practice. Over two hundred doctors attended the program;</p> <ul style="list-style-type: none"> ➤ 01 July' 2017, Doctors Day: Free Health Check up Camp and Education Program organised to create awareness in masses regarding day to day health issues; ➤ 05 July' 2017, CME on Nebulization (i.e. inhalation therapy) and Judiciary of Antibiotics organised at Hotel Taj Varanasi: In CME, we tried to clarify the concept of Nebulization (i.e. inhalation therapy). There are many cases of exacerbation and very few general medical practitioners know the concept of Nebulization (i.e. inhalation therapy); ➤ 15 August' 2017, Independence Day: ID celebration program organised followed by Free Health Check up Camp and Education Program organised to create awareness in masses regarding myths and misconception of respiratory diseases; ➤ 19 August' 2017, Training Program for Nursing Staff at Oriana Hospital, Ravindrapuri, Varanasi: almost 35 nursing staff of newly opened hospital were trained about paramedical and respiratory disease management; ➤ 01 October' 2017, International Day for Old Age People: Free Health Check up Camp and fruits distribution program conducted at Old Age Home, Vriddha Ashram, Durgakund, Varanasi; ➤ 02 October' 2017, Smoke Free Delhi: Smoke Free Delhi program conducted at Cannought Place, Delhi. Air Pollution Awareness program conducted among masses; ➤ 07 October' 2017, CME on asthma management for doctors of Ghazipur district, UP; ➤ 26 October' 2017, Public Awareness Program and free health check up camp (BP and Lungs) at Assi Ghat, Varanasi on the occasion of Chath Puja; ➤ 03 November' 2017, CME for doctors on "sneeze to wheeze" at Chandauli District, UP; ➤ 04 November' 2017, Public Awareness Program for Traffic Control and Health Camp on the occasion of Dev Dipawali at Assi Ghat, Varanasi; ➤ 11 November' 2017, Health Awareness Program for students and staff members of Sri Kamla Pati tripathi Girls Inter College, Varanasi; ➤ 14 November' 2017, Press Conference on World COPD Day regarding health awareness;
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		<ul style="list-style-type: none"> ➤ 15 November' 2017, Rally on World COPD Day regarding health awareness; ➤ 15 November' 2017, Mobile Health Camp on World COPD Day regarding free health check up; ➤ 04 December' 2017, Interview with National TV News Channel regarding Air Pollution; ➤ 24 December' 2017, CME of Doctors on recent advancement in managing asthma and best nebulization practices; ➤ 14 January' 2018, Free Health Check up Camp and awareness program for old age people at Jhoole Lal Temple, Luxa, Varanasi; ➤ 25 February' 2018, CME of Doctors on study of X-Ray reports on Chest and other clinical practices; ➤ 11 March' 2018, Welcoming of PM Sri Narendra Modi and France President Mr. Imenuel Macro; ➤ 25 February' 2018, CME of Doctors on managing asthma in ICU at Hotel Clarks, Varanasi; ➤ 24 March' 2018, World COPD Day Patient Education Program on TB;
31.	Our Supporter Donors	We all the members of managing committee worked and whatever we get we spend all on the Organization's projects and works. Donation and Subscriptions, family contribution, Membership fee and others contributions made to operate the Trust to achieve its objects to serve the society at large.
32.	Accountant/ Auditor	CA. Amit Kapoor C/o M/s Amit Manoj & Co.; Chartered Accountants B-37/182-5, Birdopur, Mahmoorganj, District – Varanasi (UP) 221 010 Email – amitkapoorca@gmail.com Cell Phone: + 91 – 9794827860 and 9335416860
33.	Structure	BECFH is a Social Organization where the General Body is consists of Sixteen Members. Apart from this, there are several Advisory Committees for smooth running of projects of the Society. The Secretary is Chief Functionary of the Organization and He is responsible for policy making, key management decisions. Other Office Bearers help in day to day management, execution, administration of the Organization with prior authorization of Governing Body of the Society.
34.	OUR CORE VALUE:	<u>We are committed to the poor:-</u> Every person is of equal value and worth. Therefore, we are committed to working with poor people and communities, supporting them as they strive to meet their basic needs, overcome injustice and fulfill their dreams and potentials. In so doing we are committed to fully acknowledging the integrity, worth and initiative of those who are oppressed by poverty and injustice. <u>We are committed to the whole person:</u>

		<p>We are committed to work with people in the context of family, community and environment, with concern for their physical, mental, social and emotional well-being. We always adopt holistic approach in our call and commitment.</p> <p><u>We are committed to excellence:</u> We are committed to work with partners, supporters, co-workers and volunteers in a professional manner. We will strive for excellence, encouraging creativity and innovation.</p> <p><u>We are committed to learn from others:</u> We are committed to learning from others in humility, and will seek to respond well to constructive criticism, and the changing needs of those we serve.</p> <p><u>We are committed to collaborate:</u> We are committed to working with other organizations in a spirit of collaboration rather than competition, locally, nationally and internationally.</p> <p><u>We are committed to accountability:</u> We are accountable to our partners, members, well wishers and supporters, striving to be honest, trustworthy and transparent. We are accountable to them for the time and resources at our disposal.</p>
35.	<u>Our Future Goals:</u>	<ul style="list-style-type: none"> ➤ To provide health care and education to the needy and deserving, ➤ To create awareness among and care for people and their families who are affected by Chest disease HIV/AIDS, TB, Malaria etc, ➤ To conduct vocational training and counseling for adolescents and needy people, ➤ To generate opportunities for income among unemployed people – especially the youth and adolescents, ➤ To provide relief and rehabilitation care to the victims of any natural or manmade calamity, ➤ To provide awareness to the people about environment issues.
36.	Thrust Area:-	Youth Welfare, Women Empowerment, Child Development, Rural Development, Governance, Right to Information, Road Safety, Natural Resource Management, Right to Education, Environment, Livelihood, and Elimination of Poverty, Water and Sanitation, Entrepreneurship Development, Health, Training Center, Disaster Relief, Rehabilitation, Disability and others
37.	Brief History of the Organization	"Breathe Easy Chest Foundation for Humanity (BECFH) is an Independent, Non-Profit and non-commercial trust/charity). BECFH has been working for the betterment lives of downtrodden, under poverty-line, poor people of slums and specially people belonging to the Nomadic Tribes and Tribal Tribes of India. BECFH has established its constitution and amendments in 2016 with the Government as a Social Charitable Society with Registration under Society Registration Act, 1860. BECFH has helped thousands of people of different Caste, Creed or

		<p>Religion through a range of medical treatment, health awareness, education, free primary medical facilities to resource less people and their children, nutrition and health programs, Free medical check ups in different communities of caste, creed or religion and Nomadic Tribes and people from the slums of different communities.</p> <p>BECFH is: A group of dedicated, hard working and spiritual people with a vision to minister in the slums and villages of different caste, creed or religion and Tribal's of different communities of India through a holistic approach. The vision when God planted in us was unflinching and that was our only capital when in a small way we started our work in the slums of Varanasi District and all its nearby villages mostly in the slums and Tribal's of different communities. The industrialization with urban areas in India resulted in an exodus of people from villages to cities. This rapid growth in urban population resulted in the mushrooming of slums. Today almost 50% of any major metro live in the slums. The constraints that lead to ill health, unemployment, crime, immortality, grip, the slums situation. They are always rejected and their problems have been multiplying. The Lord challenges us to reach them with His Healing touch and BECFH was born in response to His Call to Reach Out, Care, Shape and Serve Lives....proclaim and propagate the Good News of Salvation.</p> <p>BECFH was established in 2016 by the Social Activist. The Organization registered NGO is a grass-root based voluntary organization registered under The Society Registration Act, 1860. Since its formation, it started its work with the objectives to establish a society founded on the value of equality, justice, peace & progress, eliminating poverty, hunger, injustice, ignorance, illiteracy, exploitation & in humanity. Now the organization worked in different work like – Women Empowerment, Cultural, Environment, Health, Water & Sanitation.</p>
38.	<p>BECFH'S Projects</p> <p>Running</p>	<ul style="list-style-type: none"> ✓ Free medical check-up/health check-up camps; ✓ Free training of general practitioners engaged in the field of medical both in urban and rural areas; ✓ Campaign to provide free medical facilities for local people; ✓ Conducting general awareness program for spreading awareness regarding pneumonia and AIDS; ✓ Providing free vaccination; ✓ Working to create awareness among people and society regarding Tuberculosis; ✓ Working to develop a new hope to asthmatic and respiratory ill patients; ✓ Working to aware society regarding AIDS and ill effects due to consumption of tobacco.

39	Aims & Objective of the Society	<ol style="list-style-type: none"> 1 To address lungs related diseases and spreading awareness in society and general public for Tuberculosis, Chest, Allergy, Asthma related diseases; 2 Free training of general practitioners engaged in the field of medical both in urban and rural areas; 3 Campaign to provide free medical facilities for local people; 4 To conduct general awareness program for spreading awareness regarding pneumonia and AIDS; 5 To make available free books and periodicals for doctors to keep them update with latest technologies; 6 To provide free vaccination; 7 To fulfill needs of poor and needy; 8 To create Self Help Groups (SHGs) in rural areas to facilitate economic growth; 9 To work and aware people and society regarding Tuberculosis; 10 To show a new hope to asthmatic and respiratory ill patients; 11 To aware society regarding AIDS and ill effects of consumption of tobacco; 12 To activate various Educational projects, to run different Educational program of University and self reliant institutions, similarly to implement and affiliate with the working of National and International University. 13 To start "Rehabilitation Centre "for the HIV and HIV affected patients. To supply the medicine, medical aids to such patients. To arrange for good treatment to such patients and to make hospitals and research centre for them. Creating awareness about the fatal deceases like HIV-AIDS and cancer and conducting workshop and creating super multi speciality hospital and protecting the common masses. 14 To run dispensary for society with the help of foundation, to supply free medicines to the poor, needy, nomadic tribes and tribal's community of the rural. Similarly to start and run various health centre's for the same. 15 To start employment centre for the youth. To guide them deeply for small trades. To start gymnasiums for the youth. Conducting programs on wild life conservation and protection. 16 To start books distribution centre's for the poor/needy, nomadic tribes and tribal's students, similarly to start Tailoring College, Nursing College, Paramedical College, DMLT, CMLT, X-Ray and ECG etc. and to start College of Physiotherapy. 17 To start mobile units in Rural, Urban, Tribal's
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		<p>areas, Dispensaries, Blood Banks, Ambulance and also mobile dispensaries and similarly to start medical, paramedical like e.g. Nursing, DMLT, Yoga, opticians etc. courses and start training in the same.</p> <p>18 To start Research Centre's on different researches. To prepare medicines for ants, alcoholism, research and rehabilitation centre's, to manufacture medicinal plants and herbs and encourage research on such manufactures.</p> <p>19 To start boarding schools for the physically disabled, orthopedic centre, deaf and dumb centre, mentally retarded etc. and rehabilitate them in the mainstream.</p> <p>20 To start health check-up camps for the children's, women's, eye check-up camps, blood and eye check-ups, family planning shivirs etc.</p> <p>21 To start public library, study centre and university and its branches.</p> <p>22 To hold competitions for schools and colleges, to hold personality development competitions and also guidance centre's for the same.</p> <p>23 To start Multi Specialty Hospitals, Clinics, Dispensaries, Blood Banks, OPD and Colleges of MBBS, Nursing, Physiotherapy, Colleges of BAMS, BHMS and Hostels in the area where it is necessary. Opening up and running nurse and midwifery training centre. Running medicinal science, training collages (Degree, Diploma) (Ph. D., M. Pharm., B. Pharm., D. Pharm.)</p>
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40. Summary of the Up-coming projects and its Estimated Cost: Brief Summary

S. No.	Name of the Projects	Cost of the Projects (Rs.)
1.	200 Bedded Super-Specialty Hospital and Medical College	17,50,00,000.00
2.	Educational Institution (Free schooling with free uniforms, shoes, socks, school bags, compass box, note and text books, coconut oil, soaps etc. for every students enrolling in School.	14,50,00,000.00
3.	Skill Development Of Rural Youths (Below Poverty Line & Under Privilege Communities of Nomadic Tribes / Castes, Scheduled Castes, Backward classes, Youths of the slums, Youths of the Sugar cane factory workers, Sex Workers & Prisoners Children's etc.	3,25,00,000.00
4.	Scheme of Funds for Health Care & Sanitation.	2,50,00,000.00
	Grand Total Estimated Cost of all the Projects	37,75,00,000.00
S. No.	Particulars	Details/Remarks
41	Our Core Values	<u>We are committed to the poor:-</u> Every person is of equal value and worth. Therefore,

		<p>we are committed to working with poor people and communities, supporting them as they strive to meet their basic needs, overcome injustice and fulfill their dreams and potentials. In so doing we are committed to fully acknowledging the integrity, worth and initiative of those who are oppressed by poverty and injustice.</p> <p><u>We are committed to the whole person:</u></p> <p>We are committed to work with people in the context of family, community and environment, with concern for their physical, mental, social and emotional well-being. We always adopt holistic approach in our call and commitment.</p> <p><u>We are committed to excellence:</u></p> <p>We are committed to work with partners, supporters, co-workers and volunteers in a professional manner. We will strive for excellence, encouraging creativity and innovation.</p> <p><u>We are committed to learn from others:</u></p> <p>We are committed to learning from others in humility, and will seek to respond well to constructive criticism, and the changing needs of those we serve.</p> <p><u>We are committed to collaborate:</u></p> <p>We are committed to working with other organizations in a spirit of collaboration rather than competition, locally, nationally and internationally.</p> <p><u>We are committed to accountability:</u></p> <p>We are accountable to our partners, members, well wishers and supporters, striving to be honest, trustworthy and transparent. We are accountable to them for the time and resources at our disposal.</p>
42	Our Future Goals	<p>To ensure primary education for all children</p> <p>To provide non-formal education to the street and working children chiefly from the deprived section of our society,</p> <p>To promote literacy among adults, illiterate and needy villagers from rural areas and slum dwellers of urban areas,</p> <p>To adopt and care for orphan and semi orphan children especially girl children by protecting their rights to food, shelter, health and education,</p>

	<p>To provide health care and education to the needy and deserving,</p> <p>To create awareness among and care for people and their families who are affected by HIV/AIDS, TB, Malaria etc,</p> <p>To conduct vocational training and counseling for adolescents and needy people,</p> <p>To generate opportunities for income among unemployed people – especially the youth and adolescents,</p> <p>To provide relief and rehabilitation care to the victims of any natural or manmade calamity,</p> <p>To work on gender issues and welfare issues for women and children – especially girl children;</p> <p>To provide awareness to the people about environment issues,</p> <p>To create awareness among people about their legal rights, justice issues, advocacy etc.,</p> <p>To promote Brotherhood, Communal Harmony, National Integration at all levels.</p>
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The society work in the field of health and health related education with special emphasis on lungs related diseases and spreading awareness in society and general public for Tuberculosis, Chest, Allergy, Asthma related diseases.. And the society works in the entire part and all the territorial part of Uttar Pradesh (UP) on no profit no loss basis.

To take all subsidiary measures required for the proper fulfillment of the above objects.

“We are professionally committed youth for the development of Countryman.”

“We at BECFH believe in and have faith in serving men are to serving the Almighty God”.

Everlastingly at it,

Dr. S. K. Pathak
(Secretary)
Breathe Easy Chest Foundation for Humanity
Mobile: 8933050004,
Whatsapp: 9415207136

COVID-19 Patient & Doctors Awareness/ Education Program

Ventilation in Covid-19 Patient

परामर्श, जाँच एवं इलाज की सुविधा : चेस्ट, इलर्जी, एलर्जी, फेफड़ा रोग, टी.बी., अस्थमा, ब्रांकाइटिस, खरोंटे एवं गम्भीर श्वास रोग सम्बन्धित

ब्रेथ ईजी
एन आईएसओ 9001 : 2015 Certified

डॉ. एस. के. पाठक
Dr. S. K. Pathak
M.B.B.S., M.D., (Chest Medicine)
चेस्ट, टी.बी., एलर्जी, सर्जिकल एवं किरियान केयर विशेषज्ञ

Date: 25 Apr 2020, Time: 2 pm
only on Zoom app

Program specially designed for Family Physician Doctors

Join Zoom meeting - [Zoom ID: 790-9741-4530](#)

This Online Educational Program is brought to you by Breathe Easy Medical Education Foundation Varanasi

Online Educational Program for Doctors on Ventilation in COVID Patients

Corona Virus Alert - Online Awareness Program

This Webinar will help you to fight against Corona Virus Smartly

परामर्श, जाँच एवं इलाज की सुविधा : चेस्ट, इलर्जी, एलर्जी, फेफड़ा रोग, टी.बी., अस्थमा, ब्रांकाइटिस, खरोंटे एवं गम्भीर श्वास रोग सम्बन्धित

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Dr. S. K. Pathak
M.B.B.S., M.D., (Chest Medicine)
चेस्ट, टी.बी., एलर्जी, सर्जिकल एवं किरियान केयर विशेषज्ञ

Date: 26 Apr 2020, Time: 2 pm
only on Zoom app

Program Specially designed for Pharma Representatives

[Zoom ID: 746 9272 5207](#) Join Zoom meeting

This Online Educational Program is brought to you by Breathe Easy Medical Education Foundation Varanasi

Online Educational Program for Medical Representatives on COVID-19

सावधानता का मतलब अनिच्छक हुना नहीं है - डॉ. एस.के. पाठक

कोरोना वायरस एलर्ट - ऑनलाइन जागरूकता कार्यक्रम

परामर्श, जाँच एवं इलाज की सुविधा : चेस्ट, इलर्जी, एलर्जी, फेफड़ा रोग, टी.बी., अस्थमा, ब्रांकाइटिस, खरोंटे एवं गम्भीर श्वास रोग सम्बन्धित

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Dr. S. K. Pathak
M.B.B.S., M.D., (Chest Medicine)
चेस्ट, टी.बी., एलर्जी, सर्जिकल एवं किरियान केयर विशेषज्ञ

दिनांक: 27 अप्रैल 2020, समय: 2 बजे

आज जागरूकता किरियान केयर का है - आज जागरूकता के लिए

Join Zoom meeting - [Zoom ID: 771 9629 4234](#)

This Online Educational Program is brought to you by Breathe Easy Medical Education Foundation Varanasi

Online Awareness Program for Media Person on Corona Virus Alert

कानाना बीमारों के साथ अपना स्टूडेंट ठीक फन केस ताई - चर्चा डॉ. एस.के. पाठक के साथ

आपने स्टूडेंट चर्चा में आते हुए - कोरोना से, आप में, माइक्रो मैनिफेस्ट आरपी भूमिका

परामर्श, जाँच एवं इलाज की सुविधा : चेस्ट, इलर्जी, एलर्जी, फेफड़ा रोग, टी.बी., अस्थमा, ब्रांकाइटिस, खरोंटे एवं गम्भीर श्वास रोग सम्बन्धित

ब्रेथ ईजी
एन आईएसओ 9001 : 2015 Certified

डॉ. एस. के. पाठक
Dr. S. K. Pathak
M.B.B.S., M.D., (Chest Medicine)
चेस्ट, टी.बी., एलर्जी, सर्जिकल एवं किरियान केयर विशेषज्ञ

दिनांक: 20 मई 2020, (दिन बुधवार), समय: 3 बजे से

एक सार्वजनिक कार्यक्रम पर आइया जायें के ऑनलाइन शुरू की जायेंगी 20 मई 2020 को है

आज जागरूकता किरियान केयर का है - आज जागरूकता के लिए

[Zoom ID: 771 9629 4234](#) Join Zoom meeting

This Online Educational Program is brought to you by Breathe Easy Medical Education Foundation Varanasi

Online Awareness Program for Public on How to get back to work

विश्व अस्थमा दिवस

ऑनलाइन प्रेस कांफ्रेंस | ऑनलाइन पेशेंट एजुकेशन प्रोग्राम | ऑनलाइन चिकित्सकीय परामर्श

फेसबुक लाइव के मध्यम से

दिनांक : 5 मई 2020 (मंगलवार) समय: दोपहर 12 बजे से

ब्रेथ ईजी
एन आईएसओ 9001 : 2015 Certified

डॉ. एस. के. पाठक
एम.बी.बी.एस., एम.डी.
चेस्ट, टी.बी. एवं एलर्जी रोग विशेषज्ञ

कार्यक्रम विवरण	समय
1. सांक्षिप्त कार्यक्रम परिचय	10 मिनट
2. ऑनलाइन वेब कांफ्रेंस - डॉ. एस.के. पाठक	15 मिनट
3. मरीजों के ऑनलाइन प्रश्न एवं उसके उत्तर - डॉ. एस.के. पाठक	10 मिनट
4. ऑनलाइन लाइव चर्चा एवं इमरजेंसी अस्थमा मैनेजमेंट	20 मिनट

पता : अस्सी (मुमुख भवन के सामने), अस्सी-लंका रोड, वाराणसी। हॉस्पिटल/हेल्थलाइन नं. : 0542-2367725, 8935001679

ब्रेथ ईजी सदैव आपके अच्छे स्वास्थ्य की कामना करता है

Online Awareness Program on the eve of World Asthma















Padm Shri Dr Randeep Buleria
Director - AIIMS

Management of Dyspnoea in
COVID-19 Pandemic

Under the aegis of Breathe Easy Chest Foundation for Humanity

Respiratory Conclave Conference

RCC - 2020

Co-Sponsored by



Add : Assi (Opp. Mumukshu Bhawan) Assi-Lanka Road, Varanasi



Dr. Rajendra Prasad
Prof. & Head, Eye Medical College, Lucknow
Ex-Director, Varanasi Post Graduate Institute, Ex-Dir
Ex-MD, Dept. Pulmonary Medicine, IISMG, Lucknow

Allergic Rhinitis/ Allergic Asthma
practice in COVID-19 Pandemic

Scientific Session Webcast link:
Date: 27 June (Saturday) Time: 6 pm onwards

Our Esteemed Panellists



Dr Richa Gupta
Vellore



Dr M K Srivastava
Varanasi



Dr Monika Gupta
Varanasi



Dr Alok Singh
Varanasi



Dr Ashish Tandon
Allahabad



Dr Prince James
Vellore



Dr Tariq Mehmood
Allahabad



Dr Suryakant Tripathi
Lucknow



Dr S K Pathak
Varanasi

Opp. Mumukshu Bhawan, Assi-Lanka road, Assi Varanasi | www.breatheeasy.in | breatheeasyhospital@gmail.com | Breathe Easy Varanasi



Enter Question Here
Characters Remaining: 160



Dr S K Pathak
(MD) Organizing Secretary
RCC 2020 Varanasi (India)
8811156884

Breathe Easy Varanasi

Breathe Easy Varanasi was live.
Jun 27 at 5:03 PM
Virtual Scientific Update Program in - "Managing
Dyspnoea in COVID-19 Pandemic & Practicing Allergic
Rhinitis/ Allergic Asthma in COVID-19 Pandemic"



Like Comment Share
1,504 people saw this post

You, Abhishek Keshan and 60 others

Breathe Easy Varanasi

Breathe Easy Varanasi was live.
2d
Virtual Scientific Update Program in - "Managing
Dyspnoea in COVID-19 Pandemic & Practicing Allergic
Rhinitis/ Allergic Asthma in COVID-19 Pandemic"



Like Comment Share
1,538 people saw this post



Breathe Easy Varanasi is with **Abhishek Keshari** and **4 others** at **PMO India**.

22 mins • New Delhi • 🌐

Click link below and Register your Name and City to watch again webcost 👍 Dr Randeep Guleria SIR(Director AIIMS) lecture on " Mangement of Dyspnea in COVID19 Pandemic

<http://cdn.24fd.com/e20/06/breatheeasyvaranasi/index.html>

The screenshot displays a mobile application interface for a respiratory conference. At the top, there is a navigation bar with a home icon, a URL 'cdn.24fd.com/e20/06/breathe', a notification icon, and a 'LOGOUT' button. Below this is a video player showing a woman in a white lab coat. Under the video is a text input field 'Enter Question Here..' and a green 'Submit' button, with 'Characters Remaining: 160' displayed below. The main content area features a large promotional banner for the 'Respiratory Conclave Conference RCC-2020'. The banner includes the 'Breathe Easy' logo, the text 'Under the aegis of Breathe Easy Chest Foundation for Humanity', the date 'Date: 27 June (Saturday) Time: 6 pm onwards', and a list of speakers with their photos. A 'System Test' label is on the left side of the banner. At the bottom, there is a 'Tap to tag friends' overlay with a '10' notification bubble and a camera icon. The bottom of the screen shows a navigation bar with a back arrow, a circle, and a square.

Social Activities at Glance







“ब्रेथ ईजी चेस्ट फाउंडेशन फॉर ह्यूमैनिटी, रामनगर” का शुभारम्भ करते मुख्य अतिथि श्री लक्ष्मण आचार्य (विधान परिषद सदस्य), श्री सौरभ श्रीवास्तव (विधायक, वाराणसी) व ब्रेथ ईजी के निदेशक डॉ. एस.के पाठक



“ब्रेथ ईजी चेस्ट फाउंडेशन फॉर ह्यूमैनिटी, रामनगर” का शुभारम्भ करते मुख्य अतिथि डॉ. वी.बी सिंह (मुख्य चिकित्सा अधिकारी, वाराणसी) व ब्रेथ ईजी के निदेशक डॉ. एस.के पाठक



ब्रेथ ईजी चेस्ट फाउंडेशन फॉर ह्यूमैनिटी की तरफ से रामनगर में निःशुल्क चिकित्सा शिविर



Breathe Easy Multi Specialty Hospital, Ramnagar Opening Snaps & Collage























Faculties, Pannellists, Attendees during dinner - Respiratory Conclave Conference 2018



रेस्पिरेटरी कॉन्क्लेव कॉन्फेंस 2018 में प्रेस वार्ता करते वक्ता व विफिट्सक

Respiratory Conclave Conference 2018



Respiratory Conclave Conference 2019



Creating Awareness amongst public for Lok Sabha Voting 2019



**Distribution of plants to OPD & IPD patients by Dr S K Pathak -
Creating awareness for importance of plants**

On World Environment Day 2019



चिकित्सा क्षेत्र में उत्कृष्ट योगदान के लिए ब्रेथ ईज़ी के डॉ एस.के पाठक को "करपात्र चिकित्सामणि सम्मान"



पुलवामा अटैक में शहीद जवानों की शहादत को याद करते ब्रेथ ईज़ी चेस्ट फाउंडेशन फॉर ह्यूमैनिटी सदस्य



चिकित्सा के क्षेत्र में २०१० से कार्यरत ब्रेथ ईजी चेस्ट फाउंडेशन फॉर ह्यूमैनिटी

B.E Times - Breathe Easy Newsletter

(Vol.106/Apr/2019 Edition)



BE TIMES
Let's take each breathe with comfort...

Editor: Dr S K Pathak (MD) | Sub Editor: Abhishek Keshari (MBA)
This issue is published under Breathe Easy Chest Foundation For Humanity
Vol No. 106/APRIL/2019 Edition

शुभ-सन्देश

ईश्वर सर्वदा तुम्हारे साथ है - कदा जनही कि किलस कोई नहीं होय। उसका भगवान होय है, स्पष्ट है कि ईश्वर हमेशा अपने मनुष्यों का साथ देता है। जब व्यक्ति इस अवस्थानी राव को संविचार करेता है तो उसका जीवन पूरी तरह बदल जाता है। इसलिये इस आ सर्वथा वाक्य के साथ ही एक कठपुतली है, इसलिये हमें उसे अपने भविष्य या अतीत की चिन्ता नहीं करने चाहिये।

सुबेदार पाठक
चेयरमैन,
बि.सी.टी.सी., वेरा. लखी केशव रोड

Breathe Easy TB Chest Allergy Tertiary Care Hospital

Breathe Easy is a 15 bedded advanced Super specialty hospital with all new world class state of art equipments. The centre has been established to provide Consultancy, diagnostic & treatment facilities related to Chest TB, Allergy diseases under one roof. Breathe Easy is managed by a dedicated and highly skilled team under supervision of Medical Director – Dr S K Pathak (Senior Pulmonologist, Breathe Easy). Breathe Easy TB Chest Allergy Care Hospital is one of the leading Chest Care Hospital in Purvanchal which is certified by ISO 9001:2015 & is the only Chest Care Hospital in Purvanchal approved under Ayushman Bharat Arogya Yojna. We at Breathe Easy is also dedicated towards our National Mission given by our Prime Minister i.e., Swasthya Bharat, Swasthya Bharat. We had done lot of activities under this banner. We are regularly doing free camps, awareness programs in town as well as villages with our Mobile Medical Care team in the guidance of Dr S K Pathak



From the Desk of Managing Director

Sunita Pathak
M.B.A., M.S.W.

Interstitial lung disease (ILD): The challenge in diagnosing ILDs in India

Interstitial lung diseases (ILDs) are a heterogeneous group of acute and chronic bilateral lung diseases of known and unknown causes and pose diagnostic and therapeutic challenges to the clinician. Clinicians and patients confronted with ILD are understandably frustrated as there is no cause or cure for most of ILDs. The challenge in diagnosing ILDs in India is confounded by environmental and cultural factors in the midst of infections, especially tuberculosis. The lack of resources and standardized health care in India, lack of standardized approach to diagnosis of ILD, and the apparent phobia, reluctance, hesitancy, and/or uncertainty that most patients in India when confronted with the need for surgical lung biopsy (SLB) express contribute to the current conservative approach to the diagnosis of new onset of ILD in India, i.e., assumed diagnosis and reliance on the individual clinician's judgment. Thus, the treatment of ILDs is empirical in most patients. Interstitial lung disease describes a large group of disorders, most of which cause progressive scarring of lung tissue. The scarring associated with interstitial lung disease eventually affects your ability to breathe and get enough oxygen into your bloodstream. Interstitial lung disease can be caused by long-term exposure to hazardous materials, such as asbestos, some types of autoimmune diseases, such as rheumatoid arthritis, also can cause interstitial lung disease. In most cases, however, the causes remain unknown. The lung scarring that occurs in interstitial lung disease can't be reversed, and treatment will not always be effective in stopping the ultimate progression of the disease. Some treatments may improve symptoms temporarily or slow the disease's progress. Others help improve quality of life. Because many of the different types of scarring disorders have no approved or proven therapies, clinical studies may be an option to receive an experimental treatment.



From desk of
Medical Director

Dr S K Pathak
M.D. (Chest Specialist)

A Unit for Chest Care
BREATHE EASY HOSPITAL
An ISO 9001 : 2015 Certified Hospital

Breathe easy+
A Centre for Chest Care
LAKHNAU WITH COMFORT

9 Years of Excellence
19 Years Experience in field of CHEST, TB & ALLERGY care

Add. : B. 1/128-32A-1, Assi (In front of Mumukshu Bhawan), Lanka-Assi Road, Varanasi Contact : 0542-2367725, 89350016179, 8933050004

Human Lungs Anatomy – Basic Concept

The trachea, also called the windpipe, is part of the passageway that supplies air to the lungs. Any prolonged blockage, even for a few minutes, can cause death. The trachea is about 4.5 inches long and 1 inch in diameter, and is comprised of smooth muscle and several c-shaped rings of cartilage. The rings of cartilage provide stability and help to prevent the trachea from collapsing and blocking off the airways. The trachea extends from the neck and divides into two main bronchi. Structurally similar to the trachea, the two primary bronchi are located inside the lungs. The right bronchus is slightly larger than the left one. Because of this, foreign objects breathed into the lungs often end up in the right bronchus. The bronchi are lined with the same type of mucus that lines the rest of the respiratory tract. Deeper into the lungs, each bronchus is further divided into five smaller, secondary bronchi, which provide air to the lobes of the lungs. There are three lobes at right side (upper, middle & lower) whereas two lobes at left side (upper & lower). These lungs lobes are further divided into segments. Right lungs have 10 segments whereas left lung has 8 segments. The secondary bronchi continue to branch off to form the tertiary bronchi, which are further divided into terminal bronchioles. There are as many as 30,000 tiny bronchioles in each lung. They lead to the alveoli by way of alveolar ducts. Together, the trachea and the two primary bronchi are referred to as the bronchial tree. At the end of the bronchial tree lie the alveolar ducts, the alveolar sacs, and the alveoli. The tubes that make up the bronchial tree perform the same function as the trachea: they distribute air to the lungs. The alveoli are responsible for the primary function of the lungs, which is exchanging carbon dioxide and oxygen. A layer of protective mucus, called a mucus blanket, covers a large portion of the membrane lining the bronchial tree. The mucus is an important air purifier.



From the desk of MBBS Medical Student (IMS, BHU) - Sakshi Pathak

Tension Pneumothorax – a Medical Emergency

Tension pneumothorax is a life-threatening medical emergency condition that can occur with chest trauma and is more likely to happen with trauma involving an opening in the chest wall & sometimes due to rupture lungs bulla in case of emphysema / COPD. Recognizing and treating it quickly is important. Tension pneumothorax is the progressive build-up of air within the pleural space, usually due to a lung laceration which allows air to escape into the pleural space but not to return. Positive pressure ventilation may exacerbate this 'one-way-valve' effect. Progressive build-up of pressure in the pleural space pushes the mediastinum to the opposite hemithorax, and obstructs venous return to the heart. This leads to circulatory instability and may result in traumatic arrest. The classic signs of a tension pneumothorax are deviation of the trachea away from the side with the tension, a hyper-expanded chest, an increased percussion note and hyper-expanded chest that moves little with respiration. The central venous pressure is usually raised, but will be normal or low in hypovolaemic states. However these classic signs are usually absent and more commonly the patient is tachycardic and tachypnoeic, and may be hypoxic. These signs are followed by circulatory collapse with hypotension and subsequent traumatic arrest with pulseless electrical activity (PEA). Breath sounds and percussion note may be very difficult to appreciate and misleading in the trauma room. Tension pneumothorax may develop insidiously, especially in patients with positive pressure ventilation. This may happen immediately or some hours down the line. An unexplained tachycardia, hypotension and rise in airway pressure are strongly suggestive of a developing tension. Treatment include immediate oxygen support & urgent water sealed ICD (intercostal drainage)



From the desk of Breathe Easy Intern Doctor - Dr. Swapnil Pathak (MBBS)

Case Study...

Allergy Rhinitis

Patient Name: Shri Rohit Kumar **Age:** 35 year
Address: Mohaniya, Bihar
Symptoms: Sneezing, Itching, Runny Nose Since last 5 Year
Previous Treatment: Oral Steroids, Cough Syrup
Test: Allergy Test has been performed & finally the patient is being diagnosed with Allergic Rhinitis.
Current Treatment: Nasal Spray with oral Antihistaminics along with Immunotherapy (Vaccine).
 Now patient is feeling very well & use to do his work hassle free.

From the desk of Breathe Easy Resident Doctor

Obstructive Sleep Apnea

Patient Name: Shri Tribhuvan Srivastava **Age:** 42 year
Address: Varanasi
Symptoms: Excessive daytime sleepiness, loud snoring, High blood pressure, morning headache since last 8 years
Previous Treatment: Lisinopril, losartan etc.
Test: Sleep Test & finally the patient is being diagnosed with OSA.
Current Treatment: Recommendation to change the lifestyles, medical treatment and CPAP.
Result: Now patient enjoys his work without any problem & use to take his full sleep without disturbing anyone.

From the desk of Breathe Easy Resident Doctor

पर्यावरण संबंधित स्वास्थ्य के खतरों को रोकने के लिए प्रतिदिन 'विश्व पर्यावरण दिवस' मनायें और हर माह एक पौध अवश्य लगाएँ - डॉ. एस.के.पाठक

ब्रेथ ईजी टी.बी, चेस्ट, एलर्जी केयर सेंटर अस्सी वाराणसी द्वारा विश्व पर्यावरण दिवस के उपलक्ष्य पर हर वर्ष की भांती इस वर्ष भी आयोजित एक "पेशेंट एजुकेशन प्रोग्राम" में डॉ. एस.के.पाठक (वरिष्ठ टी.बी, एलर्जी, फेफड़ा रोग विशेषज्ञ) ने मरीजों को बताया कि "जीवन को बेहतर और अधिक प्राकृतिक बनाने के लिए पूरे विश्वभर में पर्यावरण में कुछ सकारात्मक बदलाव लाने के लिए विश्व पर्यावरण दिवस मनाया जाता है। डॉ. पाठक ने लोगों को जागरूक करने के लिए 5 जून 2018 की अपनी ओ.पी.डी व आई.पी.डी के सभी 43 मरीजों को पौधा वितरित किया व प्रोत्साहित किया कि वो प्रत्येक माह कम से कम एक पौधारोपण करे जिससे पर्यावरण को सुन्दर और सुदृढ़ बनाया जा सके।"



ब्रेथ ईजी मीडिया प्रभारी की कलम से

ब्रेथ ईजी आई.पी.डी. की उत्कृष्ट सुविधा ने दी पूर्वांचल के मरीजों को एक नई सौगात

ब्रेथ ईजी ने 8 अप्रैल 2018 से बनारस एवं पूर्वांचल के सांस के मरीजों के लिए आई.पी.डी (मर्ती) की सुविधा उपलब्ध करा दी है, जहाँ मरीजों को कम समय में तथा कम खर्च में इलाज एवं परामर्श की सुविधा मिलती है। ब्रेथ ईजी की इस विशेष सुविधा का उद्घाटन माननीय राज्यमंत्री श्री नीलकंठ तिवारी व वाराणसी सी.एम.ओ डॉ. वी.बी.सिंह ने अपने कर कमलो द्वारा संयुक्त रूप से किया। ब्रेथ ईजी, विगत आठ वर्षों में स्वास्थ्य सम्बंधित रोगों के बचाव व उपचार के लिए पूर्वांचल में एक स्तम्भ बिंदु बन गया है, जहा पर गंभीर स्वास के मरीज, एलर्जी व टी.बी. के मरीज का इलाज कम समय व कम खर्च में संभव हो जाता है।



ब्रेथ ईजी प्रबन्धक की कलम से

वाराणसी ट्रैफिक पुलिस के फेफड़े हो रहे हैं कमजोर

ब्रेथ ईजी टी.बी, चेस्ट, एलर्जी केयर अस्पताल, अस्सी, वाराणसी द्वारा ट्रैफिक पुलिस एवं उनके परिजनों के लिए 6 अक्टूबर (दिन शनिवार) को एक विशेष निःशुल्क चिकित्सा शिविर का आयोजन ट्रैफिक पुलिस लाइन परिसर में किया गया जिसमें आए पुलिस कर्मचारी, अधिकारी एवं उनके परिजनों का निःशुल्क स्वास्थ्य परिक्षण किया गया। इस स्वास्थ्य शिविर का उद्घाटन मुख्य अतिथि एस.एस.पी वाराणसी- श्री आनंद कुलकर्णी जी, एस.पी -श्री सुरेन्द्र रावत जी, ट्रैफिक इंस्पेक्टर - श्री राजीव दिवेदी व डॉ. एस.के.पाठक (टी.बी, श्वास व फेफड़ा रोग विशेषज्ञ) ने संयुक्त रूप से किया। इस स्वास्थ्य शिविर में आए हुए 395 पुलिसकर्मी व उनके परिजन का स्वास्थ्य परीक्षण किया गया जिसमें उनके फेफड़ा, हृदय, रक्त में ऑक्सीजन की मात्रा, एलर्जी, दमा/ अस्थमा की जाँच, ब्लड प्रेशर, ब्लड सुगर, मोटापे आदि की जाँच की गयी। शिविर में आये लोगों में 12-15 प्रतिशत से भी अधिक पुलिसकर्मी में एलर्जी व श्वास की बीमारी पायी गयी, 10-15 प्रतिशत पुलिसकर्मी में उच्च रक्त चाप व मधुमेह तथा 8-10 प्रतिशत मोटापे की बीमारी पायी गयी।



ब्रेथ ईजी मीडिया प्रभारी की कलम से

आयुष्यमान भारत से जुड़ा पूर्वाचल का एकमात्र चेस्ट अस्पताल - ब्रेथ ईजी

प्रधानमंत्री कार्यालय वाराणसी के श्री एस.एन पाठक (मुख्य कार्यालय प्रभारी) एवं ब्रेथ ईजी अस्पताल के निदेशक डॉ. एस.के पाठक (टी.बी, श्वास एवं फेफड़ा रोग विशेषज्ञ) ने पिछले दिनों ब्रेथ ईजी अस्पताल (अस्सी, वाराणसी) में प्रधानमंत्री श्री नरेंद्र मोदी की सबसे बड़ी हेल्थकेयर स्कीम 'आयुष्यमान भारत' का उद्घाटन किया, जिससे मरीज ५ लाख तक का चिकित्सकीय ईलाज ब्रेथ ईजी में निःशुल्क प्राप्त कर सकता है, जिसमें अस्थमा, सी.ओ.पी.डी, टी.बी, निमोनिया, खरौटा आदि बिमारियों के ईलाज के साथ-साथ अन्य जॉंध भी सम्मिलित हैं जैसे फेफड़े की जॉंध, एलजी की जॉंध, फटे हुए फेफड़े की जॉंध व ईलाज, एलजी रोग की वैक्सिनेशन, बलगम की जॉंध, खून की जॉंध, कार्डियक मॉनिटरिंग आदि। आयुष्यमान भारत के माध्यम से भारत सरकार के पैनल में शामिल ब्रेथ ईजी टी.बी, चेस्ट, एलजी केयर अस्पताल (अस्सी, वाराणसी), पूर्वाचल के उन चुनिंदा अस्पतालों में से एक हो गया है, जहाँ नेशनल हेल्थ एजेंसी (NHA) द्वारा पंजीकृत मरीज 'आयुष्यमान भारत' के सबसे बड़ी हेल्थकेयर स्कीम से लाभान्वित हो सकेगा।



From desk of desk of Breathe Easy Hospital Manager

आयुष्यमान भारत के तहत हुआ ब्रेथ ईजी अस्पताल में साँस के मरीज का निःशुल्क ईलाज



दुनिया की सबसे बड़ी हेल्थकेयर स्कीम 'आयुष्यमान भारत' योजना का लाभ लेने पिछले दिनों ब्रेथ ईजी पहुंची बिर्दोपुर, महमूरगंज निवासी श्री मति गीता देवी (उम्र: ५० वर्ष) जोकि पेशे में सब्जी विक्रेता हैं। पिछले २० सालों से इनकी साँस की समस्या इनकी रोजमर्रा के कामों में अवरोध पैदा कर रही थी। पैसी की वजह से इनका ईलाज ठीक से नहीं हो पा रहा था। प्रधानमंत्री के आयुष्यमान योजना के तहत इनका ईलाज विश्वस्तरीय पद्धति द्वारा संभव हो पाया ब्रेथ ईजी टी.बी चेस्ट एलजी केयर अस्पताल (अस्सी, वाराणसी) में, जहाँ ब्रेथ ईजी आयुष्यमान मित्र ने श्री मति गीता देवी को इस योजना के गोल्डन कार्ड का महत्त्व बताया। श्री मति गीता देवी को अब पहले से काफी आराम है। उनकी साँस की बीमारी अब उनके कण्ठों में है। ब्रेथ ईजी के निदेशक डॉ. एस.के. पाठक (वरिष्ठ टी.बी, श्वास एवं फेफड़ा रोग विशेषज्ञ) ने आयुष्यमान योजना को वारीबों के लिए परदान बताया जहाँ मरीज आयुष्यमान भारत का गोल्डन कार्ड अथवा प्रधानमंत्री द्वारा मिले पत्र के माध्यम से आयुष्यमान भारत योजना का लाभ उठा सकता है, जिससे मरीज ५ लाख तक का चिकित्सकीय ईलाज विश्वस्तरीय पद्धति द्वारा ब्रेथ ईजी में निःशुल्क प्राप्त कर सकता है।

from the desk of Breathe Easy Patient Counselor

Now Breathe Easy is Globalized...

Patient from overseas, prefer Breathe Easy Hospital in order to seek best Medical Care and Hospitality.



Antonio Diego, Germany



Jack Devin, France



Rose Phillip, Russia



ब्रेथ ईजी चैस्ट फाउंडेशन फॉर ह्यूमैनिटी

ब्रेथ ईजी चैस्ट फाउंडेशन फॉर ह्यूमैनिटी, अस्सी, वाराणसी सन 2011 से वाराणसी व आस पास की जनता की निःशुल्क चिकित्सीय सेवा, स्वास्थ्य जन जागरूकता अभियान, चिकित्सा क्षेत्र में हुए नए पद्धतियों को लेकर जनरल प्रविक्षनरो की संगोष्ठी करना आदि के लिए सदैव तत्पर रहा है। ब्रेथ ईजी चैस्ट फाउंडेशन फॉर ह्यूमैनिटी का सदैव से यह उद्देश्य रहा है कि लोग अपनी बीमारी को लेकर समय रहते जागरूक होवें तथा समाज में फैले उन बिमारियों के भयावकता का सही रूप से आंकलन करें, तथा उसके निदान के लिए समय रहते प्रयासरत होवें, जिससे उन्हें वो दिन न देखना पड़े जिसमें उनको शारीर से तथा पैसे से अत्यधिक कष्ट झेलना पड़े। हमारे इस जन जागरूक मुहीम के साथ जुड़ने के लिए नीचे दिए फोन नम्बर पर मेसेज करे - I am Breathe Easy Pillar Phone: 8933050004, 8935001679

From the desk of Breathe Easy Foundation Secretary

कैशलेस ट्रीटमेंट की सुविधा अब ब्रेथ ईजी में उपलब्ध

ब्रेथ ईजी टी बी, चैस्ट, एलर्जी केयर अस्पताल (अस्सी-लंका रोड, अस्सी वाराणसी) में अब ईलाज के लिए कैशलेस सुविधा उपलब्ध है। निम्नलिखित कंपनियों के हेल्थ कार्ड धारक इस सुविधा का लाभ उठा सकते हैं HEALTH INDIA, ERICSSION TPA, ANYUTA TPA, GRAND TPA, HEARITAGE HEALTH TPA, AYUSHMAN BHARAT अधिक जानकारी के लिए हेल्पसाइन नंबर 8935001679, 7570000243 पर संपर्क करे।

From the desk of Corporate Manager



Note: All above companies are client of the Breathe Easy Insurance and Breathe Easy Hospital is service provider.



ब्रेथ ईजी ने किया अपनी क्वालिटी कंट्रोल मापदंडों को और भी ज्यादा सुदृढ़

ब्रेथ ईजी सेंटर पूर्वांचल का एक अग्रणी चैस्ट केयर अस्पताल बन गया है जहाँ पर मरीजों को कम समय में एवं कम खर्च में जाँच की एवं इलाजीय सुविधाय मिल जाती है। ब्रेथ ईजी समय-समय पर स्वास्थ्य जागरूकता रैली, कैंप करके लोगों को श्वास रोगों के प्रति सजग कराता रहता है, जो एक स्वस्थ समाज के लिए जरूरी है। ब्रेथ ईजी ने अपनी क्वालिटी कंट्रोल मैनेजमेंट के मापदंडों को और भी ज्यादा सुदृढ़ किया है, जिसके लिए ब्रेथ ईजी को ISO 9001: 2015 का सर्टिफिकेशन प्राप्त हुआ है जोकि पूर्वांचल के चुनिन्दा अस्पतालों के पास है।

from the desk of Breathe Easy Marketing Executive



पी.एम. किस तरह से असर करते हैं?

पी.एम अथवा पार्टिकुलेट मेटर १० माइक्रोन से ज्यादा बड़े होते हैं तो वो हमारे फेफड़ों के निचले हिस्से तक नहीं पहुंच पाते क्योंकि वो हमारे नाकों के फिल्टर की वजह से ऊपर ही रह जाते हैं परन्तु पी.एम २.५ हमारे फेफड़ों के निचले हिस्से तक जाते हैं, और ये वहां जाकर सुजन पैदा करते हैं, जहाँ गैस एक्सपोज़ होती है, इसलिए ये ज्यादा महत्वपूर्ण होते हैं। हर चीजों के PM २.५ अलग-अलग असर करते हैं, जैसे डीजल के / निर्माण कार्य के / पेट्रोल के / पटाखों के PM २.५ अलग-अलग नुकसान करते हैं। पटाखों में चारकोल व हेवी मेटल होता है, वो न सिर्फ केवल फेफड़ों को, अपितु दिल, दिमाग व पेट आदि को भी नुकसान पहुंचाते हैं। पटाखों से निकलने वाले PM २.५ कुछ ज्यादा ही हानिकारक होते हैं। दीवाली पर जलने वाले पटाखों को लेकर चेस्ट रिसर्च फाउंडेशन (सीआरएफ) और पुणे यूनिवर्सिटी ने दो साल पहले कुछ तथ्य सामने रखे थे, रिसर्च में सामने आया है कि, काले रंग की गोली जैसी टिकिया यानी सांप पटाखा (स्नेक टैबलेट) सबसे ज्यादा प्रदूषण फैलाती है, एक स्नेक टैबलेट सिर्फ १२ सेकंड में जल जाती है, इसका प्रभाव तीन मिनट तक रहता है, इतनी देर में यह पीएम २.५ के ६४,५०० एमसीजी/एम३ पैदा करता है, यह किसी भी पटाखे से निकले वाले प्रदूषण में सबसे ज्यादा है। नॉर्मल लेवल पर पीएम २.५ की स्वीकार्य सीमा सिर्फ ५० एमसीजी/एम३ है, एक हजार पटाखों वाली लड़ी ४८ सेकंड में ३८,५४० एमसीजी/एम३ पैदा करती है, जोकि बहुत ही ज्यादा खतरनाक होती है।

From the desk of Breathe Easy Sub Editor

ब्रेथ ईजी हुआ उत्तर प्रदेश का पहला वायु प्रदूषण मुक्त अस्पताल

ब्रेथ ईजी टी.बी चेस्ट एलर्जी केयर अस्पताल (अस्सी, वाराणसी) उत्तर प्रदेश का पहला प्रदूषण मुक्त अस्पताल हो गया है, जहाँ मरीजों के लिए बड़े-बड़े ऑक्सीजन चैम्बर के साथ हवा को फिल्टर करने वाले मशीन लगे हैं, मरीज जैसे ही ब्रेथ ईजी अस्पताल में आयेगा उसे १००% शुद्ध हवा मिलेगी, मरीज को ऐसा प्रतीत होगा, मानो वो प्रातः काल में किसी हरे-भरे पार्क में बैठा हो। इसका संभव बनाया है ब्रेथ ईजी अस्पताल के निदेशक डॉ एस.के पाठक के अथक प्रयासों ने जहाँ साँस के मरीज ले सकते हैं हर साँस आराम से।

From the desk of Breathe Easy Center Executive

सी.ओ.पी.डी. के कारक

सी.ओ.पी.डी जैसी गंभीर फेफड़े की बीमारी से खुद को बचाना है, तो सिर्फ धूम्रपान छोड़ना ही काफी नहीं है, बल्कि खाने में साबुत अनाज, पॉलीअनसेचुरेटेड वसा और बादाम जैसे सूखे मेवा को अवश्य शामिल करें। सीओपीडी होने की सबसे बड़ी वजह धूम्रपान मानी जाती है, हालांकि सीओपीडी के एक तिहाई मरीजों ने कभी धूम्रपान नहीं किया, जिसका मतलब है कि इसके लिए कुछ और वजह भी जिम्मेदार हैं। एक शोध में आहार की गुणवत्ता यानी अल्टरनेटिव हेल्दी इटिंग इंडेक्स २०१० (एएचईआई-२०१०) और सीओपीडी की जांच में यह सामने आया है कि कम गुणों वाले आहार लेने वालों के मुकाबले में स्वस्थ आहार लेने वालों में सीओपीडी का खतरा एक तिहाई कम होता है।

From the desk of Breathe Easy Emergency Medical Officer

धूम्रपान से नाता तोड़ें - अपनी जिन्दगी से नाता जोड़ें

एक अध्ययन कहता है कि धूम्रपान बिल्कुल छोड़ने के 12 घंटे के भीतर खून या रक्त प्रवाह में Co (कार्बन मोनोऑक्साइड) का स्तर सामान्य आ जाता है, फेफड़ों की स्थिति में सुधार हो जाता है। एक वर्ष के भीतर ही हृदय रोग की बड़ी सम्भावना कम होने लगती है और शरीर व मन का स्वास्थ्य बढ़ने लगता है। धूम्रपान से नाता तोड़ें, अपनी जिन्दगी से नाता जोड़ें।

From the desk of RMRI MBBS Medical Student - Rakshita Pathak



ब्रेथ ईजी डॉक्टर भारत सरकार के विशिष्ट माननीयों के साथ



डी नरेन्द्र मोदी जी, भारतीय प्रधानमंत्री से मुलाकात करते



डी नीलकण्ठ तिलहारी (राज्यमंत्री स्वर्ण प्रभार) से मुलाकात करते



डी सिद्धार्थ सिंह (स्वतन्त्र मंत्री क.प्र.सरकार) से मुलाकात करते

Breathe Easy Social activities Glimpses



डॉ. आनंद कुमार ए. के. अग्रवाल जी से एच.यू.आई.एम.एन. के कार्यक्रम के सम्बन्ध में बातचीत करते हैं। एच.के. पाठक



डॉ. आनंद कुमार को प्रमाण पत्र प्रदान करने की छवि के पाठक



डॉ. आनंद कुमार एच.के. अग्रवाल जी के कार्यक्रम पर विशेष कार्यक्रम आयोजित करते हैं। एच.के. पाठक



डॉ. आनंद कुमार एच.के. अग्रवाल जी से मुलाकात करते हैं। एच.के. पाठक



डॉ. आनंद कुमार एच.के. अग्रवाल जी से मुलाकात करते हैं। एच.के. पाठक



डॉ. आनंद कुमार एच.के. अग्रवाल जी से मुलाकात करते हैं। एच.के. पाठक



डॉ. आनंद कुमार एच.के. अग्रवाल जी से मुलाकात करते हैं। एच.के. पाठक



डॉ. आनंद कुमार एच.के. अग्रवाल जी से मुलाकात करते हैं। एच.के. पाठक



डॉ. आनंद कुमार एच.के. अग्रवाल जी से मुलाकात करते हैं। एच.के. पाठक



डॉ. आनंद कुमार एच.के. अग्रवाल जी से मुलाकात करते हैं। एच.के. पाठक



डॉ. आनंद कुमार एच.के. अग्रवाल जी से मुलाकात करते हैं। एच.के. पाठक



डॉ. आनंद कुमार एच.के. अग्रवाल जी से मुलाकात करते हैं। एच.के. पाठक

श्वॉस रोगों की बढ़ती संख्या पर विशेषज्ञों ने रेस्पिरेटरी कान्क्लेव कांफ्रेंस 2018 में किया मंथन

ब्रेथ ईजी टी.बी. चेस्ट, एलजी कैयर सेंटर अस्सी वाराणसी द्वारा 24 जून 2018 को कैंटोमेंट वाराणसी स्थित होटल रेडिसन में "रेस्पिरेटरी कान्क्लेव कांफ्रेंस 2018" नामक श्वॉस रोगियों के आधुनिक पद्धति द्वारा इलाज पर एक चिकित्सीय संगोष्ठी का आयोजन किया गया, जिसमें वाराणसी एवं पूर्वांचल के 250 चिकित्सक सम्मिलित हुए। इस चिकित्सीय संगोष्ठी का उद्घाटन मुख्य अतिथि राष्ट्रपति द्वारा पुरस्कृत बी.सी रॉय अवार्ड - डॉ राजेंद्र प्रसाद (भूतपूर्व विभागाध्यक्ष के.जी.एम.यू. लखनऊ, प्रोफेसर व विभागाध्यक्ष एरा मेडिकल कॉलेज), डॉ. वी.बी सिंह (सी.एम.ओ., वाराणसी), प्रो. जे.सी सूरी (विभागाध्यक्ष वर्धमान महावीर मेडिकल कॉलेज), डॉ ए.के सिंह (अध्यक्ष, ए.पी.आई, वाराणसी चैप्टर) व डॉ. एस.के पाठक (ऑर्गेनाइजिंग सेक्रेटरी - रेस्पिरेटरी कान्क्लेव कांफ्रेंस 2018) ने संयुक्त रूप से दीप प्रज्वलित करके किया।



कॉन्फ्रेंस में उपस्थित विशिष्ट चिकित्सकगण

Next Respiratory Conclave Conference 2019 is scheduled on : 23 June 2019 (Sunday)

From the desk of Respiratory Conclave Secretary



ब्रेथ ईजी
हर रोज़ अलग से
हॉस्पिटल

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Every patient is V.I.P. for us

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Breathe Easy Public Relation Helpline No. : 08935001676, 08935004910, 08935001679
Visit us at : www.breathetheeasy.in Email : breatheeasyclinic@gmail.com
हॉस्पिटल समय : प्रातः 8.30 से सायं 8.30 तक (सोम से शनि)
नि:शुल्क डॉ. के. टी. पाठक-रजिस्टर नुंबर 8 से 11 (ऑरिजिनल प्रतिलिपि अनिवार्य)

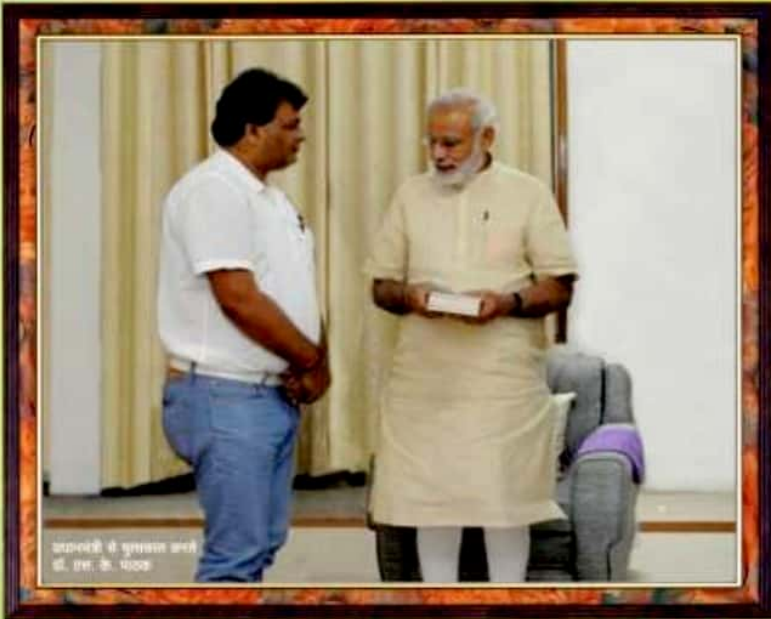
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ब्रेथ ईजी सदैव आपके अच्छे स्वास्थ्य की कामना करता है

धूमपान स्वास्थ्य के लिए हानिकारक है।



उत्प्रेषण के मुलाकात डॉ. एस. के. पाठक

ब्रेथ ईजी+
चेस्ट रोग निदान केन्द्र

चिकित्सा के क्षेत्र में
उत्प्रेषणीय योगदान के सन्दर्भ में
भारत के माननीय प्रधानमंत्री
श्री नरेन्द्र मोदी जी
की
डॉ. एस. के. पाठक
से मुलाकात

Dr. S. K. Pathak
meeting with
Hon'ble Prime Minister of India
Sri Narendra Modi Ji

चिकित्सा के क्षेत्र में उत्प्रेषणीय योगदान के सन्दर्भ में डॉ. एस. के. पाठक की प्रधानमंत्री जी से मुलाकात





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ब्रेथ ईजी⁺

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ब्रेथ ईजी हॉस्पिटल पर उपलब्ध सुविधाएँ

- परामर्श, जाँच, इलाज एवं भर्ती की सुविधा
(श्वसन, फेफड़ा रोग, अस्थमा, ब्रांकाइटिस, टी.बी. एलर्जी, हृदय रोग जनरल मेडिसिन, सर्जरी, प्रसूति रोग, आँख, नाक कान, गला रोग सम्बन्धित)
- टेली मेडिसिन की सुविधा
(टेलीफोनिक/विडियो कॉन्फ्रेंसिंग चिकित्सकीय परामर्श की सुविधा)
- इमरजेन्सी सुविधा (आकस्मिक चिकित्सा)
- 6 मिनट वाक टेस्ट (सीओपीडी मरीजों के लिये)
- डिजिटल पी.एफ.टी.
(फेफड़ा के कार्य क्षमता की जाँच)
- ब्रॉन्कोस्कोपी (दूरबीन विधि से फेफड़े की जाँच)
- एलर्जी टेस्टिंग (एलर्जी रोग की जाँच)
- टी.एम.टी.ए इको (हृदय की जाँच)
- एबीजी (ब्लड में आक्सीजन की मात्रा की जाँच)
- इम्यूनोथेरेपी (एलर्जी रोग की वैक्सीन सुविधा)
- स्लीप स्टडी
(नींद की खराबों के लिये विशेष जाँच एवं इलाज)
- प्लूयूरल टेपिंग (फेफड़े से पानी निकालना)
- इन्टरकास्टेल ड्रेनेज (फटे हुये फेफड़ों का इलाज)

हर खाँसी टी.बी. नहीं होती, खाँसी है तो अवश्य जाँच करायें

- चैस्ट फिजियोथेरेपी
- पल्मोनैरी रिहैबिलिटेशन
- इमरजेन्सी आक्सीजन और नेबुलाइजेशन सुविधा
- रेस्पिरेटरी क्रिटिकल केयर और रेस्पिरेटरी फेल्योर प्रबंधन
- बाईपैप/सी पैप थिरेपी
(खाँस के मरीजों के लिए वेंटीलेटर सुविधा)
- कार्डियक मॉनिटरिंग
- ट्यूबरकुलोसिस (एम.डी.आर.टी.बी.)
- मैनेजमेंट (जटिल टी.बी. का इलाज)
- टी.बी./डायबिटीज मैनेजमेंट
- टी.बी./एच.आई.वी./एड्स मैनेजमेंट
- एक्स रे ➤ ई.सी.जी.
- कम्प्लीट ब्लड (खून की जाँच)
- बायो केमिकल और यूरीन टेस्ट
- बलगम / कफ की जाँच
- डॉट्स / माईक्रोस्कोपिक सेन्टर
- दवा सुविधा

हम आपके अच्छे स्वास्थ्य की कामना करते हैं।

डॉक्टर टीम

डॉ एस.के. पाठक

एम.डी. (चेस्ट)

एम.बी.बी.एस., एम.डी., (चेस्ट मेडिसिन) के.जी.एम.सी., एल.को.ओ.
एम.एन.सी.सी.पी., सी.एच., एम.भल.सी.पी.के.ए., टी.बी., एलर्जी, स्लीप एवं क्रिटिकल केयर स्पेशलिस्ट
कंसल्टेंट एवं मेडिकल डायरेक्टर ब्रेथ ईजी

चेस्ट स्पेशलिस्ट, मेडिकल स्पेशलिस्ट
हार्ट स्पेशलिस्ट, क्रिटिकल केयर स्पेशलिस्ट
सर्जिकल स्पेशलिस्ट

हेड ब्रांच

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चेस्ट सुपर स्पेशलिटी हॉस्पिटल
हर साँस आराम से

पता : अस्सी (मुमुक्षु भवन के सामने), अस्सी-लंका रोड, वाराणसी

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