



Volume : 1 No. 4
October – November 2006



“They alone live who live for others. The rest are more dead than alive.”

Ramakrishna Math & Ramakrishna Mission Sevashrama

Math : Nirala Nagar, Lucknow – 226 020, Uttar Pradesh

Hospital : Vivekananda Puram, Lucknow – 226 007, Uttar Pradesh

Phone Nos. : Math : (0522) 278-7143, 278-7191, Fax & Phone No. : (0522) 278-7168

Hospital : (0522) 237-1233, 232-1277; Fax: (0522) 238-5574

E-mails : rkmvplko @sancharnet.in ; rkmvplko@rediffmail.com

Website : www.ramakrishnalucknow.org

Polyclinic News

Ramakrishna Mission Sevashrama, Lucknow, runs the Vivekananda Polyclinic & Institute of Medical Sciences, a 350 bedded multi-speciality community hospital, with the objective of providing quality healthcare at the lowest cost to all patients and to provide charity services to deserving persons from lower socio-economic strata.

MICRO EAR SURGERY



E.N.T. department organized a half-day programme on “ Micro Ear Surgery” : Mastoid Cavity Problems and Ossiculoplasty” on 2nd November, 2006. It was inaugurated by Swami Muktinathananda. Speakers included Dr. Jaydip Ray, U.K., Dr Alok Agarwal, New Delhi, Dr.C.V.Pandey, KGMU and Dr.

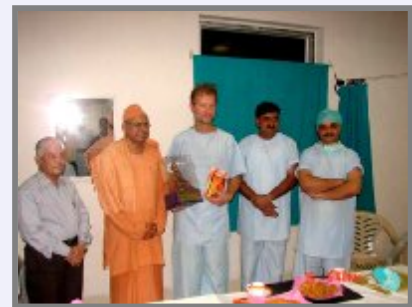


P.P.Chopra, VPC. The programme concluded with an interactive panel discussion moderated by Dr. Deepak Singh. Participants included 40 E.N.T. Surgeons apart from Polyclinic faculty and Junior Doctors.

JOINT REPLACEMENT



Dr Lucas Marega, eminent Joint Replacement Surgeon from Bresica, Italy, conducted a ½ day live workshop on 14th November, 2006 at Vivekananda Polyclinic. He demonstrated a new total hip replacement surgery designed by him, on a 35 year old young lady suffering from disabling Rhumatoid Arthritis. This Workshop was a part



of Hospital's ongoing campaign to fight crippling arthritis through latest joint replacement techniques.

PHACO TECH 2006



Ophthalmology department organized a one-day Live workshop on microphaco technique – the latest in Cataract Surgery through a 2 mm or less incision to introduce Phaco probe to emulsify cataract and introduce new lens. The Workshop was attended by 100 delegates from Lucknow and adjoining districts apart from Polyclinic doctors. Swami Muktinathananda in his opening address stated the utility of this new indigenous technique developed by Dr. A.K. Agarwal at Chennai. Dr. Kamal Kapoor, New Delhi and Dr Mohan Rajan, Chennai demonstrated six live-surgeries. Several video-assisted interactive talks were delivered about operative suitability, technique and management of difficult situations. Eminent faculty included Dr.N.Shroff, Prof.Rajiv Nath,



Dr.M.Khemchandani, Dr.Rajat Dhesi, Prof.K.C.Garg, Prof.R.C.Saxena, Prof. P.K.Agarwal, Dr.V.K.Garg and Dr.R.K.Chaurasia.

ANAESTHESIOLOGISTS' MEET



Swami Muktinathananda inaugurated the first scientific meet of Lucknow branch of Indian society of Anaesthesiologists (ISA) held on 25 November, 2006 in Seminar Hall of VPIMS. Over 35 Anaesthesiologists of the City, including SGPGI, KGMU, Command Hospital attended. An interesting case report on management of a 28 weeks



pregnant lady operated for decompression of spine was presented by a VPIMS/DNB trainee. It was followed by free discussion. Prof. S.Yajnik and Dr Virendra Sharma, both from VPIMS, were unanimously chosen for the Patron's and secretary's responsibilities respectively.

PARAMEDICAL TECHNOLOGY COURSES



Fresh Batch of 10 students in DMLT and 5 in DMRT were admitted from Nov 2006.

HEALTH EDUCATION MONTHLY PROGRAMME FOR EXPECTANT MOTHERS

Polyclinic is now organizing a regular monthly 3 hrs. antenatal Seminar "Towards Normal Delivery" for guidance of pregnant and lactating women. The Seminar has interactive sessions between the patient (and close family – participation of spouse is specially encouraged) and the

Obstetrician, Neonatologist, Dietician and Physiotherapist to cover all pregnancy – related issues for good mother & child health care so that all mothers and children stay healthy and in order to reduce maternal & infant mortality and morbidity.

PROF S YAJNIK HONOURED

Prof S. Yajnik, Head Medical Education Cell, VPIMS was the Chief Guest during the 2 day U P State Conference of ISA (UP ISACON 2006) on 29 and 30 October 2006. He also delivered the key note address summing up the evolution of Anaesthesia in the State over past five decades.

BATTLING WITH DENGUE

Lucknow, like the rest of the state, faced the spectre of Dengue in late – Sept. early October. Under the vigilant leadership of Swami Muktinathananda, the Polyclinic geared to face the challenge by treating patients, sharing its Blood Bank's platelets freely with the needy (even if not under treatment here), providing adequate diagnostic workup and made special efforts to educate its staff and Consultants about the dreaded disease and the tools to tackle it in homes and hospital alike, emphasizing on preventive measures.

EXPANDED DEPARTMENTS OF ALTERNATIVE MEDICINES INAUGURATED



Life style diseases are progressively becoming a major challenge for Health Personnel. In view of the increasing popularity and utility of alternative systems of medicine to meet this challenge, VPIMS in accordance with its goal to provide easy availability of high degree holistic healthcare under one roof,



has expanded these facilities and relocated them in a newly constructed wing, which was inaugurated by Sri Arun Kumar Misra, Principal Secretary, Health, U.P. on 27th November, 2006. Swami Muktinathananda, Secretary of VPIMS in his address stated that Polyclinic is unique in offering various alternative therapies under one roof. These include Naturopathy,



Homeopathy, Ayurveda, Panchkarma, Yoga, Pranic Healing and Acupressure. An Ayurveda garden too is being developed. Chief Guest, Sri Misra stressed the increasing importance of alternative medicines as concurrent system and not as mere adjunct for “want of better”.

MEDICAL TREATMENT BOOKS

As part of its staff welfare measures, VPIMS has introduced “Medical Treatment Book”, for employees and entitled family members. Every beneficiary brings his own book, carrying photograph and all the advice/treatment in OPD is recorded in this book to ensure that the patients’ past medical record is always available.

RURAL HEALTH PROGRAMME

VPIMS team comprising two general Physicians, one Ophthalmologist, one Gynaecologist, one Dental Surgeon, one Ayurvedacharya, one DNB trainee and paramedical staff with equipment and machines continued their programmed visits to Mehaura and Katra Bakkas on Monday FN & AN respectively and Heerpur Ataria on Wednesday and Saturdays and Ramvan Kutir on Thursdays in Barabanki district and visited patients as below:

| Type | Allopathy | Gyn & Obs. | Eye | Dental | Ayurved |
|------|-----------|------------|------|--------|---------|
| New | 4001 | 131 | 1108 | 202 | 416 |
| Old | 8771 | 300 | 1370 | 141 | 692 |

CHARITY ACTIVITIES

- A total of 5084 patients were treated totally free and 544 partially free from OPD.
- A total of 2678 patients were treated totally free and 475 partially from inpatients wards.
- 338 cataract patients and 5 other eye cases were operated free.
- Smile Train Project continues to progress and 79 children having cleft lip and palate were operated free.
- General patients pay a token charge of Rs.10/- only for OPD registration & Rs.30/- per day only for indoor.
- RHP as detailed above is the statistics for the Oct- Nov.2006 and it is a totally free service.
- A glass of hot milk from Math Dairy is distributed every morning free of charge to all general patients.
- A glass of milk and nutrients (banana / bun) from Math are distributed free among nearby impoverished children every afternoon.
- Medicines are sold to the hospital patients at 5% discount with the provision of cash refund for unused medicines.



Math News

Following a grand celebration of Sri Sri Durga Puja, ceremonial worships were performed on the occasions of Sri Sri Lakshmi Puja and Sri Sri Kali Puja in the month of October, 2006. The Anniversary of Temple Dedication Day was also celebrated on the auspicious Jagadhatri Puja Day on 31st October, 2006. Besides, Birth Anniversary of Swami Subodhananda Maharaj, Swami Vijnanananda Maharaj & Swami Premananda Maharaj were also celebrated by paying homage to the respective saints through discussion of their life and teachings. A discourse on Srimat Bhagavatam Gita was given in the temple on the occasion of Sri Ras Purnima on 5th November, 2006. Other routine weekly discourses were also presented regularly.

Programme Calendar : October & November - 2006

Weekly Discourses

Sundays - 9:30 a.m.

| | | |
|----------|----------------|---|
| December | 10, 17, 24, 31 | On the Gospel of Sri Ramakrishna by Swami Muktinathananda |
| January | 7, 21, 28 | |

Fridays - 10.30 a.m.

| | | |
|----------|------------------|---|
| December | 1, 8, 15, 22, 29 | On the Gospel of Sri Sarada Devi by Swami Muktinathananda |
| January | 5, 12, 19, 26 | |

Fridays - After Arati

| | | |
|----------|---------------|--|
| December | 8, 15, 22, 29 | On Srimat Bhagavad Gita by Swami Muktinathananda |
| January | 5, 26 | |

alternate Sundays - 3.30 p.m.

| | | |
|----------|--------|--|
| December | 10, 24 | Personality Development Forum for youth - conducted by Swami Muktinathananda & Swami Pararupananda |
| January | 7, 21 | |

December

| | |
|----|----------|
| 11 | Monday |
| 16 | Saturday |
| 24 | Sunday |

Other Festivals and Discourses

| |
|--|
| SRI SRI MA SARADA DEVI JAYANTI |
| Swami Shivananda Jayanti - discourse after evening arati. |
| Christmas Eve - discourse after evening arati. |

January

| | |
|----|-----------|
| 1 | Monday |
| 2 | Tuesday |
| 10 | Wednesday |
| 12 | Friday |
| 14 | Sunday |
| 20 | Sunday |
| 20 | Sunday |
| 23 | Tuesday |

Other Festivals and Discourses

| |
|---|
| Kalpataru Utsav - programme from 2.30 p.m. |
| Swami Turiyananda Jayanti - discourse after evening arati. |
| Swami Vivekananda Jayanti - (details at Math Office). |
| NATIONAL YOUTH DAY - (Special Programme). |
| Youth Convention - (details at Math Office). |
| Swami Brahmananda Jayanti - discourse after evening arati. |
| Swami Brahmananda Jayanti - discourse after evening arati. |
| Sree Sree Saraswati Puja - (details at Math Office). |

Sankirtan after Evening Arati

| | Ramnam | Shyamnam | Devinam |
|----------|-----------------------------|----------|----------|
| December | 1 (Fri), 16 (Sat), 30 (Sat) | 4 (Mon) | 20 (Wed) |
| January | 15 (Mon), 29 (Mon) | 3 (Wed) | 19 (Fri) |

GLIMPSES OF UPCOMING EVENTS

- **Kalpataru Utsav** at 2.30 p.m. on 1st January, 2007 followed by an **Interfaith Goodwill Meet** on New Year Day jointly sponsored by Ramakrishna Math and Kabir Peace Mission, Lucknow.
- **145th Birth Anniversary of Swami Vivekananda** will be celebrated with a 5 day long programme from 10th to 15th January, 2007 at Ramakrishna Math.

Appeal

Continuance and expansion of the aforesaid activities of the Ramakrishna Math and Ramakrishna Mission Sevashram, Lucknow largely depends on the benevolent participation of the noble-hearted. We, therefore, appeal to one and all to contribute their mite for selfless service of the common people. Any amount will be thankfully received and gratefully acknowledged. Contributions for the Math and the Mission may kindly be sent by M.O. or Cheque / Draft in favour of Ramakrishna Math, Lucknow or Ramakrishna Mission Sevashram, Lucknow respectively. Donations are exempt from payment of Income Tax under Section 80G.