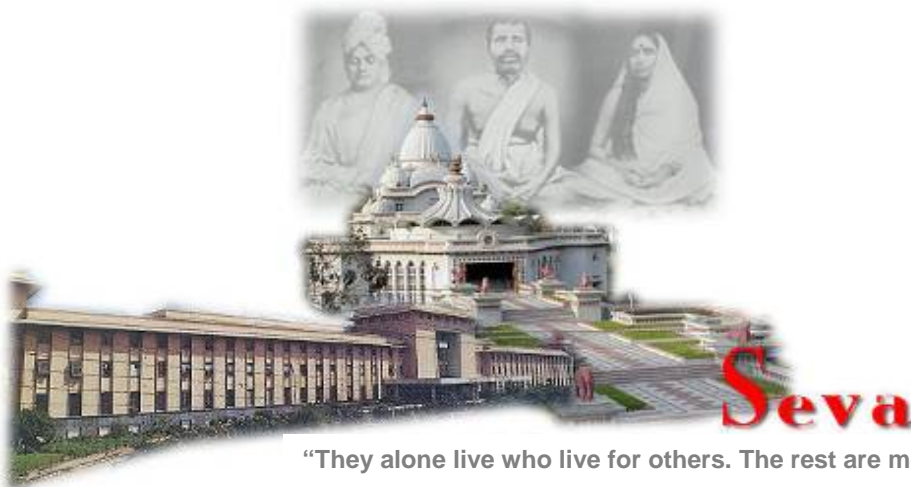




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“They alone live who live for others. The rest are more dead than alive.”

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.



VISIT TO VPIMS BY A TEAM OF DOCTORS FROM SRI LANKA

A team of 08 Doctors from Sri Lanka attended learning and sharing workshop on 'Health Promotion in Hospitals' conducted at SGPGI, Lucknow from 30th March 09 to 2nd April 09. As a part of the workshop, Sri Lankan doctors were shown the best hospitals of Lucknow including **Vivekananda Polyclinic & Institute of Medical Sciences (VPIMS)**. Subsequently, they were taken around the hospital and were shown various health facilities available in-house. The team greatly appreciated the state of art facilities and lauded the commendable work being done by the hospital in alleviating the sufferings of the mankind.

PAEDIATRIC NEPHROLOGY

The Vivekananda Polyclinic & Institute of Medical Sciences (VPIMS) has since last year donned this new mantle & name, and is now a tertiary-care teaching hospital with several specialty and superspeciality courses under the DNB Programme. This has definitely added stature to the existing distinction that the hospital has achieved over the past several decades as a place of succour for the sick and ailing.



Rapidly expanding and advancing knowledge in the field of medical sciences has given rise to various superspecialities in every discipline of medicine, so also in Paediatrics. We now have well developed superspecialities like Neonatology, Neurology, Cardiology, Gastro medicine, Endocrinology, Nephrology & others.

The Department of Paediatrics and Neonatology at VPIMS has also added a functional unit of Paediatric Nephrology since last year. A CME on Paediatric Nephrology on 4th April, 2009 to spread awareness about proper management of such nephrology related cases was organized under the aegis of **Indian Society of Paediatric Nephrology**. Dr. Saroj Chooramani Gopal, Vice-Chancellor, CSMMU, Lucknow, was the Chief Guest of the Inaugural

Function of the C.M.E. An internationally renowned guest faculty from New Delhi. Dr. R.N. Srivastava, former HOD, Paediatrics, AIIMS, New Delhi now Consultant Paediatric Nephrologists at Indraprastha Apollo Hospital,

spoke on 'Difficult to treat Nephrotics'. Dr. Arvind Bagga, Professor & Chief, Division of Paediatric Nephrology, AIIMS, New Delhi, delivered a lecture on 'Comprehensive evaluation of Renal functions, while Dr. Pankaj Hari, Associate Professor, Division of Paediatric Nephrology, AIIMS, New Delhi, discussed at length on the 'Controversies in the management of Urinary Tract Infection (UTI)'. As many as 80 well-known Paediatricians from Lucknow as well as from other parts of the State listened to the eminent guest speakers with rapt attention. The deliberations of such stalwarts in their respective fields of specialization benefited the delegates who had an enlightening interactive session with the faculty.

VISIT OF MANAGER PROGRAMS, SMILE TRAIN

Mrs. Mamta Carrol, Manager Programs, Smile Train New Delhi, visited VPIMS Lucknow on 21st April 2009 to carry out a critical review of the implementation of the objectives of Smile Train Project, sponsored by USA. She expressed her happiness on the overall progress of Smile Train Project, out reach camps conducted in various parts of the State and the increase in the number of beneficiaries, wherein, 929 deprived children having cleft lip and cleft palate were successfully operated in the hospital during the year 2008. During the hospital rounds, she was overjoyed to see the state of the art Operation Theatre and the excellent facilities being provided to these hapless children in the Plastic Surgery Ward. The Secretary, Swami Muktinathanandaji, while briefing the visiting dignitary requested their more frequent visits in the future and also stressed upon the importance of a continuous dialogue so that there is no let up in the management of cases under the Smile Train Project.

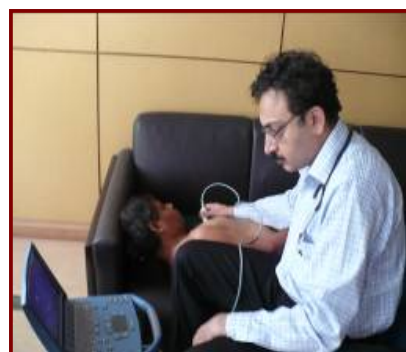


FREE CARDIAC SCREENING CAMP:

A two-day free Cardiac Screening Camp was jointly organized by Vivekananda Polyclinic & Institute of Medical Sciences, Lucknow and Indraprastha Apollo Hospital, New Delhi on 9th & 10th May 2009. The first day of the camp was held in the premises of U.P Power Corporation Ltd at Shakti Bhawan for the benefit of their employees



and dependants, while on the second day, the camp was held in VPIMS for general public. 315 patients availed the facilities in the free heart check up camp and they were examined by Dr. N.N. Khanna, Senior Consultant, Indraprastha Apollo Hospital. They were provided free investigation facilities viz. Blood Sugar, ECG and Echo-Cardiography.



The aim of the Camp was to spread awareness amongst the masses about prevention of Heart diseases and to encourage the people towards regular check up. Cardio vascular disease is the world's leading killer, and in India, in the past five decades,

rates of Coronary disease among city dwellers have risen from 4 to 11%. A self evaluation **Cardiac risk check list** given below indicates the risk of getting Cardio-vascular disease and the need to consult your Cardiologist:-

Cardiac risk checklist

- Do you have a blood relative who had a heart attack, heart disease or a stroke prior to age 65?
- Are you physically inactive?
- Do you smoke or consume tobacco in any other form?
- Are you a diabetic?
- Are you overweight (BMI above 23.5)?
- Do you have a big belly (high WHR.)?
- Do you have high blood cholesterol?
- Do you have high blood pressure?

(Note: More the number of responses you have ticked, greater is your risk of getting Cardio-vascular disease.)

WORLD HEPATITIS DAY

The World Hepatitis Day was organized at Vivekananda Polyclinic & Institute of Medical Sciences, Lucknow in collaboration with the Department of Gastroenterology, SGPGI, Lucknow on 19th May, 2009 from 8:00 a.m. to 2.00 p.m. for General Public. The Camp provided an opportunity for everyone to get tested for Hepatitis B, free of cost. It is alarming to note that every twelfth Indian is likely to be Hepatitis B positive! In order to create mass awareness amongst the general population, all health workers in the camp were issued T-shirts with an inscribed caption, 'Am I Number 12?'

As a prelude to the World Hepatitis Day, Dr. Debnandan, HOD, Department of Gastroenterology at VPIMS delivered a very informative talk on 18th May 09 for the benefit of our hospital staff on the various aspects of this dreadful disease and advocated 'Let us be Hepatitis B Safe'. Swami Muktinathanandji, Secretary of VPIMS, Lucknow during his address exhorted the employees to undergo the mandatory screening on 19th May 09. He also stated that at a later date, all Paramedical Staff directly involved with patient care will be vaccinated against Hepatitis B free of charge and those who are found to be Hepatitis B positive, will be further investigated and given free treatment in collaboration with SGPGI, Lucknow. Liver Disease like Hepatitis, Cirrhosis & tumors are assuming menacing proportion in recent times. Hepatitis B is a major cause of liver disease and Cirrhosis. The risk of developing liver cancer is also high in such people. The disease is caused by Hepatitis B virus (HBV) and is transmitted via blood and other body secretions (vaginal fluid and Semen). Around 4% of the population in



India has this infection and every year 1.0 lac Indians fall prey to this disease. Further, from 25 million infants born every year, 1.0 million run the life time risk of chronic Hepatitis B infection. The commonest cause of spread of Hepatitis B is through unsafe blood transfusions, infected and unsterilized needles, unsafe sexual contacts and also from infected mother to the new born. Usually this disease is asymptomatic. Some of the common symptoms are fever, extreme tiredness, nausea, loss of appetite, jaundice and ascites.

The camp was organized to create mass awareness and also to carry out screening of general population. The disease can be diagnosed only with blood test. It can be prevented with three doses of vaccination against Hepatitis B. If the person gets infected, the disease can be treated with modern drugs.

PROCUREMENT OF POWER ASSISTED LIPOSUCTION UNIT (Byron, USA)



The Department of Plastic, Craniofacial and Micro Surgery added a new facility to its existing services for carrying out Liposuction Surgery. A power assisted PSI Tech Liposuction Unit (Byron, USA) was procured by the Institute for providing state of the art care to the patients with localized Obesity and Post Bariatric Surgery body contouring. The machine was inaugurated in the last week of May 2009 by performing a body contouring procedure on a young male patient successfully.



VILLAGE HEALTH PROGRAMME

The Village Health Programme team of VPIMS comprising General Physicians, Ophthalmologist, Gynecologists, Dental Surgeon, Ayurvedacharya, DNB trainees and paramedical staff with equipment and medicines continued their programmed visits to HEERPUR ATARIA on Wednesdays and Saturdays in Sitapur District, KATRA BAKKAS on Mondays & Lhadsa on Fridays in Lucknow District and RAMVANKUTIR on Thursdays in Barabanki District. The following numbers of patients were treated during the last two months:

Type	Allopathy	Gyn & Obs	Eye	Dental	Ayurvedic	Homeopathy	Total
New	2548	137	1251	114	289	467	4806
Old	5123	141	1233	123	594	352	7566

CHARITY ACTIVITIES

- A Total of 525 patients were treated totally free as inpatients.
- In out patients, 10,069 persons received totally free and 721 partially free treatment.
- 333 Cataract Operations including IOL implantations were performed free.
- The Smile Train Project continues to progress and 105 children having cleft lip and palate were operated free.

Math News

SHRI RAMACHANDRA JAYANTI :

The Birth Anniversary of Bhagavan Sri Ramachandra, the presiding deity of this region was celebrated on Friday, the 3rd April, 2009 with due solemnity by way of Special (Soroshapachar) Puja, Havan, Pushpanjali, Bhajan and distribution of Anna Prasad among all present. After the evening Arati, a discourse on the exemplary life and eternal teachings of the Incarnation of God based on Valmiki Ramayana was presented by Swami Muktinathanandaji, Head of the Centre, followed by Ram Nama Sankirtana in chorus and distribution of Prasad in Packets.



PHALAHARINI KALI PUJA:

As in previous years, Phalaharini Kali Puja was celebrated at the Math on Saturday, the 23rd May, 2009 with special Puja after evening Arati. A large number of devotees attended the celebration and participated in the Kali Kirtan led by Swamis Muktinathananda, Atmapurnananda, Sri Divya Ranjan Chakraborty and a few other local singers besides a group of vocal artists from Kanpur including Sri Uday Sarkar and Sri Ashok Mukherjee. Sumptuous Prasad in packets was distributed to all present.

OTHER FESTIVALS:

The Birth Anniversaries of Sri Ramchandra and Bhagwan Buddha Deva were observed by special discourses after evening Aarti on their respective life and message. In addition, weekly discourse was conducted by Swami Muktinathananda on the gospel of Sri Ramakrishna on Sunday Mornings and Srimad Bhagavat Gita in Hindi on Friday evenings while Swami Pararupananda conducted the Friday morning classes on the gospel of Sri Ma Sarada Devi. Besides, Ramnam, Shyamnam and Devnam Sankirtans were held after evening Arati on every Ekadashi, Purnima & Amavasya days respectively.



Appeal

Continuance and expansion of the aforesaid activities of the Ramakrishna Math and Ramakrishna Mission Sevashrama, 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 acknowledge. 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 Sevashrama, Lucknow respectively. Donations are exempt from payment of Incom Tax under Section 80G.

Ramakrishna Math & Ramakrishna Mission Sevashrama

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