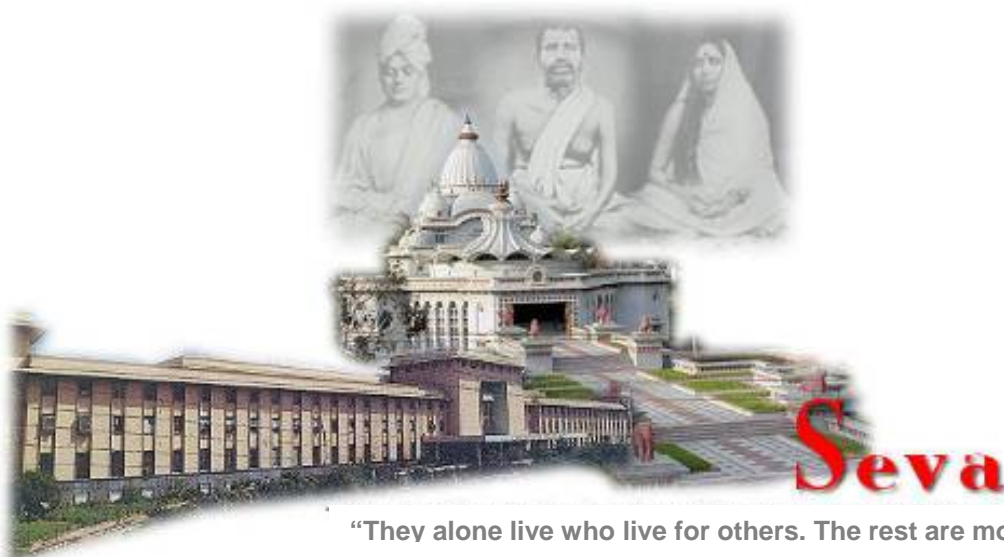




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“They alone live who live for others. The rest are more dead than alive.”

## 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.

### DNB POST GRADUATE COURSES



The Medical Education Cell which was started in January 2005 under the stewardship of Dr. S. Yajnik, the former HOD of Anaesthesiology, VPIMS, Lucknow, has now expanded to cover DNB (Post Graduate Medical) Courses in as many as 12 disciplines viz. Medicine, Family Medicine, Paediatrics, Surgery, Orthopaedics, Gynaecology & Obs, Ophthalmology, Anaesthesiology, Radiology, Pathology, Neuro Surgery & Plastic Surgery. Despite extremely stringent standards of National Board of Examinations (NBE), our **three DNB doctors have cleared both theory and practical DNB examinations in 2009**, viz. **Dr. Pradeep Sharma (Surgery), Dr. Arun Sachdeva (Medicine) & Dr. Manka Singh (Gynaecology & Obs)**, who deserve our heartiest congratulations for their outstanding achievements. It is hoped that their success will inspire both the DNB faculty and the students to make concerted efforts with the

singular aim of achieving continued success in the DNB examinations.

### UPGRADATION OF MEDICAL EQUIPMENT IN BLOOD BANK

The Medical Equipment profile in the hospital is being continuously upgraded to keep pace with the advances in the field of Medicine. In order to increase the life span of transfusable Plasma from one year with the present Freezers having a cooling capacity upto minus -40 °C to at least three years, **one 86 °C Ultra low temperature freezer manufactured by Thermo Scientific USA. Model 702** has been installed at our Blood Bank with electronic display of temperature and auto alarm against power/system failure, probe failure and local communication failure. It is hoped that this instrument will enable us to a great extent overcome the acute shortage of plasma for needy patients.



### CLEFT LIP / PALATE CAMP AT SHAHJAHANPUR



A camp was organized on **20<sup>th</sup> June 2009** at Shahjahanpur by Deptt. of Plastic, Craniofacial & Micro Surgery, Vivekananda Polyclinic & Institute of Medical Sciences, Lucknow in association with Bharat Vikas Parishad “Sanskar” Shahjahanpur for Free Registration of Cleft Lip & Cleft Palate Patients. The camp was inaugurated by **Sri. Awadhesh Kumar Verma, Minister of State for Backward and Social Welfare, U.P. Government** in the presence



of **Shri. Suresh Khanna local M.L.A** as well as **Dr. R.P. Tiwari Chief Medical Officer**. A total of 135 patients

were examined, out of which **125 Cleft Lip & Cleft Palate Patients were registered** under The Smile Train Project.

Each patient was given date for admission as per his/her convenience. They will be transported to the hospital and operated free of cost including beds, food & medicines.

### VISIT BY A TEAM OF PLASTIC SURGEONS



A team of renowned faculty members comprising of **Dr. Jyotsna Murthy, Professor, Deptt. of Plastic Surgery, Director, Cleft & Craniofacial Surgery, Sri Ram Chandra Medical College & RI (DU) from Chennai** and **Dr. Karoon Agarwal, HOD, Deptt. Of Plastic Surgery ZIPMER from Pondicherry** visited Department of



Plastic, Craniofacial and Microsurgery in our esteemed Institution on **5<sup>th</sup> July 2009**. They were highly impressed by our well organized office, ward and OT complex as a whole.



They devoted their time in the social cause by demonstrating their skills in operating two of our admitted patients of Cleft Lip/Palate. During their visit our departmental doctors and paramedics were able to share and learn a lot from their vast knowledge & experience.



### INAUGURATION OF EXTENDED HOLISTIC MEDICINE WING



The foundation of the Department of Alternative Therapy was laid 25 years ago with a vision to help the patients in a larger way and we have successfully treated hundreds of hopeless patients suffering from chronic life style diseases. Our focus was mainly on joint related diseases i.e. Osteo-arthritis, Cervical Lumbar Spondylosis, Frozen shoulders, Gout, Slip-Disc, Sciatica along with auto-immune disease like Rheumatoid Arthritis and connective tissue diseases.

In order to cope with the continually increasing number of patients for Alternative Therapy, the department has now been augmented with an **Extended Holistic Medicine Wing** which was formally inaugurated on **11<sup>th</sup> July 2009** by **Padmasree Dr. M.C. Pant, HOD, Department of Oncology, CSMMU, Lucknow**.

In his inaugural address, **Dr. Pant** extolled the efforts of the Vivekananda hospital towards promoting holistic medicine for the common people at affordable cost. **Swami Muktinathananda, Secretary** of the hospital welcomed the gathering saying that the holistic medicine and alternative therapy seems to be the golden solution to tackle the increasing dimension of multifarious diseases of the present millennium.

**Dr. Pankaj Bharti, HOD of the Holistic Medicine department** spoke on the relevance of the Holistic Medicine. He said that the unique feature of the Holistic Medicine Department of Vivekananda Polyclinic & Institute of Medical Sciences lies in its approach of clubbing modern medical science with other scientifically proved alternative therapies! We not only treat the sick but we also conserve the health of healthy people and rejuvenate them as well. In the true sense, we provide holistic health.

Now after expansion of the holistic medicine department, we can accommodate approximately one hundred and fifty patients in one day. For accommodating out station patients, an Indoor Ward facility has also been added to the department.

### LAUNCH OF DEXMEDETOMIDINE (DE $\times$ EM):

Themis Medicare (India), Mumbai introduced their new drug- a Sedative analgesic with anxiolytic property on **18<sup>th</sup> July 2009**. **Dexmedetomidine (De $\times$ em)** is an  $\alpha_2$  adrenergic receptor agonist drug and is very useful for sedation of intubated and mechanically ventilated patients in an intensive care setting especially in immediate postoperative period. It has also morphine sparing characteristics. Prof. Sudarshan Yajnik, Director Medical Education, VPIMS, Lucknow was specially invited for this occasion.

### LAUNCHING OF TELEMEDICINE SERVICE

The Telemedicine Service was launched on **28<sup>th</sup> July 2009** at Vivekananda Polyclinic & Institute of Medical Sciences with the Indraprastha, Apollo Hospital, New Delhi. **Srimat Swami Tapananandaji Maharaj, a distinguished senior monk of the Ramakrishna Order** inaugurated the telemedicine services at the Vivekananda Hospital, in the presence of **Swami Muktinathanandaji, Secretary, Ramakrishna Mission Sevashrama, Lucknow** and **Padmasree Dr. S.C. Rai, President, Managing Committee of Ramakrishna Mission Sevashrama, Lucknow** while **Dr Prathap C Reddy, Chairman Apollo Hospitals Group** with his colleagues were available at the New Delhi end through tele-link video conferencing.

Speaking on the tele-link, **Dr Prathap C Reddy**, said, **“Apollo Tele-Medicine Network will provide ready access to specialists and super-specialists for referrals, consultation, second opinion, reviews, post treatment follow-ups besides facilitating 'tele-continuing medical education' programmes for the medical fraternity of the entire State.”** While highlighting the significance of this linkage, **Swami Muktinathananda** said **that this is a special day which marks the beginning of a new era for the people seeking advanced medical care in the State.** With this facility, people in and around Lucknow can now consult world renowned doctors via the tele link and get access to quality treatment and latest medical technology without having to be physically present anywhere outside Lucknow. The network will primarily provide Tele-Education, Tele-Medicine, Internet, Video conferencing and VOIP services via satellite and fiber optic network. Overall, this technology aims to boost health care access through effective utilization of information technology.

At the inaugural function, live tele-consultation was demonstrated between doctors of Vivekananda Polyclinic & Institute of Medical Sciences and Indraprastha Apollo Hospital, New Delhi, by way of medical consultation to a group of pre- selected cardiac patients.



### **INTERNATIONAL RECOGNITION OF OUR UROLOGIST:**

Dr. Salil Tandon, Consultant Urologist & Andrologist recently got an opportunity to visit **Kuala Lumpur, Institute of Urology, Malaysia** as a visiting fellow for management of stone disease. He was updated with the recent advances in management of complex stone disease, use of Laser and flexible URS. His experience will definitely be beneficial to the patients care as well as to the Institute.

### **VILLAGE HEALTH PROGRAMME**

The Village Health Programme team of VPIMS comprising General Physicians, Ophthalmologist, Gynaecologists, 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 and 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	3208	213	1723	159	349	502	6154
Old	4020	204	1426	204	641	688	7138

### **CHARITY ACTIVITIES**

- A Total of 784 patients were treated totally free as inpatients.
- In out patients, 9912 persons received totally free and 784 partially free treatment.
- 352 Cataract Operations including IOL implantations were performed free.
- The Smile Train Project continues to progress and 123 children having cleft lip and palate were operated free.

### **MATH NEWS**

#### **1. RATH YATRA :**

The worship of the frame of Sri Sri Durga (Kathamo Puja) was performed in the Math on 24<sup>th</sup> June 2009 on the occasion of the Rath Yatra Festival of Lord Jagannath. This marked the beginning of preparation for the grand Durga Puja to be celebrated at the Math in September 2009. The programme included Special Puja, Devotional songs, Pushpanjali and distribution of Prasad in the morning.



#### **2. GURU PURNIMA:**

The Guru Purnima celebration was organized at the Math as usual with due solemnity on Tuesday, the 7<sup>th</sup> July 2009. The highlights of the programme included Special (Sorsaprachar) Puja, Havan, and Pushpanjali and distribution of Prasad. A discourse on Guru Tattwa, was delivered by Swami Muktinathananda in the morning, while Bhajans in chorus were sung after the evening Arati followed by distribution of Prasad.



### 3. OTHER FESTIVALS :

A discourse on the life and teachings of Swami Ramakrishnanandaji was presented by Swami Raghunathanandaji after evening Arati on Monday, 20<sup>th</sup> July, 2009. Besides, weekly discourse were conducted by Swami Muktinathananda on the gospel of Sri Ramakrishna on Sunday Mornings and Srimad Bhagavad Gita in Hindi on Friday evenings, while Swami Pararupananda conducted the Friday morning classes on the gospel of Sri Ma Sarada Devi. Moreover, Ramnam, Shyamnam and Devnam Sankirtans were held after evening Arati on every Ekadashi, Purnima & Amavashya days respectively.

Upcoming Programme Calender (Math) : August & September - 2009			
Weekly Discourses			
Sunday - 9:00 a.m.			
August	2, 9, 16, 23, 30	On the Gospel of Sri Ramakrishna by Swami Muktinathananda	
September	6, 13, 20		
Fridays - 10: 00 a.m.			
August	7, 14, 21, 28	On the Gospel of Sri Ma Sarada by Swami Raghunathananda	
September	4, 11, 18		
Fridays - After Arati			
August	7, 14, 21, 28	On Srimad Bhagavad Gita by Swami Muktinathananda	
September	11		
Other Festivals and Discourses			
August			
05	Wednesday	Swami Niranjanananda Jayanti *	
13	Thursday	Sri Krishna Jayanti – Special worship & discourse after arati	
19	Wednesday	Swami Advaitananda Jayanti *	
September			
13	Sunday	Swami Abhedananda Jayanti *	
18	Friday	Swami Akhandananda Jayanti *	
24	Thursday	Sashthyadi Kalparambha **	
25	Friday	Saptami Puja **	
26	Saturday	Mahashtami Puja ** Kumari Puja ** Sandhi Puja ( from 11:08 p.m. to 11:56 p.m.)	
27	Sunday	Mahanavami Puja **	
28	Monday	Vijaya Dashmi Puja & Shanti Jal **	
* Discourse after evening Arati * * Details in Math Office			
Sankirtan after Evening Arati *			
	Ramnam	Shyamnam	Devinam
August	1(Sat), 17 (Mon), 31(Mon)	5 (Wed)	20 (Thur)
September	15 (Tue), 30 (Wed)	4 (Fri)	18 (Fri)

#### 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 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 Sevashrama, Lucknow respectively. Donations are exempt from payment of Income Tax under Section 80G.

#### **Ramakrishna Math & Ramakrishna Mission Sevashrama**

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