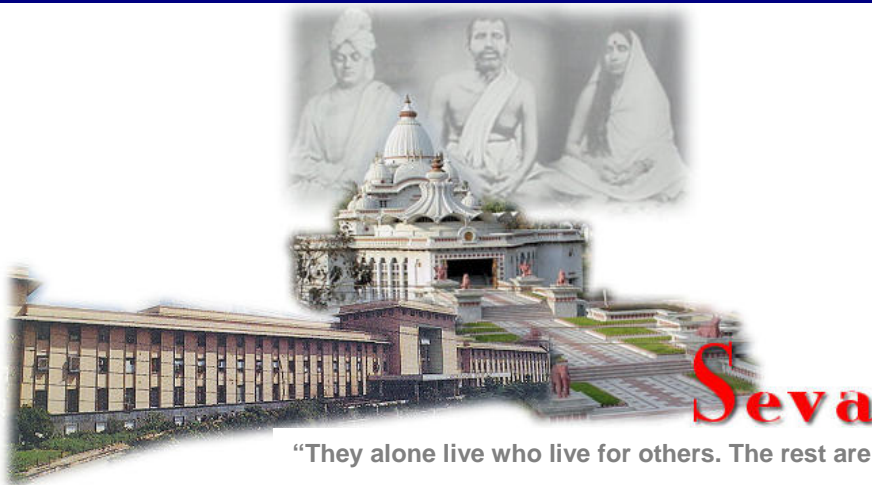




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“They alone live who live for others. The rest are more dead than alive.”

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.

Inauguration of the Relocated Medical Education Department:



Due to increased and diversified functions of Medical Education Department, a need for proper set up of the department was envisaged. The **Relocated Medical Education Department** at the lower ground floor of the Hospital (Basement) was declared open by Swami Muktinathananda on **14th August 09**. The Department consists of an office for OSD, Medical Education Cell, an adjacent room for office clerk, one faculty room and two Lecture theatres.

Prof. S. Yajnik, OSD, Medical Education Cell, in his introductory address, described the various multi faceted functions of Medical Education Department. **Dr. S.S. Agarwal**, Director, Medical Education & Research highlighted on the need of proper Post-Graduate Medical Education in the present medical system. He also complimented the 5 successful DNB students for their outstanding achievements. He exhorted the DNB Co-ordinators to pay special attention towards regular teaching of DNB Students including bed side clinics.

Awareness Programme on Swine Flu (Swine Influenza):



Swine influenza, or “Swine Flu”, is a highly contagious acute respiratory disease of pigs, caused by one of several swine influenza A viruses. Many cases of Swine Flu (Swine Influenza) have been reported sporadically throughout the world and few cases have also been reported in Lucknow. In order to dispel the misconceptions of this dreadful disease, a lecture was organised on **14th August 09** to create awareness about the disease amongst the hospital employees. **Dr. Javed Ahmed**, Visiting Consultant, Medicine, briefly outlined the influenza symptoms of the disease caused by **H1N1 Virus** viz. Fever (100-104 ° F), Extreme tiredness, Body/Joint aches, Headache/ Eye pain, Sore throat, Stuffed or runny nose, Dry/hacking cough, Body chills and Loss of appetite. He advised that any employee having such symptoms should stay at home for a period of 7 to 10 days. They should take rest, use

medication to reduce fever, take light food and adequate fluids. They should seek medical care, whenever, they have difficulty in breathing or wheezing, coughing up blood, chest pain, bluish discoloration of skin, disorientation and decreased urinary output. **Swami Muktinathananda, Secretary**, advised the hospital employees to be vigilant and ensure that universal precautions are taken by the care providers i.e. wearing of face mask and washing hands regularly.

International Conference:

Dr. Peyush Khera, Visiting Consultant, Cardiologist got the opportunity to attend **European Science Congress- Cardiology** held at **FIRA VAN GRACIA AUDITORIUM, Barcelona, Spain** from **29th August 09 to 2nd September 09**. The Conference was attended by approximately **40,000 delegates** coming from across the globe. There were multiple sessions in all spheres of Cardiology starting from basic science to latest clinical trials results and launching of multiple new drugs viz. **TICAGRELOR** (an oral anti platelet agent above prasugrel), **IDRA FAMILY** (an injectable anti coagulant given once a week) and **DABIGATRAN** (an oral anti coagulant not requiring INR monitoring).



Dr. Vaibhav Khanna & Dr. Adarsh Kumar, Consultants in the Deptt. of **Plastic Craniofacial & Micro Surgery** attended **11th International Congress on Cleft Lip and Palate & related Craniofacial Anomalies** organised by **SOBRAPAR, the Brazilian Society of Plastic Surgery, Brazil** from **9th September 09 to 14th September 09**. The Conference was attended by about **300 delegates** from all over the world. It provided for interaction with fellow Cleft Surgeries and masters of Cleft Surgery which will enhance the **Sciences of Cleft management Programme at Vivekananda Polyclinic & Institute of Medical Sciences**.

Dr. Vaibhav Khanna also visited the **Dr. Bessam Farjo's Hair Restoration Centre at Manchester, U.K.**, which is the leading center of Hair Transplant Surgery in U.K. He observed the procedures regarding setting up of Hair Transplant Facilities. Dr. Adarsh visited the **Plastic Surgery Clinics at Manaus, Brazil** as an observer for **Aesthetic Surgery procedures**.

Blood Donation Camp:

A Blood Donation Camp was organised by Blood Bank of Vivekananda Polyclinic & Institute of Medical Sciences in collaboration with Civil Diploma Engineer Association of Irrigation Deptt. Lucknow on **15th September 09**. 51 individuals including 4 ladies registered for the blood donation, out of which 46 individuals were found medically fit and were bled.

CME on Hip Arthroplasty Made Easy Surgery- Step by Step:

An International Symposium on **Hip Arthroplasty Made Easy Surgery- Step by Step** was organised by the Department of Orthopaedics and Joint Replacement Surgeries, Vivekananda Polyclinic & Institute of Medical Sciences on **13th September 09**. The guest faculty for the event included **Dr. Luca Marega, Senior Consultant, S. Anna Hospital Brescia, Italy, an International Expert in difficult Total Hip Replacement Surgeries** and **Dr. Sachin Tapasvi, a Senior Consultant Surgeon at Jehangir Apollo Hospital and Deenanath Mangeshkar Hospital, Pune**.

Dr. Luca Marega demonstrated live total hip replacements of both hips being done simultaneously under one anesthesia on a 50 year old male suffering from crippling Arthritis, while, **Dr. Sachin Tapasvi**, demonstrated a total live hip replacement on a 25 year old patient suffering from Hip Arthritis. The Surgeons used a new technique for Hip Replacement Surgeries which uses Minimal incision technique where the surgery is performed in a way that requires only 3 to 5 inches incision. The patients have easier recovery and spend less time in the hospital and have fewer complications.



Live Operative Workshop on Minimally Invasive Gynaecological Surgeries:

A Live Operative Workshop on Minimally Invasive Gynaecological Surgeries (**Laparoscopic, Hysteroscopy & Vaginal**) was organised by the **Department of Obstetrics and Gynaecology, Vivekananda Polyclinic & Institute of Medical Sciences** on **20th September 09**. **Dr. S.D. Maurya, a renowned Laparoscopic Surgeon & President of the Society of Endoscopic and Laparoscopic Surgeons of India (SEISI)** and **Dr. Nutan Jain, a pioneer in the field of Laparoscopic Gynaecological Surgeries and a Board Member of International Society of Gynaecological Endoscopy (ISGE)** were invited as the guest faculty for this event. They performed 10 advanced surgeries like total laparoscopic hysterectomy; laparoscopic myomectomy; laparoscopic vaginal repair of pelvic



organ prolapse; non-descent vaginal hysterectomy and surgery for prolapse uterus using sacrospinous ligament fixation. These were fairly new advanced procedures for the delegates.

Swami Muktinathananda, Secretary, during the welcome address to the 100 Gynaecologists from all over U.P. attending this Operative Workshop said that this event will go a long way in training budding Gynaecologists to become Laparoscopists.

Dr. A.K. Mahapatra, Director, SGPPI, Lucknow in his inaugural address stated that '**Minimally Invasive Gynaecological Surgery**', refers to key hole surgery in which a large uterus, uterine fibroid, ovarian cyst irrespective of the size can be removed by 2-3 very small holes in the abdomen of the patient. The patient can return to the work very soon by this means of surgery. **He also released a souvenir brought out to commemorate the occasion.**

WORLD ALZHEIMER'S DAY:



A Public awareness programme was held in Vivekananda Polyclinic and Institute of Medical Sciences, Lucknow, on **23rd September 09** to spread the message of the theme for **World Alzheimer's Day 2009 viz. 'Diagnosing Dementia: See it sooner'**.

In his inaugural address, **Swami Muktinathananda, Secretary**, highlighted on the importance of proper functioning of brain and mind and suggested that the spiritual activities may go a long way in helping the Alzheimer patients.

Dr. A.K. Pandey, Visiting Consultant, Neurology delivered a very informative talk on Dementia, its causes and the role of the family members. He also gave practical tips to the care givers in managing such patients.

Dr. (Prof.) Narottam Lal, Visiting Consultant, Psychiatry emphasized on the importance of the awareness about the disease and announced starting of Memory Clinic, Dementia Clinic, and De-Stress Clinics at the Vivekananda hospital for the care givers with immediate effect on every Saturday. He emphasized that these clinics will be of great help in screening, prevention and early diagnosis of Dementia patients.

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 & 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	3679	121	2006	191	392	559	6948
Old	4742	104	1584	223	674	673	8000

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

DURGA PUJA :

Sri Sri Durga Puja was celebrated at the Ramakrishna Math for the 37th year from Thursday, 24th September till Monday, 28th September 2009 with great festivity and solemn grandeur. Thousands of devotees and visitors from far and near participated in the celebration on all the days and received Prasad. However, the crowd was maximum during the Kumari Puja and Sandhi Puja on the Mahashtami Day. Besides usual formal worship of the deity and Kali Kirtan, Agamani etc. special



cultural programme was arranged during the Puja days during which Sitar, Sarod and Violin recitals were presented by Sri Dipak Chatterjee, Sri Abhijit Roy Choudhury and Sri Ashok Goswami respectively with Tabla accompaniment by Sri Arup Chatterjee, Sri Partha Pratim Mukherjee and Pandit Sheetal Prasad Misra on the nights of Saptami, Ashtami and Navami. The Puja concluded with sprinkling of Peace Water (Shantijal) and distribution of sweets on the evening of Vijaya Dashami (28.9.2009).

1. OTHER FESTIVALS :

Swami Muktinathananda presented talks on the life and teachings of Swamis Niranjananandaji, Advaitanandaji, Abhedanandaji & Akhandanandaji after evening Arati on the respective birth anniversary days and a special discourse on Srimad Bhagavatam on Sri Krishna Janmastami. Besides, weekly discourses were conducted by Swami Muktinathananda on the Gospel of Sri Ramakrishna on Sunday morning and Srimad Bhagavad Gita in Hindi on Friday evening, while Swami Raghunathanandaji conducted Friday morning classes on the Gospel of Sri Ma Sarada Devi. Moreover, Ramnam, Shyamnam & Devnam Sankirtans were held after evening Arati on every Ekadashi, Purnima & Amavasya days respectively.

Upcoming Programme Calender (Math) : October & November - 2009			
Weekly Discourses			
Sunday - 9:00 a.m.			
October	4, 11, 25	On the Gospel of Sri Ramakrishna by Swami Muktinathananda	
November	1, 22, 29		
Fridays - 10: 30 a.m.			
October	9, 16, 23, 30	On the Gospel of Sri Ma Sarada by Swami Pararupananda	
November	6, 13, 20, 27		
Fridays - After Arati			
October	2, 9, 16, 23	On Srimad Bhagavad Gita by Swami Muktinathananda	
November	6, 27		
Other Festivals and Discourses			
October			
3	Saturday	Sri Sri Lakshmi Puja* * (From 6:45 p.m.)	
17	Saturday	Sri Sri Kali Puja* * (From 9:30 p.m. for whole night)	
27	Tuesday	Temple Dedication Day * * (Sri Sri Jagaddhatri Puja)	
30	Friday	Swami Subodhananda Jayanti*	
November			
1	Sunday	Swami Vijnanananda Jayanti *	
2	Monday	Rass Purnima (Readings from Srimad Bhagavatam) * *	
26	Thursday	Swami Premananda Jayanti*	
* Discourse after evening Arati * * Details in Math Office			
Sankirtan after Evening Arati *			
	Ramnam	Shyamnam	Devinam
October	14(Wed), 29 (Thu),	4 (Sun)	18 (Sun)
November	12 (Thur), 28 (Sat)	2 (Mon)	16 (Mon)

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 Incom Tax under Section 80G.

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