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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.

### Vocational Service Award by Rotary International (Dist 3120):

Rotary International gives a high priority to “Vocational Service” as one of the key ‘Avenues of Service’ under Rotary’s objectives and programmes. This encourages them to service others through their vocations and practice high ethical standards in business and professions.

In pursuance to the ideals of Rotary, the Rotary Club, Lucknow presented ‘Vocational Services Award’ to Ramakrishna Mission Sevashrama, Lucknow for the year 2009-10 in recognition of the exemplary services rendered to the community in rehabilitation, health and education. Swami Muktinathananda received the citation and plaque on behalf of the Mission in a prestigious function which was well attended by the Members of Rotary Club, Lucknow Rajdhani.



### Blood Donation Camps:



A blood donation camp was organised on 12<sup>th</sup> January, 2010 by VPIMS, Lucknow at Jaipuria Institute of Management to commemorate 147<sup>th</sup> birthday of Swami Vivekananda, which is also celebrated as National Youth Day. Students of the Institute actively participated in the camp and as many as 115 students donated blood for a noble cause. City mayor, Dinesh Sharma who was also present on the occasion said that youthness was not confined to body only but was present in person’s thinking. He said: ‘Though Swami Vivekananda is not physically present with us, his thoughts always inspire us for evergreen youthfulness.’

Another camp was also organised by a NGO viz, ‘We the New Definition of Youngsters’ to commemorate the Republic Day on 26<sup>th</sup> January, 2010 at the Blood bank of VPIMS. 20 Volunteers were bled during the camp.

### International Rotational Training of Doctors from Mexico:

Dr. Raj Misra (General Surgery Resident) and Dr. Emily Macdonald (Paediatric Resident) from the School of Medicine, University of New Mexico, USA were attached to VPIMS, Lucknow for doing their Residency from 30<sup>th</sup> November, to 11<sup>th</sup> December, 09 as a part of International Rotational Training Programme. They were given hospital exposure in Surgical Operations as well as Examination and Treatment of Paediatric cases including Tropical diseases and outreach health services under Village Health Programme. They also interacted with our DNB Students and shared the information about Medical Education as practiced in USA and the methodology regarding Information storage and retrieval of Medical Records as well as other unique features followed in their hospitals.

### Publication of Article in International Journal:

Prof. Padam Kumari Agarwal, Senior Consultant, Pathologist at VPIMS, Lucknow has developed a new technique for Cytological Examination of Haemorrhagic Fluid by Capillary Centrifugation. This technique was appreciated all over the world and published in a most prestigious International Journal of Cytology, “Act

**Training of Post Graduate Students on Hospital & Health Care Administration:**



The Department of Public Administration, Lucknow University is Interalia, running a two-year, (four semesters’) full time post graduate programme on Hospital and Health Care Administration. The students are attached for a period of three months of training in hospitals and one full semester for Internship towards the end of the programme. The affiliation of students with VPIMS, Lucknow commenced from **October 2007**. Since then **28 students** have completed their hospital training and **06 students** completed their Internship and Project work. Presently, 06 students are undergoing hospital training and 07 students are pursuing their project assignments during their Internship.

**Workshop Contraceptive Updates & Safe Abortion Techniques:**

A workshop on ‘**Contraceptive Updates & Safe Abortion Techniques**’, under the aegis of **UNFPA & Indian Medical Association, Lucknow Branch** was organized at VPIMS, Lucknow on **23<sup>rd</sup> December 2009**. Dr. Rukshana Khan gave an overview of various Contraceptive Methods explaining how to counsel the client for the use of newer contraceptive. She also deliberated on the methods of termination of pregnancy- **MVA and use of Mifeprestone in Medical Abortion**. The programme was attended by Consultants and DNB doctors.



**Management of Complicated Cases with Advanced Surgical Techniques:**

• **Exposed Tibia :**



A 30 year old male patient was admitted with a **large open wound on the leg with exposed bone**. He underwent numerous surgical procedures during the last eight months. A micro-vascular transplantation of Latissimuss dorsi muscle to cover the exposed bone and prevent wound infection was successfully carried out by the Consultant Plastic Surgeons at VPIMS, Lucknow. It is gratifying to note that due to modern day micro-surgery techniques, the flap has taken well. The muscle has been covered with a



skin graft in the second stage and the patient is on its way to complete recovery.

• **Post Burn Contracture Neck:**



A 32 year old female patient was admitted with a **post burn contracture deformity of the neck**. She was treated with **Micro-vascular transplantation of the groin skin (free groin flap)** in contradiction to the routine treatment of release of contracture and coverage of the resulting wound with a skin graft, which in the long run, is neither stable nor aesthetically appealing. This procedure was followed by liposuction of the same flap in a



second stage. After liposuction, the patient has regained a stable and aesthetic cover of the neck region and is happy with her functional and aesthetic outcome.

• **Successful correction of complex multiple congenital anomalies:**

Ever since its inception, the Department of Paediatric surgery has been treating complicated congenital surgical conditions in children with good results. Recently, a patient named baby Snigdha Singh, born with **combined defect of Oesophageal Atresia with Tracheo-oesophgeal Fistula (TOF) and common Cloaca**, was **successfully corrected in restoring her Oesophageal, Genitourinary and Anorectal Anatomy**. In first stage, Oesophageal Atresia with TOF was corrected by standard Right Postero-lateral Thoracotomy approach and a temporary diversion by colostomy was done. The patient was discharged after 10 days and kept on a regular follow up till its age of 8 months. In the second stage, complete mobilization of Urogenital sinus with subsequent **Anorecto-Vagino-Urethroplasty** was carried out, by a complex procedure lasting 7 hours. In the third stage, which was done after 2 months the patient's colostomy was closed. **The patient started passing stools from neo-anus and is doing well and is in regular follow up.**

## **VILLAGE HEALTH PROGRAMME :**

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

Type	Allopathy	Gyn & Obs	Eye	Dental	Ayurvedic	Homeopathy	Total
New	3173	122	2177	158	554	335	6519
Old	4984	143	1414	208	792	509	8050

## **CHARITY ACTIVITIES**

- 429 patients were treated as inpatients totally free of charge.
- In out patients, 10869 persons received totally free and 368 partially free treatment.
- 298 Cataract Operations including IOL implantations were performed free.
- The Smile Train Project continues to progress and 154 children having cleft lip and palate were operated free.

## **Math News**

### **Inter-Faith Goodwill Meet:**



Ramakrishna Math and Kabir Peace Mission jointly sponsored Inter-Faith Good Will Meet on the New Year Day (01.01.2010) where representatives of different Faiths delivered a message of Goodwill and harmony from the same platform. Revered Gerald John Mathias, Bishop of Lucknow, delivered the Keynote address, while Sri S.M.A. Kazmi, Chairman, Minority Commission, U.P. delivered the Goodwill message among others. Sri Kunal Krishna, Founder, Anant Path also demonstrated Guided Meditation for the benefit of Youth and Bhai Rajendra Singh & Associates, Gurdwara, Naka Hindola, Lucknow enchanted the audience with melodious Guru Bani.

### **Kalpatru:**

In order to commemorate the Kalpatru Utsav, a special programme was arranged on the 01st of January 2010 at Ramakrishna Temple where the significance of the event was explained by Sri Muktinathananda in addition to Meditation, Reading, Bhajans etc.

### **Holy Mother Sri Sarada Devi's Janmotsav :**

157<sup>th</sup> Birthday of Holy Mother Sri Sarada Devi was celebrated with a six - day long programme from 08<sup>th</sup> December, 2009 onwards with special puja readings from The Gospel of Holy Mother, Havan, & distribution of prasad. This was followed by lectures on Holy Mother Sri Sarada Devi in the evening and a series of discourses on Ram Charitha Manas. The celebrations concluded with Musical Performances and a Cultural Programme on the last day.



### **Swami Vivekananda's Janmotsav:**



The 148<sup>th</sup> Birth Anniversary of Swami Vivekananda was celebrated with a week long programme starting from 06<sup>th</sup> January, 2010 onwards with Vedic Chanting, Special Puja, Devotional Songs and Distribution of Prasad. This was followed by a series of three discourses on 'Patanjali Yoja Aphorisms', Yogasana demonstrations by the children of Vivekananda Balak Sangh, Rogi Narayan Seva at VPIMS, Lucknow and Shenai Recital by Sri Bhaskar Nath & Associates, New Delhi. The Programme concluded with the celebration of The National Youth Day.

### **National Youth Day:**

On the occasion of birthday of Swami Vivekananda on 12<sup>th</sup> January, 2010, National Youth Day was celebrated by starting a colourful procession of the young boys and girls from 20 Institutions of the Lucknow City from the spacious ground of the Reserve Police Lines. They came to the magnificent Statue of Swami Vivekananda at Vivekananda Polyclinic & Institute of Medical Sciences, with banners, festoons and bands. Finally, it

terminated at Ramakrishna Math, Nirala Nagar, where elocution and recitation were presented by the selected school children. The Chief Guest was Sri R. K. Mittal, IAS (Retd.) lighted the lamp and narrated the significance of the National Youth Day. Swami Muktinathananda delivered the welcome speech inspiring the youth to "Be and Make" and communicated the blessings of Srimat Swami Atmasthanandaji Maharaj, the President of Ramakrishna Math & Ramakrishna Mission, who was incidentally present in the Math.

In the evening, another programme for the youth was organised at Ramakrishna Math Temple Auditorium where the Chief Guest was Prof. Subrata Chakraborty, Director, Jaipuria Institute of Management, Lucknow, offered some useful suggestions by which the youth could achieve success in life. Dr. Vikram Singh, DGP (BSF), inspired the youth and translated the speech of the Chief Guest into Hindi



### Upcoming Programme Calender (Math) : February 2010 & March - 2010

#### Weekly Discourses

##### Sunday - 9:30 a.m.

February	7, 14, 21	On the Gospel of Sri Ramakrishna by Swami Muktinathananda
March	7, 21, 28	

##### Sunday – 4:00 p.m.

February	14, 28	On the Message of Swami Vivekananda for the Youth by Swami Muktinathananda
March	7, 21	

##### Fridays - 10: 30 a.m.

February	5, 19, 26	On the Gospel of Sri Ma Sarada by Swami Pararupananda
March	5, 12, 19, 26	

##### Fridays - After Arati

February	5, 19, 26	On Srimat Bhagavad Gita by Swami Muktinathananda
March	5, 12, 19	

#### Other Festivals and Discourses

##### February 2010

07	Sunday	Youth Conference* Conducted by Dr. K. Subramaniam
12	Friday	Maha Shivaratri**
16	Tuesday	Sri Sri Ramakrishna Jayanti **
28	Sunday	Sri Chaitanya Mahaprabhu Jayanti (Holi)*

##### March 2010

04	Thursday	Swami Yogananda Jayanti *
14	Sunday	Spiritual Retreat **
24	Wednesday	Sri Ramachandra Jayanti * Special Puja and Homa since 8 a.m.

\* Discourse after evening Arati

\*\* Details in Math Office

#### Sankirtan after Evening Arati \*

	Ramnam	Shyamnam	Devinam
Feb.	9 (Tue), 25 (Thu),	28 (Sun)	13 (Sat)
March.	11 (Thu), 24 (Wed), 26 (Fri)	30 (Tue)	15 (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 Income Tax under Section 80G.

**Ramakrishna Math & Ramakrishna Mission Sevashrama**  
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