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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.

22ND ANNUAL CONTINUING MEDICAL EDUCATION (CME):

The 22nd Annual CME was held on 15th February 2010 at Vivekananda Polyclinic & Institute of Medical Sciences, Lucknow, wherein, **Dr. R. K. Sharma, Director, Sanjay Gandhi Post Graduate Institute (SGPGI) Lucknow** was The Chief Guest. Dr. Swati Srivastava, from the Department of Pathology introduced the subject of **‘Platelets and Haemorrhagic Diatheses’**. Eminent speakers from Chatrapati Sahuji Maharaj Medical University (CSMMU) Lucknow viz., Dr. A.K. Tripathi, Professor of Medicine delivered a lecture on **‘Disseminated Intra-Vascular Coagulation (DIC)’**, while Dr. Ashutosh Kumar from the Department of Pathology spoke eloquently on **‘Pre Evaluation for Haemorrhagic Diathesis’**. Dr. Sunil Dabadghao from Sahara Hospital, Lucknow gave a detailed presentation on a **‘Clinical Approach to Thrombocytopenia in pregnancy’**. Dr. R.K. Choudhary, Department of Transfusion Medicine, SGPGI, Lucknow gave a lucid talk on the relevance of **‘Platelet Transfusion’**.



The CME was attended by a large number of Doctors and DNB Students from the hospital. The vote of thanks was presented by Dr. R.C. Pande, HOD, Department of Pathology, VPIMS, Lucknow.

LAMP LIGHTING CEREMONY:



The Lamp Lighting Ceremony of the 5th batch of B.Sc. (Hons.) Nursing and 19th batch of GNM Nursing students of Vivekananda College & School of Nursing was celebrated on 17th February 2010 at Vivekananda Polyclinic & Institute of Medical Sciences, Lucknow. **Sri Arvind Kulkarni, National President, Trained Nurses Association of India (TNAI), New Delhi**, who was the Chief Guest of the function said that it is the nurses who bring light and life to the people around them and therefore it is a very privileged profession.

Swami Muktinathananda, Secretary of the Institute in the welcome address, explained the significance of the ceremony as a part of our **“Journey from darkness to light.”** He stressed that today as many as 70 young nurses would be taking vows of renunciation and service which would not only illumine their lives but also bring lustre & comfort to many a darkened soul in future. **Padmashree Dr. S.C. Rai, Ex- Mayor, Lucknow** presided over the function and congratulated the young group of nursing students and welcomed them to this noble profession.

A large number of attractive prizes in the form of cash awards were presented to the meritorious & professionally, excellent students. The Lamp Lighting ceremony left an indelible impression in the hearts of all the distinguished people of the city and the parents of the students who were present during the function.

41ST DEDICATION ANNIVERSARY:

Vivekananda Polyclinic & Institute of Medical Sciences, Lucknow observed its 41st Dedication Anniversary on, 18th February, 2010. **Dr. Tussar Kanti Chakrabarty, Director, Central Drug Research Institute (CDRI), Lucknow** was the Chief Guest of the function. **Swami Muktinathananda, the Secretary of the Hospital** welcomed the audience reiterating the central motto of the organization namely **Atmano Mokshartham Jagat Hitaya Cha i.e., “for the emancipation of the self and welfare of the world”**. He stressed that this motto can be achieved only through implementation of the twin ideals of renunciation and service which gets reflected in the quality of our patients’ care.

Dr. C. B. Agnihotri, the Medical Superintendent of the Hospital presented the Annual Report and narrated the newer achievements. He informed that the hospital was selected as a finalist amongst 125 participants from 27 countries and received an award for Excellence in Information and Integrity at University of Illinois, U.S.A. on 17th November, 2009. In addition, **The Rotary Club, Rajdhani, 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 the rehabilitation, health and education. He also mentioned about the ever increasing charitable services being offered to the rural population with the help of the mobile medical units of Village Health Programme. A total of **78,724 outdoor patients** were treated free for charge and **2,420 free cataract operations** were performed besides conducting **70 free cleft lip and palate operations** through the Smile Train Project, USA.

The vote of thanks was presented by Padmashree Dr. S.C. Rai followed by refreshments to all present. Everyone present went home rededicating themselves in the spirit of Seva as per the ideas and ideals of Swami Vivekananda.

World Tuberculosis Day:



Tuberculosis (TB) is a major public health hazard in India which accounts for one-fifth of the global TB incident cases. **Each year nearly 2 million people in India develop TB, of which around 0.87 million are infectious cases. It is estimated that annually around 3,30,000 Indians die due to TB.**

An awareness Motor cycle rally organised by District Tuberculosis Officer, Lucknow was flagged off by Swami Muktinathananda, Secretary of the Institute from the Main Entrance of the Hospital on **10th March 2010**, to spread awareness about TB amongst the population residing in semi-urban areas and surrounding villages of Lucknow District. He informed that the theme for World Tuberculosis Day this year was '**On the move against Tuberculosis. Innovate to Accelerate Action**'. He hoped that we will be able to achieve and maintain 85% cure rate amongst new smear positive Pulmonary TB cases.

The Secretary briefed the media on the functioning of **DOTS Centre** in our hospital since 1998, wherein, patients are provided directly observed treatment by health care workers under **Revised National Tuberculosis Control Programme (RNTCP)**. He also informed that recently a **Designated Microscopy Centers (DMC)** has also been setup in collaboration with RNTCP for providing sputum microscopy services

Free Cancer Screening Camp:

A Free Cancer Screening Camp was organized at Vivekananda Polyclinic & Institute of Medical Sciences, Lucknow from **15th to 20th March, 2010** under the guidance of **Dr. Neeraj Tandon, Visiting Consultant, Oncologist**. In India every year 5 million people suffer from Cancer at any given time, out of which 5.5 lacs die of cancer. The treatment is long, expensive, painful & exhausting. However, Cancer is curable, if detected early. **The symptoms which suggest immediate check up are as follows:-**



- C- Change in bowel or bladder habits.**
- A- A sore throat that doesn't heal.**
- U- Unusual bleeding or discharge.**
- T- Thickening or lump in breast or elsewhere.**
- I- Indigestion or difficulty in swallowing.**
- O- Obvious change in a wart or mole.**
- N- Nagging cough or hoarseness.**

The aim of the camp was to spread awareness about its symptoms, preventive measures, need for timely detection and diagnosis and palliative care in homes and institutions. During the camp, **40 patients** were examined and **18 suspected cases** were advised Sonomammography, CT Scan, FNAC, and Ultrasonography to rule out cancer. Many posters were also displayed to educate patients regarding ill effects of tobacco related cancer, Oro-pharyngeal Cancer, Breast & Cervical Cancers in women.

Blood Donation Camp:

A Blood Donation Camp was organised by Vivekananda Polyclinic & Institute of Medical Sciences, Lucknow on **15th March 2010** at the **Central Excise Office, Lucknow**. **Ms. Suchitra Sharma, Commissioner, inaugurated the camp and donated blood**, thereby, inspiring the staff members to donate blood voluntarily. **27 members** from the department were bled during the camp.



Felicitations of Consultant Urologist:



Dr. Salil Tandon, Consultant Urologist, of our Institute, was awarded prestigious degrees during the year **2009** by the **Fellow of International College of Surgeons (FICS), U.S.A.** and **Member National Academy of Medical Sciences (M.A.M.S.), New Delhi**. He is the only surgeon from Lucknow to have been awarded both the degrees. Dr. Tandon was also awarded recently with **Fellowship of Lucknow College of Surgeons** at a well attended **Convocation Ceremony held at C.S.M.M.U. Lucknow in March 2010**.

During the year 2009, Dr. Tandon was invited as a visiting fellow to the **Institute of Urology, Kuala Lumpur, Malaysia for learning newer techniques in management of stone disease**. He has again been invited as a visiting fellow at **Urology Department, Nine Wells Hospital, Dundee, U.K.** and is scheduled to leave in the **first week of May 2010**.

Keeping in view of the overall achievements, constant hard work and modernization of Urology Department and also bringing laurels to our Institute, he was awarded a **Certificate of Appreciation during the 21st Dedication Ceremony held on 18th February 2010**.

End of an Era:

The end of the financial year also witnessed the end of era of continuous association with **Dr. R. P. Srivastava, HOD, of Anesthesiology, Vivekananda Polyclinic and Institute of Medical Sciences, Lucknow**. During his association of 21 years (1988-2010), he served this Institution with devotion, dedication and selfless service and earned the respect of all members of the O.T. staff of this hospital. This farewell Ceremony turned into an emotional one, as Dr. R. P. Srivastava, is suffering from an incurable degenerative disease. It is really sad that the life of such an active worker has been confined to a wheel chair. In the farewell ceremony held in his honour on **31st March 2010**, Swami Muktinathananda Secretary of the Institute had many words of appreciation and he assured him of all the help from the hospital throughout his life



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 | 3615 | 45 | 1997 | 130 | 374 | 363 | 6524 |
| Old | 4365 | 44 | 1690 | 201 | 653 | 564 | 7517 |

CHARITY ACTIVITIES

- 638 patients were treated as inpatients totally free of charge.
- In out patients, 10415 persons received totally free and 686 partially free treatment.
- 404 Cataract Operations including IOL implantations were performed free.
- The Smile Train Project continues to progress and 142 children having cleft lip and palate were operated free.

Math News

YOUTH CONFERENCE:

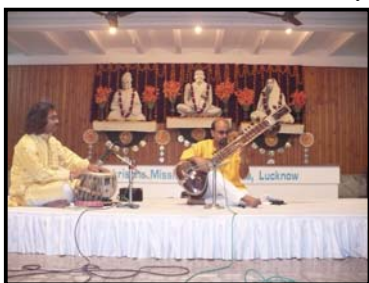
A Youth Conference was organised at the Math Auditorium on **7th February 2010** where a large number of youth received valuable inputs from the renowned Orator Dr. K. Subramanyam who also delivered a series of as many as 14 lectures exclusively for the students of Vivekananda College & School of Nursing, Lucknow, on various aspects of Personality Development with special emphasis for the excellence of nursing profession. The discourses were widely appreciated by one and all.

MAHA SHIVARATRI:

On the occasion of Maha Shivaratri on **12th February, 2010**, worship of Lord Shiva was performed at the Math Temple where a large number of devotees made their offerings four times (for the 4 Prahars) throughout the night amidst devotional songs and dance of Shiva with his 2 associates (Nandi & Bhringi) in the form of suitably decorated young boys.

175TH BIRTH ANNIVERSARY OF BHAGAVAN SRI RAMAKRISHNA DEVA:

The 175th Birth Anniversary of Bhagavan Sri Ramakrishna was celebrated for **6 days** from **Tuesday, 16th February, 2010 to Sunday, 21st February 2010** with due solemnity and grandeur. The programme started in the early morning of 16th with Mangal Arati and Prayer followed by Usha Kirtan, Chandipath, Special Puja, devotional songs, Reading, Havan, Pushpanjali and Bhagarati after which Cooked Prasad was distributed among all present. After the evening Arati, a public meeting was organised where Swami Amritalokanandaji of Kanipur, spoke on 'Sri Ramakrishna -- the sympathiser of Human beings' while Swami Muktinathananda delivered the Presidential Address on 'Sri Ramakrishna -- Bestower of Liberation'. The programme for the day ended with Sri Ramakrishna Nama Sankirtan in chorus followed by distribution of Prasad to one and all. On the 17th **February, 2010**, a Sitar recital was presented by Sri Saptarshi Hazra, Kolkata in Tabla accompaniment by Sri Partha Pratim Mukherjee, Lucknow. On the **18th evening** a special lecture was delivered by Swami Muktinathananda highlighting the synthesis of Karma, Jnana, Bhakti and Yoga according to Bhagavat Gita. On the following two days, i.e. on **20th & 21st February, 2010**, a series of discourses on Gopi Gita according to Srimad Bhagavad was presented by Acharya Ved Prakash Shukla of Bithoor. On the concluding day of the function, i.e. 21st February 2010, feeding programme was organised for the poor from far and near. In the afternoon, there was a Yatra performance by young boys of Vivekananda Balak Sangha, Lucknow as well as a Magic show by the renowned Magician Sri Rakesh Sriyastava. After the evening Arati a classical dance was staged by Nrityacharya Sri Sanjib Roy and his associate Sri Abhishek Bardhan. The programme ended with attractive Fire Works.



HOLI MAHOTSAVA AND SRI CHAITANYA MAHAPRABHU JAYANTI:

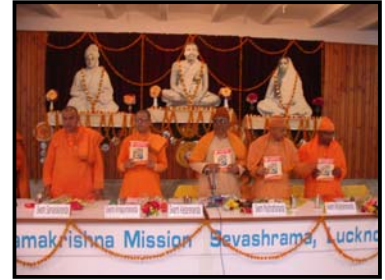
The Holi Mahotsava and Birth Anniversary of Sri Chaitanya Mahaprabhu was celebrated in the Ramakrishna Math, on **Sunday, 28th February 2010** with a colourful function. Monks and devotees went round the temple dancing and singing the name of God. After evening Arati, a discourse on the life and teachings of Sri Chaitanya Mahaprabhu was presented in the temple followed by Shyamnam Sankirtan.

SRI RAMCHANDRA JAYANTI:

The birth Anniversary of Bhagavan Sri Ram Chandra was observed with a day long function on **Wednesday, 24th March, 2010** starting with Mangalarati, Prayers, special puja, Bhajans, Havan, Pushpanjali, Bhogarati and distribution of Prasad to all present. After the evening Arati Swami Muktinathananda presented a short talk on the relevance of the exalted life and eternal teachings of Sri Ramachandra. The programme ended with Ramanam Sakirtan and distribution of Prasad.

RAMAKRISHNA VIVEKANANDA BHAVA PRACHAR CONFERENCE AND SPIRITUAL RETREAT:

The 4th Annual conference of Uttar Pradesh Ramakrishna Vivekananda Bhava Prachar Parishad was organised at Ramakrishna Math, Lucknow on 13th & 14th March, 2010 which included a Spiritual Retreat on the last day for selected devotees enrolled beforehand. Swamis Kedaranandaji, Sarvalokanandaji, Annapurnanandaji, Pararupanandaji as well as devotees including Sukhad Ram Pandey, Sri Swapan Chakraborty & others spoke on various spiritual topics while a guided meditation was conducted by Swami Muktinathananda and Bhajan in Chorus was held followed by sumptuous feast. The spiritual retreat left an indelible impression on the minds of all the participants.



OTHER FESTIVALS:

The birth anniversary of Revered Swami Yoganandaji was observed with a special discourse after evening Arati. Besides, weekly discourse was conducted by Swami Muktinathananda on the Gospel of Sri Ramakrishna on Sunday morning and Srimad Bhagavad Gita in Hindi on Friday evenings while Swami Pararupananda took the Friday morning classes on the Gospel of Sri Ma Sarada Devi. In addition, Swami Muktinathananda started a fortnightly discourse specially for the young men on the message of Swami Vivekananda for the Youth. Besides, Ramanama, Shyamnam and Devnam Sankirtanas were held after evening Arati on every Ekadashi, Purnima and Amabasya days respectively.

| Upcoming Programme Calendar (Math) : April 2010 & May- 2010 | | | |
|--|---------------------|---|----------------|
| Weekly Discourses | | | |
| Sunday - 9:00 a.m. | | | |
| April | 4, 18, 25 | On the Gospel of Sri Ramakrishna by Swami Muktinathananda | |
| May | 2, 9, 16, 23, 30 | | |
| Sunday – 4:30 p.m. | | | |
| April | 4, 18 | On the Message of Swami Vivekananda for the Youth by Swami Muktinathananda | |
| May | 2, 16, 30 | | |
| Fridays - 10: 30 a.m. | | | |
| April | 2, 9, 16, 23, 30 | On the Gospel of Sri Ma Sarada by Swami Pararupananda | |
| May | 7, 14, 21, 28 | | |
| Fridays - After Arati | | | |
| April | 2, 9, 16, 23, 30 | On Srimat Bhagavad Gita by Swami Muktinathananda | |
| May | 7, 21, 28 | | |
| Other Festivals and Discourses | | | |
| April 2010 | | | |
| 15 | Thursday | Bengali New Year* (Morning: Puja & Distribution of Prasad) (Evening: Bhajans after Arati) | |
| May 2010 | | | |
| 18 | Tuesday | Sri Shankaracharya Jayanti* (Discourse after Evening Arati) | |
| 27 | Thursday | Sri Buddhadev Jayanti* (Discourse after Evening Arati) | |
| * Details in Math Office | | | |
| Sankirtan after Evening Arati * | | | |
| | Ramnam | Shyamnam | Devinam |
| April | 10 (Sat), 25 (Sun), | 28 (Wed) | 14 (Wed) |
| May | 10 (Mon), 24(Mon) | 27 (Thur) | 14 (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 Incom Tax under Section 80G.

Ramakrishna Math & Ramakrishna Mission Sevashrama
Math: Nirala Nagar, Lucknow – 226020, 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) 232-1277; Fax: (0522) 238-5574
E-mails: rkmvplko@sancharnet.in; rkmvplko@gmail.com
Website: www.ramakrishnalucknow.org