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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 possible to all patients and to provide charity services to deserving persons from lower socio-economic strata.

HOSPITAL MANAGEMENT SYSTEM:



The **First Hospital Management System at Lucknow** was initiated at **Vivekananda Polyclinic** as early as **7th March, 1991** with a set of only one minicomputer and 6 terminals. With the support of TCS, Lucknow, a full fledged HMS with Oracle 8i Database Technology and Forms/Reports 6i Technology with 2-tier architecture was commissioned at our hospital on 16th October 2002.

The HMS has been further upgraded to achieve new features of changing technology and service requirement as well as 24X7 availability and real time performance demand. **This upgrade was done with the help of Oracle 10g Database Real Application Cluster (RAC) technology with**

3-tier architecture.

The Upgraded Hospital Management System was inaugurated by His Holiness, Srimat Swami Smarananandaji Maharaj, Vice President, Ramakrishna Math and Ramakrishna Mission, Belur Math, Howrah on 9th April 2010. The programme concluded with offering of Pranams to Revered Maharaj and distribution of refreshments.

Swami Muktinathananda, the Secretary while addressing the gathering said that the Upgraded HMS will usher a new era of patient care in the history of this Medical History. He hoped that this technology will provide uninterrupted service with much faster speed and accommodate many new features such as online E-Library, Audio and Video content sharing, Pathological Test Results Management with Bar Coding and simultaneous access to Medical Records from multiple points at any time. He also expressed his deep appreciation and gratitude to all the participating System Analysts and Software Engineers for their tireless effort in implementing this most modern technology within a very short time.

DOCUMENTATION CAMP ON JOINT PAIN MANAGEMENT:

A 15 days' Documentation Camp was organised by the Departments of Holistic Medicine, Neurosurgery & Orthopedic of VPIMS, Lucknow from **13 to 29 April 2010**. During this camp the main focus was on Low Back Pain especially Lumbar Spondylosis, Disc prolapse, Slip Disc, and Sciatic neuralgia. The uniqueness of the Holistic Management in Joint Pain Management lies in its approach, wherein, the root cause is treated in stages as under:



- Stage – I : Spasm of muscles and other tissues is released.
- Stage- II : As the spasm is released alignment of the bones forming the joints takes place.
- Stage – III : Dissolution of fibrosis and spurs.
- Stage – IV : In the state of compression some manipulative techniques are implied with the help of ropes, straps, blocks, etc. These are very much helpful in decompression & pressure over the nerve roots may be released.
- Stage- V : Proper use of nutraceuticals enhances the recovery and makes it long lasting.
- Stage –VI : Finally patients are taught and advised for regular stretching exercises and healthy life style for better life ahead.

The purpose of documentation during this camp was to establish the results and efficacy of Holistic Management according to the standards of general practice of Modern Medicine. **Re-evaluation of 10 cases of Low Back Pain and similar disorders after 15 days have shown that the patients have improved considerably and the result achieved so far have been very gratifying.** Final assessment will be carried out jointly by the Neuro surgeon, Orthopedic Surgeon and the Department of Holistic Medicine.

WORKSHOP ON BREAST FEEDING & LACTATION MANAGEMENT:



The Workshop on Breast Feeding and Lactation Management was held on **28th April, 2010**, at VPIMS Lucknow. **The Chief Guest, Dr. P.K. Misra, former Principal & HOD Paediatrics and Neonatology, KGMU, Lucknow**, spoke of the problems mothers face in unit families, and the need to address the requirements of the working mother where time is divided between her job and family. She said that family support is essential for such situations since the breast milk also serves as a vaccine for the new born. **Swami Muktinathananda, Secretary**, emphasized that the **success of the workshop lies in spreading the message in the society, a torch to be carried forward by the participants to all concerned specially the Lactating mothers.**

Dr. Radha Ghildiyal and Dr. Sushma Malik, Department of Paediatrics & **Dr. Reena Wani** Department of Obstetrics & Gynaecology both from **TNMC & BYL Nair Hospital, Mumbai** conducted the two day workshop on **28th & 29th April, 2010**. Different aspects of breast feeding including optimum practices for breast feeding, expressing, storing and feeding breast milk, breast feeding in special circumstances and complementary feeding practices were discussed.

The workshop was the first of its kind in Lucknow and it is hoped that it will go a long way in promoting Breast Feeding Practices for healthy growth of Mother and the child towards a healthy society

WORLD HEPATITIS DAY:

In commemoration of the World Hepatitis Day on 19th May, a free **Hepatitis B Screening Camp** was organized on **19th & 20th May 2010** at VPIMS, Lucknow in collaboration with SGPGI, Lucknow and Health Oriented Programme & Education (HOPE) Initiative, a NGO sponsored by WHO. In total, **1090** individuals from far and near were screened, out of which **40 persons were reported as Hepatitis B positive**. Consequently, they have been directed to the Department of Gastroenterology, SGPGI, Lucknow for further evaluation and treatment. The Hepatitis B negative cases were given pamphlets highlighting the preventive measures and also advised to take 03 doses of Hepatitis B Vaccines to at the intervals of 0, 01 & 06 months respectively. However, the employees of the hospital were given free Hepatitis B Vaccine under the arrangements of SGPGI, Lucknow.



There was a great enthusiasm noted from the general public revealing a mass awareness to combat the menace of Hepatitis B. It is hoped that the annual event will gain increasing popularity towards ensuring safer medical health of our society.

FREE CARDIAC CHECK UP CAMP:



A **Free Heart Check Up Camp** was organised at VPIMS, Lucknow on Saturday **22nd May, 2010**. The camp was inaugurated by **Mr. Partha Sarathi Sen Sharma, IAS, Managing Director, Madhyanchal Power Distribution Company, Lucknow** who greatly appreciated the efforts being taken by the hospital in mitigating the sufferings of poor patients. **Swami Muktinathananda, Secretary, VPIMS, Lucknow** informed the audience that **Free Cardiac Check Up Camp for poor patients from far and near will be held on last Saturday of every month. He also informed that henceforth, free consultation by the competent Cardiologists will be provided to the patients on all Saturdays.**

Dr. Harish Sanadhya, Consultant Cardiologists highlighted on the **Alarming Signals and Prevention of Cardiac diseases** while **Dr. Rajiv Ranjan** delved on the **Advantages of Invasive Cardiology**. During the camp 303 individuals were pre-screened for providing free Investigations including ECG, Blood Sugar & echocardiography. **153 patients were given free consultation by the team of a Cardiologists** besides administration of requisite drugs free of charge. The overwhelming response of this free heart check up camp revealed the necessity for its periodic replication so as to tackle this menace which is posing alarming threat to our society.

EYESIGHT PROJECT FOR SCHOOL CHILDREN:

An **Eyesight Project (School Children Check Up, Glasses, Vitamin A etc.)** sponsored by **Blind Foundation for India, U.S.A** has been started by VPIMS, Lucknow on the auspicious occasion of the Birth Anniversary of Sri Ramakrishna on **16th February 2010**. It is proposed to cover maximum number of



schools in rural and semi urban areas in and around Lucknow District. **The project has been approved by the Director of Secondary Education, U.P.**

Under the project a team comprising of Project In-charge, Refractionist and one Assistant visit schools. All children are examined to detect any defect of vision, colour blindness or any other eye problem. They are provided free of cost glasses, a dose of 50,000 Units of Vitamin A and if necessary, follow up treatment at VPIMS, Lucknow. To date, **2042** school children have been examined, out of which **48** children were found to have Vitamin A Deficiency, **26** children were having Colour Blindness and **134 Children were provided glasses free of cost.**

FELICITATION OF VISITING CONSULTANTS:



LIFE TIME ACHIEVEMENT AWARD: Prof. Sudarshan Yajnik, Director Medical Education Cell at VPIMS, Lucknow was bestowed with a Life Time Achievement Award at the Silver Jubilee Conference of Indian Society for the study of Pain at Jabalpur (MP) on 2nd April 2010 in recognition of his 50 years of meritorious services in the field of Pain Management. Shree Rohini, the Speaker of Madhya Pradesh Assembly was the chief guest while, Shree Vishnoi, the Minister of Animal Husbandry and Fisheries was the Special Guest during the felicitation ceremony.

INTERNATIONAL HIPPOCRATES AWARD: Prof. (Dr.) Padma Kumari Agarwal, Visiting Consultant, Pathology, VPIMS, Lucknow has been awarded “The International Hippocrates Award” on 12th March, 2010 at International Biographical Centre, Cambridge, England for Medical Achievement in the arena of Medicine (Pathology).

WORLD NO TOBACCO DAY:

On the occasion of World No Tobacco Day, an awareness camp was organised on 31st May 2010 at VPIMS, Lucknow in collaboration with Cancer Control Society, Lucknow. An Eye catching exhibition of Cancer Posters & Charts and free distribution of Pamphlets highlighting the ill effects of Tobacco consumption, early signs of Cancer as well as Do’s and Don’ts were the main features. The image of Cancer inflicted mouth was the most effective and frightening warning poster displayed.



Approximately **1,000 patients** and their attendants evinced keen interest. **Swami Muktinathananda**, Secretary said that according to the WHO report, **250 million population in India are addicted to eating Gutkha /Tobacco and smoking Bidis /Cigarettes.** He appreciated the efforts being taken by the Cancer Control Society and hoped that such awareness programmes will be held at regular intervals and promised full support by the hospital to the on going campaign.

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 & LASSA** 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

- 784 patients were treated as inpatients totally free of charge.
- In out patients, 7306 persons received totally free and 655 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

SRI SHANKARACHARYA JAYANTI:

The birth anniversary of Adi Shankaracharya was celebrated on Tuesday, 18th May 2010 with special offering at the Main Temple in the morning and a discourse after evening Arati by Swami Muktinathananda on the extra ordinary life and remarkable teachings of Bhagavan Shankaracharya.

SRI BUDDHA JAYANTI:

The birth anniversary of Bhagavan Buddha was also observed on Thursday, 27th May 2010. A discourse on the exemplary life and immortal teachings of Bhagavan Buddha was presented by Swami Muktinathananda, the Head of Centre.

OTHER EVENTS:

The Bengali New Year was observed on Thursday, 15th April 2010 when a special musical programme on the songs of Tagore was organised in the evening. Besides, weekly discourses were conducted by Swami Muktinathananda on the Gospel of Sri Ramakrishna on Sundays morning and Srimat Bhagavad Gita in Hindi on Fridays evenings while Swami Pararupananda took the Friday morning classes on the Gospel of Sri Ma Sarada Devi. In addition, Swami Muktinathananda continued a fortnightly discourses specially for the young men on the message of Swami Vivekananda for the youth. Presently, lessons are being given on the concentration of the mind. In addition to the above, Ramanama, Shyamnama & Devinama Sankirtans were held after evening Arati of every Ekadashi, Purnima and Amabasya days respectively.



Upcoming Programme Calendar (Math) : June & July- 2010

Weekly Discourses

Sunday - 9:00 a.m.

June	6, 13, 20, 27	On the Gospel of Sri Ramakrishna by Swami Muktinathananda
July	4, 11, 18, 25	

Sunday – 4:30 p.m.

June	13, 27	On the Message of Swami Vivekananda for the Youth by Swami Muktinathananda
July	11, 25	

Fridays - 10: 00 a.m.

July	2, 9, 16, 23, 30	On the Gospel of Sri Ma Sarada by Swami Pararupananda
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Fridays - After Arati

June	4, 18, 25	On Srimad Bhagavad Gita by Swami Muktinathananda
July	2, 9, 16, 23, 30	

Other Festivals and Discourses

June 2010

11	Friday	Phalaharini Kali Puja Special Puja after evening Arati
24	Thursday	Week-long Discourses on Narada Bhakti Sutra, by Srimat Swami Satyarupanandaji Maharaj, Secretary, Ramakrishna Mission Vivekananda Ashrama, Raipur
30	to Wednesday	

July 2010

13	Tuesday	Ratha Yatra Worship of the frame of Sri Sri Durga in the morning
26	Monday Morning	Guru Purnima (From 8 a.m.) : Special Puja, Discours, Havan, Bhogarati, Prasad Distribution

* Details in Math Office

Sankirtan after Evening Arati *

	Ramnam	Shyamnam	Devinam
June	8 (Tue) , 22 (Tue),	26 (Sat)	12 (Sat)
July	8 (Thu), 21(Wed)	26 (Mon)	11 (Sun)

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.

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