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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 Adult & Paediatric 2D/Colour Doppler Machine:**



Dr. Rajiv Ranjan and Dr. Navin Chandra Visiting Consultant Cardiologists explained that for better evaluation of adult and paediatric heart patients, an advanced Echo 2D/Doppler has been procured in the Cardiology Deptt. This will enable them to perform many procedures viz. stress Echo cardiogram, Dobutamine Echo Cardiogram, Transesophageal Echo Cardiogram along with regular adult and paediatric Echo/2D colour Doppler and peripheral vascular studies.

Srimat Swami Smarananandaji Maharaj, Vice President, Ramakrishna Math & Ramakrishna Mission , Belur Math, Distt. Howrah, W.B. inaugurated a state of the art ‘Adult & Paediatric 2D/Colour Doppler and Tranesophageal Echo Cardiogram’ on 21<sup>st</sup> November 2011 at VPIMS, Lucknow. On this occasion, he said that as the number of patients of heart disease from all sections of the society are ever increasing mainly due to adverse lifestyle and stressful environment, the equipment will go a long way in bringing further relief to the distressed in and around Lucknow.

#### **Redikall Healing & Aura Photography Workshop:**

The Pranic Healing Department of Vivekananda Polyclinic & Institute of Medical Sciences (VPIMS), Lucknow conducted an awareness programme on” **Redikall Healing and Aura Photography** “on 20<sup>th</sup> October 2011. **Mr. Hemant Kapadia of the International Academy of Life, Mumbai**, was specially invited to address the participants of the programme. He demonstrated the functioning of Aura Photography to make the audience aware of the utility of Aura Pictures in treating the patients by the Healers. It also helped the Healers to understand the problem of the patients which can be erased from the energy body prior to the onset of the disease in the physical body. Redikall Healing helps the healers to become more positive towards life thereby reducing tension and stress.



The inaugural function was attended by a large gathering which comprised of many seasoned Healers from Lucknow, besides several other beginners. **Swami Muktinathananda, Secretary of the Institute** informed the audience that he has always given encouragement to the indigenous as well as alternative and complimentary system of medicine, so as to alleviate the sufferings of common people. **25 Healers had registered for the workshop**

which was organized by Dr. Chandra Balasubramaniam, HOD, Pranic Healing Department of VPIMS, Lucknow from 21<sup>st</sup> to 23<sup>rd</sup> October 2011. Overall the programme was a great success which helped the healers to augment their knowledge.

### Inauguration of Enhanced Chemiluminescence Machine:



An Enhanced Chemiluminescence Machine procured in the Pathology Deptt. was inaugurated by Swami Tapanandaji Maharaj, Ramakrishna Math, Belur Math, Howrah on 25<sup>th</sup> Nov. 2011. Ms. Laxmi Ramachandran, Marketing Manager, Ortho Clinical Diagnostics (Johnson & Johnson), introduced the salient features of the

Immunodiagnostic system which is used for Optimizing Assay Performance. It also provides revolutionary improvements in the quality of results, cost efficiency and productivity. Dr. Poonam Chhabra, HOD, Pathology briefly outlined the users' perspective and said that the machine has significantly reduced the potential for misreported or erroneous results, thereby, increasing the confidence of the department in reporting of results.



### Total Knee Replacement in Young Patients:

A young female patient aged, 27 years who was suffering from Rheumatoid Arthritis and deformity in both her knee joints since 1996, had a fixed knee bend of around 50 degrees. (The right knee had 0 degree movements while the left knee had around 20 degrees). Dr. Sourav Shukla, Visiting Consultant, Orthopaedics successfully carried out a Total Knee Replacement with a unique Oxinium Knees and the patient made a quick recovery. The success of the surgery with Oxinium Knees implant has given a new ray of hope to the young patients suffering from similar pain.

Dr. Shukla stated that the traditional knee implants are made of metallic alloy, cobalt chrome or stainless steel and wears out in 15 years while Oxinium Implants lasts for 30 years. These implants have metal and ceramic component which makes it unbreakable and also being abrasion resistant with zero friction, allows the smoother movements. These are ideal for patients in their late thirties and early forties.

### Medical Camps

- **Pranic Healing Camp for Heart Diseases** : The Pranic Healing Department of VPIMS, Lucknow conducted an Awareness Programme for Heart Diseases on 12<sup>th</sup> November 2011, followed by a treatment camp from 14<sup>th</sup> to 30<sup>th</sup> November 2011. **Swami Muktinathananda, Secretary in his inaugural address said that Pranic Healing is an ancient science that utilizes prana or 'ki' or life energy to heal the whole physical body.** The basic concept is that when a person suffers from a disease, his prana or the energy level is affected. Pranic healing helps a person to recover his vital energy by working on the patient's prana, chakras (energy centers) and the aura. He also said that the Pranic Healers must Heal themselves first before they attempts to heal others.



**Sri B.B. Sharma, the Managing Trustee, Yoga Vidya Pranic Healing Foundation U.P.** said that Pranic Healing can cure chronic and acute physical or psychological disorders and can also be used to argument the Allopathic treatment, while Sri B.B. Goyal, Trustee, of the Foundation explained how the people were healed even without Angiography with the help of the Pranic Healing. Special concessional healing package and Aura Photography were given during the camp.

- **Obesity & Pain Management Camp:** Two Obesity & Pain Management Camps each of 6 days' duration from 10<sup>th</sup> to 15<sup>th</sup> October 2011 and 21<sup>st</sup> to 26<sup>th</sup> November 2011 respectively were organized by the department of Yoga & Naturopathy under the supervision of Dr. Pankaj Bharti, Visiting Consultant, Naturopathy. A total of 348 patients attended the camps.
- **Free Registration Camp of Cleft Lip/Palate Patients:** A camp was organized on 20<sup>th</sup> November 2011 at Sitapur by Deptt. of Plastic, Craniofacial & Micro Surgery, VPIMS, Lucknow for Free Registration of Cleft Lip & Cleft Palate Patients. The camp was inaugurated by Sri Ashok Rawat, Hon'ble Member of Parliament. 110 patients were examined and given dates for admission as per their convenience. They will be transported free of cost as well as operated free of cost including hospital accommodation, food & medicine under The Smile Train Project (USA).

#### Felicitation:

Dr. (Mrs.) Padam K. Agarwal, Visiting Consultant, Pathology and DNB Co-ordinator has been felicitated by U.P. PATHCON-2011 with a Lifetime Achievement Award during XVII Annual Conference of Indian Association of Pathologists and Microbiologists (U.P. Chapter) at Bareilly on 08<sup>th</sup> -09<sup>th</sup> October 2011. The Award was conferred while appreciating her commendable service and hard labour in the development of Pathology as a subject and also educating many Pathologists.



#### World Epilepsy Day:

National Epilepsy day was observed at VPIMS, Lucknow on 19<sup>th</sup> November 2011. It was an awareness programme with a difference. Epileptic Children of the city aged 5-12 years proved their mettle by taking part in a painting competition. Prof. Atul Agarwal, Secretary, U.P. Chapter of Epilepsy Association of India & Practicing Neurologist spear-headed the programme in collaboration with Abott India Limited. He spoke on the myths surrounding this disease. He also narrated the do's & don'ts during the Seizure episode. All the 30 children participating in the event received gift pack and the winners were given prizes.

#### VILLAGE HEALTH PROGRAMME

The Village Health Programme team of VPIMS comprising General Physician, Ophthalmologist, Gynecologist, 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:

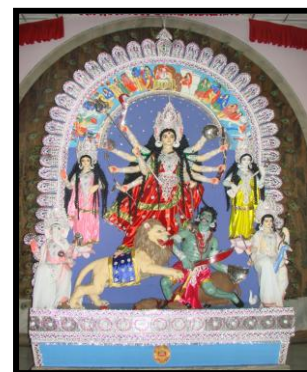
Type	Allopathy	Gyn & Obs	Eye	Dental	Ayurvedic	Homeopathy	Total
New	1758	27	2094	120	176	387	4562
Old	3059	65	1485	105	170	511	5395

#### CHARITY ACTIVITIES

- 543 In patients were treated totally free of charge.
- 11517 Out patients received totally free and 704 patients partially free treatment.
- 351 Cataract Operations including IOL implantations were performed free.
- The Smile Train Project continues to progress and 127 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 39<sup>th</sup> year from 02<sup>nd</sup> to 6<sup>th</sup> October 2011 with great festivity and solemn grandeur. Thousand of devotees and visitors from far and near participated in the celebration on all the three 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 Agamani, Kali Kirtan, etc. special cultural programme was arranged during the Puja days during which Sarod and Guitar duet and Violin recitals were presented by Sri Dipanker



Roy Chowdhary & Sri Abhijit Roy Chowdhary and Prof. Gopal Chandra Nandi respectively with Tabla accompaniment by Sri Aroop Chatterjee, Pandit Bharat Kumar Mishra & and Pandit Sheetal Prasad Mishra on the nights of Saptami and Navami. The Puja concluded with sprinkling of Peace Water (Shantijal) and distribution of sweets on the evening of Vijaya Dashami.

**SPECIAL PUJAS:** As in previous years, Sri Sri Laxmi Puja & Kali Puja were celebrated at the Math by way of ritualistic worship in images while the temple dedication day was observed on the occasion of Sri Sri Jagaddhatri Puja on 04<sup>th</sup> November 2011. Large number of devotees from far and near participated in all the events.

**OTHER FESTIVALS:** The birth anniversaries of Swamis Subodhanandaji & Swami Vijnananandaji were observed with discussion on their respective life and teachings. Rassa Purnima was celebrated on 10<sup>th</sup> November 2011 with a discourse by Swami Muktinathananda on Srimat Bhagavatam. Moreover, Ramnam, Shyamnam & Devnam Sankirtans were held after evening Arati on every Ekadashi, Purnima & Amavasya days respectively.

**MUSICAL PERFORMANCE:** Sri Ramakrishna was a great lover of music and was an extraordinary singer. In commemoration of the 175<sup>th</sup> birth anniversary of Bhagavan Sri Ramakrishna (1836-1886), a 'Bhajan Sandhya' was organized on 01<sup>st</sup> October 2011 by a renowned Vocalist, Sri Ashok Sharma, who presented an enthralling musical performances and enchanted the audience.

Upcoming Programme Calendar (Math) : December & January- 2012			
Weekly Discourses			
Sunday - 9:30 a.m.			
Dec.	4, 11, 25	On the Gospel of Sri Ramakrishna by Swami Muktinathananda	
Jan.	1, 8, 22, 29		
Sunday - 4:00 p.m.			
Dec.	11, 25	On the Message of Swami Vivekananda for the Youth by Swami Muktinathananda	
Jan.	8, 22		
Fridays - 10: 30 a.m.			
Dec.	2, 9, 16, 23, 30	On the Gospel of Sri Ma Sarada by Swami Pararupananda	
Jan.	6,13, 20, 27		
Fridays - After Arati			
Dec.	2, 9, 16, 23	On Srimad Bhagavad Gita by Swami Muktinathananda	
Jan.	6, 13,20		
Other Festivals and Discourses			
December 2011			
03	Saturday	Swami Premananda Jayanti*	
11	Sunday	Musical Conference**	
17	Saturday	Sri Sri Ma Sarada Devi Jayanti**	
21	Wednesday	Swami Shivananda Jayanti*	
24	Saturday	Christmas Eve (Programme after evening Arati)	
30	Friday	Swami Saradananda Jayanti*	
January 2012			
01	Sunday	Kalpataru Utsav Programme from 2:30 pm** Inter-Faith Goodwill Conference 6:45 pm**	
08	Sunday	Swami Turiyananda Jayanti*	
12	Thursday	National Youth Day**	
15	Sunday	Swami Vivekananda Jayanti**	
25	Wednesday	Swami Brahmananda Jayanti*	
27	Friday	Swami Trigunatitananda Jayanti*	
28	Saturday	Sri Sri Saraswati Puja**	
*Discourse after Evening Arati **Details in Math Office			
Sankirtan after Evening Arati			
Ramnam		Shyamnam	Devinam
Dec.	6 (Tue), 21 (Wed),	10 (Sat)	25 (Sun)
Jan.	5 (Thu), 19 (Thu)	9 (Mon)	23 (Mon)

#### Appeal

Continuance and expansion of the aforesaid activities of the Ramakrishna Math and Ramakrishna Mission Sevashrama, Lucknow largely depend 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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