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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 patients from the lower socio-economic strata.

#### Inauguration of Digital Mammography System:

Revered Swami Gautamanandaji Maharaj, Member, Governing Body of Ramakrishna Mission & Adhyaksha, Ramakrishna Math, Chennai inaugurated 'Digital Mammography System' on 24th February, 2016 at Vivekananda Polyclinic & Institute of Medical Sciences, Lucknow stated that a healthy diet and routine exercise can reduce the chances of breast cancer by 40%. He also emphasized that the cost should be kept at minimum so that poor people can also avail this facility.

Swami Muktinathananda, Secretary of the Institute welcomed the dignitaries and intimated that Digital Mammography system is an advance form and more flexible for breast imaging. MAMMOMAT Inspiration, procured by the Institute gives an uncompromised image quality and is ideal for screening and early diagnosis of breast cancers. Which may save lot of lives. He also said that free breast cancer screening will also be carried out for two days in the hospital.



Prof. Dr. Ratni Gujral, Senior Consultant, Dept. of Radiodiagnosis, VPIMS, Lucknow said that in India approximately 1.5 lakhs cases of breast cancers are diagnosed every year and unfortunately 75000 cases die every year.

Dr. (Col.) C.S. Pant, VSM (Retd.) MD, FICRI, a renowned Breast Radiologist, Founder President, Breast Imaging Society (India) & Past President, Indian Radiological and Imaging Association, New Delhi, screened a short documentary on morbidity and mortality as well as early signs and symptoms of breast cancer. He also emphasized on the importance of self-breast examination and annual check-up by Digital Mammography which plays a

vital role in early detection and diagnosis of Breast Cancer.

Padmasree Dr. Nitya Nand, Vice President, Managing Committee, Ramakrishna Mission Sevashrama, Lucknow delivered the vote of thanks and said that the services should be extended to cover the outreach programme.

#### 29<sup>th</sup> Annual Continued Medical Education (CME):

VPIMS, Lucknow celebrated its 29<sup>th</sup> Annual Continued Medical Education (CME) on 16<sup>th</sup> February 2016. The programme started with lighting of lamp amidst Vedic invocation by the nursing students of the Institute. Swami Muktinathananda, The Head of the Institute welcomed the audience and said that education is not only assimilation of ideas but also it is a character building and ideal human making process. In the current CME, we are fortunate to have the distinguished faculty from KGMU, Lucknow as Guest Speakers. The Chief Guest, Dr. Anita Mullick, Prof., Dept. of Anaesthesia, KGMU, Lucknow, appreciated the exuberance shown by the young doctors who are eager to learn the art of sharing the practice of evidence-based medicine by the professionals in the respective fields.

Prof. Dr. Kausar Usman, Head, Department of Medicine, KGMU, Lucknow delivered a power point presentation on 'Management of Diabetes in Surgical Patients' while Prof. Dr. Vineet Sharma, Department of Orthopaedics, KGMU, Lucknow gave a power point presentation on 'Newer



**Paradigms in Orthopaedics'** due to change in the lifestyle of our present generation. He said that recent advances in Orthopaedics implants and better surgery techniques have resulted in early mobilization and shorter hospital stay.

**Dr. Anup K. Singh, M.D., FRCS, FACS, Clinical Instructor in Urology, Boston Medical Centre, Department of Urology, Boston,** shared his medical experiences during his long journey starting from Vivekananda Hospital (1973) to his present destination and showed his keenness for conducting free Urology Consultation Camp in the Institute.

Dr. Diwaker Goel, and Dr. Swati Sharma, Junior Residents (Post Graduate DNB Students) of our Institute presented their research papers '**Comparison of Harmonic Scalpel with Monopolar Cautery in Laparoscopic Cholecystectomy**' and '**Effects of Vitamin D Supplementation in Serum AMH in PCOD**' respectively. Each presentation by the speakers was followed by lively discussion and questions from the learned audience. Dr. K.B. Jain, Consultant, Surgery, VPIMS, Lucknow presented the vote of thanks. More than 100 doctors & Post Graduate Students benefitted the CME.

#### **Lamp Lighting Ceremony:**

The Lamp Lighting Ceremony of the **11th batch of BSc. Nursing** and **25th batch of GNM Nursing** students of Vivekananda College & School of Nursing was celebrated on **17<sup>th</sup> February 2016** at VPIMS, Lucknow in the presence of a large number of distinguished people of the city including the parents of the students.



The programme started with lighting of lamp amidst Vedic Chanting by the nursing students. In the welcome address, **Swami Muktinathananda, Secretary of the Institute** explained the significance of the ceremony and said that 70 B.Sc. & GNM Nursing Students are taking vows of renunciation and service. He also prayed the holy Trinity may shower their blessings on the young nursing students for their outstanding success, glory and joy associated with the nursing profession.

**Brig. Kajal Chakraborty, Brig MNS, HQ Central Command, Lucknow,** the **Chief Guest** complimented the Nursing College and School of Nursing for improving the nursing services by ensuring the adequate flow of well-trained and disciplined nurses. She further added that the nurses are the backbone of the hospital in giving patient care.

**Dr. A.K. Singh, Controller of Examinations & HOD,**

**Plastic Surgery, KGMU, Lucknow,** the **Guest of Honour** complimented the nursing college for its outstanding results. He also said that students are very fortunate to have passed out from this prestigious Institute. **Mrs. Chandini Tiagi, Principal** of the Nursing College presented the Annual Report highlighting the academic and clinical achievements of the students. She also said that in the year 2015-16, MSc. Nursing Course has been started in 04 disciplines viz. Med & Surg, Obs. & Gynae., Community Health Nursing & Child Health Nursing in the College. The students recited their vows in Sanskrit holding a lamp each in their hand in the presence of image of Swami Vivekananda and a portrait of Florence Nightingale over-viewing the gathering.

The lamp lighting ceremony left an indelible impression in the hearts of all present encouraging them to be initiated into the spirit of renunciation and service in their individual as well as community lives.

#### **47<sup>th</sup> Dedication Day Ceremony:**

VPIMS, Lucknow observed its **47<sup>th</sup> Dedication Day Anniversary** on **18<sup>th</sup> February, 2016**. The programme started with the Lighting of Lamp amidst Vedic Invocation by the Nursing students of the Institute.

**Swami Muktinathananda, the Secretary of the Institute** welcomed the audience and said that the hospital made a humble beginning on the birthday of Bhagwan Sri Ramakrishna Paramhans and celebrates the day as **Samarpan Diwas**. The central motto of the organization namely '**Atmano Moksharrtham Jagat Hitai Cha**' can be achieved only through implementation of the twin ideals of renunciation and service and practical application in life. This gets reflected in the quality of our patients' care.

Brig. Dr. P.K. Gupta (Retd.), the Medical Superintendent of the Hospital presented the Annual Report and narrated the newer achievements viz. construction of Modular O.T.s, Oxygen Generation Plant, Renovation of CCU/ICU and modernization of Diagnostic services. **Dr. Deepak Malviya, Director, Ram Manohar Lohia Institute of Medical Sciences, Lucknow,** the **Chief Guest** said that he has derived lot of inspiration from the teachings of Swami Vivekananda and complimented the hospital for providing the medical services to the poor people at an affordable cost besides quality education to the DNB Doctors as well as BSc & GNM Nursing students.

Prizes were given to winners of various sport events participated by the doctors, nurses and staff members as narrated by Dr. Niranjana, the Organizing Secretary The **Vote of Thanks** was presented by **Padmashree Dr. S.C. Rai, President of the Managing Committee of Ramakrishna Mission Sevashram Lucknow** followed by refreshments to all present. Everyone went home rededicating themselves in the spirit of Seva as per the ideas and ideals of Swami Vivekananda.





### Cleft Week under the Smile Train Project:

Revered Swami Gautamanandaji Maharaj, Member, Governing Body of Ramakrishna Mission & Adhyaksha, Ramakrishna Math, Chennai inaugurated 'Cleft Week' under the Smile Train Project organized by Department of Plastic Craniofacial & Micro Surgery, VPIMS, Lucknow from 22 February 2016 to 28 February 2016. He appreciated the role of Smile Train in providing care to the patients.

Swami Muktinathananda, Secretary of the Institute in his welcome address said that we are humbled by the opportunity to change children's lives and bring a smile to not only the children, but the whole family.

Dr. Adarsh Kumar, Head of the Deptt. Plastic Craniofacial & Micro Surgery and Project Director, Smile Train said that during the week, Smile Train partner hospitals across the state are undertaking intensive outreach to create renewed awareness about cleft. Identified patients are being mobilized across the state for free consultation and corrective surgery. A power point presentation on the important milestones under Smile Train Project was also delivered and few interesting cases with cleft lip/palate deformities corrected by the surgeons were shown to the audience besides presentation of gifts to the children.

### The Fetal Medicine Foundation of India:

The Fetal Medicine Foundation of India (FMFI) in collaboration with Lucknow Obs and Gynae Society, organized an outreach programme at VPIMS, Lucknow on 27th March, 2016. Swami Muktinathananda, Secretary of the Institute welcomed the audience and expressed his gratitude to all the renowned faculty for sharing their valuable knowledge with the local Gynaecologists towards extending the benefit to large number of patients in and around Lucknow.

Dr. S.N.S. Yadav, Chief Medical Officer of Lucknow inaugurated the programme by lighting the lamp and extolled the importance of such conferences for improved care of the mother and the children of our Society.

A workshop was organized at VPIMS, Lucknow where 50 obstetricians and sonologists assembled for an interactive teaching seminar on the 12 weeks pregnancy scan at which time it is possible to diagnose 90% of fetuses who may develop intellectual disability and 54% of fetuses who have structural abnormalities.

In the first session, the workshop was conducted by Dr. Anita Kaul and Dr. Rachna Gupta, Fetal Medicine Specialists from Apollo Hospital, and Maharaja Agarsen Hospital New Delhi while in the second session was devoted to live demonstration & MCQ conducted by the Faculty. Problems arising out of multiple pregnancy in first trimester and scanning of anomalies were also discussed at length.

The vote of thanks was presented by Dr. Vaishali Jain, Visiting Consultant, Obs & Gynae of the VPIMS, Lucknow.



### World Cancer Day:

On the occasion of World Cancer Day, VPIMS, Lucknow organized a Cancer Awareness Programme on 4th February 2016 to create awareness amongst the Medical Officers, Nursing Students, Cancer Survivors and their attendants as well as public at large. The theme this year was 'We can, I can'.

Swami Muktinathanada, the Secretary of the Institute exhorted the public and patients to fight the cancer by their strength, meditation and regular exercises. Dr. Vibhor Mahendroo, the Surgical Oncologist said that cancer is curable by surgery, if detected early. Dr. Neeraj Tandon the Oncologist gave an audio-visual presentation on cancer awareness Cancer survivors shared their experiences and their will to fight cancer by their positive attitude towards the dreadful disease.

The key note address was delivered by Sri Rakesh Mittal, Chief Coordinator, Kabir Peace Mission. He also felicitated the cancer survivors. Pamphlets on cancer awareness were also distributed amongst the general public.

### Radiology CME:

Lucknow City Chapter of Indian Radiological and Imaging Association (IRIA) in collaboration with the Department of Radiology, VPIMS, Lucknow organized a CME on 5th March, 2016. Swami Muktinathananda, Secretary of the Institute and Senior Faculty lighted the lamp amidst Vedic Chanting. He also welcomed the Guest Faculty and other delegates participating in the CME. Prof. Dr. Ratni Gujral, Senior Consultant, VPIMS, Lucknow in her address emphasized on the importance of conventional Radiology as well as other advanced imaging modalities in the teaching and training of Post Graduate students.

Prof. (Dr.) Ragini Singh, HOD, Dept. of Radio diagnosis, Ram Manohar Lohia Institute of Medical Sciences, Lucknow & President, IRIA, Lucknow delivered a talk on 'Advantages of Digital Mammography' while Prof. (Dr.) Sunil Kumar, Dept. of Radiology, SGPPI, Lucknow delivered a talk on 'Current Status and Trends in Cardiac CT'. Post Graduate Students from various Institutes presented interesting cases and participated in case discussions.

Dr. Vaishali Upadhyaya, Consultant, VPIMS, Lucknow presented vote of thanks. 50 Radiologists from in and around Lucknow attended the CME.

### Improvement of Infrastructure:

In continuation with the hospital policy of improvement of the existing structures, during the months of February and March 2016, Modular O.T., renovated ICU complex (39 bedded), Paediatric ward, Emergency Pharmacy and Modular Kitchen/Cafeteria in conformity with the standards of National Accreditation Board for Hospitals and Healthcare Organizations (NABH) were declared open by Swami Muktinathananda, The Secretary of the Institute.

### Medical Camps:

- **Diabetes Acupuncture Camps:** A monthly Diabetes Acupuncture clinic under the guidance of **Dr. Jay Kumar Dixit, President, National Acupuncture Organization of India** was arranged on **5<sup>th</sup> February & 5<sup>th</sup> March, 2016**. A total of **37 diabetic patients** were seen during the camp.
- **Ayurvedic Camps:** A 11-days' long Ayurveda Panchakarma camp was organized at VPIMS, Lucknow from **15<sup>th</sup> February to 25<sup>th</sup> February, 2016** on Joint & Spine diseases, Obesity, Skin diseases and Sexual problems. **148** patients were given OPD consultation and **22** cases were registered for Panchakarma camp.
- **Free Cardiology Camps:** A one day long cardiology camp in collaboration with Ramakrishna Mission Sevashrama, Hardoi was organized on **5<sup>th</sup> March, 2016** where a total of **70** patients were provided free consultation as well as free investigation including ECG, Blood Sugar as well as Echo cardiogram, as per requirements, out of which **04** patients were shortlisted for surgical intervention which were to be performed in VPIMS either free or at highly subsidized rate by a team of competent surgeons.
- **Free Urology Consultation Camp:** A Free Urology Consultation Camp was held at VPIMS, Lucknow on 17th, 19th & 20th February, 2016. Dr. Anup K. Singh, M.D., FRCS, FACS, Clinical Instructor in Urology, Boston Medical Centre, Department of Urology, Boston, MA and all Urologists of our Hospital provided Free Consultation.
- **Physiotherapy awareness Camp for Joint & Back Pain:** A Physiotherapy Awareness Camp for Joint & Back Pain was organized on **26th March 2016** at VPIMS, Lucknow. This was followed by free consultation of competent Physiotherapists and **95** patients were selected for providing requisite Physiotherapy treatment free of charge from **28 March till 2<sup>nd</sup> April 2016**. Printed leaflet with requisite details about the camp were distributed towards the awareness and benefit of the public at large.

### Village Health Programme

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

Type	General	Surgery	Ortho	ENT	Skin	Gynae & Obs	Eye	Dental	Ayurveda	Homeo	Acupuncture	Unani	Total
New	3110	30	639	241	366	253	4812	405	658	385	6	125	11030
Old	2978	29	616	246	340	305	3741	345	669	1405	25	287	10986

### Charity Activities

- 850 In-patients were treated totally free of charge.
- 20132 Out-patients received totally free and 952 patients received partially free treatment.
- 330 Cataract Operations including IOL implantations were performed free.
- Under the Smile Train Project, 68 children having cleft lip and palate were operated free.

### Math News

#### 180<sup>th</sup> Birth Anniversary of Bhagavan Sri Ramakrishna Deva

The 180th Birth Anniversary of Bhagavan Sri Ramakrishna Deva was celebrated for 4 days at Ramakrishna Math, Lucknow from 10th March to 13th March 2016. The day began with due solemnity and grandeur with Mangal Arati, Japa Yajna, Usha Kirtan and Chandi Path followed by a special puja and devotional songs, Havan, Pushpanjali and distribution of Prasad among thousands of devotees.

A public meeting was organized after evening Arati. Swami Sujyananda and Swami Nirvikalpananda of Ramakrishna Math, Lucknow delivered a talk on 'Sri Ramakrishna – the Condensed Compassion' and 'Sri Ramakrishna – the Great Worker' respectively. The Presidential address was delivered by **Swami Muktinathananda, Adhyaksha, Ramakrishna Math, Lucknow**.

The programme ended with the closing song aptly sung by the Monastic Brothers and the devotees. Cooked Prasad in handy packages were distributed to all present.

As continuation of the programme a variety of events were organized viz. **Chou Dance: Ganesh Vandana & Mahisashur Mardini**, Flute Recital, **Musical Portrayal: 'Sri Ramakrishna – The Incarnation of the Age'** and discourses from 11th to 13th March 2016.

**Other Festivals:** The birth anniversaries of Swami Adbhutananda and Swami Yogananda were observed with discussion on their respective lives and teachings besides celebrating Mahashivaratri, Sri Chaitanya Mahaprabhu and Sri Ram Chandra Jayanti. Moreover, Ramnam, Shyamnam & Devnam Sankirtans were held after evening Arati on every Ekadashi, Purnima & Amavasya days respectively.

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