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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 Re-Located Pathology Department:

In order to ensure better facilities to the patients by way of providing accurate results of their pathological investigations with minimum turnaround time at subsidized cost, VPIMS, Lucknow has relocated their entire Medical Laboratory to a fully Air-conditioned area on the lower ground floor of the Institute. The newly located Laboratory was inaugurated on **20 July, 2015** by **Revered Swami Prabhanandaji Maharaj, Vice President, Ramakrishna Math and Ramakrishna Mission, Belur Math, Howrah, W.B.** in presence a large number of distinguished citizens of Lucknow including patients, attendants, well-wishers as well as the doctors, Nurses, Technicians and other staff of the hospital.



Swami Muktinathananda, Secretary of the Institute disclosed that the **NABL Accredited Medical Laboratory** has been catering to a large variety of investigations over the past 5 decades covering all branches of Pathology & Microbiology with a set of ultramodern equipment integrated by interfacing and bar-coding system. In deference to the latest recommendations of NABL, the Pathology Department has now been enlarged in a lean design and relocated besides the Blood Bank as advised by the concerned experts.

Donation of Cardiac cum Trauma Ambulance Van:

M/s Power link Transmission Limited (A joint venture of Tata Power & Power Grid) as a part of their CSR initiatives donated on 3rd July, 2015 a State-of-the-Art fully air-conditioned **Cardiac Cum Trauma Winger Ambulance Van**, modified by Bafna Health Care Pvt. Ltd., Faridabad (Haryana) to VPIMS, Lucknow. The Ambulance is equipped with medical equipment viz. Defibrillator with Multi channel monitor, Transport Ventilator AC/DC Suction Pump Portable, Ambu Bag, Nebuliser, Hand Held Glucometer, Syringe Pump and Needle and Syringe Cutter (Manual) for providing advanced life support to the serious patients being transported to the hospital. It is also equipped with Oxygen delivery system, Public Address system and an Emergency Kit containing Laryngoscope, Endotracheal Tubes, BP Instrument Tourniquet and so on. For transportation of Trauma cases it has also been equipped with Automatic loading stretcher with capability to convert into wheel chair, scoop stretcher, spine board with straps, wheel chair and 20 extrication equipments.



The Ambulance was handed over by Sri. C.P. Srivastava, Chief Manager, Powerlinks Transmission, Lucknow to

Swami Muktinathananda, the Secretary of the Institute in presence of Monastic brothers, Cardiologist, Intensivist, Administrative Officers, Nursing and other staff of the hospital.

Inauguration of Skype Network System:

Revered Swami Prabhanandaji Maharaj also inaugurated the Skype Network System at the Speciality Clinic of the Institute on **20 July, 2015**. Dr. Gourdas Choudhuri, Visiting Gastroenterologist of the Institute, while traveling in a car at Gurgaon extended consultation for a lady patient suffering with Tropical Splenomegaly and provided valuable guidance towards the management of the case. Dr. Choudhuri also interacted with others highlighting the efficacy of the Skype Consultation System enabling local patients in an around Lucknow for the consultation in various Specialities by the top experts of the country and abroad.

Dr. Nitya Anand, Vice President of the Managing Committee, Ramakrishna Mission Sevashrama, Lucknow and other distinguished audience praised the system and expressed their best wishes towards furtherance of the programme.

Up-gradation of Medical Equipment:

- The Microbiology Laboratory of the Pathology Department, VPIMS, Lucknow, fully equipped with State-of-the-Art equipment viz. BacT/Alert 3D (an automated Microbial Detection System) and VITEK 2 by Biomeriux was inaugurated on 31st July, 2015 by Swami Muktinathananda, Secretary of the Institute in presence of Senior Officers, Consultants, Technicians and other staff of the hospital. On this occasion, he said that our Laboratory is now fully equipped with modern technologies and is able to face the challenge of selecting best and accurate antimicrobial drug for infections, as it helps in fast and prompt clinical diagnosis of infections which benefits patient-care outcomes.



BacT/Alert 3D is used for detecting the presence or absence of micro organisms in blood and sterile body fluids besides diagnose Blood Septicemia in patients and can cater ample patient load at one time. The automatic,

built-in quality control, along with a low false positive rate and a rapid response time mean one can do more in less time with greater accuracy. BacT/ALERT Culture Media provide unsurpassed performance, in the detection of a wide variety of microorganisms including bacteria, Mycobacteria, fungi, and yeasts.

VITEK 2 by Biomeriux provides rapid, species-level identification of clinically relevant bacteria and yeast on most of patient samples and also identifies Multi-Drug Resistant Organisms (MDRO) efficiently and best antibiotic susceptibility options are provided.

- **Mookambika Dental Unit:**

A State-of-the-Art Mookambika Dental Unit installed in the Dental Department was inaugurated by Swami Muktinathananda, the Secretary of the Institute on **10th July, 2015** in presence of Monastic Brothers, Senior Officers, Dental Consultants, Technicians and hospital staff. The electrically operated Dental Chair with zero programme has facilities of polyvinyl moulded handle right arm rotatable for easy access has following features:

- Operating light with LED: moon light with glass reflector (28,000 Lux).
- On/off and intensity control by non-touch sensor with 3- directional movement.
- Chair side porcelain spittoon with auto water connection, high and low vacuum motorized.
- 'DRYCO' suction with auto drain and auto flush system.
- Supreme Micro Motor (35,000 rpm) with digital display of speed.
- Supreme Scaler (non-optic) with 5 scaling tips.
- Multi-Functional foot control.



Additional accessories viz. X-ray viewer, SS instrument tray, 3-way syringe and dental operators stool with pneumatic piston for up and down movement have also been provided along with the dental unit.

Improvement of Infrastructure:

Operation Theatre (O.T. No.1) at VPIMS, Lucknow was renovated and a pre-fabricated Modular Operation Theatre was commissioned on **31st July, 2015** by **Swamai Muktinathananda, Secretary of the Institute**. The modular operation theatre has a wall and ceiling panel made of stainless steel sheet (1.6 mm), besides Plain air Ceiling System with unidirectional airflow, Hepa Filters, Electronic Operated Hermetically sealed Sliding Doors, Membrane type operation theatre control panel and a Single Pendant (with facility of fixing own Anesthesia Moveable) besides Air Handling Unit (AHU) System with condensing unit along with electrical control panel. Seamless conductive tiles for the flooring system Medical Gas Pipe Line System, Ducting, Hatch Box (for disposal of dirty linen) and LED lights for the ceiling have also been provided in the Modular O.T. Floors.

In addition, the renovated Pulmonology OPD Clinic and Intensive Care Unit (ICU) were also declared open by the Secretary on 25th and 31st July, 2015 respectively.

World Hepatitis Day:

World Hepatitis Day was celebrated at VPIMS, Lucknow in collaboration with Health Oriented Programme and Education (HOPE) Initiative on 28th July 2015. A variety of activities including Free Hepatitis – B & C Screening and free vaccination were held during the camp besides screening of video film on Hepatitis and distribution of Health Awareness Pamphlets on Hepatitis B and C. A total of 450 people were screened during the camp for Hepatitis B & C, out of which 18 people were found positive for Hepatitis B and 8 people were found positive for Hepatitis C. They have been advised to contact the office of HOPE Initiative (Mob. 07753857464) for necessary guidance for further investigations and treatment.



The highlight of the camp was free vaccination (1st dose) which was given to 290 people who were found as Hepatitis B Negative. They have been advised to report for 2nd and 3rd dose of vaccination subsequently.

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 **5th June & 5th July, 2015**. A total of **73 diabetic patients** were seen during the camp.
- **Free Cardiology Camps:** Two cardiology camps were organized in the months of **June & July, 2015** at VPIMS, Lucknow where a total of **43 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 **08 patients** suffering from ASD and Mitral Valve Disease 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.

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 **MUNDA GOPAL** 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	Unani	Total
New	4564	69	406	373	327	359	3344	294	810	536	130	11212
Old	3574	104	468	372	335	338	2045	288	605	1486	219	9834

Charity Activities:

- 573 In-patients were treated totally free of charge.
- 16516 Out-patients received totally free and 843 patients received partially free treatment.
- 397 Cataract Operations including IOL implantations were performed free.
- Under the Smile Train Project, 74 children having cleft lip and palate were operated free.

International Yoga Day

Rama Krishna Math & Vivekananda Polyclinic & Institute of Medical Sciences (VPIMS), Lucknow in joint collaboration with “Yogotsava” observed **International Yoga Day** on 21st June, 2015. The day started with Yoga Session at Sri Ramakrishna Math, wherein, 192 participants from all walks of the society participated in the free Yoga practice sessions under the supervision of Dr. Neeraj Awasthi of Yoga and Naturopathy Department, VPIMS, Lucknow. All the participants were awarded certificate of participation and also served healthy breakfast comprising of sprouted Moong Chana, Dalia, Fruits and butter milk.

An art competition on relevance of the International Yoga Day was also organized at Sri Ramakrishna Math in which 45 children actively participated and they were awarded certificates. Besides a seminar on Yoga was organized in which **Swami Muktinathananda, Adhyaksha, Ramakrishna Math, Lucknow** welcomed all the eminent speakers participating in the seminar. Swami Shashankanada, a senior Monk from Ramakrishna Mission, Belur Math, Howrah, delivered the key note address and emphasized the co-relation between the practice of Yoga with mental & physical health. Several other eminent speakers from all walks of the society participated in seminar. Dr. Nishith Rai, Vice Chancellor of Dr. Shakuntala Mishra Rehabilitation University, Lucknow, the Chief Guest and Sri R. K. Mittal, founder Kabir Peace Mission, Lucknow the Chief Guest of Honour also addressed the audience. Approximately 300 persons attended the seminar. A film show on Yoga Gymnast produced by Rama Krishna Mission Ashrama, Ranchi was also screened.



Blood Donation camp and Free Health Consultancy through Yoga and Naturopathy was organized in the premises of VPIMS, Lucknow. 27 people voluntarily donated blood on this occasion and 20 people were given demonstration on various yogasanas viz. Trikonaasana, Bajraasana, Bhujungasana, Kapal Bhati, Anulome-Bilom and their consequents benefits.

All the events were coordinated by Sri Manoj Singh Chandel and his team.

Guru Purnima: Guru Purnima was observed on 31st July, 2015 with a series of function like special Puja, Havan, Pushpanjali, Bhog Arati & distribution of Noon Prasad to a large number of devotees. Swami Muktinathananda presented a discourse on the ‘Significance of Guru’ in the present age. The program ended with Sandhya Arati, Shyamnam Sankirtan followed by distribution of Prasad.

Other Events: The worship of the Frame of Sri Sri Durga was performed as per the tradition of the ashrama on 18th July 2015. In addition, Ramnama, Shyamnama and Devinama Sankirtans were held after evening Arati.

Appeal

Continuance and expansion of the aforesaid activities of the 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. Donations to Ramakrishna Mission are exempt from payment of Income Tax under Section 80G of Income Tax Act 1961. Cheques /Demand Drafts/MO may be drawn in favour of Ramakrishna Mission Sevashrama, Lucknow and send to the address mentioned below. Donations through online can be made to A/c No. 30119716029, IFSC Code: SBIN0003813, State Bank of India, Daliganj Branch (Branch Code: 03813). Please inform us immediately after online transfer, your name, full postal address, PAN No. and amount Donated, by E-Mail: rkml@rkml.org or by separate post.

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