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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.

World Heart Day:

In order to commemorate the World Heart Day, an Awareness Programme and CME was organized on **29th September, 2015** at Ramakrishna Mission Sevashram, Vivekananda Polyclinic & Institute of Medical Sciences, Lucknow.



Swami Muktinathananda, Secretary of the Institute in his welcome address said that various cardiac camps have been organized at Basti & Dudhi in the rural areas for the welfare of the people and more camps have been scheduled at Sitapur and Shahjhanpur in the month of October, 2015. He further stated that substantial discounts are being provided for the Cardiac procedures wherever necessary, e.g. 50% discount is offered for 2D Echo Colour Doppler and 25% discount on already subsidized Angiography and Angioplasty which are being routinely performed in the hospital by renowned cardiologists.

One of the key targets of our hospital is to reach out to patients of lower socio-economic strata and provide low cost yet optimum services to them.

Padamsree Dr. Nitya Anand, Vice President, Managing Committee, Ramakrishna Mission Sevashram, Lucknow, in his key note address said that in the world over 17.3 million people are dying from Cardiovascular Diseases. He also stressed on the importance of ‘**Life Style Modification**’ and pointed out that five important elements envisaged in life style modification include physical activity and Weight Management, Diet Modifications, Stress Control and Management, Checking Alcohol abuse and giving up Tobacco.

Dr. Naveen Chandra, HOD, Cardiologist made a power point presentation with the objective of raising awareness about heart related diseases, and said that the theme of World Heart Day, 2015 is ‘**Prevention of Cardiovascular Diseases besides promoting a healthy body and healthy mind**’.

Dr. Gautam Swaroop, Cardiologist made a presentation on ‘**Current Strategies and Management of Heart Attack**’. He briefly outlined the predisposing factors, signs and symptoms and the timely management of Heart Attack, which can save many lives. He also elaborated on the treatment of heart diseases by Clot Dissolving Drugs followed by Angioplasty and Angiography, if required.



As a part of the aforesaid event, a **5 day long Cardiac check-up camp** by a team of competent doctors and paramedical staff was organized with effect from **25th September, 2015** which culminated on the World Heart Day on 29th September, 2015. During the camp, a token registration fee was charged from the patients while free Blood Sugar and Free ECG as per requirement was provided to all the registered patients.

Informative Brochures on Heart Attack were also distributed to a large number of patients in the cardiac camp. Needless to add, the success of these events, largely depend on the communication of the information to the people in and around to enable them to participate in large numbers and derive the benefit.

A Cancer Consultation Camp:

A **Cancer Consultation Camp** was organized on **19th September, 2015** at VPIMS, Lucknow by **Dr. (Brig.) A.K. Dhar**, formerly of **Tata Memorial Hospital, Mumbai** and presently the **Director-Medical**



Oncology, Fortis Hospital, Gurgaon. He is renowned for successfully treating all types of Cancers including **Breast, Ovary, Kidney, Thyroid, Lung, Stomach and Intestine** as well as various kinds of **Blood Cancer** and **Aplastic Anaemia** by conventional methods and, if required, by **Bone Marrow Transplantation.**

Swami Muktinathananda, Secretary of the Institute on the occasion said that in order to enhance our level of Medicare with expertise of renowned visiting consultants from different parts of the country, the Cancer Speciality Clinic has been started to facilitate local patients to avail services of outstation experts from this hospital. He

further stated that the Cancer Consultation Clinic will now be held regularly once a month so that the patients can be periodically reviewed.

Dr. Dhar laid importance on early consultation, especially for the patients having any of the following cancer symptoms:

- Prolonged cough and fever which do not respond to routine treatment.
- Unusual and prolonged bleeding from mouth and rectum.
- Lump in breast and neck.
- Non healing ulcers in mouth and genital organs.
- Unexplained significant weight loss.
- Anemia not responding to routine treatment.

14 patients were registered during the camp. They were advised to report to **Dr. Neeraj Tandon**, Visiting Consultant, Oncology of our hospital for review along with the investigation reports and follow-up treatment Facilities have also been made for online consultation with **Dr. Dhar**, Senior Visiting Consultant, if required.

Teachers' Day Celebrations:

The Diploma students of Paramedical Courses at VPIMS, Lucknow observed teachers day on **5th September 2015** and celebrated the occasion by organizing a function to show their appreciation for the teachers of Paramedical Faculty. **Swami Muktinathananda, the Secretary of our Institute and the Chief Guest** said that the Teachers' Day is observed as a special day for the appreciation of teachers and since 1962 it has been celebrated in the honour of the birthday of academican **Dr. Sarvepalli Radhakrishnan**, the second President of India. He further stated that **Dr. Radhakrishnan** believed that **'Teachers should have best minds in the country'**. He advised the students to show all the humility and keenness to learn from the vastly experienced teachers.



The students appreciated the Paramedical Faculty for their special contribution not only in classroom teaching but also in practical training and examination of the patients. They also honoured the Chief Guest and the Faculty Members by presenting mementoes and bouquet besides cutting a cake to mark the event.

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 August & 5th September, 2015**. A total of **62 diabetic patients** were seen during the two day long camps.
- **Homoeopathic Camp:** **Dr. Ashok Kumar Pradhan**, a renowned Homoeopath from **Institute of HYDT (Homoeopathy, Yoga & Diet Therapy), Kolkata** conducted a two days' camp on **15th & 16th August, 2015** at VPIMS, Lucknow for curing chronic diseases including Arthritis, Asthma, Diabetes, Gall Bladder Stone, Kidney & Thyroid disorders as well as Cancer. **62 patients** suffering from chronic ailments were seen during the camp.
- **Free Cardiology Camps:** VPIMS, Lucknow organized **three outdoor Cardiology Camps at Kanpur, Basti and Dudhi (Sonbharda)** and **one camp** in the hospital during the month of **September 2015** in commemoration with World Heart Day. A total of **332 patients** were provided free consultation as well as free investigation including ECG, Blood Sugar, and **45 patients** were advised 2D-Echo cardiogram. **03 patients** suffering from Mitral Valve diseases and **01 patient** suffering from Patent Ductus Arteriosus (PDA) 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.



Two cardiac surgery camps were also held at **Kanpur and Kumarganj** on **15th & 16th August 2015** respectively. A total of **141 patient** were examined, of which **03 cases** were selected for cardiac surgery.

- **Eye Camp at Dudhi (Sonbhadra):**

Alongwith cardiology camp at Dudhi on **27th September 2015**, an eye camp was also held in which **289 patients** were examined, of which **45 cases** were selected for Cataract Surgery. Free medicines were given to the patients attending the eye camp.

Improvement in Hospital Infrastructure:

The consultation rooms in the OPD complex are being renovated to improve the overall hospital infrastructure and also to create a conducive patient friendly environment. During the last two months, Swami Muktinathananda, the Secretary of the Institute, declared two OPD consultation rooms and Registration Counter open.

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 **MEHMOODABAD** 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	5366	101	487	434	469	398	4390	270	812	375	23	204	13329
Old	4630	91	413	397	314	199	2457	385	896	1448	51	278	11559

Charity Activities:

- 640 In-patients were treated totally free of charge.
- 17825 Out-patients received totally free and 774 patients received partially free treatment.
- 491 Cataract Operations including IOL implantations were performed free.
- Under the Smile Train Project 55 children having cleft lip and palate were operated free.

Math News

Sri Krishna Jayanti: Krishna Janmasthmi was celebrated on 5th September, 2015 by way of special worship at the temple followed by a discourse by Swami Muktinathananda after evening Arati besides Devotional Songs.

Other Festivals: The birth anniversaries of Swami Ramakrishnananda, Swami Niranjanananda and Swami Advaitananda were observed with discussion on their respective lives and teachings. Moreover, Ramnam, Shyannam & Devnam Sankirtans were held after evening Arati on every Ekadashi, Purnima & Amavasya days respectively.

Upcoming Programme Calendar (Math): October & November 2015

Sundays – 9.30 a.m.			
Oct.	4,11,25	On the Gospel of Sri Ramakrishna by Swami Muktinathananda	
Nov.	8,15,29		
Sundays - 4:00 p.m.			
Oct.	4,11,25	On the Message of Swami Vivekananda for the Youth by Swamis Muktinathananda, Nirvikalpananda & Sujayananda	
Nov.	1,8,15,22,29		
Fridays – 10:30 a.m.			
Oct.	2,9,16,30	On the Gospel of Sri Ma Sarada by Swami Muktinathananda, Nirvikalpananda & Sujayananda	
Nov.	6,13,27		
Fridays- After Arati			
Oct.	2,9,16,30	On Srimat Bhagavad Gita by Swami Muktinathananda	
Nov.	6,13,27		
Other Festivals and Discourse			
October 2015			
6	Tuesday	Swami Abhedananda Jayanti*	
12	Monday	Swami Akhandananda Jayanti*	
18	Sunday	Sri Sri Durga Puja: Bodhan**	
19	Monday	Sashthyadi Kaparambha**	
20	Tuesday	Mahashtami Puja**	
21	Wednesday	Mahashtami Puja** Kumari Puja (from 09:00 a.m.) Sandhi Puja (from 1:06 p.m. to 1:54 p.m.)	
22	Thursday	Mahanavami Puja**	
23	Friday	Vijay Dashami Puja & Shantijal**	
26	Monday	Sri Sri Lakshmi Puja (from 9:10 p.m.)**	
November 2015			
10	Tuesday	Sri Sri Kali puja (from 9:30 p.m. for whole night)**	
20	Friday	Temple Dedication Day (Sri Jagaddhatri Puja)**	
23	Monday	Swami Subodhananda Jayanti*	
25	Wednesday	Swami Vijnananda Jayanti*	
25	Wednesday	Raas Purnima*	
N. B. *Discourse after Evening Arati; **Details available in Math Office.			
Sankirtan after Evening Arati			
	Ramnam	Shyamanam	Devinam
Oct. 2015	8 (Thu), 24 (Sat)	27 (Tue)	12 (Mon)
Nov. 2015	7 (Sat), 22 (Sun)	25 (Wed)	11 (Wed), 20 (Fri)

*N.B. Bhajans in chorus are held on every Sunday 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 sent 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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