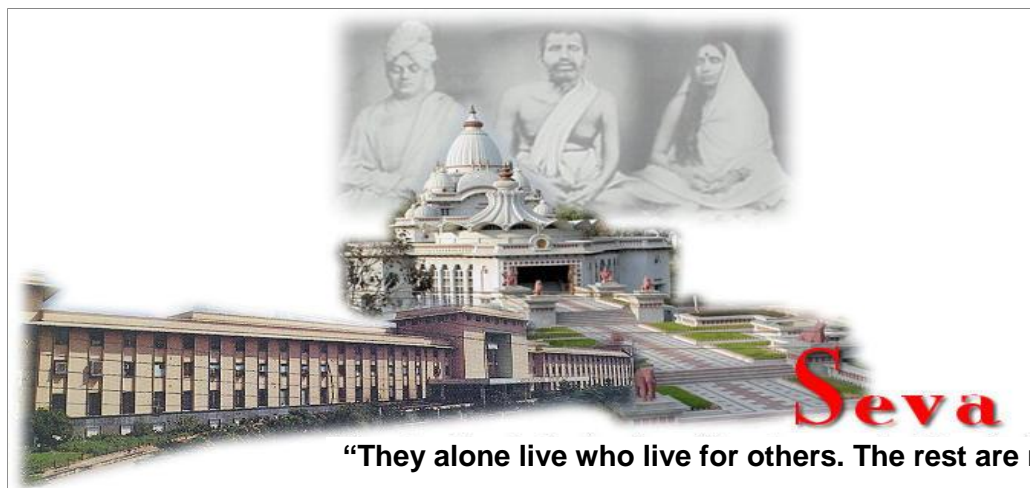




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“They alone live who live for others. The rest are more dead than alive.”

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 Stroke Day:

An awareness programme on World Stroke Day was observed in Vivekananda Polyclinic & Institute of Medical Sciences (VPIMS), Lucknow on **29th October, 2015**. The theme for this year was ‘**I am Woman**’.

The World Stroke Campaign has chosen to focus on this theme because a woman is prone to:

- More at risk of having a stroke.
- More likely to die from a stroke than a man.
- Less likely to receive acute care and rehabilitation than a man, even though she responds equally well to treatment.
- More likely to experience a severe decline in cognitive function, and runs a higher risk of post-stroke depression and institutionalization.
- More likely than men to experience hypertension, atrial fibrillation (irregular heartbeat), diabetes, depression and obesity, all of which increase stroke risk.
- More likely to take on the caregiving role.



Some stroke risks are also specific to women. Pregnancy related diabetes, preeclampsia, the use of birth control pills, hormone replacement therapy and hormonal change all increase the risk of stroke for women.

Dr. A.K. Pandey, Visiting Consultant, Neurologist introduced the subject and discussed '**Basic Outline of Stroke**' while **Dr. Ritwiz Bihari**, the other Consultant Neurologist made a Power Point Presentation on '**Clinical Management of Stroke**'. A video film on Brain Stroke was organized, besides distribution of pamphlets.

The aim of awareness programme is to make more women to understand their stroke risk and take steps that will reduce the likelihood of preventable stroke. They were also encouraged to undergo annual health check-up and also opt for healthier lifestyle choices.

Renovation of Coronary Care Unit (CCU):



Defibrillators, Infusion Pump, Crash Cart and centralized piped oxygen and suction lines etc. besides ensuring Infection Control Practices along with Quality Assurance Programme viz. monitoring infection rates, admission rates, re-intubation etc.

Inauguration of Dialysis Beds for Hepatitis B and C positive cases:

3 Dialysis beds with Dialysis Machines, earmarked for carrying out dialysis in Hepatitis B and C positive cases was inaugurated by **Swami Muktinathananda, the Secretary of the Institute** on **16th November, 2015** in presence of Monastic Brothers, Consultant Nephrologist, dialysis technicians & other staff of the centre. He stated that Dialysis Centre of our Institute is the biggest centre in Lucknow, fully equipped with State-of-the-Art 29 dialysis machines, and is carrying out 20,000 dialysis in a year with good results. Dr. Debashish Saha, Visiting Consultant Nephrologist profusely thanked the Secretary for his valuable guidance and constant support to the Nephrology Department and said that this facility will be of great help in the treatment and management of Hepatitis B and C positive cases (approximately 200 cases every month). It will eliminate the chances of cross infection. He also stated that plans are afoot to earmark dialysis beds in the CCU for carrying out bed-side dialysis in critical patients admitted in the hospital.



Relocation of Ultrasound Centre:



The Ultrasound Centre in the lower ground floor of the hospital has been relocated in the spacious rooms in the Radiology Department. The centre was inaugurated by **Swami Muktinathananda, the Secretary of the Institute** on **20th November, 2015** in presence of Senior Consultants, Technicians and hospital staff. He stated that the ultrasound centre has been aesthetically designed with cabins, where 4 patients can be seen simultaneously with complete privacy. Dr. G.N. Dey, Visiting Consultant, Radiology informed that the centre is equipped with State-of-the-Art one Voluson P 8 and three MyLab 40 Ultrasound Machines and is generating approximately 40,000 Ultrasound reports in a year.

Medical Camps

- **Obesity, Skin Diseases, Joints Pains & Yoga Camp-** A 6-days long Obesity, Skin Diseases & Joints Pains was organised by the Department of Naturopathy, VPIMS, Lucknow from **26th October to 31st October, 2015**. A total of **68** patients suffering from Obesity, Skin Diseases & Joint and Spine disorders benefitted from the Camp. This was followed by **Satkarma & Yoga Chikitsa Camp** from **2nd to 19th November, 2015**, which was attended by **14** participants.
- **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 October & 5th November, 2015**. A total of **62** diabetic patients were seen during the camp.
- **Free Cardiology Camps:** Three cardiology camps were organized in the months of **October & November, 2015** at VPIMS, Lucknow and Shahjahanpur where a total of **173** patients were provided free consultation as well as free investigation including ECG, Blood Sugar, Echo cardiogram etc., as per requirements. **09** patients from this group, suffering from ASD and Mitral Valve Disease were shortlisted for surgical intervention, which are 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 **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	2932	42	475	328	354	215	2977	183	694	270	1	72	8543
Old	2876	28	401	297	316	199	1833	126	556	1032	45	81	7790

Charity Activities

- 688 In-patients were treated totally free of charge.
- 16054 Out-patients received totally free and 1187 patients received partially free treatment.
- 541 Cataract Operations including IOL implantations were performed free.
- Under the Smile Train Project 51 children having cleft lip and palate were operated free.

Math News

Durga Puja:

Sri Sri Durga Puja was celebrated at the Ramakrishna Math from **18th to 23rd October, 2015** with great festivity and solemn grandeur. Thousands of devotees and visitors from far and near participated in the celebration on all the Puja 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 songs, Kali Kirtan etc. special cultural programme was arranged during the Puja days.

On the Saptami, a Flute Recital was presented by Pandit Mohan Lal & Dwijendra Mohan Kunwar presented in Tabla accompaniment by Sri Talmani Bharat Mishra, followed by Pakhawaj by Pandit Dinesh Kumar. On the Ashtami, Violin Recital was presented by Pandit Alok Goswami in Tabla accompaniment with Sri Partha Pratim Mukherjee and Shehnai by Mohan Lal Kunwar. On the Navami, a Classical Vocal Recital was presented by Pandit Mohan Lal Kunwar and Sarod Recital by Pandit Abhijeet Roy Chaudhury.

The Puja concluded with the sprinkling of Peace Water (Santi Jal) and distribution of sweets on the evening of Vijaya Dashmi.



Special Pujas: As in previous years, **Sri Sri Kojagari Laxmi Puja & Sri Sri Kali Puja** were celebrated at the Math by way of ritualistic worship in images on **26th October & 10th November 2015**. Temple Dedication Day was observed on the occasion of **Sri Sri Jagaddhatri Puja on 20th November 2015**. Large number of devotees from far and near participated in these events.

Other Festivals: The birth anniversaries of Swami Subodhanandaji & Swami Vijnananandaji were observed with discourses on their respective life and teachings. Rassa Purnima was celebrated on 25th November, 2015 with a discourse by Swami Muktinathananda on Srimat Bhagavatam. Ramnam, Shyamnam & Devnam Sankirtans were held after evening Arati on every Ekadashi, Purnima & Amavasya days respectively.

Programme Calendar (Math): December 2015 to January 2016		
Sundays – 9.30 a.m.		
Dec.	6,13,20,27	On the Gospel of Sri Ramakrishna by Swami Muktinathananda
Jan.	3,10,17,24	
Sundays - 4:00 p.m.		
Dec.	6,13,20,27	On the Message of Swami Vivekananda for the Youth by Swamis Muktinathananda, Nirvikalpananda & Sujayananda
Jan.	10,17,24	
Fridays – 10:30 a.m.		
Dec.	4,11,18,25	On the Gospel of Sri Ma Sarada by Swamis Muktinathananda, Nirvikalpananda & Sujayananda
Jan.	8,22,29	
Fridays- After Arati		
Dec.	4,18	On Srimat Bhagavad Gita by Swami Muktinathananda
Jan.	8,22,29	
Other Festivals and Discourse		
Dec. 2015		
19	Saturday	Swami Premananda Jayanti*
24	Thursday	Christmas Eve (Programme after evening Arati)
Jan. 2016		
1 3	Friday to Sunday	Sri Sri Ma Sarada Devi Jayanti**
1	Friday	Kalpataru Utsav (Programme from 2:30 p.m.)** Inter-Faith Goodwill Meet 6:45 p.m. **
5	Tuesday	Swami Shivananda Jayanti*
12	Tuesday	National Youth Day**
15	Friday	Swami Saradananda Jayanti*
23	Saturday	Swami Turiyananda Jayanti*
31	Sunday	Swami Vivekananda Jayanti**
N. B. *Discourse after evening Arati; **Details available in Math Office		
Sankirtan after Evening Arati		
Ramnam	Shyamanam	Devnam
Dec. 2015	7 (Mon), 21 (Mon)	25 (Fri)
Jan. 2016	5 (Tue), 20 (Wed)	24 (Sun)
		11 (Fri)
		9 (Sat)

*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 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.

Ramakrishna Mission Sevashrama
Vivekananda Puram, Lucknow – 226 007, Uttar Pradesh
Phone Nos. : (0522) 232-1277-, 237-1233 Tele Fax: (0522) 2329624
E-Mail : rkmvplko@gmail.com, rkml@rkml.org
Website : www.ramakrishnalucknow.org