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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.

5th National Symposium of Acupuncture Association of India (NASAAI):

The 5th National Symposium of Acupuncture Association of India (NASAAI) 2015 was inaugurated on **5th December**

2015 by **Sri Ram Naik, Hon'ble Governor of U.P.** in the presence of **Prof. Yongjin Chen, Deputy Chairman, South China Research Centre for Acupuncture & Moxibustion, Guangzhou, China**, **Swami Muktinathananda, Secretary, Dr. B.J. Bhattacharya, Dr. M. Gantait, General Secretary & President of Acupuncture Association of India (AAI), Kolkata**, and nearly **50** professional acupuncturists from all over the country besides a large number of distinguished citizens of Lucknow.



The programme started with National Anthem followed by lighting of lamp amidst Vedic chanting by the monastic brothers of the Ramakrishna Order. Swami Muktinathananda said in his welcome address that this symposium on Acupuncture, which is being organized in this part of the country for the first time, will definitely enhance the propagation of this particular alternative therapy as an important tool for providing improved care for patients from

far and near. He said that Alternative Therapy is being increasingly accepted as a supplementary treatment procedure which may be applied hand in hand with other ongoing methods. He further added that this therapy which was started periodically in Vivekananda Polyclinic & Institute of Medical Sciences, Lucknow with auricular Acupuncture several years ago, took a regular shape since 20th December, 2014 in collaboration with AAI, Kolkata, by way of introducing regular acupuncture clinic at the Institute as well as its rural outreach centers; besides imparting training courses recognized by W.H.O.

Dr. B.J. Bhattacharya, General Secretary, AAI, introduced the topic saying, “World Health Organization promotes spread and development of acupuncture throughout the world. In developed countries like USA and Europe, millions of people are undergoing acupuncture therapy and such other traditional therapies. Their Governments endorse acupuncture treatment and training schemes. In India acupuncture therapy was introduced in 1959 at Kolkata by Dr. B.K. Basu. West Bengal Government has given legal recognition to acupuncture in 1996.

Dr. M. Gantait, President of AAI, Kolkata, said in his Key-note Address that the doctors of modern medicine should integrate and assimilate the tested merits of different systems for better patient care. World Health Organization has recommended application of Acupuncture Therapy in 43 specific ailments including Osteoarthritis, rheumatoid arthritis, frozen shoulder, tennis elbow, bronchial asthma, facial paralysis etc. Acupuncture is practiced in more than 150 countries around the world including USA, Canada, UK, France, Germany, Italy, Russia, China, Japan etc.

Prof. Yongjin Chen, the Guest of Honour, who represented World Federation of Acupuncture Moxibustion Society, Beijing, revealed the positive results obtained through the recent scientific research in China and stressed on the need of propagation of Acupuncture throughout the world.

Sri Ram Naik, Hon'ble Governor of U.P. extolled this therapy and congratulated the Institute for its endeavours in promoting this technique in U.P. and adjoining areas. A Souvenir containing general information on acupuncture and abstracts of several scientific papers was released by the Governor to mark the event. He also stated that in view of its increasing success, this therapy should be recognized by the State Govt. & be included in the State Health Scheme, as has been done in West Bengal.

In this symposium nearly 30 scientific papers were presented by speakers from Kolkata, Delhi, Mumbai, Hubli, Rourkela, Indore, Maharashtra, Chennai, Ludhiana, & Lucknow. Topics of discussion were on pain management, arthritis, newer techniques, clinical researches, comparison of Acupuncture and Yoga etc. Approximately 100 participants attended the symposium. Hopefully, the symposium would have enabled the attending acupuncturists to update their knowledge towards improved patient care.

3rd Annual Conference of UP & Uttarakhand:

3rd Annual Conference of UP & Uttarakhand Chapter of Indian Association of Paediatric Surgery (IAPS) was



inaugurated on 23rd January, 2016 by the Chief Guest, Prof. Ravi Kant, Vice Chancellor, KGMU, Lucknow. He emphasized the need of close co-operation amongst different specialties for optimum utilization of limited resources in this region. Further, he stressed upon the importance of research in super speciality areas like Paediatric Surgery in order to focus on preventive measures for different conditions.

Swami Muktinathananda, The Secretary of the Institute welcomed the Paediatric Surgeons attending the conference and complimented the UP & Uttarakhand Chapter of IAPS for having chosen the hospital as the venue for this august assembly. He also said that it is indeed a rare privilege to have so many eminent Paediatric Surgical Faculty of National Repute and also Senior Paediatric Surgeons from the UP & Uttarakhand States participating in

the conference and sharing their vast knowledge and experience. He added that this event is as holy as performing a Jnana-Jajna Yajna-a ceremonial sacrifice of yore for acquisition of knowledge.

Prof. A.K. Wakhlu the Guest of Honour spoke about the need of training more Paediatric Surgeons in UP and Uttarakhand. The population of these states requires at least 400 Paediatric Surgeons to cater to the needs of children, as opposed to the present strength of some 75 such surgeons.

Dr. S.N. Kureel, Professor & Head, Department of Paediatric Surgery, KGMU, Lucknow & Chairperson UPIAPS & President Elect, IAPS informed that a new 1000 bedded hospital for the children of the state is under active consideration of the Govt. and is likely to be approved very soon.

Dr. Kishore Panjwani Sr. Consultant Paediatric Surgery, Pushpanjali Hospital, Agra & President IAPS emphasized about the need of developing Paediatric Surgery Centres in other part of the country.

Dr. Ashutosh Pandey, Visiting Consultant, Paediatric Surgeon & Organizing Secretary UPIAPS informed that Paediatric Surgery has grown by leaps and bounds in the past couple of decades due to rapid advancements in the surgical techniques, safer anaesthesia, better postoperative care including intensive care.

Prof. Mohan K Abraham, Prof. & HOD, Paediatric Surgery, Amrita Institute of Medical Sciences, Kochi delivered Asopa-Wakhlu Oration in which he discussed about Urinary problems in children and their surgical management.

Eminent National Faculty of Paediatric Surgeons viz. Prof. Veereshwar Bhatnagar and Prof. Minu Bajpai from AIIMS, New Delhi, Dr. Ravindra Ramadwar from Hinduja Hospital, Mumbai, Dr. K Ramesh Reddy from Niloufer Hospital, Hyderabad and Prof. S. Ramesh from IGICH, Bengaluru participated in the conference, besides demonstrating surgeries on 4 cases of Ano-rectal malformations by conducting Live Operative Workshop. CME lectures on some interesting aspects of Paediatric Surgery as well as Joint Symposium on topics of common interest regarding comprehensive management of children with surgical problems were also organized.

It is hoped that the Conference will enable the participating Paediatric surgeons of UP and Uttarakhand to enrich their knowledge so as to provide better care for their patients.



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 December 2015 & 4th January, 2016. A total of 43 diabetic patients were seen during the camp.
- **Free Cardiology Camps:** Three cardiology camps were organized in the months of December 2015 & January, 2016 at Paraspur (Gonda), Kushinagar & Dudhi (Sonbhadra) where a total of 259 patients were provided free consultation as well as free investigation including ECG, Blood Sugar, as well as Echo cardiogram, as per requirements. Of these, 04 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.

Improvement in the Hospital Infrastructure:

In the past two months, a large number of renovation of various wards/departments have been under taken in the hospital to improve the overall patient care services. The wards/departments viz. Intensive Care Unit (ICU), Private Rooms in the Obs & Gynae Ward, and Dietitian Consultation Room were inaugurated and declared open by Swami Muktinathananda, Secretary of the Institute in the presence of Consultants and hospital Staff.



The Endoscopy Room of the Gastroenterology Department has been shifted to the lower ground floor of the Institute. The newly constructed air conditioned Endoscopy Centre with spacious Endoscopy Room, Recovery Room, Registration Counter, Waiting Area were inaugurated by Swami Muktinathananda, Secretary of the Institute on **24th December 2015**, in the presence of Dr. Gourdas Choudhuri from Fortis Research Medical Institute, Gurgaon, Gastroenterologist of VPIMS, and other hospital staff. The Endoscopy Centre is equipped with the State of the Art Upper/Lower GI scope, Colonoscope, ERCP scope and

C-Arm carrying out procedures like Endoscopy, ERCP, Colonoscopy and Sigmoidoscopy in a totally aseptic conditions.

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	3800	69	721	252	472	271	4877	374	957	561	11	170	12535
Old	3858	67	729	346	23	276	3062	311	848	1384	26	401	11331

Charity Activities:

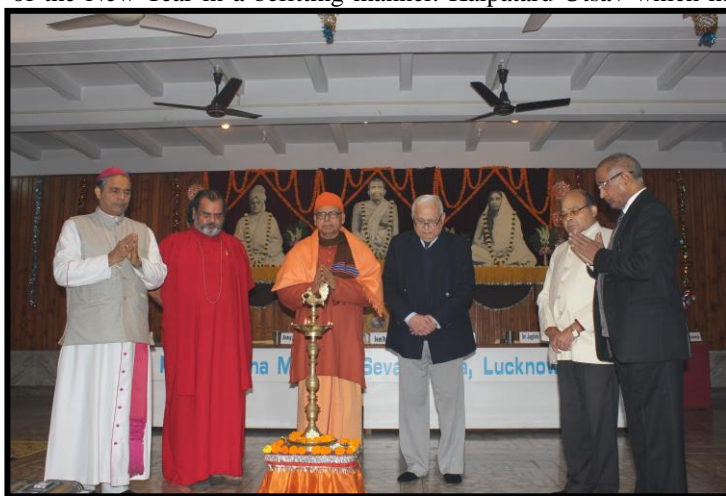
- 987 In-patients were treated totally free of charge.
- 18094 Out-patients received totally free and 840 patients received partially free treatment.
- 734 Cataract Operations including IOL implantations were performed free.
- Under the Smile Train Project, 48 children having cleft lip and palate were operated free.

Math News

Kalpataru Utsav & Inter-Faith Goodwill Meet:

The **Kalpataru Utsav** was celebrated on the 1st Day of the New Year in a befitting manner. Kalpataru Utsav which has assumed a global dimension by now, dates back to its origin on 1st January 1886 when Sri Ramakrishna Paramhansa became like the Wish Fulfilling Tree (Kalpataru) by granting to all the persons present around him whatever boons they prayed for at Kashipur Garden House in Kolkata.

In the evening, a **Goodwill Meet** was held comprising of Discourses on "**The Significance of the Mother in different religions**" by representatives of various faiths viz. **Venerable Bhante Devender**, Vice Chairman, International Buddhist Research Institute, Gomadapur, Shravasthi, **Bishop Gerald Mathias**, Bishop of Lucknow representing Christianity, **Padmasri Dr. Mansoor Hasan**, Lucknow representing Islam and **Baba Batuk Nathji**, Baba Bhutnath Ashrama, Lucknow representing Hinduism. Every speaker unequivocally said that, as per the teachings of their respective faiths, the significance of the Mother has been kept with the highest esteem forming their very foundation.



163rd Birthday Celebration of Holy Mother Sri Sarada Devi:

The 163rd Birthday of Holy Mother Sri Sarada Devi was celebrated from **1st to 3rd January, 2016** at Ramakrishna Math, Nirala Nagar, Lucknow amidst great enthusiasm and festivity with the participation of a large number of devotees from far and near. The programme started with Mangal Aarti followed by Hymns and Vedic Chanting in the spacious Ramakrishna Temple. A Japa

Yajna (uninterrupted repetition of God's name) was also conducted from dawn to afternoon through continuous participation of interested devotees by turn.

Special Worship, Chandipath, Sarada Nam Sankirtan in chorus, Havan and mass offering of flowers, devotional songs etc., besides distribution of cooked Prasad among thousands of devotees formed an integral part of the celebration in the morning during which Readings from 'The Gospel of Holy Mother' was also performed.

Discourses on Sri Sarada Devi, the Holy Mother viz. '**Sri Ma Sarada-The power of Ramakrishna Order**' and '**Sri Ma Sarada Devi in the eyes of Sri Ramakrishna**' were delivered respectively by Swami Sujyananda and Swami Muktinathananda, Adhyaksha of Sri Ramakrishna Math, Lucknow. A Musical Portrayal on '**Sri Ma Sarada-The Mother of Ramakrishna Order**' by Sarada Sangha, Lucknow and a Cultural Programme on Vichitra Veena by Sri Krishna Chandra Gupta, Kannauj with accompaniment in Tabla by Sri Thakur Prasad Mishra and Pakhawaj by Dr. Raj Khushiram, Lucknow were also held

'National Youth Day' Celebration:

A colourful procession was flagged off by **Prof. Vikram Singh, Vice Chancellor Noida International University and Former DGP, Uttar Pradesh** from the Police Lines ground



besides IT crossing, Nirala Nagar, Lucknow on **12th January 2016**. The procession led by a school band, comprising of more than 600 youth from various Schools and Colleges and others, with various banners, festoons and tableaux, terminated at Ramakrishna Math, Nirala Nagar, Lucknow.

A special youth programme was also organized at Ramakrishna Math, Lucknow. The programme started with Lighting of Lamp amidst Vedic Chanting. Swamiji's Swadesh Mantra and Amrit Mantra in chorus was recited by the youth, besides short speeches and recitations by the selected youth participants.

Prof. Vikram Singh, the Chief Guest addressed the audience on the '**Significance of National Youth Day**' and said Swamiji's positive thought convert '**Zero**' to '**Hero**'. The Presidential Address was delivered by Swami

Muktinathananda, Adhyaksha, Ramakrishna Math, Lucknow who said the youth must have self-confidence, physical strength, mental concentration and an attitude of service to others in order to become successful in life.

The programme ended with the Closing Hymn on Swami Vivekananda followed by National Anthem and distribution of holistic literature and food packets to all present. In the evening, a Cultural Programme by talented young musicians, which was open for one and all, was also organized.

Youth Convention:

In commemoration of 153rd Birth Anniversary of Swami Vivekananda, Ramakrishna Mission Sevashram, Lucknow organized a Youth Convention on 10th January 2016. More than 400 enrolled youths belonging to the age group of 15 to 30 from all over the District of Lucknow and adjoining areas participated in the Youth convention.

After the inaugural function, eminent speakers of national repute spoke on the 'Message of Swami Vivekananda for the Youth', besides Yogasana demonstration by the children of Gadadhar Abhyudaya Prakalpa. An Interactive Programme : "From Insight to Action & Save Food Save Life" was also held in collaboration with Prithvi Innovations, Lucknow.

In the evening session, notable speakers dwelt on 'Swami Vivekananda's call to the youth to face the challenges for achieving success in life', which was followed by the Valedictory Session and a Cultural programme by talented young musicians.

Other Festivals: The birth anniversaries of Swami Premananda, Swami Shivananda, Swami Saradananda, Swami Turiyananda & Swami Vivekananda were observed with discussion on their respective lives and teachings, besides celebrating Christmas Eve. Ramnam, Shyamnam & Devanam Sankirtans were held after evening Arati on every Ekadashi, Purnima & Amavasya days respectively.

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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