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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.

Upgradation of Equipment in Physiotherapy:

The Physiotherapy Department of Vivekananda Polyclinic & Institute of Medical Sciences (VPIMS), Lucknow has been continuously upgrading its equipment profile and has procured 02 Multi-channel Microprocessor Based TENS and 02 Hydro collator Machine (8 Packs large size) manufactured by Rapid Electro Med. The machines were inaugurated on 21st December 2017 by Swami Muktinathananda, the Secretary of the Institute.



Transcutaneous Electrical Nerve Stimulation (TENS) are predominately used for nerve related pain conditions (acute and chronic conditions). TENS machines works by sending stimulating pulses across the surface of the skin and along the nerve strands. The stimulating pulses help prevent pain signals from reaching the brain. Tens devices also stimulate the body to produce higher levels of its own natural painkillers, called "Endorphins". It can be used for pain relief in several types of illness and conditions such as Osteoarthritis, acute lumbar and cervical pain, tendinitis and bursitis.

Hydro Collator is a stationary or mobile stainless steel thermo statistically controlled water heating device designed to heat silica field packs in water up to 160°C. The packs are removed and wrapped in several layers of towel and applied to the affected part of the body. The moisture thermotherapy is used for relieving pain, improving blood circulation and loosening stiff muscles. It can be used in patients having rheumatism, inflammation of joints, neuralgia and muscle pain.

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Inauguration of Modular O.T.:

Operation Theatre (O.T. No.5) at VPIMS, Lucknow were renovated and a pre-fabricated Modular Operation Theatres have been commissioned on 26th December, 2016 respectively. The modular theatre has a wall and ceiling panel made of stainless steel sheet (1.6 mm), besides Plan 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 and LED lights for the ceiling have been also provided in the Modular O.T. Floors.

All the 07 Operation Theatres in the O.T. Complex have been converted in to State-of-the-Art Modular Operation Theatres with addition of world class equipment's provided in the O.T. This will of great help to the surgeons in performing difficult operations with minimum chances of postoperative infections thereby ensuring speedy recovery.



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 2016 & 4th January, 2017. A total of 30 diabetic patients were seen during the camp.

- **Free Cardiology Camps:** Five cardiology camps were organized in the months of **December 2015 & January, 2016** at Dudhi (Shonbhadra), Raebarelli, Paraspur (Gonda), Biswan (Sitapur) and VPIMS, Lucknow where a total of **588** 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 **18** 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 Tuesdays**, **HEERPUR ATARIA** in **Sitapur District on Wednesdays** and **Saturdays**, **RAMVANKUTIR** in **Barabanki District on Thursdays** and **MUNDAGOPAL ASHRAMA** in **Barabanki District on Fridays** and **BISWAN** in **Sitapur District on Mondays**. 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	6434	92	834	405	665	704	7133	591	941	680	15	122	18616
Old	6726	64	777	361	624	726	3578	474	774	2026	43	210	16383

Charity Activities:

- 540 In-patients were treated totally free of charge.
- 6814 Out-patients received totally free and 1144 patients received partially free treatment.
- 862 Cataract Operations including IOL implantations were performed free.
- Under the Smile Train Project 42 children having cleft lip and palate were operated free.

Math News

Kalpataru Utsav & Inter-Faith Goodwill Meet:

The **Kalpataru Celebration** and an **Interfaith Goodwill Meet** were celebrated on the **1st Day of the New Year** in a



at the spacious marble temple and Auditorium of the Ramakrishna Math, Nirala Nagar, Lucknow. 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. The anniversary of the solemn function was observed at Ramakrishna Math by way of silent prayer, group meditation, "**Sri Guru Prathana**" in chorus, devotional songs, discourse on the significance of the 'Kalpataru' and reading from the scripture '**Sri Sri Ramakrishna Lila Prasanga**' and the in the presence of a large number of devotees.

Subsequently, an **Inter-faith Goodwill Meet** was organized at Ramakrishna Math, in collaboration with Kabir Peace Mission, Lucknow. After devotional songs, the programme started by way of lighting of lamp by the representatives of

different faiths amidst a Vedic prayer on the universal Mother by the Monastic Brothers of Ramakrishna Order. A book on '**Sarva Dharma Sambhav**' (in Hindi) brought out by Kabir Peace Mission, Lucknow was released during the meet.

Prof. Subrata Chakraborty, Former Dean, I.I.M., Lucknow delivered the welcome address and stressed that the Inter Faith Good Will Meet is a befitting tribute to the '**The Role of Women's Education in Different Religions**'. The Keynote Address was delivered by **Prof. Kirti Narain, Former Principal, Jai Hind College, Mumbai** and he said that **Education of women have been given importance in every religions system**. This was followed by good will messages from the representatives of various faiths viz. **Swami Muktinathananda, Adhyaksha, Ramakrishna Math, Lucknow** representing **Hinduism**, **Bhikkshu Devender, Ex-Vice President, International Buddhist Research Institute, Lucknow** presenting **Buddhism**, **Daniel Subhan, Pastor, All Saint's Church and Former Moderator's Commissary for Diocese of Lucknow (CNI)** representing **Christianity**, **Dr. Kalbe Sadiq, Vice President, All India Muslim Personal Law Board, Lucknow** representing **Islam**. Every speaker univocally said that as per the teachings of their respective faiths, the importance on the need of '**The Role of Women's Education in Different Religions**', has been upheld in their respective faiths.

Sri. Rakesh K. Mittal, Chief Coordinator, Kabir Peace Mission, Lucknow summed up the views of all the representatives and offered compliments to each one of them. The programme ended with the closing hymn on unity sung in chorus by the audience followed by the distribution of Prasadam to all present.

164th Birthday of Holy Mother Sri Sarada Devi:

A **05-day long** celebrations were held on the occasion of the **164th birthday of Holy Mother Sri Sarada Devi** with effect from **20 December 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 in the early hours of the morning 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 Pushpanjali (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.

In the evening, after Arati, a public meeting was held in which discourses on Sri Ma Sarada- '**The Personification of Supreme power**' was delivered by **Swami Nirvekalpananda** while a talk on Sri Ma Sarada- '**The Dispeller of 3-Fold Grief**' was presented by **Swami Muktinathananda, Adhyaksha of the Math**. Subsequently, Devotional Songs were sung by Swami Anantatmananda of Sri Ramakrishna Math, Lucknow in the Main Temple.

On **21st December 2016**, a musical portrayal on '**Sri Ma Sarada-The Personification of Supreme Affection**' was presented by Sarada Sangha, Lucknow at the Temple Auditorium. On **24th December 2016**, a discourse on '**Life and Teachings of Swami Shivananda**' was presented by Swami Nirvekalpananda followed by Christmas Eve celebration. On **25th December 2016**, '**Sri Ma Sarada in the eyes of Sri Ramakrishna**' were presented by **Swami Muktinathananda**. The programme concluded with Sarod recital by Sri Narendra Nath Dhar, Kolkata with Tabla accompaniment by Sri Arun Bhatt, Lucknow

Sister Nivedita's 150th Birth Anniversary:

A **2-day long celebration** of Sister Nivedita's 150th Birth Anniversary on the occasion of the 164th Birthday Celebrations of Holy Mother Sri Sarada Devi was organized from **22th to 23rd December 2016** at the auditorium of Ramakrishna Math, Nirala Nagar, Lucknow.

Sri Ram Naik, Hon'ble Governor of Uttar Pradesh inaugurated the programme on **22nd December, 2016**. The programme started with National Anthem in chorus followed by lighting of lamp by the Hon'ble Governor and other dignitaries amidst Vedic Chanting by Monk's and Brahmacharins of the Ramakrishna Math. **Swami Muktinathananda** welcome and felicitated the dignitaries. The key note address delivered by **Sri R.K. Mittal, I.A.S. (Retd.), Chief Co-ordinator, Kabir Peace Mission, Lucknow** while the inaugural address was delivered by the Hon'ble Governor. The vote of thanks of presented by **Padmashree Dr. Nitya Ananda, Vice President, Managing Committee, Ramakrishna Mission Sevashrama, Lucknow** and the programme concluded with Nationa Anthem followed by distribution of Prasad.



A Seminar on '**Sister Nivedita's contributions in various fields**' was held on **23rd December 2016**. After the introduction by Swami Nirvekalpananda, Several eminent speakers viz. **Dr. Rashmi Soni from Mahila Vidyalaya Degree College, Lucknow** spoke on **Women's Education** and **Sri Aswani Kuamr, Sangathak , Vivekananda Kendra Lucknow** spoke on **India's Freedom Struggle**. **Dr. Surachana Trivedi, Asst. Professor, Aruya Kanya Mahavidyala, Lakhimpur Kheri** delivered an interesting presentation on **Regeneration of Indian Women**. **Sri Anup Kumar Saxena, Secretary, Ramakrishna Vivekananda Ashrma, Lakhimpur Kheri** gave a vivid description on Organizing relief services.

The **presidential address 'Sister Nivedita: The Loving child of Sri Ma Sarada'** was delivered by **Swami Muktinathananda** and the programme concluded with chorus song followed by refreshment.

150th Birth Anniversary of Swami Saradanandaji Maharaj:

150th Birth Anniversary of Swami Saradanandaji Maharaj was celebrated on **4th January 2017** at Ramakrishna Math, Nirala Nagar, Lucknow amidst great enthusiasm. The programme started in the early hours of the morning with Mangal Aarti followed by Hymns and Vedic Chanting, Special Puja, Chandi Path and reading for the works of Swami Saradanandaji in the Ramakrishna Temple. In the evening, discourses on '**The Life and Teachings of Swami Saradananda**' and '**Glimpses of Great Soul**' were presented by Swami Nirvekalpananda and Swami Muktinathananda respectively. The programme concluded with the devotional songs and distribution of Prasad.

Spiritual retreat was also organized on **8th January 2017**.

'National Youth Day' Celebration:



On the occasion of Swami Vivekananda's 155th Birthday on **12th January 2017**, 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. The procession was led by a school band comprised of more than **600** youth from various Schools and Colleges with various banners, festoons and tableaux. It was terminated at Ramakrishna Math, Nirala Nagar, Lucknow.

A special youth programme was also organized at Ramakishna Math, Lucknow. The programme started with Lighting of Lamp amidst Vedic Chanting by Brahmacharins. Swamiji's Swadesh Mantra and Amrit Mantra in chorus was recited by the youth besides shorts speeches and recitations by the selected youth participants. Prof. Vikram Singh, the Chief Guest addressed the audience on the '**Significance of National**

Youth Day'. He said that the assembled youth are indeed fortunate to be able to participate in this august gathering and receive the blessings of Swamiji on his holy birthday. They should standup and march ahead till the goal of the life is reached. 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 youth should build their lives by way of helping others to build their life as well. 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.

Swami Vivekananda's 155th Birth Anniversary :

155th Birthday Celebration of Swami Vivekananda was celebrated at Sri Ramakrishna Math, Lucknow on **19th January, 2017** with Mangal Arati and Suprabhatam, Japa Yajna, Hymns & Vedic Chanting, Special Puja and Chandipath followed by Readings from the Kathopanishad, Havan, Pushpanjali, devotional songs and distribution of Prasad.

After evening Arati, a public meeting was organized in which **Prof. Himanshu Rai, IIM, Lucknow** delivered a talk on '**Swami Vivekananda's Message for the Youth**' and inspired the assembled youth saying that the Mission of the great spiritual hero to rebuild the Nation has been handed down to the youth of our country who will have to come forward in large numbers to march ahead with his flag. Subsequently, **Sri Navniet Sekera, I.G., Women's Cell, Lucknow** gave an interesting presentation on '**Swami Vivekananda-the Soul of India**', saying we can know India by studying Swami Vivekananda and vice versa. The Presidential Address was delivered by Swami Muktinathananda, Adhyaksha, Ramakrishna Math, Lucknow. He said that Swami Vivekananda's expectation from our country men is to restore their self-confidence and stand up until to make their Nation more glorified than it was ever before.

The programme concluded with devotional songs followed by distribution of Prasad to all present.

A series of events from **19th January 2017 to 22nd January 2017** viz., a discourse on '**Sri Hanumanji & Swami Vivekananda**' for 3-days by **Swami Sukhananda, Secretary, Ramakrishna Mission Ashrama, Patna**, and a discourse on '**Swami Vivekananda in the Eyes of Sri Ramakrishna**' by Swami Muktinathananda, **Rogi Narayan Seva - Worship of God in patients at VPIMS, Lucknow** and a **Musical Portrayal - 'Swami Vivekananda the world teacher'** by Ramakrishna Seva Samiti, Lucknow was also organized.

Vivekananda Flower Show :

Vivekananda Flower Show was held at Ramkrishna Math, Nirala Nagar, Lucknow on **29 January 2017** on the occasion of 155th birth anniversary for **Swami Brahmanandaji Maharaj, 1st President of Ramakrishna Math & Ramakrishna Mission, Belur Math, Howrah** who had great affinity towards flowers and plants. The flower show was formally inaugurated by **Sri G.B. Pattanaik, IAS (Retd.) Director, Literacy House, Lucknow** at Ramakrishna Math Temple, Lucknow followed by a Prize Distribution ceremony. Books and photos of Swami Vivekananda as well as garden tools were awarded to the prize winners and refreshments were served to all present. This flower show has generated a great awareness of the people regarding the importance of floriculture as well as an effective method to promote Swachaya Bharat Abhiyan.



Other Festivals: The birth anniversaries of Swami Premananda, Swami Shivananda, Swami Saradananda, Swami Turiyananda, Swami Brahmananda, Swami Trigunatitananda & Swami Vivekananda Jayanti were observed with discussion on their respective lives and teachings besides celebrating Christmas Eve. Moreover, Ramnam, Shyamnam & Devnam 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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