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Seva

“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.

30th Annual Continued Medical Education (CME):



30th Annual Continued Medical Education (CME) was held at Vivekananda Polyclinic & Institute of Medical Sciences (VPIMS), Lucknow on 18th February 2017. Swami Muktinathananda, the Secretary of the Institute welcomed the audience and said that continuous learning and upgrading skills is required for academic and professional excellence. The Chief Guest, Dr. Rakesh Kapoor, Director & Head, Dept. of Urology & Renal Transplantation, SGPGIMS, Lucknow appreciated the exuberance shown by the young doctors. He emphasized the need to become a good human being, which is pre-requisite to become a good doctor.

There were 4 sessions, one each in Urology, Nephrology, Neurology and Neurosurgery and 2 eminent speakers from each specialty gave audio visual presentations on interesting medical topics. Prof. Apul Goel, Department of Urology, KGMU, Lucknow discussed **Recent Advances in**

Management of Prostate Enlargement while Dr. Saurabh Agarwal, Department of Urology, VPIMS, Lucknow, spoke on **'Application of LASER in Urology and its emerging role as a primary management modality'**.

In the next session Prof. Awadhesh Kumar, Department of Neurosurgery, SGPGIMS, Lucknow discussed **'Endoscopy in Skull Base Surgery'** and Dr. Tarun Pandey, Department of Neurosurgery, VPIMS, Lucknow presented the surgical interventions in management of **'Subarachnoid Hemorrhage & Cerebral Aneurysm'**. Dr. A.K. Pandey, Department of Neurology, VPIMS, Lucknow, discussed **'Interesting Cases of Quadriplegia'**, whereas Dr. Ritwiz Bihari, Department of Neurology, VPIMS, Lucknow while speaking on **'Acute Stroke'** emphasized on the importance of aggressive intervention and timely thrombolysis. Prof. Amit Gupta, Department of Nephrology, SGPGIMS, Lucknow spoke on recent advances and role of proton pump inhibitors in development of **'Acute Kidney Injury'**.

Each presentation by the speakers was followed by lively discussion and questions from the learned audience. The CME was attended by more than 100 distinguished Doctors & Post Graduate Students.

48th Dedication Day Ceremony:

VPIMS, Lucknow observed its 48th Dedication Day Anniversary on 18th February, 2017. Swami Muktinathananda, the Secretary of the Institute welcomed the audience and said that the hospital made a humble beginning on the birthday of Bhagwan Sri Ramakrishna Paramhans as early as in 1970 and since then the day is celebrated every year as **Samarpan Diwas**. He felt proud to mention that the doctors, nurses and the staff members of the Institute have not only retained the original spirit of dedication but also intensified it this year by voluntarily offering free OPD services in all the disciplines.

Brig. Dr. R.N. Rastogi (Retd.), the Hospital Superintendent of the Hospital presented the Annual Report and narrated the newer achievements viz. construction of Modular O.T.s, Renovation of CCU/ICU and modernization of Kitchen/Cafeteria services.



Shri Arun Kumar Sinha, Additional Chief Secretary, Medical Health & Family Welfare, Govt. of U.P., Lucknow expressed his gratitude for being invited as the Chief Guest of the function. He said that he has derived lot of inspiration from the teachings of Swami Vivekananda and also paid glowing tribute to the Institute for providing quality medical care at an affordable cost. He offered unconditional support at all times, especially by attaching the Institute with the State Government Project of Janani Suraksha Yojana, National programme for control of blindness (Rashtriya Andhata Niyantaran Karyakarm) and Rashtriya Swasthya Bima Yojana (RSBY).

The Institute felicitated **Dr. D.B. Barat, aged 92 years** still offering valuable services every day as a Consultant of the Institute in the Department of Orthopedics and presented to him an award of Rs. 1,00,000/- was along with a citation for his prolonged dedicated services notwithstanding his advance age.

Besides the sports update by Dr. Niranjana, the Sports Secretary, Prizes were given to winners of various sport events participated by the doctors, nurses and staff members. The vote of thanks was presented by Sri Y.D. Mathur, Member of the Managing Committee of Ramakrishna Mission Sevashram, Lucknow.

Lamp Lighting Ceremony:

The Lamp Lighting Ceremony of the **12th batch of BSc. Nursing and 26th batch of GNM Nursing** students of



Vivekananda College & School of Nursing was celebrated on **17 February 2017** at VPIMS, Lucknow in the presence of a large number of distinguished people of the city including the parents of the students. 50 B.Sc. & 20 GNM Nursing Students recited their vows of renunciation in Sanskrit holding a lamp each in their hand in the presence of image of Swami Vivekananda and a portrait of Florence Nightingale over-viewing the gathering.

The programme started with lighting of lamp amidst Vedic Chanting by the nursing students. In the welcome address, **Swami Muktinathananda, Secretary of the Institute** explained the significance of the ceremony. He also prayed to the Almighty to shower his choicest blessings on the young nursing students for their continued success, glory and joy associated with the nursing profession.

Prof. Punita Manik, Dean, Faculty of Nursing, KGMU, Lucknow was the **Chief Guest** during the function. She appreciated

the endeavour of the Nursing College and School of Nursing for improving the nursing services by ensuring adequate flow of well-trained and disciplined nurses and said that the nurses are the backbone of the hospital in giving patient care.

Col. Leena Kumari P.R., Principal, College of Nursing, Command Hospital (Central Command), Lucknow, the **Guest of Honour**, complimented the Nursing College for its outstanding results. She also said that students are very fortunate to have passed out from this prestigious Institute and are now prepared to face the challenges outside.

Mrs. Chandini Tiagi, Principal of the Nursing Institute presented the Annual Report highlighting the academic and clinical achievements of the students. A large number of attractive prizes in the form of cash awards, medals & books were presented along with certificates to the Meritorious & Professionally Excellent students. The programme concluded with the vote of thanks by Sri Ravi Kumar, Vice Principal of the Nursing Institute.

Inauguration of Medical Units at VPIMS, Lucknow:

Revered Srimat Swami Suviranandaji Maharaj, Assistant General Secretary, Ramakrishna Math & Ramakrishna Mission, Belur Math, Howrah, West Bengal inaugurated on **3rd March 2017** the **Extended Emergency Ward, the Relocated 18 bedded Nephrology Ward, 05 Hemodialysis Machines and newly constructed Microbiology and Clinical Pathology Unit** at VPIMS, Lucknow.

Thereafter, a special meeting was organized for doctors, nurses, staff and students of the Institute. In the welcome address, **Swami Muktinathanada, the Secretary of the Institute** drew the attention of one and all towards the importance of developing an attitude of service in our day to day activities which transforms our mundane life into a holistic experience.

Revered Srimat Swami Suviranandaji Maharaj, Assistant General Secretary highlighted Swami Vivekananda's ideal of service saying that service to the distressed is in fact a worship of the Divine. He showed how service can be made a way of life towards attainment of fulfillment in every possible way.

On 4th March 2017, Revered Srimat Swami Suviranandaji Maharaj, inaugurated the **1st Floor of the Guest House** with 13 fully furnished rooms having 3 beds each providing adequate accommodation for short stay of spiritual seekers and devotees from far and near at Ramakrishna Math, Nirala Nagar, Lucknow. Thereafter, he inaugurated a series of **7 Modular Operation Theatres** at **VPIMS, Lucknow**. He appreciated the sea-change in the infrastructure of the Institute with addition of world class equipment's provided in the O.T. He also went around the Medical Ward and distributed fruits and biscuits to the patients admitted in the wards and prayed for their early recovery.



Medical Camps:

- **World Cancer Day:** On the occasion of the World Cancer Day, VPIMS, Lucknow organized a Cancer Awareness Programme on **4th February 2017** to create awareness among Cancer Survivors and their attendants as well as the public at large. The theme this year was 'We can, I can'. Pamphlets on cancer awareness were also distributed amongst the general public. Anti-Cancer fruits and vegetables were distributed to create awareness among the general public.
- **Glaucoma Awareness Camp:** A patient education awareness on Glaucoma was organized in the OPD of Eye Department. Besides the distribution of pamphlets and running of the videos on Glaucoma, Dr. Jimmy Mittal presented a talk on early sign and symptoms of Glaucoma and the importance of consulting the eye specialist at the earliest opportunity.
- **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 February & 5th March, 2017**. A total of **36 diabetic patients** were seen during the camp.
- **Free Cardio Thoracic Surgery Camp:** Two Cardio Thoracic Surgery camp was held at Hardoi and VPIMS, Lucknow on **2nd & 3rd February 2017** respectively and **5 patients** were shortlisted for surgery at a later date.
- **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	5640	87	816	385	586	747	7111	573	1085	627	14	106	17777
Old	6295	60	838	331	546	869	4557	523	877	1901	43	316	17156

Charity Activities

- 1495 In-patients were treated totally free of charge.
- 19998 Out-patients received totally free and 1094 patients received partially free treatment.
- 1338 Cataract Operations including IOL implantations were performed free.
- Under the Smile Train Project, 76 children having cleft lip and palate were operated free.

Math News

181st Birth Anniversary of Bhagavan Sri Ramakrishna Deva:

On the occasion of 181st Birth Anniversary of **Bhagavan Sri Ramakrishna Deva** a 6- day long programme was organized at Ramakrishna Math, Nirala Nagar, Lucknow from **28th February 2017 to 5th March 2017**. The day began with due solemnity and grandeur with Mangal Arati, Japa Yajna, Usha Kirtan and Chandi Path followed by a special puja and devotional songs, Havan, Pushpanjali and distribution of Prasad among thousands of devotees.

A public meeting was organized after evening Arati. The Presidential Address on 'Sri Ramakrishna – the Incarnation of Love' was delivered by Swami Muktinathananda, Adhyaksha, Ramakrishna Math, Lucknow.

Dr. Tathagata Roy, Hon'ble Governor, Tripura, the **Chief Guest** in Public Meeting delivered a talk on 'Sri Ramakrishna – the Friend of the Lowly'. The programme ended with the closing song aptly sung by Swami Anantatmananda with Tabla accompaniment by Swami Archyananda followed by National Anthem in chorus. Cooked Prasad in handy packages were distributed



to all present.

A 4-day long Discourse on Bhakti Yoga in Bhagavad Gita by Swami Nikhilatmananda Maharaj, Ramakrishna Advaita Ashrama, Varanasi will be held each day at 7:15 p.m. from 1st to 4th March 2017. A variety of events were organized on 5th March 2017 viz. Discourse on the Gospel of Sri Ramakrishna by Swami Muktinathananda, Yogasana Demonstrations, Musical Portrayal etc.

150th Birth Anniversary of Sister Nivedita:

In commemoration of 150th Birth Anniversary of Sister Nivedita, a **Youth Convention** was organized on 5th February 2017 at Ramakrishna Math, Nirala Nagar, Lucknow. More than **400 youths** belonging to the age group of 15 to 30 from all over the District of Lucknow and adjoining areas enrolled in the Youth Convention.

The programme started with Lighting of Lamp by the Dignitaries amidst Vedic Chanting by Monastic Brothers of Ramakrishna Math followed by Bhajans led by Swami Anantatmananda and Recitation of Swadesh Mantra and Amrit Mantra in chorus.

After felicitation of dignitaries, Swami Muktinathananda, Adhyaksha welcomed all the participants. Dr. Vikram Singh, I.P.S. (Retd.), vice Chancellor, Noida International University and former Director General of Police U.P. delivered the Key Note Address. An interactive session on the seminar on 'The Message for the Youth by Swami Vivekananda and Sister Nivedita' was held.

Prof. S.N. Kapur, former Head, Deptt. of Ancient Indian History & Archaeology, Lucknow University delivered an interesting presentation on **Swami Vivekananda & Sister Nivedita-The Promoters of India's of India's Cultural Tradition** while **Dr. Surachana Trivedi, Asst. Prof., Arya Kanya Mahavidyalay, Lakhimpur Kheri** delivered a talk **Sister Nivedita –The Revolutionary Disciple of the Revolutionary Master.**

After recitation of inspiring Poetry for the Youth by Sri Atmahans Mishra, Lucknow, **Dr. Sanjeev Simlai, (Former I.P.S.), Head, Deptt. of Modern History, Lucknow Christian P.G. College** of the Lucknow University spoke on **Swami Vivekananda and Sister Nivedita-the Awakeners of the Youth.**

The Valedictory Address was delivered by **Swami Nikhilatmananda, Ramakrishna Advita Ashrama, Varanasi** and the programme ended with the closing song in chorus (**Murta Mahesvaram Stotram**) which was led by Swami Anantatmananda. After evening prayers a cultural programme on Sitar Recital by Sri Nayan Ghosh in Tabla accompaniment by Sri Ishaan Ghosh, both from Mumbai enchanted the audience.

Other Festivals:

The birth anniversaries of Swami Adbhutananda and Swami Yogananda were observed with discussion on their respective lives and teachings besides celebrating Mahashivaratri, Sri Chaitanya Mahaprabhu Jayanati, Sri Sri Saraswati Puja and Sri Ram Chandra Jayanti. Moreover, Ramnam, Shyamnam & Devnam Sankirtans were held after evening Arati on every Ekadashi, Purnima & Amavasya days respectively.

Programme Calendar (Math): April & May, 2017			
Sundays – 9.00 a.m.			
Apr.	2,16,30	On the Gospel of Sri Ramakrishna by Swami Muktinathananda	
May.	7,14,21,28		
Sundays - 4:00 p.m.			
Apr.	2,16,23,30	On the Message of 'Swami Vivekananda's for the Youth' by Swamis Muktinathananda,	
May.	7,14,21,28		
Monday – 7:45 p.m.			
Apr.	3,10,17,24	Life of Swami Vivekananda by Swami Anantatmananda	
May.	8,15,29		
Tuesday- 7:45 p.m.			
Apr.	4,18,25	Srimad Bhagavatam by Swami Ishtakripananda	
May.	2,9,16,23,30		
Wednesday- 7:45 p.m.			
Apr.	12,19	Sri Sri Ramakrishna Punthi by Swami Ganadhishananda	
May.	3,17,24,31		
Thursday- 7:45 p.m.			
Apr.	6,13,20,27	Life of Sri Ma Sarada Devi by Swami Ishtakripananda	
May.	4,11,18		
Fridays – 10:00 a.m.			
Apr.	7,14,21,28	On the Gospel of Sri Ma Sarada by Swamis Muktinathananda	
May.	5,12,19,26		
Fridays- 7:45 p.m. After Arati			
Apr.	14,21,28	On Srimat Bhagavad Gita by Swami Muktinathananda	
May.	5,12,19,26		
Saturday-7:30 p.m.			
Apr.	1,15,29	'Bhajan Sandhya' by Swami Anantatmananda	
May.	13,20,27		
Other Festivals and Discourse			
April			
5	Wednesday	Sri Ramachandra Jayanti** Special Puja since 7:30 a.m.	
23	Sunday	Spiritual Retreat**	
30	Sunday	Sri Shankaracharya Jayanti*	
May			
1	Monday	Special Discourse on Foundation Day of Ramakrishna Mission by Swami Muktinathananda*	
10	Wednesday	Sri Buddhadeva Jayanti*	
25	Thursday	Phalahrini Kali Puja** (after evening Arati)	
N. B. *Discourse after evening Arati; **Details available in Math Office			
Sankirtan after Evening Arati			
Ramnam		Shyamanam	Devinam
April	5 (Wed), 7 (Fri), 22 (Sat)	11 (Tue)	26 (Wed)
May	6 (Sat), 22 (Mon)	10 (Wed)	25 (Thu)

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