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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-specialty community hospital, with the objective of providing quality healthcare at the lowest Cost to all patients and to provide charity services to deserving persons from lower socio-economic strata.

WORKSHOP ON KANGAROO MOTHER CARE

A 2-day workshop on Kangaroo Mother Care (KMC) was organized by the Department of Paediatrics & Neonatology, Vivekananda Polyclinic & Institute of Medical Sciences (VPIMS) on 25th & 26th April 2013. Prof. P.K. Misra ex-Principal & Dean, HoD Paediatrics KGMU inaugurated the workshop and said that Lucknow is one of the pioneering cities where KMC was first introduced as early as in 2003. Swami Muktinathananda, the Secretary of the Institute, while welcoming the renowned experts from Ahmedabad, Mumbai & Bengaluru said that the Workshop has a special significance. “KMC” is a novel concept for care of new born babies that has drawn inspiration from Nature itself. It is an effective, low cost method of decreasing neonatal morbidity and mortality as well as humanizing high technology, and empowering mothers to take care of their Low Birth Weight



(L.B.W.) babies.

Dr. Shashi Vani, Professor Emeritus from Ahmedabad, said that pre-term birth was the largest direct cause of neonatal mortality accounting for nearly one million deaths every year in India and many lives could be saved by KMC that included thermal care through continuous skin to skin contact, support for exclusive breastfeeding or other appropriate feeding, and early recognition/response to illness in the infants.

Speaking on the issue **Dr. Sushma Malik**, said that premature births were mainly due to multiple pregnancies by way of twins or triplets and all stable Low Birth Weight (LBW) babies were candidates for KMC until the baby's gestation reaches term or the weight was around 2500gms. The others speakers, **Dr. Radha Ghildiyal**, updated the participants in monitoring, community and behaviour management and positioning and attachment at the breast feeding in KMC while **Dr. Suman Rao, from Bengaluru** discussed role of KMC in humanizing mother care, pre term milk feeding and psycho social benefits.

Dr. S.S. Agarwal, Director, Academics & Medical Research of the Institute thanked the guest faculty and stressed on the need of such continuing



update of knowledge towards achieving professional excellence in our Medicare. **A souvenir on KMC was also released in the workshop.** About 70 doctors and nursing staff attending the workshop had lively interaction with the guest faculty and were immensely benefitted from the workshop.

Inauguration of Vivekananda Institute of Cardio Vascular Sciences

On the auspicious occasion of Buddha Purnima, VPIMS, Lucknow added yet another feather on its cap when its newly formed Vivekananda Institute of Cardio Vascular Sciences was declared open on **25th May 2013** by **Dr. Bhabatosh Biswas, President, Indian Association of Cardio Vascular Thoracic Surgeons.** He said that there has been an alarming rise of heart diseases in our country in the recent past viz Coronary Artery Disease, Rheumatic Heart Disease and Congenital Heart Disease like hole in the heart (ASD or VSD). If they are offered surgical treatment in time, all these cases may recover fully.

After formal lamp lighting, **Swami Muktinathananda, the Secretary** of the Institute said that the great journey has been initiated by way of **performing cardiac surgeries completely free of charge for three**



young girls from in and around Lucknow viz. Ranjana Pandey (17), Bindeswari Verma (20) and Kiran Vajpayee (20). He further added that in commemoration of Swami Vivekananda's 150th birth anniversary, at least 10 free cardiac surgeries will be performed for deserving patients on first come first serve basis. In addition, cardiac screening camps will be held at regular intervals for performing cardiac surgeries at marginal cost for common people. The first cardiac Surgery camp was held on **28 & 29 May, 2013.**

All the operated patients made complete recovery and are leading normal lives. It is hoped that this Centre of Excellence in Cardio Thoracic

and Vascular Surgery will now be able to meet the long felt need of quality heart care at affordable cost in this region.

Medical Camps

- **Free Cardiac Checkup Camp:** A free Cardiac Check Camp was organized on **27th April 2013 at Ram Vallabha Kunj, Ayodhya.** Only cardiac patients of heart disease or hypertension were registered. The patients were provided facilities of ECG, 2D Echo Doppler (Colour Doppler) & Blood Sugar investigation as per requirements completely free of charge. The camp was organized by Sri Ramakrishna Sevashrama, Ayodhya in collaboration with Ramakrishna Math, Lucknow under the leadership of **Dr. Rajiv Ranjan, Senior Cardiologist, Vivekananda Polyclinic & Institute of Medical Sciences, Lucknow.** 150 patients benefitted from the camp.
- **Obesity and Pain Management Camp:** A **6 day-long camp** on Obesity and Pain Management Camp was organized at VPIMS, Lucknow by the Department of Yoga & Naturopathy from **13th to 18th May 2013.** A total of **81 patients** attended the camp, out of which 30 patients of Cervical/Lumbar Spondylitis, Arthritis & Obesity were selected for treatment.
- **Yoga Camp:** - A Yoga Camp for **15 days** was organized by the Department of Yoga and Naturopathy, VPIMS, Lucknow from **20th May to 03rd June 2013.** A total of **16 participants** were trained in various Yoga, Pranayama and Meditation Practices towards ensuring Holistic Health.

Improvement in Hospital Infrastructure & Hospital Facilities

- **Online Donation Facilities** Online donation facilities for Ramakrishna Mission Sevashram and Ramakrishna Math, Lucknow centre was inaugurated on 20th April 2013. Now all the well-wishers and devotees from India as well as from abroad can donate using online donation link provided at our Website: www.rkml.org or www.ramakrishnalucknow.org under Donate Menu for corresponding Heads of Math and Mission. This online donation facility is facilitated by CCAvenues India Ltd for both the donation types INR and FCRA and fully secured.

- **Relocation of Microbiology Department:** A separate air-conditioned enclosure in the Pathology Department to accommodate Microbiology Department and Immune Assay Machines from the Biochemistry Department was inaugurated by Swami Muktinathananda on 20th April 2013. He said that the shifting will help in the overall improvement and functioning of the Pathology Department
- **Renovation of Paediatric Ward:** A renovated special care Paediatric ward was inaugurated by Swami Muktinathananda on 9th April 2013. It is a high dependency unit for serious cases and also for Post-operative Paediatric surgery cases requiring close observation and monitoring in an aseptic environment but not NICU/PICU facilities.
- **Operation Theatre No.7** Consequent to relocation of Ophthalmic O.T. in the lower ground floor of the hospital, a renovated O.T. No. 7 was inaugurated by Swami Muktinathananda on 6th May 2013. Speaking on the occasion, he said that the renovated O.T. will be able to accommodate the ever increasing demand by the surgeons for allotment of additional O.T. He also cautioned the O.T. staff to judiciously utilize the facilities for speedy disposal of surgical cases.



Genital Reconstruction by Micro Vascular Surgery

A thirty year old male presented to the Plastic Surgery Department with severe electric injury which had resulted in amputation of his left upper limb and complete loss of penis as a result of which he was unable to pass urine normally and had to have a supra-pubic catheterisation done for urinary. A micro vascular penile and urethral reconstruction was done by harvesting Antero-lateral Thigh free flap (ALT) along with its supplying vessels and nerve and later anastomosed to the superficial external pudendal vessels and nerve to restore its blood supply and nerve supply to provide and sensate penis and normal urethra. The patient had an uneventful recovery and went home thankful for the great effort by which his genital and urinary reconstruction had been done. Penile losses are common after trauma, burns or electric injuries and world over penile reconstruction are being done with the help of micro vascular techniques to reconstruct the patients' urinary passage and genitalia and restore their dignity. This is the first time that such a micro vascular genital reconstruction has been done at VPIMS using a hi-tech microscope and competent surgical help from the Department of Urology.

VILLAGE HEALTH PROGRAMME

The Village Health Programme team of VPIMS comprising General Physician, Ophthalmologist, Gynecologist, Dental Surgeon, Ayurvedacharya, DNB trainees and paramedical staff with equipment and medicines continued their programmed visits to **HEERPUR ATARIA** in **Sitapur District** on Wednesday and Saturdays, **KATRA BAKKAS** in **Lucknow District** on Mondays, **Dostpur** in **Raebareilly District** on Fridays and **RAMVANKUTIR** in **Barabanki District** on Thursdays. The following numbers of patients were treated during the last two months:

Type	Allopathy	Gyn & Obs	Eye	Dental	Ayurvedic	Homeopathy	Unani	Total
New	1748	53	1519	23	285	288	39	4044
Old	3175	82	1476	167	404	389	05	5698

Charity Activities

- 742 In-patients were treated totally free of charge.
- 2074 Out-patients received totally free and 13830 patients received partially free treatment.
- 515 Cataract Operations including IOL implantations were performed free.
- Under the Smile Train Project 103 children having cleft lip and palate were operated free

Math News

Sri Ram Chandra Jayanti: Sri Ram Chandra Jayanti was celebrated with due solemnity and grandeur at Ramakrishna Math, Lucknow, on 20th April 2013. The celebrations started with Mangal Arati followed by Vedic Chanting by the monastic brothers. A detailed “Shoroshopachar Puja (Worship of the deity with 16 items) as well as Havan were performed as per the orthodox traditions. A large number of devotees, who attended the worship, offered Pushpanjali to God and received his divine blessings.

In the evening, a discourse on Ramayana was presented by Swami Muktinathananda. He said that Sri Ramchandra was no other than an Incarnation of God. The purpose of his advent was to arouse divinity in human beings as per the age-old proverb, “God becomes man so that man may become God.” He mentioned that while Tulsidasji in his Ramcharitmanas portrayed Sri Ramchandra as God himself, Maharishi Valmiki, the original biographer of Sri Ramchandra, presented him as an ideal human being - a model man in every respect. The discourse was followed by Ramnam Sankirtan in chorus and the programme concluded with distribution of cooked Prasad to one and all.

Other Festivals & Programmes: Sri Shankaracharya Jayanti & Sri Buddhadev Jayanti were celebrated at Ramakrishna Math on 15th & 25th May 2013 respectively, besides Ramnam, Shyamanam & Devnam Sankirtans after Evening Arati on Ekadashi, Purnima and Amavasya respectively.

Upcoming Programme Calendar (Math): June to July 2013

Sundays – 9.00 a.m.

June.	2,9,16,23, 30	On the Gospel of Sri Ramakrishna by Swami Muktinathananda
July.	7, 14, 21, 28	

Sundays - 4:30 p.m.

June.	9, 23	On the Message of Swami Vivekananda for the Youth by Swami Muktinathananda
July.	7, 21	

Fridays – 10:00 a.m.

July.	5, 12, 19, 26	On the Gospel of Sri Ma Sarada by Swami Muktinathananda & Sujayananda
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Fridays- After Arati

June.	14, 21, 28	On Srimat Bhagavad Gita by Swami Muktinathananda
July.	5, 12, 26	

Other Festivals and Discourse

June 2013

07	Friday	Phalaharini Kali Puja * (after evening Arati)
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July 2013

10	Wednesday	Ratha Yatra Worship of the frame of Sri Sri Durga in the morning.
22	Monday	Guru Purnima* Details in Math Office

Sankirtan after Evening Arati

Ramnam	Shyamnam	Devnam
June. 4(Tue), 20 (Thus)	23 (Sun)	8 (Sat)
July. 3 (Wed) , 19 (Fri)	22 (Mon)	8 (Mon)

Appeal

Continuance and expansion of the aforesaid activities of the Ramakrishna Math and 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. Contributions for the Math and the Mission may kindly be sent by M.O. or Cheque / Draft in favour of Ramakrishna Math, Lucknow or Ramakrishna Mission Sevashrama, Lucknow respectively. Donations are exempt from payment of Income Tax under Section 80G.

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