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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.

#### Smile Train Cambodia Medical Mission

A team of Doctors, Nurses & Para Medical Staff under the leadership of Dr. Vaibhav Khanna, HOD, Department of Plastic Craniofacial & Microsurgery, Vivekananda Polyclinic & Institute of Medical Sciences (VPIMS), Lucknow proceeded on **Smile Train Cambodia Medical Mission on 5<sup>th</sup> June 2013 for a period of 10 days.** The team was flagged off by Sri Akhilesh Yadav, Hon'ble Chief Minister, Govt. of U.P. from his residence on 4<sup>th</sup> January 2013 in the presence of Sri Abhishek Mishra, Minister of State for Protocol, Sri Ravidas Mehrotra, MLA, Swami Muktinathananda, Secretary of our Institute & other distinguished people. The Chief Minister congratulated the Medical Mission Team & appreciated the selfless service being provided by the hospital



for the poor & hapless people of the state. He further added that the Medical Mission would further cement the bond of friendship between UP State & Cambodia besides promoting medical tourism.

Swami Muktinathananda informed the gathering that the aim of the hospital is to provide highly specialized service to the poor people of the State at affordable rates. He also stated that under the Smile Train Project, USA, the hospital has successfully carried out approximately 6000 operations on the children from in and around Lucknow suffering from Congenital Cleft



Lip/Palate, free of cost. He further informed that the Medical Mission Team is expected to carry out more than 100 operations besides imparting specialized training to their doctors and paramedical staff in newer techniques and surgical procedures.

The Cambodia Mission was a remarkable success and has benefitted around 80 patients suffering from cleft of the lip and palate. The mutual exchange of thoughts enriched both the teams and the combined efforts were successful in treating many needy patients. The Mission helped the team in gaining insight into the outreach programs organized in Cambodia which can also be replicated in the outreach programs being carried out by the Smile Train Team in the State of U.P. The team operated 43 cases at **Preah Ket Mealia Hospital, Phnom Penh** and 33 cases at **Provincial Hospital, Siem Reap**.



It was quite a challenge to operate complicated cases in a new environment and the surgeries carried out also included lip/nose revision, Palatal Fistula, Teissier Cleft besides cleft lip/palate repairs. The surgeries were possible due to the excellent support and help extended by **Dr. Nous Sarom** and **Dr. Sar Vuthy** and their medical teams respectively.



### Advanced Technique for Knee Replacement Surgery

Dr. Sourav Shukla, HOD, Orthopaedic Department at VPIMS Lucknow carried out a Total Knee Replacement Surgery with the help of the iASSIST Knee System for the first time in the U.P. State. He explained that the new tool for total knee replacement is a computer assisted stereotaxic surgical instrument, which assists the surgeon to place the Orthopaedic implant intra- operatively. It has multiple advantages as it improves accuracy and reduces complications. He further added that the system guides the surgeon to accurately make bone cuts and place the implant in a desired position. With reduced surgery time and lesser infection rate, the patient becomes ambulatory in 2 to 3 days and do not complain of any pain. The system is very useful in obese patients and also those with poor alignment of old fractures and severe bone deformities.

### Installation of Advance Lithotripsy Machine (ESWL)

After a great success of Lithotripsy machine (ESWL) for non-invasive treatment of kidney stones during the last 10 years, an upgraded and advanced version of Lithotripsy machine was installed in the Urology Department at VPIMS Lucknow. According to Dr. Rajesh Arora, HOD, Urology Department, the machine gives better results by very fine fragmentation of kidney stones which are easily passed in the urine and the patient does not require any hospitalization. This procedure is done without any anesthesia and is totally painless. Presently, we are treating 25 to 30 patients of kidney stone by this machine every month with excellent result at a very affordable cost.



## Medical Camps

- **Free Ayurvedic Camp:** A free Ayurvedic Camp was organized on 27-07-2013 by Department of Alternative Medicine, VPIMS, Lucknow. The camp was conducted by **Sri Yogendra Kumar Bhatt, a renowned Ayurved Acharya from Surendra Nagar, Gujrat. 61 pre-screened** patients suffering from chronic & critical cases benefited from the camp through his simple and traditional methods.
- **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 **22nd to 27th July 2013**. A total of **96 patients** attended the camp, out of which 30 patients of Cervical/Lumbar Spondylitis, Arthritis & Obesity received the treatment.
- **Yoga Camp:** A Yoga Camp for **15 days** was organized by the Department of Yoga and Naturopathy, VPIMS, Lucknow from **28th July 2013** onwards. A total of **18 participants** were trained in various Yoga, Pranayama and Meditation Practices towards ensuring Holistic Health.

## Felicitations

Dr. Padam K. Agarwal, Sr. Consultant in Pathology and DNB Coordinator cum teacher, VPIMS Lucknow chaired the Scientific Session on 5<sup>th</sup> July 2013 in the Mid-year Teaching Program of International Academy of Pathology-Indian Division (IAP-ID) organized at Dr. Ram Manohar Lohia Institute of Medical Sciences Lucknow. During the inauguration of the scientific program, the organizers felicitated her for being the **Pioneer Cytopathologist of the State**. The Secretary congratulated her for being a dedicated Pathologist and hoped that the DNB students will be immensely benefitted under her tutelage.



## 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 Wednesdays 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 Sri Phalaharini Kali Puja:** Sri Sri Phalaharini Kali Puja was observed on **7<sup>th</sup> June 2013**. The program commenced with Sandhya Arati and Puja which was followed by a talk on ‘**Significance of Phalaharini Kali Puja**’ by Swami Muktinathananda and Kali Kirtan in chorus with Tabla accompaniment by Swami Archyananda and distribution of Prasad.

**Guru Purnima :** Guru Purnima was observed on **22<sup>nd</sup> July 2013** with a series of functions like special Puja, Havan, Pushpanjali, Bhog Arati & distribution of Noon Prasad to a large number of devotees. Swami Muktinathananda presented a discourse on the ‘**Significance of Guru**’ in the present age. The program ended with Sandhya Arati and Shyamnana Sankirtan followed by distribution of Prasad.

**Other Events :** The worship of the **Frame of Sri Sri Durga** was performed as per the tradition of the ashrama on **10<sup>th</sup> July 2013**. In addition, Ramnama, Shyamnana and Devinama Sankirtans were held after evening Arati.

### Upcoming Programme Calendar (Math): August to September 2013

#### Sundays – 9.00 a.m.

Aug.	4,11,18,25	On the Gospel of Sri Ramakrishna by Swami Muktinathananda
Sept.	1,8,15,22,29	

#### Sundays - 4:30 p.m.

Aug.	11, 25	On the Message of Swami Vivekananda for the Youth by Swami Muktinathananda
Sept.	8, 22	

#### Fridays – 10:00 a.m.

Aug.	2,9,16,23,30	On the Gospel of Sri Ma Sarada by Swami Muktinathananda & Sujayananda
Sept.	6, 13, 20, 27	

#### Fridays- After Arati

Aug.	9, 16, 23, 30	On Srimat Bhagavad Gita by Swami Muktinathananda
Sept.	6, 13, 20, 27	

#### Other Festivals and Discourse

##### Aug. 2013

04	Sunday	Swami Ramakrishnananda Jayanti*
21	Wednesday	Swami Niranjanananda Jayanti *
28	Wednesday	Sri Krishna Jayanti Special Worship & discourse after Arati

##### Sept. 2013

04	Wednesday	Swami Advaitananda Jayanti*
28	Saturday	Swami Abhedananda Jayanti*

#### Sankirtan after Evening Arati

	Ramnam	Shyamanam	Devinam
Aug.	2 (Fri), 17 (Sat)	21 (Wed)	6 (Tue)
Sept.	1(Sun), 15 (Sun) , 30 (Mon)	19 (Thur)	5 (Thur)

#### 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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