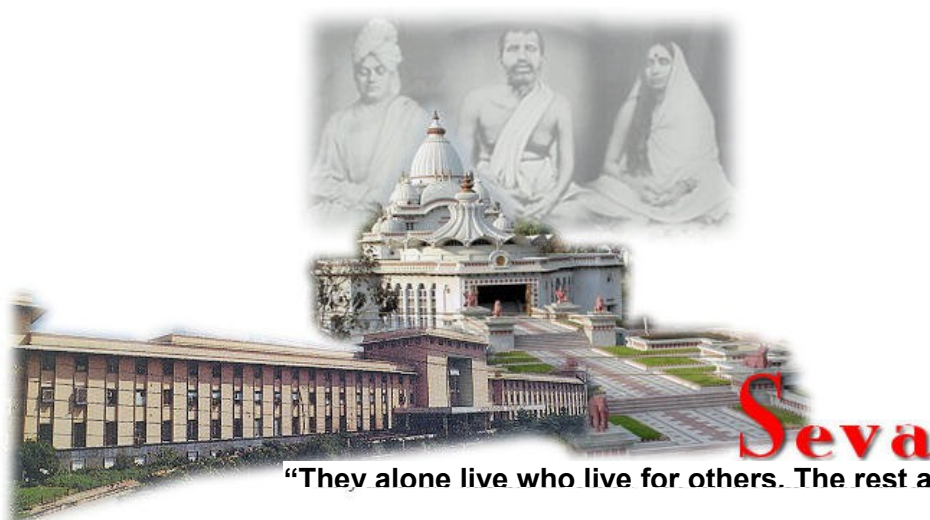




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"They alone live who live for others. The rest are more dead than alive."

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.

Best 5 Hospitals of Lucknow

According to a survey carried out throughout India by M/S *Nielsen (an independent professional body) for ABP News Channel, VPIMS Lucknow was nominated as the 4th best hospital of Lucknow for the fourth consecutive year.* It is hoped that the medical fraternity of our Institute will continue to take painstaking endeavours not only to maintain the standard achieved but also strive to improve upon the aforesaid recognition.

UP KNEE COURSE



A 2- day long **UP Knee Course** was conducted in collaboration with **UP Orthopaedic Association** at Vivekananda Polyclinic & Institute of Medical Sciences (VPIMS), Lucknow on **5th & 6th October, 2013**. In the inaugural programme after lamp lighting ceremony, Swami Muktinathananda, the Secretary of the Institute while welcoming the participants, stressed on the need for quality world class treatment in Uttar Pradesh.

Dr. Suraj Bhan, ex. HOD, Orthopaedics Department, AIIMS, New Delhi and Senior Consultant (Joint Replacement), Primus Hospital, New Delhi and Organising Chairman for UP Knee Course said that at present there are

a couple of knee replacement technologies in vogue. Research on different aspects of the technology is on, such as whether a person with Osteoporosis would be able to sustain the replacement or is there any other solution to address the issue. Similarly, how the problem of joint replacement can be redressed effectively amongst senior citizens. He further stated that owing to rapid advancements in the replacement techniques, the problems the Doctors face everyday is of young patients expecting that medication will help them to run after the period of medication, while the older lot comes to them when their condition is already serious.

Dr. Sourav Shukla, Head of Orthopaedics Department of the Institute spoke about the arrival of second generation navigation system in Lucknow and stressed on the necessity to provide economical care. He also discussed the difficulty in treating advanced cases of disabling knee deformities. Dr. Prasoon Shamsbery, the Organising Secretary described the latest technique of knee ligament reconstruction and discussed the ultra-modern treatment of knee fracture. **Dr. Anant Joshi, the renowned Orthopaedic**

Surgeon delivered the key note address on Arthroscopy and updated the participants on various advances in sports medicine surgery and state of the art facilities available in the country.

UP Knee Course was sub divided into three sessions viz. **Trauma, Arthroscopy and Arthroplasty** and as many as **200 orthopaedic Surgeons along with 25 faculty members** from various Institutes actively **participated in the event**. The experts said that in the last few years there has been significant improvement in advent of world class treatment of knee disorders in Lucknow and people no longer have to travel to Delhi and Mumbai for treatment.

First Live Coblation Assisted Surgical Workshop in U.P.

The **First Live Coblation Assisted Surgical Workshop** using the latest **Technical Advancement in the field of Otolaryngology** was held at VPIMS, Lucknow on **27th October 2013**. Dr. Deepak Singh, HOD, ENT, VPIMS, Lucknow informed that the Institute has recently procured **Arthro Care ENT Coblator II System** the first of its kind in Lucknow and the First Coblation Workshop is being organized in the entire state of U.P. The Live surgery demonstration of 6 cases using **Coblation Technology in tonsillectomy, adenoidectomy, turbinate reduction by channeling and OSA Surgery techniques etc.**



was conducted by the Guest Faculty, **Dr. Alok Agarwal, Senior Consultant, Sir Gangaram Hospital, New Delhi** and **Dr. Srinivas Kishor Sistala, Consultant ENT & Sleep Apnoea Surgeon, Nova Speciality-Hyderabad**.

The Coblation technology causes minimal damage to the surrounding tissues, minimum bleeding and reduced post-operative pain and all in one wand (coblation, coagulation, irrigation and suction capacity) and is also patient and surgeon friendly. Coblation is not heat driven process. As a result, surrounding healthy tissues are preserved which helps in fast and easy recovery. The workshop was attended by **30 ENT surgeons** of Lucknow and surrounding areas and they interacted with the renowned experts in the field of ENT.

OCT Workshop 2013



An Optical Coherence Tomography (OCT) Workshop was organized at VPIMS, Lucknow on **10th November, 2013**. The Workshop was inaugurated by lighting of the lamp by Dr. S.S. Agarwal, Director, Academics & Medical Research, VPIMS, Lucknow, the **Chief Guest, Prof. Vinita Singh, Head, Dept. of Ophthalmology, KGMU, Lucknow, the Guest of Honour, Prof. Madhu Bhadoria, C.M.O. of Sitapur Eye Hospital** and faculty members of the Department. Renowned guest speakers from Delhi, Bangalore, Bareilly, Sitapur & Lucknow gave an elaborate view on various aspects of OCT as investigative modality from anterior to posterior segments. OCT is a non-

contact and non-invasive imaging technique used to obtain high resolution cross-sectional images of the retina & anterior segment. It is based on the principle of Interferometry & measures reflected light from tissue discontinuities.

The Workshop was attended by more than **80 Eye Specialists** and it is hoped that the workshop will go a long way in promoting the eye care of the increasing number of patients in this region at a marginal cost. The vote of thanks was presented by Dr. Jimmy Mittal, Visiting Consultant, Ophthalmologist VPIMS, Lucknow.

Medical Camps

- **Ayurveda Panchkarma Camp-** A 10-days long Ayurveda Panchkarma Camp was organised at VPIMS from **25th Nov 2013 to 05th Dec 2013** for patients suffering from joint and spine disorders, skin disease and digestive problems. **130** patients were benefitted from the camp and **24** patients were registered for Panchkarma treatment and were given 50% discount on Panchkarma Packages. Free medicines were also distributed in the camp.
- **Diabetes Awareness Camp-** A diabetes awareness camp in collaboration with Roche Diagnostics was organised on **14th Nov 2013** on the occasion of **World Diabetis Day** for the benefit of general public and OPD patients. Facilities for testing blood sugar by glucometer was also provided during the camp.
- **World Epilepsy Day-** National Epilepsy Day was observed in collaboration with Abott India Ltd. at VPIMS, Lucknow on **16th Nov 2013**. It was an awareness programme with a difference. Epileptic children of the city aged 5-12 years proved their mettle by taking part in painting competition. The parents were advised on the do's and dont's during the seizure episode.
- **Ayurveda Camp for Chronic Diseases-** **Sri Yogendra Kumar Bhatt**, the famous Ayurved Acharya from Surendra Nagar, Gujrat conducted Ayurveda camp for chronic diseases on **22nd Nov 2013**. The treatment is based on simple and traditional method of Nadi examination only. A total of **40** patients were registered in the camp and were provided treatment.

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 months under reveiw:

Type	Allopathy	Gyn & Obs	Eye	Dental	Ayurvedic	Homeopathy	Unani	Total
New	2503	37	2124	105	348	294	88	5499
Old	4341	50	1335	113	578	444	114	6975

Charity Activities

- 667 In-patients were treated totally free of charge.
- 11227 Out-patients received totally free and 1081 patients received partially free treatment.
- 513 Cataract Operations including IOL implantations were performed free.
- Under the Smile Train Project 70 children having cleft lip and palate were operated free.

Math News

Durga Puja: **Sri Sri Durga Puja** was celebrated at the Ramakrishna Math from **10th to 14th October, 2013** with great festivity and solemn grandeur. Thousand of devotees and visitors from far and near participated in the celebration on all the Puja days and received Prasad. However, the crowd was maximum during the Kumari Puja and Sandhi Puja on the Mahashtami Day. Besides usual formal worship of the deity, and Agamani songs, Kali Kirtan etc. special cultural programme was arranged during the Puja days during which Vocal Recital was presented by Sri Champak Chatterjee in Tabla accompaniment by Sri Madhu Murari Chatterjee on the Ashtami while Violin Recital was presented by Sri Ashok Goswami in Tabla accompaniment with Sri Bharat Prasad Misra on the Navami. In addition, devotional songs were presented after Devi's Sandhya Aarti by Sri Champak Chatterjee as well as Swami Muktinathananda and



others from Ramakrishna Math, Lucknow. The Puja concluded with the sprinkling of Peace Water (Santi Jal) and distribution of sweets on the evening of Vijaya Dashmi.

Special Pujas: As in previous years, **Sri Sri Kojagari Laxmi Puja & Sri Sri Kali Puja** were celebrated at the Math by way of ritualistic worship in images on **18th October & 02nd November 2013**, while the Temple Dedication Day was observed on the occasion of **Sri Sri Jagaddhatri Puja on 11th November 2013**. Large number of devotees from far and near participated in all the events.

Other Festivals: The birth anniversaries of **Swami Akhandanandaji, Swami Subodhanandaji & Swami Vijnananandaji** were observed with discourses on their respective life and teachings. **Rass Purnima** was celebrated on **17th November 2013** with a discourse by **Swami Muktinathananda on Srimat Bhagavatam**. Moreover, **Ramnam, Shyamnam & Devnam Sankirtans** were held after evening **Arati on every Ekadashi, Purnima & Amavasya days respectively**.

Programme Calendar (Math): December 2013 to January 2014			
Sundays – 9.30 a.m.			
Dec.	1, 15, 22, 29	On the Gospel of Sri Ramakrishna by Swami Muktinathananda	
Jan.	5, 19, 26		
Sundays - 4:00 p.m.			
Dec.	22	On the Message of Swami Vivekananda for the Youth by Swamis Muktinathananda, Sujayananda & Pararupananda	
Jan.	5, 19		
Fridays – 10:30 a.m.			
Dec.	13, 20, 27	On the Gospel of Sri Ma Sarada by Swami Muktinathananda & Sujayananda	
Jan.	3, 10, 17, 24, 31		
Fridays- After Arati			
Dec.	20, 27	On Srimat Bhagavad Gita by Swami Muktinathananda	
Jan.	3, 17, 31		
Other Festivals and Discourse			
Dec. 2013			
06 to 08	Friday to Sunday	Regional Youth Convention**	
11	Wednesday	Swami Premananda Jayanti*	
24	Tuesday	Christmas Eve (Programme after Evening Arati)	
24 to 26	Tuesday to Thursday	Sri Sri Ma Sarada Devi Jayanti**	
28	Saturday	Swami Shivananda Jayanti*	
31	Tuesday	Puppet Show on Swami Vivekananda*	
Jan. 2014			
1	Wednesday	Kalpatru Utsav Programme from 2:30 p.m.** Devi Naam Sankirtan 5:00 p.m. Inter-Faith Goodwill meet 6:30 p.m.	
6	Monday	Swami Saradananda Jayanti*	
10 to 12	Friday to Sunday	Sate Level Youth Convention** National Youth Day**	
14	Tuesday	Swami Turiyananda Jayanti*	
23 to 26	Thursday to Sunday	Swami Vivekananda Jayanti**	
N. B. *Discourse after evening Arati; **Details available in Math Office			
Sankirtan after Evening Arati			
Ramnam		Shyamanam	Devinam
Dec. 2013	13 (Fri), 29 (Sun)	17 (Tue)	2 (Mon)
Jan. 2014	11 (Sat), 27 (Mon)	16 (Thu)	1 (Wed), 30 (Thu)

*N.B. Bhajans in chorus are held on every Sunday after evening Arati

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.

Ramakrishna Math & Ramakrishna Mission Sevashrama
Math: Nirala Nagar, Lucknow – 226020, Uttar Pradesh
Phone Nos. : Math: (0522) 278-7143, 278-7191, Tele Fax: (0522) 278-7168
Hospital: Vivekananda Puram, Lucknow – 226 007, Uttar Pradesh

Phone Nos. : (0522) 232-1277-, 237-1233
E-Mail : rkmvplko@gmail.com, rkml@rkml.org
Website : www.ramakrishnalucknow.org