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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.

Procurement of Photocopier-Cum-Color Scanner-Cum-Printer:

Rico Digital Photocopier Model-Ricoh Aficio MP 2501L was procured by the hospital to meet the long felt



requirement of an advanced model of Photocopier Machine for its smooth functioning. It has standard facilities of Photocopier, Color Scanner and Printer. In addition it has advanced features for existing image density, Zoom facilities for changing the reproduction ratio of photocopies in increments of 1% besides auto reduction / enlargement functions. It also has combining features for making photocopies viz. one sided combine, two sided combine or series copies and ID card copy. The Machine installed in the Medical Library was inaugurated by **Swami Muktinathananda, the Secretary of the Institute** on **12th July, 2014**. One more Digital Photocopier Model Ricoh Aficio MP

2001L has also been installed in the Administrative Block.

Relocation of Welfare Pharmacy:

During the renovation of OPD Complex (Gastroenterology Deluxe OPD), the **Welfare Pharmacy** was relocated to the adjacent room after repairs. It was inaugurated by **Swami Muktinathananda**, the Secretary of the Institute on **12th July, 2014** in the presence of Monastic Brothers, Senior Administrative and Pharmacy Staff. Speaking on the occasion he said that Welfare Pharmacy caters to the requirement of medicines of welfare patients and staff of the Institute besides supplying medicines for the Rural Health Programme. He further stated that the goal of stocking medicines in the welfare pharmacy is to restrict the number of drugs (Generic



and Branded items) to the minimum for its efficient functioning without jeopardizing the quality of care. During the last financial year 2013-14, welfare medicines amounting to **Rs. 73,61,425/-** have been issued to OPD and IPD patients and desired that all the consultants and doctors should prescribe generic medicines for the masses as these are available at affordable cost.

Best Practices in Phlebotomy:

A training on **Best Practices in Phlebotomy** was organized for Lab Technicians was organized at VPIMS, Lucknow in collaboration with Association of Clinical Biochemist of India and BD Diagnostics on **2nd July, 2014**. Mr. Ashutosh Singh, Area Sales Manager, Pre Analytical System, BD Diagnostics spoke about the **challenges in Pre**



Analytical as well as Analytical phase and to overcome it by proper practices. Dr. S.C. Pandey, HOD, Pathology said that sample collection area is designed to meet patient's disabilities besides providing adequate comfort and privacy. The staff are trained regularly to ensure sample collection process is smooth and does not invalidate or adversely affect the results. Proper SOPs on policy and procedures for sample collection, identification, handling, safe transportation, processing and disposal of specimens as per NABL guidelines have been issued. He further stated that the Laboratory results are available within a defined time frame and critical results are intimated to the concerned

Consultant. The **Quality Control Manager closely monitors and take timely corrective and preventive measures.**

Renal Diet and its Challenges:

An academic programme on **Renal Diet and its Challenges** was organized in the hospital by Nephrology Department, VPIMS, Lucknow in collaboration with M/s Abbott Health Care Pvt. Ltd.. Ms. Archana Sinha, Senior Dietitian, SGPGI, Lucknow said that kidney function is essential for removing the waste material from food that we eat. The kidneys excrete a dietary protein called urea, as well as sodium, potassium and phosphate. These substances can build up in the body if kidney function is impaired. A strict diet can lessen this accumulation and its effects such as fluid overload, high blood potassium, bone disease, and weight loss. Hemodialysis Patients should monitor and limit their intake of Potassium, Phosphate, Sodium and Fluids.

Dr. D. Saha, Visiting Consultant, VPIMS, Lucknow said that every individual being different and having different needs should be given the appropriate dietary in consultation with renal dietician. Factors to be considered include : stage of the renal disease, type of ongoing treatment, laboratory results and presence of other medical conditions.

Procurement of State of the Art Equipment: Pathology Department:

- **Backman Coulter UniCel DxC 800**, a fully automated biochemistry analyzer which is capable of carrying out all biochemistry analytes to support our old fully automated Backman Coulter Synchron CX-5 PRO has been procured. The system of UniCal DxC 800 has a special separate modular part for performing urgent parameters e.g. Na⁺, K⁺, Cl, Calcium/Phosphorus, Total rotein/Albumin, BUN and Glucose. The system enables closed tube specimen performance.



- **Architect i 1000 (Abbott)** is a fully automated, truly random access with continuous loading/unloading facility and customized sample bays. It gives excellent STAT turnaround time through integration of clinical chemistry and immunoassay testing. It has features of liquid level testing, bubble and clot detection. It has a total of 75 assays and has a capacity to carry out up to 100 test per hour.
- Mini API in Microbiology department was upgraded with **BioMerieux VITEC-2 Compact system**, which is a fully automated instrument for identification and carrying out antimicrobial susceptibility testing including MIC (minimal inhibitory concentration) of different antimicrobials.
- **STA Compact (STAGO)** is a fully automated coagulometer. This machine performs the test which aid in diagnosis of coagulation abnormalities as well as to assist monitoring anti-coagulant therapy. It is also capable of performing clotting assays as well as chromogenic and immunological assays on plasma samples.
- **Vesmatic CUBE-30** is a fully automated bench tool that can measure Erythrocyte Sedimentation Rate (ESR) of 30 blood samples at the same time. The instrument carries out ESR directly from the test tubes being used on the cell counter in the laboratory. Duplicate separate samples are not required. The tests are carried out automatically and the results are comparable with Westergren method.

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 organized from **5th June & 5th July, 2014** . A total of **63** diabetic patients including old registered cases under follow-up were seen during the camp.
- **Obesity, Skin Disease and Pain Management Camp:** The Department of Yoga and Naturopathy, VPIMS, Lucknow conducted a camp on **Obesity, Skin Disease and Pain Management** from **9th June to 14th June, 2014**. A total of **50** patients benefitted from the camp and **20** procedures were done. This was followed by a month long **Shatkarma and Yoga Chikitsa Camp** with effect from **16th June to 15th July, 2015** in which **15** individuals participated.
- **Free Cardiology Camps:** VPIMS, Lucknow organized a two-day free Cardiology Camp on **28th and 29th June, 2014**. Free Consultation as well as Free Investigations including ECG & Blood Sugar Test as per requirement were provided during the camp. **64** patients were screened during the camp and **04** cases were shortlisted for surgery. All surgical cases selected have been suffering from ASD, Mitral Stenosis and Mitral Valvular Disease who may require Coronary Artery Bypass Graft (CABG) at a later date. They will be subsequently operated either free or at subsidized cost by an expert team headed by the Senior Consultant Cardio Thoracic Surgeon, Dr. Bhabatosh Biswas, MS, DNB, MCh.

Village Health Programme:

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

Type	Allopathy	Gynae & Obs	Eye	Dental	Ayurvedic	Homeopathy	Unani	Total
New	2082	59	1575	164	221	298	108	4507
Old	3268	84	1228	190	343	380	274	5767

Charity Activities:

- 470 In-patients were treated totally free of charge.
- 14670 Out-patients received totally free and 667 patients received partially free treatment.
- 305 Cataract Operations including IOL implantations were performed free.
- Under the Smile Train Project, 78 children having cleft lip and palate were operated free.

Guru Purnima: Guru Purnima was observed on **12th July, 2014** with a series of function like special Puja, Havan, Pushpanjali, Bhog Arati & distribution of Noon Prasad to a large number of devotees. Swami Muktinathananda presented a discourse after Sandhya Arati on the '**Significance of Guru** in the present age'. The program ended with, Shyamnam Sankirtan followed by distribution of Prasad.

Other Events: The worship of the **Frame of Sri Sri Durga** in the morning at Durga Mandap was performed as per the tradition of the ashrama on **29th June, 2014** besides celebrating Swami Ramakrishnananda Jayanti on **24 July, 2014**. In addition, Ramnam, Shyamnam and Devnam Sankirtans were held after evening Arati.

Upcoming Programme Calendar (Math): August, 2014 to September, 2014

Sundays – 9.00 a.m.

August	3,10,17,31	On the Gospel of Sri Ramakrishna by Swami Muktinathananda
September	7,14,21,28	

Sundays - 4:30 p.m.

August	3,10,17	On the Message of Swami Vivekananda for the Youth by Swamis Muktinathananda, Sujayananda & Pararupananda
September	14,28	

Fridays – 10:00 a.m.

August	1,8,22,29	On the Gospel of Sri Ma Sarada by Swami Muktinathananda & Sujayananda
September	5,12,19,26	

Fridays- After Arati

August	1,8,15,22,29	On Srimat Bhagavad Gita by Swami Muktinathananda
September	12,26	

Other Festivals and Discourse

August, 2014

10	Sunday	Swami Niranjanananda Jayanti*
16	Saturday	A Duet of Devotional Song & Poems**
17	Sunday	Sri Krishna Jayanti** Special worship & discourse after Arati Devotional Songs by Sri Champak Chatterji, Delhi & Dr. Deva Prasad Kar, Hrishikesh
24	Sunday	Swami Advaitananda Jayanti* Spiritual Retreat (9 a.m.-1 p.m.)+

September, 2014

17	Wednesday	Swami Abhedananda Jayanti*
24	Wednesday	Swami Akhandananda Jayanti*
29	Monday	Sri Sri Durga Puja: Bodhan**
30	Tuesday	Sashthyadi Kalparambha**

*Discourse after Evening Arati; **Details available in Math Office

Sankirtan after Evening Arati

	Ramnam	Shyamnam	Devinam
Aug, 2014	7 (Thur), 21 (Thur)	10 (Sun), 17 (Sun)	25 (Mon)
Sep, 2014	5 (Fri), 19 (Fri)	9 (Tue)	24 (Wed)

*N.B. Bhajans in chorus are held on every Sunday after evening Arati
+ For Enrolled delegates only

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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