



Volume:-9, No. 3
Aug-Sept, 2014

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.

World Breast Feeding Week:

22ND WORLD BREAST FEEDING WEEK was celebrated in the hospital from 1st to 7th August, 2014 to



encourage breast feeding and improve the health of babies. The slogan and theme for this year was **BREASTFEEDING: A Winning Goal - For Life!**. This theme asserts the importance of increasing and sustaining the protection, promotion and support of breastfeeding - in the Millennium Development Goals (MDGs) countdown and beyond. On this occasion a CME was organized on 5th August, 2014. The CME was inaugurated by offering of flowers to the holy trinity and lighting of lamp amidst vedic invocation. **Swami Muktinathananda, the Secretary of the Institute** in his welcome address said that mother's milk is most divine way to show her love to a new born and is a complete food. Breast feeding improves the chances of child survival while sub-optimum breast feeding results in more than 8 Lacs child deaths every year mainly due to Pneumonia and Diarrhoea.

He further stated that breast feeding is the most effective solution to reducing child death and it has been noted with concern that global breast feeding rates have stagnated below 40% for past two decades. Dr. Vaishali Jain, Visiting Consultant, Gynaecologist introduced the purpose of the workshop to the participants and said that World Health Organization (WHO) recommends exclusive breast feeding for the first six months of life. Thereafter, solid food such as mashed fruits and vegetables should be introduced to complement breast feeding for up to two years more.

Prof. Dr. Yashodhara Pradeep from KGMU, Lucknow the chief guest underlined the importance of breast feeding for mother and child and said that in the first few days after birth, a child needs colostrum (a thick, sticky yellowish fluid rich in calcium, potassium, proteins, minerals and antibodies). The emotional health of the mother may be enhanced by the relationship she develops with her infants during breast feeding,



resulting in fewer feeling of anxiety and a stronger sense of connection with her baby. Breast feeding also helps mothers to lose weight as they burn as many as 600 calories a day besides reducing the chances of Asthma, Diabetes and childhood obesity in the babies. Women should be prepared for the breast feeding when she is pregnant and breast examination should be done in all women as risk for breastfeeding difficulties should be identified early and remedy should be offered. Labour should be managed in ways that helps mother begin breastfeeding early after delivery.

Prof. Dr. Shitanshu from **ERA'S Medical College**, the guest speaker while elaborating on 'Breast Feeding in Special situations' said that Breast feeding should be continued even if the women is suffering from mastitis or medical disorders and preterm baby needs special care if not able to suckle may be given expressed milk. Quiz contest for DNB students was also conducted by Dr. Nirajan, Paediatrician and winners were given prizes. The CME was attended by 80 participants which included Consultants, Doctors, DNB Students, Staff Nurses and lactating mothers.

Installation of ThyssenKrupp Elevator:

ThyssenKrupp Elevator for 20 passengers (1,760 kg) was installed in the hospital to replace an old ageing lift. The Elevator card design meets the requirements for robustness and long life. The high quality lift is powder coated with automatic door operation and includes wall and mirror variants, black granite tile flooring with skirting, decorated ceiling and handrails of stainless steel and is easy to maintain. The car size is 1.3 meter wide into 2.3 meter deep and 2.1 meter in height. The lift has been taken into use after inauguration by **Swami Muktinathananda, the Secretary of the Institute on 14th August, 2014**. The newly installed lift is a boon for invalid persons, patient guides, elderly visitors and hospital staff.



Upgradation of Pathology Department:

The medical equipment in the Pathology Department is being continuously upgraded in tune with the latest advances in the field of medicine. Recently VIDAS PC (Automated Immuno Assay System) from Biomerieux was procured. This Immuno florescence Analyser is capable of handling 30 specimen at a time covering Immuno Chemistry, Auto- Immune disorders, Reproduction/ Fertility hormones, Tumour and Allergy markers besides other diagnostic indicators in Cardiac emergency (troponin, myoglobin etc.), Venous Thrombolism (D-Dimer) and Bacterial infection (Procalcitonin). Another equipment D-10 Hemoglobin testing system for HbA1c, HbA2 and HbF, a fully automated bar coded for positive sample identification in Diabetes and Thalassemia cases has also been added to the equipment profile. Both the



equipment's were inaugurated by **Swami Muktinathananda, the Secretary of the Institute** and handed over to the department on **13th August, 2014** in presence of Monastic brothers, Senior administrative officers, Pathologist and Paramedical staff of the department.

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 on **5th August, 2014** and **5th September, 2014**. A total of **75** diabetic patients including old registered cases under follow-up were seen during the camp.

- **Ayurvedic Camp:** A free Ayurveda Camp under the guidance of Sri Yogendra Kumar Bhatt, renowned Ayurved Acharya from Surendra Nagar, Gujrat was organized on **7th September, 2014** at VPIMS, Lucknow. **58** patients (45 new and 13 old patients) suffering from chronic and critical diseases were benefitted from the camp.
- **Homoeopathic Camp:** Dr. Ashok Kumar Pradhan, a renowned Homoeopath from Institute of HYDT (Homoeopathy, Yoga & Diet Therapy), Kolkata conducted a two days camp on 23rd and 24th August, 2014 at VPIMS, Lucknow. 106 patients (74 new and 32 old patients) were seen during the camp.
- **Free Cardiology Camps:** VPIMS, Lucknow organized a free Cardiology Camp in collaboration with Sri Ramakrishna Seva Samiti at Ayodhya on **17th September, 2014**. Free Consultation as well as Free Investigations including ECG, Blood Sugar Test as per requirement were provided during the camp. **70** patients were screened during the camp. A similar camp was held on **6th September** and **28th September, 2014** at VPIMS, Lucknow in which **82** and **26** patients were screened and 05 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 at subsidized cost by an expert team headed by the Senior Consultant Cardio Thoracic Surgeon, Dr. Bhabatosh Biswas, MS, DNB, MCh.

Installation of Public Address System:

In compliance with the requirement of National Accreditation Board for Hospitals and Health Care Organization (NABH), the **Public Address (PA) System** with **131 speaker units** was installed in the hospital. The control unit of the PA system comprising of 2 Amplifiers, 1 Zoning device and 1 Announcement unit has been kept in the Guard Room. The PA System was inaugurated by **Swami Muktinathananda**, the Secretary of the Institute on **15th August, 2014**. He said that the PA System has **86 speaker units for public announcement** and hospital wide communication and **45 speaker unit for internal messaging**. He further stated that the PA System will also be of great help in meeting any emergent situation arising in the hospital during its day to day functioning and also implementing Emergency Codes as per NABH guidelines such as Code Red for fire, Code Blue for Cardiac Arrest and Code Orange for External/Internal disaster etc.



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	2860	76	2551	210	416	433	108	6654
Old	3971	126	1367	264	458	520	188	6894

Charity Activities:

- 600 In-patients were treated totally free of charge.
- 17319 Out-patients received totally free and 834 patients received partially free treatment.
- 408 Cataract Operations including IOL implantations were performed free.
- Under the Smile Train Project, 73 children having cleft lip and palate were operated free.

Sri Krishna Jayanti: Krishna Janmasthmi was celebrated on 17th August, 2014 by way of special worship at the temple followed by a discourse by Swami Muktinathananda after evening Arati besides Devotional Songs by Sri Champak Chatterji, Delhi and Dr. Deva Prasad Kar, Hrishikesh.

Other Events: Swami Muktinathananda delivered talks on the life and teachings of Swami Niranjanananda, Swami Advaitananda, Swami Abhedananda, Swami Akhandananda, at Ramakrishna Math, Lucknow. A spiritual retreat was organized only for enrolled delegates on 24th August, 2014 Besides Ramnam, Shyamnam & Devnam Sankirtan were performed after Evening Arati on Ekadashi, Purnima and Amavasya days respectively.

Upcoming Programme Calendar (Math): October, 2014 to November, 2014

Sundays – 9.00 a.m.

October	5,12,26	On the Gospel of Sri Ramakrishna by Swami Muktinathananda
November	2	

Sundays - 4:30 p.m.

October	12,26	On the Message of Swami Vivekananda for the Youth by Swamis Muktinathananda, Sujayananda & Pararupananda
November	2,9	

Fridays – 10:30 a.m.

October	10,17,31	On the Gospel of Sri Ma Sarada by Swami Muktinathananda & Sujayananda
November	7,14,21,28	

Fridays- After Arati

October	10,24,31	On Srimat Bhagavad Gita by Swami Muktinathananda
November	7,14,21,28	

Other Festivals and Discourse

October, 2014

01	Wednesday	Mahasaptami Puja**
02	Thursday	Mahasaptami Puja** Kumari Puja (from 09:00 a.m.) Sandhi Puja (from 11:44 a.m. to 12:32 p.m.)
03	Friday	Mahanavami Puja**
04	Saturday	Vijaya Dashami Puja & Shanti Jal**
07	Tuesday	Sri Sri Lakshmi Puja (from 7:15 p.m.)**
23	Thursday	Sri Sri Kali Puja (from 9:00 p.m. for whole night)**

November, 2014

01	Saturday	Temple Dedication Day(Sri Sri Jagaddharti Puja)**
04	Tuesday	Swami Subodhananda Jayanti*
05	Wednesday	Swami Vijananananda Jayanti*
06	Thursday	Rass Purnima (Readings from Srimat Bhagvatam)**
30	Sunday	Swami Premananda Jayanti*

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

Sankirtan after Evening Arati

	Ramnam	Shyamnam	Devinam
Oct, 2014	5 (Sun), 19 (Sun)	8 (Wed)	23 (Thur)
Nov, 2014	3 (Mon), 18 (Tue)	6 (Thur)	22 (Sat)

*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.

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