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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 patients from the lower socio-economic strata.**

#### **Inauguration of Acupuncture Clinic & CME on Acupuncture Awareness Programme:**

An Acupuncture Clinic was inaugurated on **20<sup>th</sup> December, 2014** in the Physiotherapy Department on the ground floor of Vivekananda Polyclinic & Institute of Medical Sciences, Lucknow by **Swami Muktinathananda**,



**Secretary of the Institute** in presence of **Dr. Mrigendra Nath Gantait, Vice President of Acupuncture Association of India & President of Dr. Kotnis Memorial Committee, W.B. and Dr. Jay Kumar Dixit, Diabetologist & President of National Acupuncture Organization of India.** Distinguished citizens of Lucknow, patients, attendants as well as Doctors and Paramedical staff of the Institute attended the programme.

Subsequently, the CME was inaugurated by offering of flowers to the holy trinity and lighting of lamp amidst vedic invocation. Swami Muktinathananda in his address of welcome narrated the importance of alternative therapy as a supplementary treatment procedure which may be applied hand in hand with other ongoing methods. Acupuncture occupies an important therapeutic role

which is being effectively practiced since time immemorial. He felt happy that the services of Vivekananda Polyclinic & Institute of Medical Sciences is now being enriched with inclusion of Acupuncture therapy on a regular basis.

Dr. Gantait, the Chief Guest gave a detailed power point presentation for Acupuncture Awareness. He said that Acupuncture therapy, originally developed in China more than 4000 years ago, was first introduced in India by Dr. Bejoy Kumar Basu at Kolkata in 1959. As the therapy has already proved itself over the test of time for providing quicker and better results either applied alone or as a supplement to modern medicine, World Health Organization has recommended application of Acupuncture therapy in 43 specific ailments including osteoarthritis, rheumatoid arthritis, frozen shoulder, tennis elbow, bronchial asthma & facial paralysis.

Acupuncture is practiced in more than 150 countries around the world including U.S.A., Canada, U.K., France, Germany, Italy, Russia, Japan, etc. In this therapy a few fine stainless steel needles are punctured in selected points of the body and retained for a few minutes after which the needles are taken out and the patient is released. For each patient, a separate set of needles are used to prevent cross infection. Since no drugs are administered, it has no side effects.

Thereafter, Dr. J.K. Dixit, the Special Guest gave power point presentation detailing the treatment of diabetes by Ear Acupuncture. He said that Diabetes is a life style disorder and has many pre-disposing factors such as stress, heredity, obesity and pregnancy. Diabetic patients often suffer from eye disorder, kidney problem, Heart attack, and other serious ailments. However, it can be completely cured by Acupuncture.

The vote of thanks was presented by Sri Rabindra Nath Chowdhury, who has been a practicing Acupuncture Therapist since long. He also stated that the Acupuncture Clinic will start functioning in the hospital from 22nd December, 2014 between 10:00 a.m. and 01:00 p.m. on all the working days of the week. It is hoped that the acupuncture treatment facility being introduced at Vivekananda Polyclinic and Institute of Medical Sciences, Lucknow will go a long way to benefit the common people in and around Lucknow at affordable cost.

## **District level Youth Convention**

In commemoration of 152<sup>nd</sup> Birth Anniversary of Swami Vivekananda and in order to motivate the youth of the State with the exemplary life and ennobling message of Swami Vivekananda, Ramakrishna Mission Sevashrama, Lucknow organized a **District level Youth Convention** on **17<sup>th</sup> January, 2015**. Nearly **2500 youth** within the age group of 15 to 30 from all over the district of Lucknow participated in the Convention. The programme started with the lighting of lamp by the dignitaries amidst Vedic invocation by the monastic brothers of Ramakrishna Order. **Swami Muktinathanada, the Secretary of Ramakrishna Mission Sevasharma, Lucknow** while welcoming the dignitaries said that the purpose of the youth convention is to update the youth with the secret of success in life as exemplified by Swami Vivekananda. He also said that the youth are fortunate to interact with some of the rare personalities who have risen to the pinnacle of glory by implementing the ennobling message of Swami Vivekananda in their lives. **Swami Nikhileshwaranada, Head of Ramakrishna Mission, Vadodara** motivated



the youth by his inspiring speech deplete with practical suggestions like regular study of Swami Vivekananda's literature, meditation, physical exercises and above all positive thinking. **Dr. S.N. Subba Rao**, a 87 year old Gandhian and **Director, National Youth Project, New Delhi** revealed how he could remain ever young by imbibing the golden message of Swami Vivekananda and his love for India. **Padmashri Dr. S.C. Rai**, President, Managing Committee, Ramakrishna Mission Sevashrama, Lucknow presented the vote of thanks.

In the next session, **Sri Vivek Tangri, Vice Chairman, Sardar Bhagat Singh Group of Colleges, Lucknow** presented a fiery speech and warned the youth saying that the success in life do not lie in acquisition of wealth or attainment of name and fame but the contentment of mind for which we should strive sincerely by doing good to the others. This was followed by a thrilling speech by **Dr. Shruti Mahapatra, Chief co-ordinator, Anjali, Bhubaneswar** who disclosed how her promising career in the prime of her youth was shattered when she lost both of her legs in a tragic road accident but notwithstanding how she fought back and rose to the pinnacle of glory following Swami Vivekananda's ennobling Message. The Chairperson's address was presented by **Swami Satyamayananda, Head of Ramakrishna Mission Ashrama, Kanpur** who also conducted a subsequent question- answer session together with Dr. S.N. Subba Rao and Sri Vivek Tangri.

The convention ended with the valedictory session where Prof. U. N. Dwivedi, Pro Vice Chancellor, University of Lucknow spoke as the Guest of Honour and the valedictory address was delivered by Prof. Ravi Kant, Vice Chancellor, King Georges' Medical University, Lucknow, who narrated how he derived the benefit from the inspiring messages of Swami Vivekananda. The vote of thanks was presented by Padmashri Dr. Nitya Anand, Vice President, Managing Committee, Ramakrishna Mission Sevashrama, Lucknow. In the evening there was a music conference with very young budding artists viz. Sri Mukunda Dev Sahoo from Bhopal, Sri Shadaj Iyer from Ahmedabad and Sri Shubhanker Dey from Varanasi who mesmerized the audience with their classical vocal recital with a group of accompanying artists. The entire convention left an indelible impression in the minds of all the youth participants.

## **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 arranged on **5<sup>th</sup> December, 2014 & 5<sup>th</sup> January, 2015**. A total of **51 diabetic patients** were seen during the camp.
- **Ayurvedic Camps:** A free Ayurveda Camp under the guidance of **Sri Yogendra Kumar Bhatt**, renowned Ayurved Acharya from Surendra Nagar, Gujrat was organized on **24<sup>th</sup> December, 2014** at VPIMS, Lucknow. **44 patients** suffering from chronic and critical diseases benefitted from the camp. A 12-days' long Ayurveda Panchakarma camp was also organized at VPIMS, Lucknow from **24<sup>th</sup> November to 04<sup>th</sup> December, 2014** where **183 patients** were attended.
- **Free Cardiology Camps:** Four cardiology camps were organized in the months of December, 2014 & January, 2015 at **Ataria, Mehamudabad, Hardoi and Lucknow**, where a total of **310 patients** were provided free consultation as well as free investigation including ECG, Blood Sugar as well as Echo cardiogram, as per requirements, out of which **16 patients** were found suffering from ASD, Mitral Stenosis and Mitral Valvular disease requiring surgical intervention which were shortlisted to be performed in VPIMS either free or at heavily subsidized rate by a team of competent surgeons.



### Village Health Programme

The Village Health Programme team of VPIMS comprising General Physician, Ophthalmologist, Gynaecologist, Paediatrician, 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 number of patients were treated during the last two months:

Type	General	Surgery	Ortho	ENT	Skin	Gynae & Obs	Eye	Dental	Ayurveda	Homeopathy	Unani	Total
New	3052	57	81	191	256	87	2645	1172	365	347	141	8394
Old	3312	81	80	254	172	120	1703	220	511	553	198	7204

### Charity Activities

- 996 In-patients were treated totally free of charge.
- 15888 Out-patients received totally free and 913 patients received partially free treatment.
- 796 Cataract Operations including IOL implantations were performed free.
- Under the Smile Train Project, 66 children having cleft lip and palate were operated free.

### Math News

#### Inter Faith Good Will Meet

An **Inter-faith Goodwill Meet** was organized at **Ramakrishna Math, in collaboration with Kabir Peace Mission, Lucknow**. After devotional songs, the programme started with the lighting of lamp by the representatives of different faiths amidst Vedic Chanting by the Monastic Brothers of Ramakrishna Order.

Swami Sujayananda, Ramakrishna Math, Lucknow delivered the welcome address and stressed that the Inter Faith Good Will Meet is a befitting tribute to the 152<sup>nd</sup> birth anniversary of Swami Vivekananda who stood for the universal religion based on harmony of all the faiths throughout the globe without any distinction. He quoted Swami Vivekananda and said that there could be as many religions as the human beings, yet there could be perfect harmony among them all.

The key note address of the conference was delivered by **Sri Ashok Sajjanhar, Secretary, National Foundation for Communal Harmony, New Delhi** on the central theme of the meet viz. **‘The need of Religious harmony for National Development’**.



He said that all religions give the goodwill message of peace, amity and universal brotherhood and eschew hatred and bigotry towards other faiths. In our country, every individual has a fundamental right and freedom to choose any religion as per his choice and belief. This harmonious environment is extremely necessary for continued development of the Nation. This was followed by good will messages from the representatives of various faiths.

**Father Gerald Mathias, Bishop of Lucknow** represented Christianity and dealt upon the life giving message of the Son of God while **Dr. S.M. Ammar Rizvi, President, Indian Council for National Solidarity** presented the basic tenets of Islam showing the underlying harmony of different faiths. **Swami Muktinathananda, Adhyashka, Ramakrishna Math, Lucknow** while speaking on Hinduism said that as per the teachings of Swami Vivekananda, **‘Religion is Realisation’**. He narrated the four basic doctrines of Hinduism viz. (a) Immanence of God (b) divinity of creatures (c) transmigration of souls and (d) harmony of all the faiths. He quoted Swami Vivekananda saying **‘Religion is the backbone of India’**. As the human body is a perfect example of harmonious existence of a variety of organs so are people belonging to different faith are required to co-exist peacefully for overall growth.

**Sri. Rakesh K. Mittal, Chief Coordinator, Kabir Peace Mission, Lucknow** summed up the views of all the representatives and offered compliments to each one of them. The closing song on **Sambhav** culled from the Rig Veda was sung in chorus led by Swami Muktinathananda. A large number of distinguished citizens and university students of the city professing various faiths participated in the function which created a very happy goodwill atmosphere on the beginning of the year. The programme concluded after distribution of refreshments to all present. It is hoped that this cordial note will go a long way towards National Development ensuring communal harmony and Inter-Faith understanding region throughout the coming year.

#### Holy Mother Sri Sarada Devi Birthday Celebrations

The **162<sup>nd</sup>** birthday of Holy Mother Sri Sarada Devi was celebrated from **13<sup>th</sup> to 14<sup>th</sup> December, 2014** at Ramakrishna Math, Nirala Nagar amidst great enthusiasm and festivity with the participation of a large number of

devotees from far and near. The programme started with Mangal Arati and Hymns in the spacious Ramakrishna Temple. A Japa Yajna (uninterrupted repetition of God's name) was also conducted from dawn to dusk through continuous participation of interested devotees by turn. Special Worship, Havan, mass offering of flowers etc., besides distribution of cooked Prasad among thousands of devotees formed an integral part of the celebrations.

In the evening, Discourses on Sri Sarada Devi, the Holy Mother were organized. Swami Sujayananda of Ramakrishna Math, Lucknow delivered a talk on '**Ananta Rupini Sri Ma Sarada**' while **Prof. R.K. Khandal, Vice Chancellor, U.P. Technical University, Lucknow** gave an interesting presentation on '**Ananta Gunavati Sri Ma Sarada**'. **Swami Muktinathananda, Adhyaksha**, delivered the presidential address deliberated on the various facets of **Holy Mother Sri Sarada Devi**. The programme concluded with the presentation of Devotional Songs by Sri Champak Chatterjee of New Delhi besides distribution of Prasad.

On 14<sup>th</sup> December, 2014, **Swami Muktinathananda** gave a Discourse on '**Sri Ma Sarada Devi in the eyes of Sri Ramakrishna**' which was followed by a Music Protrayal titled '**Sarva Shreayskari Ma Sardeshwari**' by **Sarada Sangha, Lucknow**. In the evening, devotional songs were rendered by Sri Champak Chatterjee with Tabla accompaniment by Sri Siddhartha Bhattacharya, New Delhi.

### **153<sup>rd</sup> Birthday Celebration of Swami Vivekananda**

153<sup>rd</sup> Birthday Celebration of **Swami Vivekananda** was celebrated on 12<sup>th</sup> to 18<sup>th</sup> January, 2015. The programme started on the first day with Mangal Arati, Japa Yajna, special puja, devotional songs and distribution of Prasad. In the evening, a public meeting was organized. **Sri Alok Ranjan, IAS, Chief Secretary, Govt. of U.P.** delivered a talk on '**Swami Vivekananda's Views on the 'Secret of Work'**' while **Swami Nirvikalpananda, Ramakrishna Math, Lucknow** gave a thought proving presentation on the evolution of '**Narendra Nath to Swami Vivekananda**'. **Swami Muktinathananda, Adhyaksha** delivered the Presidential address on '**Swami Vivekananda in the eyes of Sri Ramakrishna**'. The programme concluded with the rendering of devotional songs besides distribution of Prasad. A series of presentations by **Sri Umashankar Vyas, Bareilly** on '**Sri Hanumanji & Swami Vivekananda**' were organized from 13<sup>th</sup> to 16<sup>th</sup> January, 2015 besides a District Level Youth Convention and Music Conference on 17<sup>th</sup> January, 2015. A **colourful procession** was flagged off by **Prof. Vikram Singh, Vice Chancellor Noida International University and Former DGP, Uttar Pradesh** from the Police Line ground besides IT crossing, Nirala Nagar, Lucknow on 18<sup>th</sup> January, 2015. The procession with various tableaus was terminated at Ramakrishna Math, Nirala Nagar, Lucknow. A special youth programme was also organized during which Prof. Vikram Singh addressed the youth and holistic books, mementoes and refreshments were distributed among them. Thereafter, **Rogi Narayan Seva** (worship of the Divine in the suffering patients) was performed at Vivekananda Polyclinic & Institute of Medical Sciences, Lucknow.



In the evening, a **Musical Portrayal** by **Ramakrishna Seva Samiti, Lucknow** on '**Swami Vivekananda the Leader of the age**' was staged in the auditorium of Ramakrishna Math, Lucknow.

**Other Festivals:** The birth anniversaries of Swami Turiyananda, Swami Brahmananda and Swami Trigunatitananda were observed with discussion on their respective lives and teachings. Moreover, Ramnam, Shyamnam & Devnam Sankirtans were held after evening Arati on every Ekadashi, Purnima & Amavasya days respectively.

#### **Appeal**

**Continuance and expansion of the aforesaid activities of the 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. Donations to Ramakrishna Mission are exempt from payment of Income Tax under Section 80G of Income Tax Act 1961. Cheques /Demand Drafts/MO may be drawn in favour of Ramakrishna Mission Sevashrama, Lucknow and sent to the address mentioned below. Donations through online can be made to A/c No. 30119716029, IFSC Code: SBIN0003813, State Bank of India, Daliganj Branch (Branch Code: 03813). However, immediately after online transfer, please inform your name, full postal address, PAN No. and amount donated, by E-Mail: [rkml@rkml.org](mailto:rkml@rkml.org) or by separate post.**

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