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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.

27th Annual Continued Medical Education (CME)

Vivekananda Polyclinic & Institute of Medical Sciences (VPIMS), Lucknow celebrated its 27th Annual Continued Medical Education (CME) on 16th February, 2015. The programme started with lighting of lamp amidst Vedic invocation by the monks of Ramakrishna Mission Sevashrama, Lucknow. **Swami Muktinathananda, the Head of the Institute** welcomed the audience and said



that the theme for this year is **Pain Management**. He emphasized that the physician in order to be successful in pain management should share and feel the depth of the pain of the ailing patient and this endeavour should not only be academic but also emotional and spiritual.

The **Chief Guest, Dr. A.K. Agarwal, Professor, Deptt. of Anesthesia, SGPGL, Lucknow and Past President, Indian Society for Study of Pain**, said that in pain management the patient seeks empathy from the treating physician and not sympathy. Four eminent Physicians during their presentations highlighted different aspects of pain management. **Dr. Rakhi Gupta, Consultant Intensivist & Pain Specialist, VPIMS, Lucknow** gave a detailed presentation on **‘Introduction to Intervention Pain Management’** and said that the Pain services are classified as acute or chronic and they could be provided as OPD, IPD or community based service depending on the need and

convenience of the patient. **Dr. Sanjay Dhiraj, Addl. Prof. Deptt. of Anesthesia, SGPGL, Lucknow** discussed various **‘Modalities available in management of Cancer Pain’** and said that the patient who are given Psychological, Social and Spiritual support during the treatment respond better. Elaborating further he said that Multi- Nodal Anesthesia and Interventional Technique to help in reducing the burden of distressing symptoms and morphine still remain the main stay of the treatment

Dr. Sujit Gautam, Asst. Prof. Deptt. of Anesthesia, SGPGL, Lucknow gave a detailed pretention regarding **‘Approach to a case of low back ache’** and said that all conditions which pose a threat to life should be excluded prior to management of the case. He said the main stay of conservative management is to educate the patient to remain active and administer heat application, exercises and pain killers. He also said that bed rest, traction and lumbar support are not useful. **Dr. Shweta Agarwal, Consultant Rheumatologist, VPIMS, Lucknow** said that history taking of the patient is very important in **‘Approach to a case of Rheumatologist Disorders’**. She said that in Rheumatoid Arthritis the duration of the symptoms, number and type of joints involved and deformity, if any, are of great help in the diagnosis and further management of the case.

Each presentation by the speakers was followed by lively discussion and questions from the learned audience comprising of more than 100 distinguished doctors & Post Graduate Students.

LAMP LIGHTING CEREMONY

The Lamp Lighting Ceremony of the **10th batch of B.Sc., Nursing and 24th batch of GNM Nursing students** of Vivekananda College & School of Nursing was celebrated on **17th February, 2015** at VPIMS, Lucknow in the presence of a large number of distinguished people of the city including the parents of the students.

Prof. J.V. Singh, Dean, Faculty of Nursing, King Georges' Medical University, Lucknow was the **Chief Guest** during the function. He complimented the Nursing College and School of Nursing for improving the nursing services by ensuring the adequate flow of well-trained nurses known for their discipline and calibre. He said that the Nursing profession demands (24x7) round the clock service with the spirit of sacrifice, sincerity and selflessness.

Prof. Subrata Sarkar, Principal, College of Nursing, R.G. Kar Medical College & Hospital, Kolkata, who was the **Guest of Honour** said that prior to the initiation into the Nursing Service, the light of wisdom and professional ethics is passed on to the students. The Institution moulds the young students with an idea of service in the spirit of self-sacrifice in accordance with the teachings of Sri Ramakrishna, **‘Service to Jiva is service to Shiva’** i.e. dedicated service of humanity is equivalent to worship of God.

The programme started with lighting of lamp amidst Vedic Chanting by the nursing students. In the welcome address, **Swami Muktinathananda, Secretary of the Institute** explained the significance of the ceremony as part of our “**Journey from darkness to light**”. He stressed that today as many as **63 B.Sc. & GNM Nursing Students** are taking vows of renunciation and service which will not only illumine their lives but also bring lustre & comfort to many a darkened soul in future. He also said that VPIMS is in the process of starting **M.Sc., Nursing course** in the College during 2015 – 16.

Mrs. Sampa Sengupta, Principal of the Nursing Institute presented the Annual Report highlighting the academic and clinical achievements of the students. She said that the lamp lighting ceremony initiates the new aspirants into the nursing profession and the vows they pledge reflect the values of Florence Nightingale. The students recited their vows in Sanskrit holding a lamp each in their hand in the presence of the image of Swami Vivekananda and a portrait of Florence Nightingale over-viewing the gathering.

A large number of attractive prizes in the form of cash awards, medals & books were presented along with certificates to the Meritorious & Professionally Excellent students. The programme concluded with the vote of thanks by Sri Ravi Kumar, Vice Principal of the Nursing Institute.

A befitting closing song in chorus was presented by the nursing students which was greatly appreciated by the distinguished guests, parents of the students as well as the staff of the Institute. The lamp lighting ceremony left an indelible impression in the hearts of all present, encouraging them to be initiated into the spirit of renunciation and of service in their individual lives too.

46th DEDICATION DAY CEREMONY



VPIMS, Lucknow observed its **46th Dedication Day Anniversary** on **18th February, 2015**. The programme started with the Lighting of Lamp amidst Vedic Invocation by the Nursing students of the Institute. **Swami Muktinathananda, the Secretary of the Institute** welcomed the audience reiterating the central motto of the organization namely ‘**Atmano Moksharrtham Jagat Hitai Cha**’ i.e., “for the emancipation of the self and benefit of the world.” He pointed out that the growth of the hospital has continued keeping in mind 5 dimensions viz. improving quality of services by way of getting accredited by National Accreditation Board for Hospital & Health Care Organization (NABH), augmenting the Pathology Services by providing real time reports in accordance with the NABL directives i.e. Bar Coding & Interfacing of the Medical Equipments with the Hospital Information System, affordability of cost of treatment for the poor people, transparency, and attitude of service. This motto can be achieved only through implementation of the twin ideals of renunciation and service which gets reflected in the quality of our patients’ care. He emphasized that if anyone following this doctrine, and implementing it in his or her life will definitely become blessed in the long run.

Dr. Ashim Chakraborty, the Medical Superintendent presented the Annual Report and narrated the newer achievements. He also informed that the Institute is conducting post graduate DNB courses in 12 disciplines as well as para medical courses in 7 disciplines. He thanked the donors and patrons for their unstinted financial assistance to keep aflame this lamp of service dedicated for the common people. He also mentioned about the ever increasing charitable services being offered to the rural population with the

help of the mobile medical units of Village Health Programme. He mentioned that during the year 13.7 Lakh and 22,000 patients were treated in OPD and IPD respectively.

Dr. S.N.S. Yadav, Chief Medical Officer, Lucknow and also **Senior Consultant Nephrologist, Balrampur Hospital, Lucknow** was the **Chief Guest** of the function. He complimented the hospital for providing quality education to the **DNB Doctors as well as B.Sc., & GNM Nursing students who have excelled themselves in the State Govt. jobs**. He expressed his satisfaction and commended the hospital for providing services to poor people with dedication, maintaining the true spirit of seva.

Prizes were given to the winners of various sport events, participated by the doctors, nurses and staff members. **Dr. Niranjana**, was the Organizing Secretary for the sports. **Padmashree Dr. S.C. Rai, President of the Managing Committee of Ramakrishna Mission Sevashrama, Lucknow**, presented vote of thanks, after which refreshments were served to all present. Everyone went home rededicating themselves in the spirit of Seva, as per the ideas and ideals of Swami Vivekananda.

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 **5th February & 5th March, 2015**. A total of 47 diabetic patients were seen during 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 **14th & 15th February, 2015** at VPIMS, Lucknow. **64 patients** suffering from chronic ailments were seen during the camp.

• **Ayurvedic Camps:** A 12-days' long Ayurveda Panchakarma camp was organized at VPIMS, Lucknow from 09th February to 20th February, 2015 on Joint & Spine diseases, Obesity, Skin diseases and Sexual problems. 144 patients were given OPD consultation and 27 cases were registered for Panchakarma camp.

• **Free Cardiology Camps:** Three cardiology camps were organized in the months of February & March, 2015 at Barabanki, Basti & Dudhi where a total of 248 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 03 patients were shortlisted for surgical intervention which were to be performed in VPIMS either free or at highly subsidized cost by a team of competent surgeons.

Installation of Oxygen Generator System-AIRSEP (U.S.A.)

Oxygen Generator System-AIRSEP (U.S.A.) supplied by M/s AIROX Technologies Pvt. Ltd. was installed in the hospital adjacent to the erstwhile Gas Plant on 5th March, 2015. The equipment Airsep (USA) Imported Oxygen Concentrator Model AS-L has a generating capacity of Oxygen at the rate of 34.17 cubic meter/hour, comprising of absorber tower, microprocessor panel and FEED AIR PACKAGE 37K.W. Screw air compressor, air receiver 2000 L, refrigerated air dryer, filters, oxygen receiver 2000 L capacity, oxygen analyzer auto switch over system & Stabilizer for Generator. The oxygen generator system has been functioning smoothly and has largely reduced our dependency on portable oxygen cylinders to meet day to day requirement of the hospital.

Commissioning of Modular Operation Theatre

Super Speciality Operation Theatre (O.T. No.2 & 4) at VPIMS, Lucknow were renovated and two pre-fabricated Modular Operation Theatres have been commissioned on 9th February & 3rd March, 2015 respectively.



The modular operation theatre has a wall and ceiling panel made of stainless steel sheet (1.6 mm), besides Plan Air Ceiling System with unidirectional airflow, Hepa Filters, Electronic Operated Hermetically sealed Sliding Doors, Membrane type operation theatre control panel and a Single Pendant (with facility of fixing own Anesthesia Moveable) besides Air Handling Unit (AHU) System with condensing unit along with electrical control panel. Seamless conductive tiles for the flooring system Medical Gas Pipe Line System, Ducting, Hatch Box (for disposal of dirty linen) and LED lights for the ceiling have been also provided in the Modular O.T. Floors.



Donation of Medical Equipment

Powerlinks Transmission Limited (A Joint Venture of Tata Power & Power Grid) donated the following equipments to VPIMS, Lucknow under their CSR initiatives to the philanthropic hospitals:

- **Ultra Sound Voluson P8 Machine** with facilities for 3D & 4D imaging.

The machine has one Convex probe for abdomen scanning, an Endocavitary probe for Endo-vaginal and Endo-rectum scanning, a Linear probe for soft issue, musculo skeletal and breast imaging. There is, in addition, a Cardiac probe for Cardiac imaging and Doppler study.

3D & 4 D probe is of great use for detection of congenital anomalies in the foetus at an early stage.

- **Ultra Deep Freezer Machine:** An Ultra Deep Freezer Machine manufactured by IiShin Biobase Co. Ltd. with a capacity of 730 liters was donated to the Blood Bank of the Institute. It has a dual refrigeration system for fast temperature pull down and can maintain a temperature of -80^oC. It can store 800 plasma unites.

Both the Machines were inaugurated by **Swami Nikhileshananda, Ramakrishna Mission Home of Service, Varanasi** in the presence of **Swami Muktinathananda**, Monastic Brothers, Senior Administrative Officers and Consultants, Technicians (X-ray and Blood Bank), and Mr. Srivastava and other representatives from Tata Power Co. Ltd. on 28th March, 2015.



Thereafter, **Swami Nikhileshananda** was taken to the renovated Ayurvedic Department and was briefed by Dr. Vijay Seth on the Panchkarma Treatment and other facilities available for treatment of patients.

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 **MAHMOODABAD** in Sitapur 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	1906	66	175	224	227	103	2963	190	344	442	128	6768
Old	2075	70	214	267	254	122	2067	250	410	545	216	6490

Charity Activities

- 900 In-patients were treated totally free of charge.
- 18172 Out-patients received totally free and 1098 patients received partially free treatment.
- 738 Cataract Operations including IOL implantations were performed free.
- Under the Smile Train Project, 67 children having cleft lip and palate were operated free.

Math News

179th Birth Anniversary of Bhagavan Sri Ramakrishna Deva

The 179th Birth Anniversary of Bhagavan Sri Ramakrishna Deva was celebrated with due solemnity and grandeur for 10 days at Ramakrishna Math, Lucknow from 20th February to 1st March 2015. The function began with Mangal Arati, Chandi Path followed by a special puja and devotional songs, Havan, Pushpanjali and distribution of Prasad among thousands of devotees. A public meeting was organized after evening Arati. **Swami Nirvikalpanandaji of Ramakrishna Math, Lucknow** delivered a talk on 'Sri Ramakrishna – the refuge of the Devotees' while **Swami Muktinathananda, Adhyaksha, Ramakrishna Math, Lucknow** spoke on 'Sri Ramakrishna-the bestower of Freedom'. The Presidential address on 'Sri Ramakrishna- the Incarnation of the Age' was delivered by **Swami Nikhilatmanandaji, Ramakrishna Advaita Ashrama, Varanasi**. The programme ended with the closing song aptly sung by the Monastic Brothers and devotees. Cooked Prasad in handy packages were distributed to all present.



As continuation of the programme a variety of events were organized till 1st March 2015 in which **Swami Sharvanananda, Saraswatiiji Maharaj of Vrindaban** delivered a discourse on Srimat Bhagwatam every evening from 21st to 24th February, 2015. There were also Discourses on the Gospel of Sri Ramakrishna by **Swami Muktinathananda** and on the Secret of Incarnation based on Ram Charit Manas by **Swami Nikhilatamanandaji Maharaj**.

The other highlights during the celebrations were a dramatical portrait of Bhagwan Sri Ramakrishna by the children of Gadadhar Abhudaya Prakalpa, Sarod recital by Sri Narendra Nath Dhar, Kolkata with Tabla accompaniment by Sri Krishna Bhagwat, Varanasi. A Unique Magic Show : Mancha Maya by Magician Mr. Devid and his team from Kolkata stole away the attention of all. The programme concluded with Ramnam Sankritan and Fire Works (East of the Main Temple).

Other Festivals: The birth anniversaries of Swami Adbhutananda and Swami Yogananda were observed with discussion on their respective lives and teachings besides celebrating Mahashivaratri, Sri Chaitanya Mahaprabhu and Sri Ram Chandra Jayanti. Moreover, Ramnam, Shyamnam & Devanam 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 send 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). Please inform us immediately after online transfer, your name, full postal address, PAN No. and amount Donated, by E-Mail: rkml@rkml.org or by separate post.

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