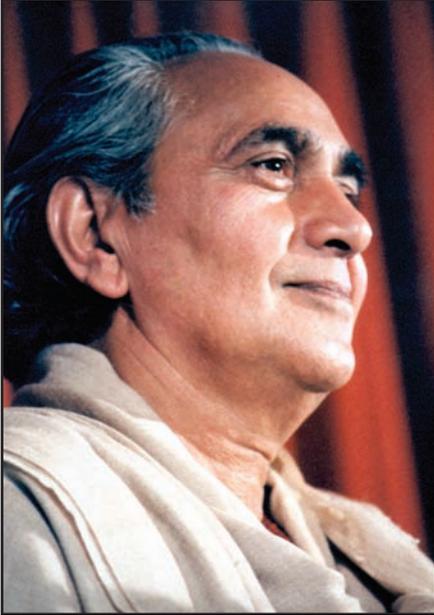




## The Path of Karma Yoga

by Swami Rama



Doing all one's actions for others—that is the way to liberation. The great people of the world have tried to go with the law of karma by doing their actions skillfully, selflessly, and lovingly, and by surrendering the fruits of their actions to others so that the fruits would not create bondage for themselves. But ordinary people do not do that. They get attached to the fruits and create a whirlpool for themselves. That is

the difference between the ordinary person and the great person. Great is he who does all things selflessly for others. Petty is he, ignorant is he, who does things for himself and gets attached and creates a whirlpool of misery for himself. When one applies the formula, "All the things of the world are for me, and I should learn to enjoy them and to use them, but they do not belong to me," then doing one's duty will not become a headache. If it does become a headache, then there is something wrong.

Here one has to understand the difference between what is pleasant and what is good. Today someone sees some very pleasant thing and runs toward it, but tomorrow he finds that it is not pleasant anymore. What is pleasant now may be harmful tomorrow. All the mistakes in the world are committed by people on this point. They know that something is pleasant but not good, and yet they do it. Nobody is ignorant. There are very few sins committed in innocence and ignorance. Crimes are committed knowingly because one is under the grip of the charms and temptations of the world.

If one makes experiments, he'll find that good is different from pleasant. If he analyzes further, he'll find one thing more: the good alone is truly pleasant. It is very difficult to come to that understanding; that is an advanced lesson. But for this one needs practice.

Practice means making constant sincere efforts. When a child is learning to walk, sometimes it stands, and sometimes it falls. Many times the child falls, but that does not mean that the child gives up. In spiritual practice, people feel they are making progress one day, and the next day they feel they are going backward. But practice itself makes one healthy and strong. So one should

practice understanding what is pleasant and what is good without looking at any past mistakes that he has committed.

It does not help to involve sin and God in all this; "Oh, I have committed mistakes; I am a sinner. There is no way for me; God alone can deliver me. God should do it." It is the results of one's own actions in the present that can free him. So one should be strong from within. Inner strength helps the most. External strength inspires one, but inner strength is the key point.

One can get freedom from that whirlpool. He can get rid of the bondage that he has been creating by skillfully, selflessly, and lovingly doing his actions then surrendering the fruits of those actions to others. One does not have to surrender his actions; he has to surrender the fruits of his actions. Every human being wants to improve, to unfold; he wants to attain freedom, to be eternally happy. This is everyone's personal desire, and to attain it, one has to learn to do his actions skillfully.

Next, one has to be selfless. If one is not selfless, he cannot go further. If one is selfish, he says, "Everything should come to me." If one is swimming in the ocean and he tries swimming by drawing the water toward him, he will see the effect to such an attitude—he will discover that this is not the way to swim; this is the way to drown. All the selfish people in the world are drowning, and they are drowning themselves because they do not know any better. But if they are taught properly, if they are made aware of the reality—that selfishness is not healthy, it's sickening, it's injurious—then they will understand and learn how to swim.

If one learns to do his duty lovingly, it will not be a burden, it will not create a problem for him. One's actions are the expressions of his love. What is that love with which one should perform his duties? Love means giving. Giving is the highest of all actions of the world, and giving alone can give one freedom. If one does not learn to give, he can never attain freedom. Even if one is doing the best of actions the greatest and most wonderful karmas, if he is reaping the fruits, then those fruits are motivating him to do that karma and will keep him bound. That is not freedom. We cannot stop doing karma, but we can stop being in the bondage of karma. It's not karma that binds us; it is taking the fruit of action that binds us. So if we give the fruits to others we will be free. If all human beings would keep only as much as they need—not as much as they want—our whole society would be happy.

Many people think that if a person loves somebody, that person also has to fight with the one he loves. Wives have often told me that fighting is very healthy, and that is actually a part of modern therapy. What a bankruptcy of the modern mind and culture, that fighting is a therapy! One should be proud of one's spouse, one should be proud of one's children, and one should have self-pride. One should learn to appreciate one's family and appreciate oneself.

*Reprinted from Choosing a Path,  
by Swami Rama.*

## Nuclear Medicine Week

## New Services at [CRI](#)



Staff nurses visiting department during nuclear medicine week celebrations

On occasion of its third anniversary, the Department of Nuclear Medicine celebrated Nuclear Medicine Week from 8<sup>th</sup>-15<sup>th</sup> September 2012. The celebration was organized under the guidance of Dr. Sunil Saini, Director CRI.

During this week Department of Nuclear Medicine organized various lectures, interactive sessions and workshops. Interactions were held with referring doctors from various departments like Medicine, Surgery, Pediatrics, ENT, Orthopedics, and Oncology. Modalities available for better patient diagnosis and care, exact conditions where the nuclear medicine tests can be helpful, general discussions about preparation, and streamlining methods of referral were discussed in detail. Junior Residents were trained in preparing the patients, and were given live demonstrations of the nuclear medicine department including hot lab where radioisotopes are prepared with detailed description and were showed how scanning was done so that they were better oriented.

Nurses from the general hospital were also trained. They were given a brief lecture about the Nuclear Medicine principles and then a demonstration of the laboratory.

The week-long sessions were followed by a lecture by an expert in the field of Nuclear Medicine, Dr. B. R. Mittal from PGIMER, Chandigarh. Dr. B. R. Mittal is the current Head of the Department of Nuclear Medicine Department and PET facility at PGIMER, which is one of the busiest nuclear medicine departments in the country. His talk focused on the areas where nuclear medicine scans play an important role in diagnosis and management of patients. With the advent of PET imaging Nuclear Medicine scans are now standard care. Dr. Sunil Saini personally welcomed the guest speaker. Dr. Vandana K Dhingra, Assistant Professor and In-charge, Department of Nuclear Medicine was the Organizing Secretary of the event.

HIHT has recognition of Scientific and Industrial Research Organizations (SIROs) from Department of Scientific and Industrial Research (DSIR), Ministry of Science and Technology, Government of India.

**Dental Services:** The pre-existing dental services in the general hospital were shifted to CRI in August 2012 and are now fully functional. Dental Department at CRI is equipped with modern facilities for all kinds of routine and specialized dental procedures. The department has two fulltime specialists and two general dentists. Dr. Sanjeeva Kumar and Dr. Saba Zameel are general dentists. Specialists include Dr. Seema Diwan, an Orthodontist specializing in procedures for better teeth alignment (cosmetic), is In-charge Dental Services. Dr. Abhishek Kandwal is a dental surgeon and is trained to perform all kinds of specialized dental procedures requiring surgery. The department now has an operation theatre, speciality clinic and a general dental care area. The department will cater to cancer patients for preventive and other problems during their cancer treatment as well as general patients and staff. The department will also focus on more research oriented services in the future.

**Announcement:** In continuity to its social responsibility towards cancer patients CRI will be organizing a second "ASHA Charity" event, an annual cultural program dedicated to and for cancer patients on 27<sup>th</sup> October 2012. Dr. Meenu Gupta, Asst. Professor, Radiation Oncology, is the Organizing Secretary of the event.

## Microscopic Removal of Brain Tumor



A 12 year old boy of Bhagwanpur Chandanpur, district Haridwar, was suffering from brain tumor (fourth ventricle choroid plexus tumor) for past year. Symptoms included recurrent vomiting and headache. The parents consulted different doctors from well-known institutes, who told them that the complete removal of the tumor would be very difficult with a high risk of mortality, and chances of prolonged ventilator support after surgery. At Himalayan Hospital, Neurosurgeon Dr. Ranjit Kumar took the challenge and removed the tumor completely through microscopic surgery. This successful 5-hour surgery was completed under the supervision of the head of the Anesthesia Department, Prof. Dr. Gurjeet Khurana and the treatment plan was supervised by Dr. Deepak Goel, Professor of Neurology Department. After surgery the child was kept in intensive care for 8 hours and post surgery CT confirmed complete removal of the tumor. The child was moved to the general ward after showing speedy recovery and return to normalcy.

## Research Methodology



The 3rd annual sensitization workshop on Data Management and Research Methodology for 1st year PG students (Batch 2012) was successfully organized during August 31–September 4, 2012 at RDI premises. The workshop conceived as an innovative initiative by the thesis committee chairman, Dr. Rani Gupta, Professor and Head, Dept. of Physiology, HIHT University and facilitated by the committee members as faculty, has positively influenced the PG students' aptitude toward research.

This is important considering the fact that students enrolled for post-graduation in medicine or allied disciplines come with rudimentary knowledge and aptitude for research, have inherent bias and apathy toward concept and application of statistical tools in a research design that writing a thesis calls for.

Objective of the workshop in terms of inciting interest and developing an understanding amongst the PGs was achieved. The students described it as an eye opener. Students found all the topics useful in terms of content, presentation and practical demonstration.

A '10-question' knowledge assessment tool (questionnaire) was administered pre and post workshop with close-ended answers. Correct option to a question was ascribed a value of '1'; wrong and not-attempted answer '0.' Results show a pre-workshop average score of 6.18 by 61.8% of the participants for right answers as against the score of 7.31 by 73.1% post-workshop. This can be considered significant.

The members of the committee, namely, Dr. Debabrata Roy, Dr. Taruna Sharma, Dr. Meena Harsh, Dr. Shalendra Raghuvanshi, Dr. Yogesh Saxena, Dr. Barnali Kakati and Dr. Abha Srivastava were the faculty and resource for the workshop.



Wishing  
you all a  
Happy  
Diwali

## Rational Use of Blood



Dr. Kabita Chatterjee, Guest Speaker

A CME was conducted on 22<sup>nd</sup> September on the topic "Rational Use of Blood" which was attended by over 150 consultants and residents of HIHT. The guest speaker was Dr. Kabita Chatterjee, In-charge Blood Bank at AIIMS, New Delhi. She stressed on the importance of blood components and their proper use, and to avoid unnecessary transfusions to reduce unwanted complications and infections. The

above lecture was followed by a brief presentation on Monitoring of Blood Usage and the importance of Hospital Transfusion Committee by Dr. Gita Negi. The CME was sponsored by Uttarakhand AIDS Control Society.

## Blood Donation Camp

The Dehradun Bar Association and HIHT collaborated in organizing a Blood Donation Camp on Wednesday 26<sup>th</sup> September, 2012 at the Bar Association building. Dr. Vijay Dhasmana, Vice Chancellor HIHT University, inaugurated the camp. The camp saw enthusiastic participation by the lawyers and the litigants for the blood donation with 60 units of blood being collected.

Speaking on the occasion, Dr. Dhasmana reiterated the need and importance of blood donation, especially in the current times where the number of road accidents had increased drastically. He apprised the participants of various specialized services available at HIHT Blood Bank for the patients. He promised to organize health checkup programs for the lawyers at the Bar Association premises soon. He also promised to arrange a cricket match between the Bar Association and HIHT University in the ensuing months. Briefing the gathering about the scholarships schemes undertaken by the HIHT Society for the deserving financially weak students to pursue their higher studies, he requested the Bar Association members to forward the applications of such students to the Society for educational scholarships.

## Quality Family Planning Project

The Quality Family Planning (QFP) project was implemented by [Rural Development Institute](http://www.ruraldevelopmentinstitute.org) (RDI) in collaboration with the Population Foundation of India, New Delhi and the Uttarakhand Health and Family Welfare Department in the Doiwala block of Dehradun for a period of four years (2008-12).

### Reach the Unreached

The goal of this program was to ensure integrated family planning services for marginalized sections of society, geographically disadvantaged people and people with special needs across the block. The outreach interventions were designed to include community mobilization processes, individual counseling services, basket of choice, treatment of Reproductive Tract Infection/Sexually Transmitted Infection (RTI/STI), and follow up and referral services. Camps were scheduled based on specific needs of an area and organized at different locales of all five Primary Health Centers. The team of providers included a gynecologist, counselor, pharmacist, midwives and area coordinator.

### Wall to Pocket

The project implementation faced challenges in terms of low level of information and hesitation towards sharing the details of family planning contraceptives at community level. In order to overcome these challenges, the project converted technical details in simple, interesting and accessible mode which the user of the services could avail at his or her convenience and maintain confidentiality.

### Mobile Application

Under QFP project, mobile phones were used in three ways: 1) to manage client based information, 2) for dissemination of IEC/ BCC materials through audio and videos, and 3) the mobile phone based application helped health providers at all levels to establish effective supplies of contraceptives across the selected areas. Due to this intervention, the contraceptive prevalence rate was increased by 15% from the baseline.

### Users Community Counselor Meeting

A concept of Users Community Counselor through the



kitty party was introduced in which small groups of women were formed at the community level. These women were contraceptive users and were thus tagged as eligible users. To ensure adequate counseling, meetings with these groups were organized twice a month.

### Male Members were Central Focus

In due course of implementation, it was largely felt that the male counterparts of the targeted eligible couples needed to be addressed equally so as to ensure comprehensive and effective impact. With this objective in consideration they were motivated to participate in the community meetings resulting in the increased proportion of male sterilization by 1.5%.

### Client Oriented Institutional Services

HIHT, Urban Health Center Rishikesh and Community Health Center Doiwala were the three centers providing quality sterilization services in the selected areas. During the sterilization processes, all three centers followed the standard guidelines of Government of India of sterilization at every step. Between 2008 and 2012, total 479 sterilization cases were performed by these centers in which 33 were male and 446 were female.

### Recent activities

RDI has been identified as the State Nodal Agency for the prestigious project of "National Action Plan on Implementing the Foundation Course on Children with Disabilities (FCECD)" for all Governmental teachers through online mode. The project is a dream venture of Rehabilitation Council of India and co-implemented with all states in the country, and integrated with Sarva Shiksha Abhiyaan (Govt. of India). The online teaching will start by Master Trainers and Block Resource Centers in select blocks and districts (Pithoragarh, Champawat, Tehri, Bhatwari, Kashipur, and Duggada) in the state from 2<sup>nd</sup> October.

An effort towards universal education for all and inclusive development of children with special needs, RDI under the Scholarship Project has extended financial and academic assistance to nine special and needy children in the age groups 5-17 years at Rishikesh and Doiwala Block.

A 2-day astronomy workshop with 45 scholars and HIHT family was conducted in RDI. In the workshop the participants learnt about the evening sky, constellations, and the Milky Way. They learnt how to make sun dials.



## Save Himalaya

The 'Save Himalaya' campaign was organized by the Hindustan Newspaper across Uttarakhand showcasing the urgent need for conserving the ecology of the mighty Himalayas. The campaign was co-sponsored and actively supported by the Himalayan Institute Hospital Trust (HIHT).

The 9-day-long campaign, aimed at preserving the countries guardian mountain range, began on 1<sup>st</sup> September, 2012 and attracted a record 1.5 million people across the state who pledged for safeguarding the Himalayas as part of the campaign. The mammoth involvement of the youth for the cause added luster to the campaign. During the campaign over 11 lakh students, from all regions of the state, vowed to preserve the natural resources of the Himalayas that are being ravaged for commercial purposes.

The campaign concluded on September 9<sup>th</sup>, observed as the 'Himalaya Day' and a program was organized at the Doon Club, Dehradun. Speaking on the occasion, Shri Sunderlal Bahuguna the renowned environmentalist, stressed on the protection of the Himalayas as they are essential for the country's very existence. The Chief Guest, Sh. Vijay Bahauguna, Hon'ble Chief Minister, Uttarakhand said "We have to be vigilant for the conservation of the environment. Our children should be taught about environment protection from an early age and it is our duty to promote afforestation." He emphasized that the environment protection should now form a part our course curriculum.

HIHT was the first organization to come forward in support of the Hindustan's initiative on the 'Save Himalaya' campaign. Dr. Vijay Dhasmana, Member of the Presidential Body and Vice Chancellor of HIHT University, pledged his full support to the campaign and participated actively in its day-to-day functioning. Addressing the gathering on the concluding day, Dr. Dhasmana said "The culture of the Himalayas and its inhabitants has gone through a major change in the last three decades. Earlier, the jungle fires in the region were attended to by all the villagers collectively but in the present times, the people feel that it is the Government's responsibility/duty to extinguish them. This change is due to the faulty policies of the administration only and not due to any change in the thought process of the inhabitants of the region. Such policies have resulted in destruction of the hill farming, the farm lands in the hills are getting infertile, the rain water goes waste due to lack of effective rain water harvesting techniques, water resources are fast depleting, natural fauna is



being ruined by the rapid growing lantana and congress grass. We need to take effective measures on such issues immediately. The complete ban on polythene should be the first step toward safeguarding the Himalayan ecology. When our neighboring state, Himachal Pradesh, can implement the complete prohibition of polythene effectively, why are we hesitating to do so?" He urged everyone play a proactive role in conservation of the environment in the Devbhoomi.

The campaign saw active and concerned participation of prominent environmentalists, academicians and philosophers viz. Sh. A. N. Purohit and Sh. S. P. Singh (former Vice Chancellors), Sh. Anand Sharma, Director, Meteorology Department, Dr. D. S. Chauhan, Vice Chancellor (UTU), Dr. Vijendra Chauhan, Dean HIHT University, Shri D. P. Dobhal and Sh. G. P. Juyal (Scientists), Sh. Mohan Singh Gaunwasi (Philosopher) and many more luminaries. 'Hindustan' and HIHT applauded the magnanimous efforts of Ms. Manisha Pawar, Secretary (Education), Sh. R. K. Sudhanshu, Director General (Education) and Sh. Chandra Singh Gwal, Director (Education) in spreading the motto of the campaign to every school of the state that provided an impetus to the movement.

The Forest Research Institute of India (FRI) realizing the enormity of the situation about the safety of the Himalaya, has decided to set up a separate department to carry out research on Himalayan ecology and the human settlements in it.

## Community Based Rehabilitation

Rural Development Institute has conducted an analysis on prevalence of disability in Chakrata, Doiwala and Nazibabad through a baseline study. It recently conducted a workshop with different stakeholders involved for the cause of disability to share the findings and explore a way forward in terms of offering adequate rehabilitation benefits.

The list of invitees consisted of policy makers and implementers like Mr. B. R. Tamta (Disability Commissioner, Dehradun), Dr. Janpangi (Additional CMO Dehradun), Mr. S. S. Dhamanda (Ass't. BDO, Doiwala), service providers Mr.

Gideon (Nat'l Institute of Visual Handicapped), Mrs. Lall and Mrs. Thapliyal (Rapheal), Mr. Manoj Rawat, Mr. Virendra (Himalayan Jyoti Samiti), Mr. Rakesh Chandra (Astha Sewa Sansthan), and HIHT faculty and staff, and end line beneficiaries in the form of people with disability from the community. As an outcome of the workshop, the Disability Commissioner and Additional CMO committed to conduct a Block Level Certification Camp on demand by RDI-HIHT team at Doiwala and Chakrata, and the community agreed on the importance of understanding and community based rehabilitation.

Editorial Column . . . . .

## Good Communication Skills

In today's scenario, patients are healthcare consumers. The doctors are healthcare providers, and the traditional doctor-patient relationship has changed. Patients and parents today demand information, courtesy and time. Arrogance, taciturnity, and a generalized lack of communication skills are no longer acceptable to healthcare consumers.

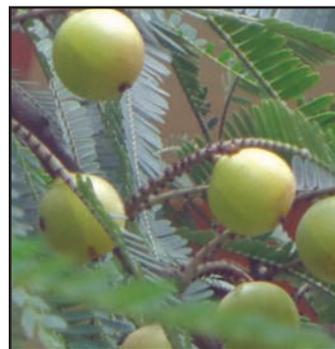
Good communication is good medicine. It enhances the patients' understanding and adherence to therapy, and has a therapeutic effect. If the parents do not understand the disease and treatment issues well, they may not adhere to therapy, resulting in a poor outcome. It is important for doctors to be good communicators, and most medical colleges in USA now teach and assess communication skills. In our country, however, this essential component of a doctor's skill set is largely neglected.

Good communication is an art that is acquired, developed and improved by experience. However, it can also be taught and assessed by means of structured programs. Medical/nursing students will gradually have increasing levels of training in this essential aspect of medicine. Though formal training is not easily available to doctors in jobs or practice, we can improve our communication skills with some personal efforts. This will lead to better patient/parent satisfaction and perhaps better clinical outcomes. Compassion, explanation, and reassurance are valued by our patients and their families as much as a diagnosis, treatment, and cure.

*Dr. Neeraj Jain and Dr. Vibha Jain, Pediatrics*

## The Ayurvedic Centre Herbal Plants in Campus

### Amalaki (*Embolica officinalis*)



**Amalaki** is known as Indian gooseberry, Aamla, or Bharti. Amalaki is described as the Vayasthapan herb (to promote longevity by preventing ageing) in Ayurvedic texts. It belongs to the family Euphorbiaceae.

Amalaki is the richest natural source of vitamin C. It is the primary ingredient of herbal Rasayan Chayavanprash mentioned in the Charaka Samhita and one of the ingredients in the well-known Ayurvedic compound Trifla.

**Plant description:** A medium to large size tree, 8-18 meters in height. Its leaves are simple, light green, closely set, and fruits are light greenish yellow with six vertical strips and furrow.

**Principle constituents:** Vitamin C, gallic acid, ellagic acid, phyllemblic acid, emblicol.

**Part used in therapeutic purpose:** Fruit

**Therapeutic uses:** Vata, pitta and kapha disorder, immune modulator, diabetes, asthma, hyperacidity, burning sensation, premature ageing, aphrodisiac, greying of hair and to improve vision.

*Dr. Sangeeta Rawat, Department of Ayurvedic Medicine*

## Mental Health Week

The Dept. of Psychiatry in collaboration with the Mental Health Nursing Dept. observed World Mental Health Week from 7-13 October 2012.

The following activities were carried out during the week:

**1. Public Awareness through Audio Visual Presentation:** to increase public awareness, a slide presentation that was prepared by the Dept. of Psychiatry was run as a video in the reception area periodically throughout the week. The presentation provided information of the signs and symptoms of common psychiatric disorders and urged for viewers to seek help for themselves or their loved ones.

**2. Workshop on Prevention of Substance Abuse in Children and Adolescents:** A workshop was organized for the teachers from the schools in the city. Teachers from various schools attended the workshop. The workshop aimed at awareness

about the ill effects of the drugs, identifying early warning signs for substance abuse, creating awareness among children and adolescents about substance abuse, and what steps should be taken in cases that are identified.

**3. Public Health Camp:** A camp was organized at Gopeshwar in Chamoli District on 13<sup>th</sup> Oct. for disability certification for mentally challenged persons with the help of Dr. Ajeet Gerola, CMO, Chamoli and his team. A total of 61 patients attended the camp that were provided with mental health care. Disability certificates were issued to 31 children.

**4. Public Awareness through Models, Posters and Role Play (in collaboration with HCN):** With collaboration of nursing students an exhibition of posters and models were carried out on 11<sup>th</sup> Oct. A role play was also organized to create awareness about ill effect of substance abuse.

## National Teacher Award



Dr. S. D. Kandpal, Professor and Head, Department of Community Medicine, has been awarded the prestigious Dr. S. Radhakrishnan Memorial National Teacher's Honour Award 2012. The award was presented to Dr. S. D. Kandpal in a function by Shri Harish Rawatji, the Parliamentary Affairs Minister, Govt. of India. Prof. Kandpal received a citation, memento and shawl in award. He has been honoured for his commendable contributions made in the field of medical education. The award has been bestowed upon Prof. Kandpal on the occasion of 125<sup>th</sup> birth anniversary of former President of India Late Dr. S. Radhakrishnan in a function held in the Constitution Hall, New Delhi by the All India Swatantra Patrakar Aevam Lekhak Sangh on 4<sup>th</sup> September 2012. He was nominated for the award in consideration of his dedicated contribution in the field of medical education in Uttarakhand. Nine other faculty members of various medical colleges across the country were also awarded during this function.

## Disaster Management



हिमालयन इंस्टीट्यूट हास्पिटल ट्रस्ट की ओर से आपदा राहत कोष हेतु मुख्यमंत्री विजय बहुगुणा को चेक भेंट करते हुए डॉ. विजय धरमाना। 18 अगस्त, 2012

The tough terrains of Uttarakhand are often posed with natural calamities viz. floods, earthquakes, landslides, and cloudbursts. This year too, the Garhwal region bore the brunt of nature's fury as landslides and flash floods flattened homes, shops and hotels in the month of August, 2012. Hundreds of pilgrims were stranded as the Chardham Yatra came to a grinding halt. The district of Uttarkashi was particularly hit hard by the cloudburst that created havoc in the entire region. The bridge connecting Uttarkashi town and Bhatwari block at Gangori village collapsed cutting off almost 80 villages of the region.

The disaster resulted in the death of 34 persons. Several pacca and kuccha bridges were washed away. Electricity supply was disrupted and a total communication failure affected a population of 80,000 with damages assessed to a tune of Rs.600 crores. As always, HIHT as a socially aware organization was amongst the first to come forward to offer help to the affected people. The HIHT contributed a sum of Rs.15 lakhs towards the Chief Minister's Relief Fund for disaster management. The employees of HIHT willingly shared the responsibility donating Rs.10,28,783/- to the total contribution made by the Institute.

## Depression: A Global Crisis



The Mental Health Nursing Department of [Himalayan College of Nursing](http://www.hiituniversity.edu.in), in collaboration with the Psychiatric Department of Himalayan Hospital, observed World Mental Health Day, on 11<sup>th</sup> October 2012. More than a hundred patients

and their relatives attended the program.

The theme, "Depression: A Global Crisis" was most apt in the present social context where today's youth is the victim of globalization-led fast life and resultant complexity of interpersonal relationships. Depression, leading to substance abuse and suicide has become a social concern, principally posing as a challenge to the health care professions, especially in Uttarakhand State.

Posters and models prepared by nursing students were used to explain about depression, its prevalence, etiological factors, clinical manifestations and management. The awareness about common household substances like cough syrup, whitener, nail-polish remover, iodex, was created with the help of role play. The significance of the "Nasha Mukti Kendra," an NGO, situated in every district of the State, was emphasised in the same role play.

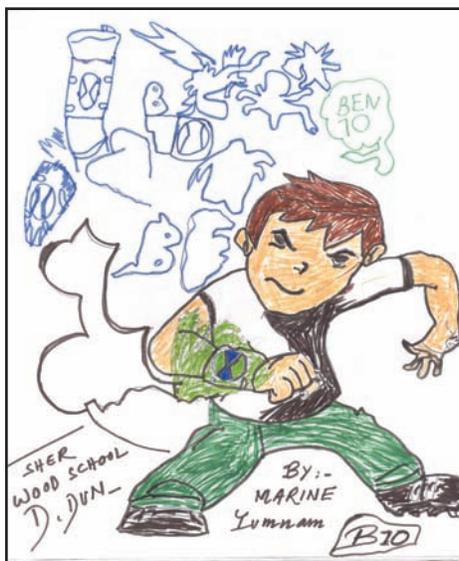
## In Memorium



Dr. Kunwar Jaya Bahadur Singh Gaur, Prof. Emeritus in Medicine, HIHT, left for his heavenly abode on September 15, 2012. Born on July 1, 1935, he was destined to serve the sick and needy by becoming a doctor. He studied at Gajra Raja Medical College, Gwalior.

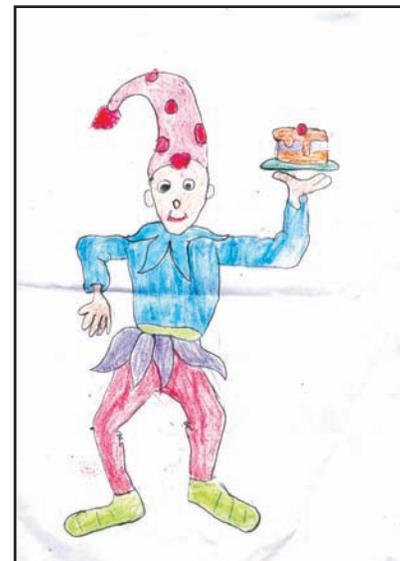
He remained an excellent teacher and guiding force for thousands of medical students, honing them to become fine doctors, during an academic career that lasted 52 years (1961 to 2012). In 1995, he met Swami Rama and was immensely influenced by him. He joined HIMS in 1997, as HOD Medicine, continuing as Professor Emeritus till the end; he considered HIMS as his "karmabhoomi." He was awarded "Special Employee" award in 2007. His motto in life was "Duty before Pleasure." He is survived by his eldest son Dr. Dushyant Singh Gaur, Prof. of Pathology, HIMS, younger son Dr. Maheep, a gamma knife neurosurgeon and daughters Dr. Namrata, cardiothoracic surgeon, Dr. Sonia, neonatologist and Dr. Anupama, scientist.

## Kids' Corner



"My favorite BEN-10 is out to save the world."

*Marine, Class KG Sherwood School*



"I bring smiles to people's faces."

*Anmol, Class IV Brightlands School*

**Happy Children's Day**  
**14th November 2012**



HIHT News is the in-house news bulletin of the Himalayan Institute Hospital Trust, Dehradun, India, a nonprofit organization founded in 1989 by H.H. Swami Rama of the Himalayas. Readers are requested to write to the Editor expressing their views about the bulletin. Printed and published by Dr. Vijay Dhasmana for and on behalf of the Himalayan Institute Hospital Trust at New Art Press, Dehradun-248001, Uttarakhand (India). Editor: Dr. Vijay Dhasmana, phone: 0135-2471133, [pb@hihtindia.org](mailto:pb@hihtindia.org)

The views expressed in the signed articles do not necessarily reflect the official views of the Trust. To receive the HIHT News via e-mail, send a blank e-mail to:

[gml-subscribe@hihtindia.org](mailto:gml-subscribe@hihtindia.org)

© 2012 Himalayan Institute Hospital Trust.

All rights reserved. [www.hihtindia.org](http://www.hihtindia.org)

[www.hihtuniversity.edu.in](http://www.hihtuniversity.edu.in) (HIHT

University), [www.hcn.edu.in](http://www.hcn.edu.in) (Himalayan College of Nursing)

RNI-UTT/BIL/2003/11409



### PRINTED MATTER

If undelivered please return to: Himalayan Institute Hospital Trust, Swami Ram Nagar, P.O. Doiwala, Jolly Grant, Dehradun 248140, Uttarakhand, India.