



Excerpted from

Samadhi the Highest State of Wisdom



by Swami Rama

My master was from Bengal. He was a judge whose only son was hanged at Darjeeling for shooting the governor. He broke his pen, left, and went to the Himalayas where he meditated for many, many years.

Then he met my biological father. When my mother was forty-eight, he blessed my father and mother, and I was born. When I became an orphan, he brought me up. I feel blessed. I never remember my parents. I never missed my mother or father because whenever I think of father, my master's image comes to me. He played all the roles for me. I never feel lonely.

One day I was standing with my master at the foot of the Dronagiri Mountain, which was very hard to climb. I said, "Let me climb this."

He said, "Can you climb it?"

I said, "Of course!" So I climbed the mountain and I stayed on the peak.

He said, "Who is with you there?"

I said, "I am all alone."

He said, "Are you lonely?"

I said, "Yes."

He said, "No. You are alone, but you are not lonely."

When you learn to be alone, but all in one, then you will not be lonely. Who makes you lonely? Not strangers. The person whom you love or who loves you makes you lonely. It means your attitude toward your relationships is not right. Something is wrong somewhere. The object of love is supposed to help you, but instead that object constantly makes you lonely. If your husband doesn't come home on time and doesn't pay attention toward you, what will happen? You will become lonely. Neighbors do not make you lonely. Your own people who claim to love you make you lonely. You will remain lonely as long as you depend on external crutches. You are always lonely even if you are with many people. You try not to be lonely by getting married and establishing a home. You have all the means, yet you are lonely. The greatest of all diseases is loneliness. Why are you lonely? Once you know the center within you, you will never remain lonely. If you know the friend within, you will never be lonely. You are lonely when you isolate yourself from the whole by constantly identifying yourself with the objects of your mind and the objects of the world. I will give you an example.

Someone went to a swami and said, "Sir, I have been dying to learn the method of meditation."

Swami said, "Go to a small room—not a big room. Don't hang any pictures in the room. Sit down there and meditate on a bull for seven days. Then you will learn the effects of meditation."

"Only the effects?"

He said, "No. You will realize what meditation is. First you will know, then I will give you the right method."

The man went there and after six days of intense meditation he said, "I cannot come out. My horns are too big. My body is huge."

He had assumed the form of a bull by meditating on a bull.

At present you are doing the same thing. You have assumed certain forms. I am weak. I am weak. I am weak. You keep repeating this throughout the whole day. I can't do this. Honey, I am suffering. Please help. You lean on others. You are suffering because you are not tapping the resources within yourself.

In this system, Patanjali wants to show you Reality. He says, "The seen is for your sake, oh seer!" This is all the seen. This is all for your sake. You are not for the sake of the seen. You become a victim of the superficiality of the things of the world. You are living in the world and you forget the Reality. That is why you cannot enjoy the things of the world. This world of enjoyment is for your sake, but what happens? You identify yourself with the objects of the world that are meant to be instruments. You forget that you are a seer. Objects are definitely different from the seer. You identify with the world that is quickly changing and then you forget your real Self.

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16th Annual Mahasamadhi Function of Swami Rama



November 13th Bhandara held on HIHT campus



Swami Rama Humanitarian Award presented to Mai Sindhu Tai for Sanmati Bal Niketan



Best Clinician Award presented to Dr. Renu Dhasmana, Assoc. Prof. Ophthalmology, by Hon'ble Justice Shri Sudhanshu Dhulia



Chief Guest, Hon'ble Justice Shri M. M. Ghilidiyal, Lokayukt Uttarakhand, being felicitated

The Himalayan Institute Hospital Trust (HIHT) observed the 16th Mahasamadhi Day Anniversary of its founder H.H. Dr. Swami Rama, falling on 13th November, on 16th November. A bhandara was held on 13th November and 5,000 people were fed. Mahamandaleshwara Swami Veda Bharatiji - Chancellor HIHT University, Hon'ble Justice Shri M. M. Ghilidiyal, Lokayukt Uttarakhand, Hon'ble Justice Shri Sudhanshu Dhulia, Shri Rashpal Malhotra, Shri Deepak Vohra, Swami Jnaneshvara Bharati, and Prof. Shivram were among the many prominent dignitaries, devotees and guests who paid their obeisance to Swamiji.

The program started with the lamp-lighting ceremony by the Chief Guest Hon'ble Justice Shri M.M. Ghilidiyal, Hon'ble Justice Shri S. Dhulia, Mahamandaleshwar Swami Veda Bharatiji and members of the Presidential Body who also paid their floral tributes to Swamiji followed by Guru Vandana sung melodiously by the students and staff members. The master of ceremony, Dr. Gita Negi awarded a warm welcome to the Chief Guest and other dignitaries with bouquets. Dr. Vijendra Chauhan - Secretary HIHT, delivered the welcome address to the Chief Guest, dignitaries, devotees and guests.

The program progressed with distribution of Swami Rama Scholarships to 295 deserving and meritorious students from various schools of Uttarakhand. Scholarships amounting to Rs. 95

lakhs were distributed towards the Swami Rama Scholarships for the year 2012. Thereafter, the selected faculty and non-teaching staff members were felicitated with the Best Employee Award 2012 in recognition of their sincere services and contribution to the organization.

The Swami Rama Humanitarian Award 2012 was awarded to Sanmati Bal Niketan, an NGO working for providing food, shelter and clothing to orphans and destitute women besides arranging educational and cultural activities to help them assimilate into the mainstream of society. The Award was presented by the Chief Guest to Mai Sindhu Tai, founder of Sanmati Bal Niketan, in recognition of her inspiring, life-long dedication to the welfare of orphans and destitute women.

On the occasion, a book on the life of Dr. Swami Rama, *At the Feet of a Himalayan Master, volume 3* and Desk Calendar 2013 of HIHT University containing beautiful quotes of Swami Rama, were released by Swami Veda Bharati and Swami Jnaneshvara Bharati.

The 16th Mahasamadhi Day concluded in the evening with the mesmerizing Bhajan Sandhya by Swamiji's disciples Tiwari ji and Pandey ji from Kanpur echoing his teachings of Love, Serve, Remember.

Surgery Conference



The 38th Annual Conference of UP and Uttarakhand Chapter of ASI (Association of Surgeons of India) was held at HIHT University from 23-25 November. The conference was held over a period of 3 days and included a live operative workshop in which several laparoscopic and open operations were demonstrated. The conference was well attended with about 400 delegates from the state of UP and Uttarakhand. The theme of the conference was "Making Surgery Safer – Nationwide." This theme was chosen to highlight patient safety issues in the surgical procedures. There were 46 papers presented and 30 posters displayed in the conference. The residents of Dept. of Surgery HIHT got the runner up prize in paper session (Dr. Priyank Bijalwan, PG III Year) as well as poster presentation (Dr. Huma Shamim PG III). A banquet was held at Hotel Padmini Palace for the delegates and guests.

Uttarakhand Pedicon



The annual conference of Uttarakhand State Chapter of Indian Academy of Pediatric was organized by Department of Pediatrics at HIHT University from 8-9 December. On 8th December a day-long workshop on "Science, Evidence and Practice of CPAP" was conducted by a team of renowned neonatologists from across India under the leadership of Dr. Ashok Deorari Professor in Department and WHO Center for Training and Research in Newborn Care at AIIMS, New Delhi. Other team members included Dr. Srinivas Muki (Hyderabad), Dr. Amit Upadhyay (Meerut), Dr. Anu Thakral and Dr. Apparna (New Delhi). The conference was formally inaugurated on 8th December evening during which a "Souvenir" was released by Dean Dr. V. Chauhan who was also the Guest of Honor at the inauguration ceremony.

Public Awareness Program



Under the auspices of National Service Scheme (NSS), the students of [Himalayan College of Nursing](#) organized a "Public Awareness Program on Identification, Management and Prevention of HIV/AIDS" in Sahid Narpal Singh Inter-college, Thano, on 5th December, 2012. The participants were 300 adolescent students of the school, 10 teachers and local public. The event included street plays, video show and exhibition. The program was in the context of World AIDS Day observation.

World AIDS Day



The HIV/AIDS epidemic shows signs of reversal globally and in Southeast Asia. The theme for World AIDS Day 2012 was "**Getting to Zero.**" After 30 years of the global fight against HIV/AIDS, this year the global community has committed to focus on achieving 3 targets: "Zero New HIV Infections, Zero Discrimination, Zero AIDS-related Deaths."

The Dept. of Com. Medicine, organized the World AIDS Day on 1st December, in RHTC Rajeev Nagar, and Thano with the key objective of generating awareness about some important facts regarding mode of transmission and prevention of HIV/AIDS.

Cancer Research Institute Update

Oncologist from Uganda volunteers at CRI to help children with cancer & upcoming bone marrow transplant unit:

Dr. C. C. Patel, a pediatric hemato-oncologist, has been frequently visiting and volunteering at HIHT since 2006, and has been key in setting up the pediatric hematology unit in CRI. He has been chosen to lead the team to set up bone marrow transplant unit at CRI which is likely to be functional within a year. CRI has full time hematology services which include clinic and indoor facility headed by Dr. B. P. Kalra.

Initiative for Translational Cancer Research at CRI:

CRI has initiated prospects for translational cancer research in collaboration with Dr. Upendra Manne, Professor, Pathology, University of Alabama at Birmingham, USA. Director CRI and Dr. Manne have mutually agreed on collaborative research in near future.

Initiation for adoption of NABH Guidelines at CRI:

CRI is striving to develop quality services by adopting NABH guidelines with regular auditing and peer review of clinical and supportive services. Dr. S. K. Srivastava, hospital administrator at CRI, is co-ordinating these initiatives. Under this initiative an expert scientist and medical physicist Mr. S. C. Kheruka, from SGPGIMS, Lucknow visited CRI in November. He along with the Head of Department, Nuclear Medicine and Medical physics team at CRI reviewed gamma camera functioning parameters and critically reviewed all technical aspects. This will ensure continued quality services of Nuclear Medicine at CRI.

Building Progress at CRI :

Construction of CRI building is ongoing in full swing for the past few months and is expected to be completed in 2013. Another floor of wards will be added, bringing the capacity of beds of CRI to 260.

ASHA Charity Program: A Cultural Event for Cancer Patients

CRI organized 2nd ASHA Cancer Charity Cultural program on 27th October. Healthcare providers participated wholeheartedly

as volunteers in the program. Dr. V. Chauhan, Member Presidential Body HIHT, conducted the invocation ceremony by lighting the



lamp. Shri Ramesh Pokhriyal (Nishankh) former Chief Minister, Uttarakhand graced the occasion. Dr. Sunil Saini welcomed the guests and participants. A variety of cultural activities were performed by various artists who volunteered and travelled from different regions for this cause. A thumri performance was given by Mrs. Saroj, a relative of a cancer patient, and the star performer of the evening was Ms. Arushi Pokhriyal and team who mesmerized everyone with her brilliant Kathak performance.

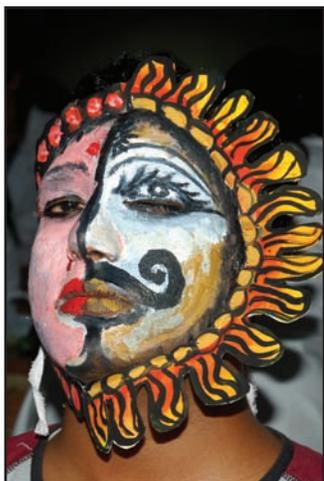
Forensic Medicine Prizes



The annual prize distribution ceremony for the students of 2010 batch was held on 24th November 2012. Like every year, students prepared research projects which were supervised by the departmental faculty. This year, as an innovation, some students volunteered to prepare models relevant for the subject. These projects and models were evaluated by faculty from other departments and external evaluators from other medical colleges and the winners were given prizes in the ceremony.

The Hon'ble Vice Chancellor, HIHT University graced the occasion as the chief guest. The other dignitaries were the Dean, Medical Superintendent, Deputy Deans and the internal and external evaluators. The department has also published the museum catalogue, which was released by the Hon'ble Vice Chancellor. The efforts of the students were highly appreciated by all and the HOD, Dr. Das, announced that these projects would be presented in the scientific conferences and also published in journals.

Literary Events



Literary committee of HIHT University organized literary events on 2nd-3rd November. MBBS, post-graduate, nursing and paramedical students enthusiastically participated in various literary activities like essay, poetry and story writing, slogan writing, calligraphy, sketching, painting, card-making, collage-making, rangoli, face-painting and mehendi. Dr. V. Chauhan, Dean, inaugurated the event and congratulated the participants and organizing team for conducting these literary events. Faculty from various departments who



along with members of literary committee put their effort to make it a successful event. The Award Ceremony for these will be held after the current set of examinations, probably in the first week of February.



judged these events were highly impressed by the talent on display. Organizing team of MBBS, nursing and paramedical students



MBBS Fresher Party



The much awaited Fresher's Party was held on 21st November in the college auditorium. The tradition of welcoming the new students of 1st year MBBS was revived by 2011 batch by organizing the function which they named "Emblazon 2K12."

Keeping alive the rich Indian culture, our seniors welcomed each one of us with a teeka applied on our foreheads. A feeling of

warmth, friendship and acceptance flooded the hall and put a stamp on the start of a wonderful relationship for the rest of our lives. The event started with an energetic and lively dance performance by the senior batch girls. This was followed by introduction us all juniors, in which we had to walk across the stage as our name was called out. It was a little nerve racking but we managed it with our heads held high.

Next came the selection of "Mr. and Miss Fresher" amidst laughter, many witty questions and equally witty answers. Pranjal Mamgain and Akriti Saini were chosen as Mr. and Miss Fresher respectively. The highlight of the evening however were the "Banana Awards," a delightful and entertaining surprise. This event enthralled all present.

By the time the party came to an end, we were all begging for more. It is said that a good start signifies a great end, and we freshers could not have asked for a better kick off.

Naina Prakash, 18th Batch

RDI Update



The Education Group marked the celebration of World AIDS Day by taking 20 scholars to visit “Red Ribbon Express” a train which has informative and innovative ways to teach about AIDS to the adolescents as well as grownups. The Education Group has also started offering scholarships in vocational training for 10 students (in dance, music, painting, photography and pottery design) on the basis of their merit and talent. International Day for People with Disability was celebrated on 3rd December with the theme “Removing Barriers to Create an Inclusive and Accessible Society.” The National Action Plan on Implementing the Foundation Course on Children with Disabilities training was imparted to block resource centers in Pithoragarh, Kashipur, Dugadda and Bahatwari. State ASHA Resource Center organized 2-days’ Training of Trainers for district trainers of all the 13 districts of Uttarakhand on “Supportive Supervision and Skills for ASHA Facilitators” in 5 batches from 3rd-21st November at RDI. A dissemination workshop on “Model Initiative to Ensure Quality Family Planning Services in Uttarakhand” was held in Dehradun, November 15th, with representatives of UKHFWS (Uttarakhand Health and Family Welfare), and Population Foundation of India which was implemented in Doiwala for 2008-2012.

Save Heart Save Life



The Dept. of Medical-Surgical Nursing of [Himalayan College Nursing](#), organized a day-long workshop 7th December, on Basic Life Support and Advance Cardiac Life Support on the theme “Save Heart, Save Life.” The workshop activities included interactive lectures, video shows and practice sessions. The use of Automated External Defibrillator was also demonstrated. The Chief Guest, Dr. Pradeep Aggarwal, Assoc. Prof., Dept. of Com. Med. emphasized the importance of on-going Quality Chest Compression competency training for all health care professionals.

Induction Ceremony



Himalayan College of Nursing hosted a formal induction ceremony on 27th November 2012 for the students of 17th batch of GNM and 7th batch of basic B.Sc.Nursing students who began the nursing program during the 2012-2013 academic year. Transferring the light from candle to candle symbolized the promise of right direction and guidance from the nursing leaders to the students. The nursing students repeated the “words of honor” and this symbolized the actual ceremony of initiation of students into the nursing profession.

Training Program for Nurses



The Indian Nursing Council, under the auspices of NACO has launched a training program for nurses in India on prevention, care support and treatment of HIV/AIDS, tuberculosis and malaria. This project aims at strengthening 55 Nursing Educational Institutes to train 90,000 practicing nurses within a period of 5 years (2008-2013). These nurses working in hospitals, PHCs & CHCs function at grass-root level and are in better position to empower people with these diseases to improve their quality of life. The project is being supported by the Global Fund, World Bank (GFATM). In this background, Indian Nursing Council and Rajkumari Amrit Kaur College of Nursing, New Delhi jointly organized a workshop on 25th September in HCN. Sixty senior nursing administrators of Government and Private Hospitals of UK state attended this day-long workshop. The resource persons were Dr. P.C. Kapri, Director-UK SACS, Prof. Santosh Mehta, Principal, Rajkumari Amrit Kaur College of Nursing; Mrs. Sunita Mishra (Observer from INC) and Dr. Ratna Prakash, Principal, HCN.

The Ayurvedic Centre Herbal Plants in Campus

Guduchi (*Tinospora cordifolia*)



Guduchi also known as Amritaballi, Giloe, Amrita and Chinnodbhoba, is one of the most valuable herbs in Ayurvedic medicine. It is described as Rasayan in Charak Samhita. It belongs

to family Menispermaceae.

Plant description: It is a large glabrous climbing shrub. The plant is distributed throughout tropical India. The leaves are heart shaped; the succulent bark is creamy white to grey color with deep clept spotted with lenticels. It is often grown on mango and neem trees. Flowers are yellow and fruits are pea-like and red in color.

Chemical constituent: Giloin, beberine, gilosterol, tinosporine, tinosporic acid.

Part used in therapeutic purpose: Root and stem.

Therapeutic uses: Vata, pitta and kapha disorder, fever, diabetes, gout, jaundice, immunomodulator and burning sensation.

Dr. Sangeeta Rawat, Dept. of Ayurvedic Medicine

The Ayurvedic Centre Update

The Dept. of Ayurvedic Medicine celebrated Dhanvantri Jayanti on 11th November at Ayurvedic Centre. On this occasion a special pooja was performed and prasad was distributed. A large number of faculty, staff and residents of the campus participated in the pooja ceremony.



A group of yoga aspirants from different countries visited Ayurvedic Centre on 12th November. They were delighted to see the facility of Panchakarma therapy and most of them received therapy. In the month of Nov-Dec, 45 patients from Tiawan and Columbia visited the Ayurvedic Centre.

Fire Fighting Training



A training for firefighting was organized by HRD for the security and engineering staff of the Institute 26-27 October. Altogether 123 employees were educated on different modules to fight fire. The training session comprised of theoretical knowledge on types and reasons of fire, including a practical session on the uses of different firefighting modules. Mr. Dani Ram, FSO, Rishikesh and Mr. R. P. Sinha, HRD, conducted the training.

Blood Donors

A blood donor motivation program was organized on 31st October to mark the National Voluntary Blood Donation Day on 1st October. Students from the medical, nursing and paramedical colleges of the Institute were invited and those who were regular voluntary blood donors were honored with certificates of appreciation and mementoes. Resident doctors, PROs and in-charges of departments who contributed to voluntary blood donation activities were also thanked for their contribution. The program was attended by Dr. Meenakshi Uniyal, Joint Director State Blood Transfusion Council.

ENT Prize Winners

- Dr. S. S. Bist**, Associate Professor, won Best Junior Consultant Award in 30th Annual Conference of The Association of Otolaryngologist of India, Uttar Pradesh Chapter, M.L.B. Medical College, Jhansi on 3-4 November 2012.
- Dr. Sarita Kumari Mishra**, Assistant Professor, won 2nd Prize in Young ENT Surgeon Award Paper, in 5th North Zone Conference of AOICON held at Shri Ram Murti Smarak Institute of Medical Sciences, Bareilly (U.P.) from 1-2 December 2012.
- Dr. Sumit Prasad (JR-III)**, won 2nd Prize in Resident (PG) Award Paper Session in 5th North Zone Conference of AOICON held at Shri Ram Murti Smarak Institute of Medical Sciences, Bareilly (U.P.) from 1-2 December 2012.
- Dr. Uday Monga (JR-I)**, won 1st Prize in Poster Presentation, in 5th North Zone Conference of AOICON held at Shri Ram Murti Smarak Institute of Medical Sciences, Bareilly (U.P.) from 1-2 December 2012.

Diwali Mela

Kids' Corner



Recreation Club of HIHT celebrated Diwali mela on 3rd November. Whole HIHT family including faculty, staff and their kids enjoyed this evening. For everyone's entertainment there were fun games, swings for adults and kids, all kinds of food stalls had chat, south Indian dishes, bakery items, and north Indian dishes. Delicious food stalls from Nursing College and from the campus staff attracted many people. In the meantime fireworks also enhanced the flavor of the evening. Students of HIHT danced with the beats of DJ on the dancing floor. At the end, housie was played and lucky draw winners were announced. This gala evening ended with total relaxation of mind.



"My imaginary rocket"
Chiraag P, IVth Standard, Scholars Home



"Radha kanha ki kahani"
Advaita Uniyal Class 2 Brightlands

Science of Joyful Living

Faculty and officials from different departments of HIHT attended a 3-day session on Science of Joyful Living at the Nursing Auditorium from 29th November to 1st December. Topics covered were Diet, Relaxation, Creative Use of Emotions, Mind and Meditation, and Science of Breath. The event was organized by HRD.



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