



## The Method of Meditation

Now systematically I'm giving you the brief method of meditation.

Punctually every day at the same time, sit in a calm and quiet corner of your house, keeping your head, neck, and trunk straight.

Now gently close your eyes. Mentally survey your body. Is your head, neck and trunk in a straight line? Let you survey your whole body systematically from head to toe and then from toe to head. Your body is comfortably steady.

Now you are paying attention towards your breath. Your mind is flowing with the flow of your breath. There is no noise, no obstruction, your breath is not shallow, it's deep. You are not creating a large pause between inhalation and exhalation, it's not jerky but it's smooth. Let you push in your abdomen and exhale. Inhale and let your abdomen come out, don't force it. Use your little bit of force when you push in your abdomen, that helps your diaphragm to push in your lungs in exhaling and expelling that which is not needed. Let you form this habit.

Now when you are exhaling, you are exhaling that is not needed in your system. Exhale all your negativity, fears, problems, pains and miseries. Inhale fresh energy from the cosmos. Fill up your whole being with that energy. You are just being aware of this fact that when you inhale the energy, and exhale that which is not needed, your whole body is fully relaxed. Let your mind flow with the flow of your breath.

Now let your mind pay attention on the center between the two nostrils, the bridge between the two nostrils. Let your both nostrils flow freely. You are feeling the breath that you are inhaling and exhaling.

Now let your mind be focused on the space between the two eyebrows called ajna chakra. Here you are allowing yourself to understand your thoughts. Any thought that comes before you, you should learn to let go.

You have a body but body is your gross instrument. You have senses and breath, they are your instruments, but mind is your finest instrument. You are not body, senses, and mind. You are seated beyond body, breath, senses and mind. You are not identifying yourself with your body, breath and mind.

Your essential nature is peace, happiness and bliss.

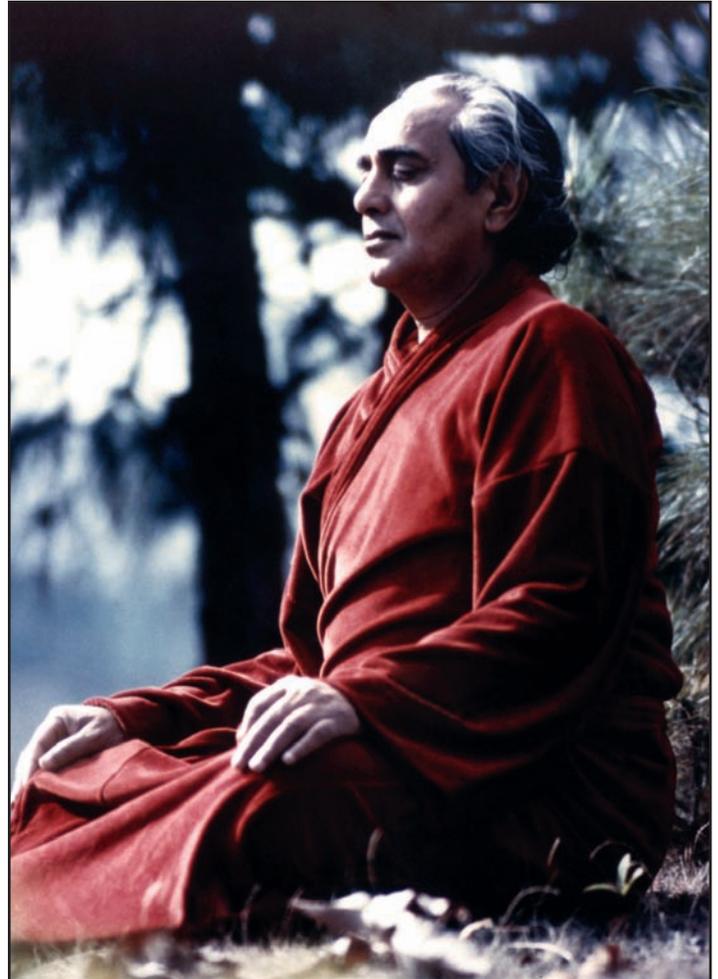
Now you are remembering your mantra.

Your mantra is leading you to the silence. You have started listening to the mantra coming from the space or center between the two eyebrows.

Your tongue is not moving, your mind is not remembering but listening to the mantra. Mantra is leading your mind to the silence. Your mind is following the sound of your mantra.

There you will find yourself free from all superimpositions.

Again you have started listening to your mantra.



by Swami Rama

Then, remembering your mantra, you are paying attention towards your breath again. Your body is fully relaxed. Gently open your eyes.

Peace, peace, peace.

I pray to the divinity in you and God bless you.

Now you can go inside, come back the same method, and slowly and gradually you can increase your capacity. Don't change the method of meditation again and again for then you cannot train your mind. This is important.

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## Second Convocation of HIHT University



Procession of the Faculty



Dignitaries on the dais



Audience



Some graduating students

The 2<sup>nd</sup> convocation of [HIHT University](http://www.hihtindia.org) was held on 30<sup>th</sup> January 2013 in the University premises. Shri Satyanarayan Gangaram Pitroda ji, Advisor to Prime Minister on Public Information Infrastructure & Innovations, presided as the Chief Guest and Prof. S. K. Singh, Hon'ble Vice Chancellor, HNB Garhwal University was the Guest of Honor of the ceremony where 247 students were conferred their degrees. In the Post Graduate category - 32 in MD, 21 in MS, 11 in MPT; 17 M.Sc. Nursing, and in the Graduate category 103 in MBBS, 13 Post Basic B.Sc. Nursing, 39 Basic B.Sc. Nursing, 07 in BMLT and 04 in BRIT were awarded degrees.

The program commenced with the Guests paying their homage to the founder, HH Sri Swami Rama with lighting of the lamp followed by the 'Kulgeet' of the HIHT University sung by the students. The Hon'ble Vice Chancellor of HIHT University, Dr. Vijay Dhasmana declared the convocation Open and welcomed the dignitaries.

Prof. S. K. Singh congratulated the students on their achievements and appreciated the growth achieved by HIHT University in the field of education and research over the years. He urged the students to follow ethics and remember the affection of teachers bestowed on them during their student years.

Delivering his keynote address, the Hon'ble Chief Guest congratulated the students and reminded them that this is not the end but the beginning. "Learning is a lifelong process," he said.

He stated that the country still does not produce enough doctors and healthcare officials to meet its requirements. "A revolution is needed in medical science to meet the healthcare needs of the country." Shri Pitroda called for cooperation between his team and HIHT to prepare a database of holistic medicine as the "holistic approach to healthcare" is the need of the hour in our country. "This may not solve all the problems but would certainly be a good beginning," he said. He urged the students to devote at least one hour a day to surfing the net to enhance their knowledge.

The Hon'ble Chancellor of HIHT University, Mahamandaleshwar Swami Ved Bharati ji honored the Chief Guest and the Guest of Honor with a shawl and a memento and said that the world had understood the benefits of holistic healing and followers of it were growing in the West.

The Registrar Shri Nalin Bhatnagar gave the vote of thanks and the ceremony ended with the declaration of the Convocation Closed by Dr. Vijay Dhasmana. It was followed by the National Anthem played melodiously by the Band of the 6<sup>th</sup> Garhwal Rifles who enthralled the audience with their music prior to the academic procession entering the Convocation Hall.

Former Chief Minister Sh. Ramesh Pokhariyal 'Nishank,' Mr. Deepak Vohra, Mr. Idris - Ambassador of Burkino Faso to India, Sh. Sunderlal Bahuguna, Mr. Sanjay Awasthi - Commissioner Income Tax, Hon'ble Justice (Retd.) Sh. Lakshmi Bihari were amongst the many dignitaries who graced the occasion.

## Basic Medical Education



The Department of Medical Education conducted a Basic Medical Education workshop on 18<sup>th</sup> & 19<sup>th</sup> December 2012 which was attended by teaching faculty of the college. Many interesting and important topics were covered in the form of interactive sessions, brain storming, role plays and games. The topics included teaching learning principles, formation of objectives, student assessment and curriculum planning. The workshop was jointly organized by DME, HIHT University and Zonal Centre - CMC Ludhiana. The observer to the workshop was Dr. Richa Ghay Thaman from SGRD, Amritsar a FAIMER fellow.

## Research Workshop



A workshop on Guidelines for Responsible Research and Good Clinical Practice were held at CRI for health professionals. The resource person for the workshop was Ms. Hernette Breunis, Research Co-ordinator at Princess Margaret Cancer Center, Toronto, Canada. The workshop was held between 5<sup>th</sup>-15<sup>th</sup> February for postgraduate students and faculty members of various specialties in the Medical College, students and faculty from paramedical, and the Himalayan College of Nursing. The workshop gave an overview of the specifics of responsible research, followed by explaining clinical research, and the phases of clinical trials. Issues like privacy, confidentiality and conflict of interest while conducting a clinical trial were also discussed. Approximately 116 people were trained over a period of two weeks.

## Reasons to Smile



Dental implants are the new reason to bring back your lost smile. Loss of teeth leads to significant difficulty in function and aesthetics. These challenges are met with the latest advances in dental surgery including dental implants.

Dental implants are titanium screws that are surgically placed in jaws, which after Osseo integration allow successful placement of artificial teeth. This novel technique eliminates the need for cutting healthy adjacent teeth as required in conventional technique (Bridge placement).

Dental surgery department of HIMS has successfully started dental implant surgery. The first dental implant was successfully placed on 11<sup>th</sup> Feb 2013 by team headed by Dr. Abhishek Kandwal, including Dr. Saba Jamil, Basudev Bisht and Anita Rawat.

## Saraswati Puja



Basant Panchami was celebrated in the form of Saraswati Pooja on 15<sup>th</sup> February 2013 at the entrance of the Medical College. A large number of students, faculty and staff members from all disciplines participated in the chanting of mantras followed by "Pushpanjali" and distribution of prasad.

The event was organized jointly by volunteers from administration, medical, paramedical and nursing colleges.

## Rural Development Institute

Training and Capacity Building programs are an integral part of RDI's work and recently it conducted programs on a range of topics under its different projects.

### **State ASHA (Accredited Social Health Activist) Resource Center:**

RDI has been working as the State Resource Center for ASHA, a program of National Rural Health Mission and it conducted training on Weekly Iron Folic Acid Implementation for 60 field based agency representatives.

### **Backward Region Grant Fund:**

Under a program on good governance wherein RDI is the Technical Support Institute for the Ministry of Panchayati Raj, Government of India for Tehri, RDI conducted trainings on Disaster Preparedness, Legal Rights of Women, Child Labour Act and other development schemes to Block authorities.

### **Scholarship:**

Under its scholarship program to the deserving and meritorious children a workshop was conducted with them on developing sensitivity towards people with disability.

### **Skill Development for People with Disability:**

A 2-day workshop was organized for 37 people with disabilities on skill development for tie & dye fabric coloring. They were also trained on plant propagation and nursery management.



### **Awareness and Advocacy Programs:**

Celebrations were marked for International Day of People with Disability on the theme of "Removing Barriers towards an Inclusive and Accessible Society for All" on December 3<sup>rd</sup> with school students and seven district representatives of Garhwal, and also National Youth Day on January 12<sup>th</sup> with our scholars.

RDI has been appointed as National Rehabilitation Center, Dehradun by Uttarakhand Health and Family Welfare Society.

## Cancer Research Institute



**Freedom fighter puts up brave front against cancer** – 102 years old Tungal Singh (Tungal – The Best), head of a family of freedom fighters, walks away after being treated for advanced cancer of the lung by the team at CRI. Tungal Singh who is fond of traveling, still maintains his sound intellectual capabilities and sense of humor. He participated in his treatment plan decision making, and accepted the diagnosis of cancer with a smile on his face, underwent palliative radiotherapy, and is now receiving Gefitinib, a targeted therapy. He is on the road to recovery, walking briskly in the outpatient clinic.

The parents of Tungal Singh were devout freedom fighters. Following in their footsteps he also devoted his life to the freedom struggle and spent many years in close association with Mahatma Gandhi. Tungal Singh and his wife Bhagirathi Devi spent 5-1/2 years in jail, often in two separate jails. One of their sons, Bharat Bhushan, named by Sarojini Naidu when he was born in jail, brings him for regular treatment and follow-up.

Cancer Research Institute received a visiting professor Dr. Rakesh Kumar, Ph.D. Chairman of prestigious Dept. of Biochemistry & Molecular Medicine at George Washington University, USA on 28<sup>th</sup>-29<sup>th</sup> January. Dr. Kumar, a renowned cancer scientist, is well known for his pioneering basic research on understanding molecular pathways and hormonal management of breast cancer. His research has contributed significantly towards current management of cancer. Dr. Kumar said all important discoveries start with a good question; he inspired faculty and staff at HIHT by delivering a lecture on "Pathway-centered Approaches in Breast Cancer Progression," a summary of his path-breaking discoveries over the last 25 years. Dr. Kumar travels frequently to India supporting many research initiatives in premier institutions of India; he is designated as Distinguished Scientist by DBT, Govt. of India for promoting research in India. Faculty members at CRI discussed potential collaborative research with his support and guidance. He gave an insight into possible research areas and means to develop cancer research facilities.

**World Cancer Day 4<sup>th</sup> February 2013** was celebrated through public education camp organized by Dr. Meenu at Rural Health Centre, Rajiv Nagar. Dr. Sunil Saini, Director CRI, talked about lifestyle management for prevention of cancer, addressing a group of 300 engineering students at IIT Roorkee, organized by NSS.

**Pediatric Cancer Day** was celebrated in CRI on 15<sup>th</sup> February. Children with cancer were felicitated with biscuits, toys and tea.

## Neuro-Psychological Workshop



A workshop was conducted by PG Nursing students on “Neuro-Psychological Assessment: Nursing Standpoint” involving the UG Nursing students of [Himalayan College of Nursing](http://www.hiituniversity.edu.in), under the auspices of the Psychiatric Nursing Department on 29<sup>th</sup> January 2013.

The sessions comprised of a brief review of the structure and functions of the nervous system, mental status examination and hands-on experience of neurological assessment including health history, physical examinations and analysis of diagnostic tests.

Students’ return demonstration was observed, with special emphasis on health history, examination of cranial nerves, motor and sensory nerve functions, cerebellar activity and reflex actions.

The outcome evaluation by pretest-posttest method showed that the objectives of the workshop were fulfilled. Pre-test Mean was 8.21, Median 8 and Mode 8 and the Post-test Mean raised to 14.09, Median 15 and Mode 16.

The encouraging feedback of the participants reminded us of the universal truth of the saying of the great Chinese scholar Confucius, “I hear I forget, I see I remember, I do I understand.”

## Visit by Nurses from Wisconsin

A group of 14 nursing students and one faculty from University of Wisconsin visited [Himalayan College of Nursing](http://www.hiituniversity.edu.in) from January 9<sup>th</sup> to 15<sup>th</sup> as part of their curricular requirement. Quality time was spent in interaction with Principal and faculty stressing on world scenario of nursing, need and priorities of nursing intervention and changing trends of health problems and care protocol in India and USA as viewed and experienced by faculty and students of both universities. They also interacted with various groups of student representatives of SNA (Students Nurses’ Association) and NSS units of HCN. A full day clinical experience was arranged in community setting along with the staff and students of Community Health Nursing Department. The students of Wisconsin University imparted health education to different age groups of people and school children on importance of hand washing, exercise, nutrition, and dental health. The students of HCN played an active role in helping the student group of Wisconsin University in conducting basic home intervention and interacting with community people.

## Exhibit on Child Abuse



The rapidly rising incidences of child abuse, even in the remote areas of rural India call for preventive initiatives from all categories of health professionals.

On this thought an exhibition was organized by Nursing Students on “Child Abuse: Consequences & Prevention,” under the auspices of the Pediatric Nursing Department of [Himalayan College of Nursing](http://www.hiituniversity.edu.in) on 2<sup>nd</sup> February 2013, on the Himalayan Hospital premises.

Chief Guest, Dr. Vipan Chandra, HOD, Pediatric Department, HIHT inaugurated the exhibition. A role play on a realistic family situation brought out the issues of child abuse and its consequences encompassing all aspects of physical and psychosocial health of the child and the resultant family discord.

The exhibits depicted child abuse at home and in schools; problems of child laborers; sexual abuse and information about the available legal protections to the victims.

Parental counseling and children’s training for self-protection (martial art) and self-preservation were presented as preventive actions against child abuse.

There were many concerns from the public especially on what is called child abuse in a home situation or in school. Most parents thought that beating, scolding and other kinds of punishment were part of child upbringing for modification of undesirable behavior. Also they approved of beating children in school saying that punishment was necessary to make them study. After the program they opined that the pictorial display and the role play depictions of the consequences of child abuse had made them think seriously about this issue.

The exhibition ended with encouraging words from the Chief Guest, attending faculty and public.

## Christmas Celebration

Christmas was celebrated on 20<sup>th</sup> December 2012 by the nurses at Himalayan Hospital. Dr. Renu Dhasmana Director Nursing, Dr. Deepak Goel Deputy Medical Superintendent, Dr. Kathy and Rakesh Sharma Nursing Superintendent were invited. Santa made everybody laugh, and distributed chocolates.

## Editorial Column

*Notes from my diary:*

I came pacing quickly towards Swami Rama Centre on this bright Thursday morning at 10:30 a.m. (the right time for the meeting). I was suddenly stopped short on my way by a group of people smiling at me sitting on a pristine white sheet spread out on the path!! Lo and behold! This was our group, the editorial team of the HIHT Newsletter, and the meeting was right here! Kamal, Gita, Pradeep, Sailaja, Sanchita, Sangeeta, Vivek, the quorum was almost full today. The warmth of the January sun was so comforting to us that we kept on grinning without any apparent reason. Of course the hot and freshly made tea, courtesy SRC and the sweet/salty biscuits to go with it as always was an important feature.



This was our meeting for the upcoming newsletter. Our group is comprised of representatives from each area of HIHT family and we meet once in 2 months, mainly for tea! We also tend to close in on commenting about the past and future newsletters, trying to focus on the upcoming edition. Somehow we try and try to fill it up. We try to recollect every minute event which may have occurred, may be coming up or even thought about in our dreams, either too soon or too late for including in the upcoming news. There Kamal says, "There's nothing for this issue." Again we rack our brains, think hard and give out some thoughts. Ok, this will do. Kamal gives up, meeting ends. We work hard, take a group photo, smile and leave.

**Note:** We do not use any paper during our meetings, (mainly to avoid writing), and communicate through email to save paper.

*Dr. Vandana Dhingra, Ass't Prof. & Clinical In-Charge,  
Dept. of Nuclear Medicine, Cancer Research Institute*

"You're braver than you believe, and stronger than you seem, and smarter than you think." *A. A. Milne*

## 64<sup>th</sup> Republic Day

The 64<sup>th</sup> Republic Day was celebrated with gaiety and patriotic fervor at the [Himalayan Institute Hospital Trust](http://www.hihtindia.org). Dr. Vijay Dhasmana, Member Presidential Body, unfurled the national flag and took the salute as the march past contingents led by Dr. Vineet Mehrotra passed by. Dr. Pradeep Agarwal was Master of Ceremony. The contingent of medical, paramedical and nursing



students was followed by the staff of nurses, CRI's "Army Against Cancer" led by Dr. Sunil Saini and the security staff led by Sh. P. C. Gaur matching their feet to feet.

A cultural program of songs, dance, poetry and dance-drama, by the students of Vidya School, Nursing College, Paramedical and Medical College, on the patriotic theme was widely appreciated



by the audience. A patriotic song "Meri Janambhoomi" sung melodiously by the faculty received thundering applause from all. Shaumik Mitra's "Teeja tera rang tha main tho" and Manish's "Sandeshe aatey hain" brought tears to the eyes of listeners.

Speaking on the occasion, the Chief Guest Dr. Dhasmana congratulated everyone on the 64<sup>th</sup> Republic Day of the nation. He praised the efforts of all the faculty and staff members in putting the organisation on the path of progress and urged them to keep up the good work as there is still a lot to be achieved. He announced the approval of the Himalayan University by the State Government of Uttarakhand, a private state university promoted by HIHT. He informed that the new University would soon start with the Engineering College which would be followed by other streams in a phased manner. The program ended with the distribution of sweets.

"Be the change that you wish to see in the world."  
*Mahatma Gandhi*

## The Ayurvedic Centre Herbal Plants in Campus

### Kalmegh (*Andrographis paniculata*)



Kalmegh also known as Bhunimba, Green chirayta, Mahatikta is described as an hepatoprotective herb in Ayurvedic literature. It is extremely bitter in taste. It belongs to family-Acanthaceae.

#### Plant description:

It is an erect annual herb and grows 30-110 cm in height

with quadrangular branches. Its leaves are simple lanceolate and acute at both ends, flowers are white in color and fruits are like linear capsule.

**Principle constituent:** Andrographoide, Kalmeghin.

**Part used in therapeutic purpose:** whole plant.

**Therapeutic uses:** Pitta kapha disorder, fever, malaria, liver disorder, diabetes, skin disorders, worms infestation.

*Dr. Sangeeta Rawat, Dept. of Ayurvedic Medicine*

## New Year's Party



The new year celebration on 11<sup>th</sup> January 2013 was organized jointly by the departments of Anatomy and Physiology along with Nursing and Paramedical staff and colleges. The event was hailed by all as a breath of fresh air amongst the busy schedules of all staff members. Excellence was portrayed in the decoration, presentation and huge participation. The various fun games, surprise gifts and above all, excellent snacks and food were loved by all.



### Ayurvedic Centre Update

A group of delegates from Holland visited Ayurvedic Centre on 9<sup>th</sup> February 2013. They were given a lecture about Ayurveda, panch karma therapy, and diet and lifestyle by Dr. R. K. Mamgain.

## Himalayan University

The Himalayan University Bill was signed by H.E. Dr. Aziz Qureshi, the Hon'ble Governor of Uttarakhand in February, 2013. The Himalayan University shall soon be functional with new courses in Technology and Management. Heartiest congratulations to all members of the HIHT Family !!!!

### Did You Know?

Blindness (due to cornea) is cured by replacement of cornea from the eyes of dead persons (donor).

- There are 10 lakh blind people waiting for donated corneas.
- Eye donation does not disfigure the face of the dead body.
- The eye can be taken from the body within 6 hours of death.
- You can also pledge your eyes for donation.
- Motivate your friends, patients, attendants, neighbors and community for eye donation.
- Make it a family tradition.

**Contact:** HIHT, Eye Bank, Department of Ophthalmology, Swami Ram Nagar, Jolly Grant, Dehradun, Uttarakhand. Ph. No. 0135-2471- 355, 440, 202, 200 & 300

## Vidya School Celebrations



Diwali celebration



Christmas celebration



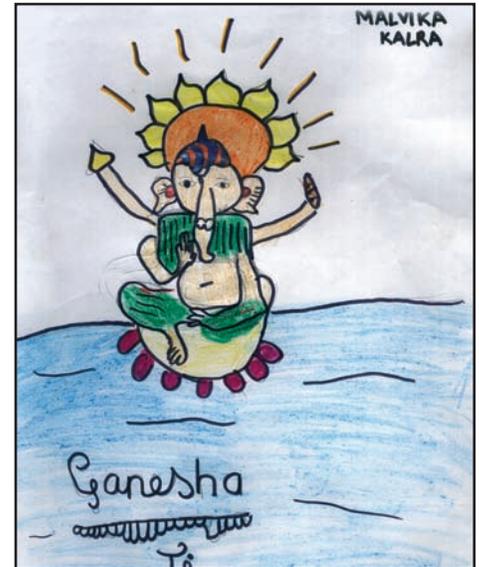
Sports Day

## Kids' Corner



"Evil Robot"

*Harmendra P., Class VI Scholars Home*



"Lord Ganesha"

*Malvika Kalra, Class IV-Iris*



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