



Sri Guru Granth Sahib, volume one transcreated in English verse by Swami Rama

*God alone is only One,
By Guru's Grace the Lord is won.*

p.14

Raga Sri First Guru Ghar 1

Of precious gems and scented paste,
Shall I in gilded halls be placed?
Their beauty may my eyes deceive
Causing me from God to leave.1.
Away from God my spirit burns,
For God my fiery spirit yearns.
My Guru said I should reside
In God, no other place abide.1.

*

Bejeweled patterns on the floor
And carven beds with treasures more;
A maiden fair with precious gems
Beckoning forbidden hymns;
Let it not of me be said
That tempted, from the Name I fled.2.
If through great austerity
Should I display ability
To gain invisibility,
Acquire respectability;
Let it not of me be said
That tempted, from the Name I fled.3.
If a king, I armies bade,
And my seat a throne I made,
Gathered wealth, set out commands—
The wind illusions scattered, fanned.
Let it not of me be said
That tempted, from the Lord I fled.4.1.

Sri Raga First Guru

If for ages I should live
With air as nourishment to give;

And dwelt within a meager space
Where the sun could find no place;
Nor cast a vision in repose,
Still His greatness no one knows.1.
The Lord within His nature is,
Now recount the glories His.
If in favor it should find,
Instil His passion in my mind.1.

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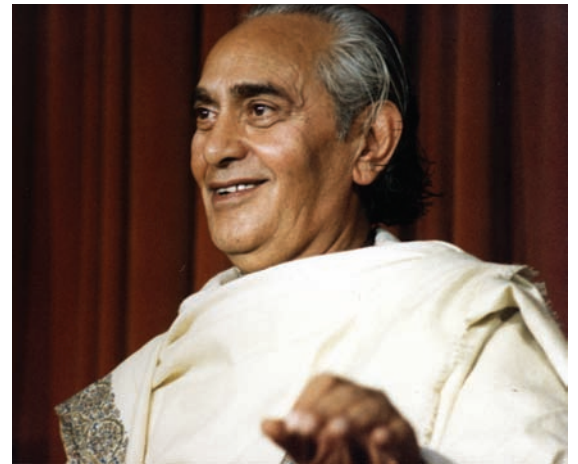
If battered, sliced and milled I be,
Charred and cindered ruthlessly,
How His glory could I speak,
How to praise His grand mystique?2.
If by flying through the sky
Invisible to human eye
Without a drop or grain of food, p. 15
Still on God I cannot brood.
How His glory could I speak,
How to praise His grand mystique?3.
With boundless paper, endless ink,
Writing fast as I could think,
The merits of the Lord to read,
Still His worth I cannot heed.4.2.

Sri Raga First Guru

The words, the food, the steps he makes,
Seen or heard, the breath he takes,
By a man a record gives
Of how he thinks and how he lives.
Why the scholars I should ask?
The answer is to them a mask.1.
Temptations of the world deceive
A man the Name of God to leave.
A nescient man the Lord has left,
Of peacefulness is he bereft.1.

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He who lives is sure to die,
Nothing can its death defy.
Alone before the Judge you stand,
Only with your actions manned.
The mourners tie their mounds of hay
For death they have no word or sway.2.
By many beings God is called,



His greatness has the world enthralled.
A word does not His greatness make,
One cannot His glory stake.
Only One, the Lord is true,
Others are of mortal hue.
Abundance of the Lord displays
Throughout the worlds in many ways.3.
The lowest ones does Nanak find,
The lowest ones in all mankind,
For there the eyes of God may glance
Where charity, the low enhance.4.3.

Sri Raga First Guru

Avarice a hungry hound,
Perjury a sweeper's ground,
A corpse a meal unto a cheat,
And other's silt to one is sweet
Who villifies another's name,
His reputation to defame;
Untouchable the flame of wrath,
And vanity a fragrant bath.
Among these sins I spend my time
Oh Lord, whose nature is sublime.1.

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Inauguration of Himalayan College of Nursing



New building of Himalayan College of Nursing

The new Himalayan College of Nursing building was inaugurated by Smt. Margret Alwa, H. E. the Governor of Uttarakhand, on 7th January 2011. The Governor was received by Vice Chancellor Dr. Vijay Dhasmana, Director of Nursing Dr. Renu Dhasmana, Dean Dr. V. Chauhan, and Principal Nursing College, Dr. Ratna Prakash.

The Governor unveiled the foundation stone, and proceeded to the College. This College has been well equipped for the needs of teaching and research purposes. In her speech she said that the nursing profession is associated with sacrifice and dedication. In the nursing profession, self interest is set aside for the larger interest of the society. She commended the efforts of the Institute in the medical education field. Her speech was inspiring and motivating to all nursing staff and students. She also admired the role of woman as nurse in the benefit of society.

VC informed that 30% seats are reserved for domicile candidates of Uttarakhand. He also announced that 5 students, domicile of Uttarakhand, will get free medical education. Dr. V. Chauhan, Dean HIHT University presented a shawl to the Governor.

The nursing students presented a cultural program showing the ethnic cultural beauty of Garhwal region and Punjab.

The program ended with a vote of thanks.



Governor Uttarakhand paying homage to Swami Rama



Governor Uttarakhand unveiling the foundation stone



Cultural performance by nursing college students

Inauguration of Sleep Lab



On 24th January 2011, an upgraded Sleep Lab with Cadwel (USA) system for the study of sleep disorders at Himalayan Institute Hospital was inaugurated by



Medical Superintendent Dr. S. L. Jethani. This technique is useful to evaluate patients with sleep disorders and related chronic diseases. Various sleep disorders are prevalent in society, up to 30% in all age groups, and remain undiagnosed leading to poor performance in daily activities. Obstructive sleep apnea is linked with many cases of myocardial infarction and stroke or life threatening disease. Even children are not spared from these disorders. Sleep clinics are rapidly evolving in the country. Many patients suffering from chronic pain and sleeplessness can also take advantage of this service at Himalayan Hospital.

Sleep Testing for Sleep Disorders

Sleep disorders are fairly prevalent in the community and age is not an exception. They have been reported in infants and children to elderly. Sleep disorders encompass a wide range of symptoms from major behavioral problems like sleeplessness, sleeping in the day, epileptic fits at night, sleep talking, sleep walking, to grinding the teeth while sleeping. Another interesting fact is that any one of these disorders may be linked to another sleep disorder. For example, it is fairly common for a person to seek help for sleep talking, with complaints of non-refreshing sleep, or the person may come to discuss the problem of excessive sleep and be oblivious of snoring.

To diagnose these disorders, besides a detailed history and clinical examination, sleep testing is required. Sleep tests provide us with the important inputs regarding physiological changes inside the body that occur during sleep. Though channels for the sleep tests vary from machine to machine, American Academy of Sleep Medicine recommends the following settings as gold standard for the diagnosis of sleep disorders:

1. The sleep study must be attended by a sleep technician.
2. The test must encompass the following: at least six brain electrical activity measuring channels; three respiratory channels; oxygen saturation recording; two channels for measuring muscle activity; eye movement recording during sleep; snoring mike; and body position.
3. The study must be recorded overnight and manually scored by a trained physician/technician.
4. Video-recording should be done simultaneously.

Looking at the needs of society, Himalayan Institute of Medical Sciences has recently inaugurated a sleep laboratory that meets all the recommendations of American Academy of Sleep Medicine. The Sleep Lab is run by a team of sleep specialists trained from USA: Psychiatrist, Neurologist, Respiratory Physician, Cardiologist, ENT specialist, Dentist and Pediatrician. This clinic provides care to all kinds of sleep disorders across all ages.

Dr. Ravi Gupta, Asst. Prof., Dept. of Psychiatry

CME cum Workshop in Immunology



A 2-day CME cum workshop in Immunology was organized under the aegis of Indian Immunological Society by Biochemistry Department, Himalayan Institute of Medical Sciences, on 22nd & 23rd January 2011 with the theme “Enhancing Understanding of Clinical and Diagnostic Immunology.”

The inaugural function was attended by the Vice Chancellor of HIHT University Dr. Vijay Dhasmana, Dr. Sita Naik President Indian Immunological Society, and other world renowned Indian immunologists. More than 300 delegates including students of genetics and life sciences from different parts of the country had come to attend. The inaugural ceremony was conducted by Dr. V. Kalra with the blessings of His Holiness Sri Swami Rama. The first scientific

presentation was delivered by Prof. V. Chauhan on “Yoga, Health and Immunity” giving the august gathering a new vision into Swami Rama’s principles of healthy mind, body and soul. The keynote address was delivered by Dr. Sita Naik giving an overview of the immune system to the budding scientists. The scientific sessions were conducted by Dr. M. Kakkar. The organizing committee was headed by Dr. V. Mehrotra.

Dr. N.K. Mehra, Head of Transplant Immunology and Immunogenetics, AIIMS, New Delhi also delivered a talk on “Biomedical Research in Post Genomic Era, Solving Mysteries of Life.” This was followed by a presentation by Dr. N. Das. Dr. V. Agarwal from Lucknow talked about “T & B Cell Developments and Role of Stem Cells in Autoimmune Diseases.” In the last session of the day Dr. A. Sharma of AIIMS discussed “Antibody Diversity.”

On the second day a hands-on workshop by various companies like Beckman Coulter, BioMerieux, Compact Diagnostics, Instrumentations Laboratories, Ortho Clinical Diagnostics and Weldon Diagnostics, was held on the latest techniques available as an adjuvant to diagnosis of immunological defects. The vote of thanks was delivered by Dr. V. Mehrotra, HIHT University.

Best Research Paper Award



Himalayan Institute Hospital has been a landmark, in not only providing world class patient care and teaching facilities, but has been adding a bunch of high-quality research to the Medical World. The occupational health of a Reconstructive Surgeon attracts due attention from the applied physiology fraternity. An innovative, cost effective, ergonomic, sterilizable, manually controlled hydrodissection instrument for surgery was designed, based on the first class lever and ergonomic principles based on physiological principles for improving the occupational health of the doctors and outcome of the patients.

Dr. Jyoti Dvivedi, Associate Professor Physiology of the Himalayan Institute received the prestigious “Dr. Devraj Bajaj Research Award” for the best paper on the development of newer techniques/instrumentation. An oration was invited by the Association of Physiologists and Pharmacologists of India to be done in the award session on 22nd of Dec 2010 at 56th National Conference of APPI at Jawaharlal Nehru Medical College, DMIMSU, Wardha (India) on the same.

A Trans-Cultural Event

Twenty-one nursing students and 3 faculty from University of Wisconsin, USA, were here for a short educational experience from 6-10 January 2011. The aim of the visit was to know about Indian systems of health care, especially in the field of Community Health and ways of implementing holistic health care concepts. They were accommodated in Sadhana Mandir Ashram at Rishikesh and participated in Science of Joyful Living sessions.

The students participated in a Health Education Program in the primary school of Thano village, Garhwal, utilizing various methods and technology organized by the Department of Community Health Nursing of Himalayan College of Nursing. They also accompanied our HCON students and faculty for regular home visit activities of that area. Following this, Professor Dr. Sanchita Pugazhendi presented a brief outline of the health care delivery system of India and oriented them to the aims, objectives and health care activities of the Dept. of Community Health Nursing, which are akin to the national plan.

Ms. Maithili, Director, RDI, with her team made an impressive presentation on “The Journey of RDI through the Years.” At the end of the day, an interactive feedback session brought out many suggestions for future visits. They donated many valuable books of latest edition to HCON library, and a few teaching aids to RDI and HCON for use in public health education programs.

Republic Day Celebrated



VC hoisting the national flag



VC reciting the oath



Parade by paramedical students



Vidya School children singing patriotic song



Patriotic skit by nursing students

HIHT University celebrated the 62nd Republic Day in a very impressive and majestic way for the first time in central park. Dr. Vijay Dhasmana, Vice Chancellor HIHT University, hoisted the flag followed by the National Anthem. 26th January is our national festival. VC recited the patriotic oath and everyone in the gathering followed him. Dean Dr. V. Chauhan, Medical Superintendent Dr. S. L. Jethani, Dr. Prakash Keshaviah, Principal Nursing College Dr. Ratna Prakash, all deputy deans, deputy MS, Mr. Girish Sharma and other dignitaries, faculty members, officials, staff and students of all courses were present to participate in this memorable event. Parade of paramedical students, nursing students, medical students and security guards saluted the national flag.

Cultural program started with the children of Vidya School singing a patriotic song. Patriotic solo and

group songs were presented by students of nursing college, paramedical college and medical college. Students of nursing college also presented a patriotic skit. Mr. Hari Shankar presented a humorous poem.

VC presented letter of appreciation to the staff and faculty of HIHT who worked day and night at the time of dengue epidemic. In conclusion he addressed the gathering and motivated the staff and faculty to work hard. He also announced that degree course in hospital administration and Ph.D. are soon going to be started.

Dr. Namita Mehrotra was Master of Ceremony. The whole ceremony was appreciated, and it instilled patriotic emotions in all. At the end, tri-color balloons, symbolic of our national flag, were released by all dignitaries of HIHT, followed by distribution of sweets.



Dignitaries releasing balloons

Staff Annual Function



Staff performing Garhwali song and dance



Skit performed by staff



Winning team

On 25th January 2011, HIHT Recreation Club celebrated Employees Cultural Evening. Staff and faculty participated in this function with all enthusiasm and excitement. Songs, dances and skits were performed by the staff. Melodious songs were sung by Dr. Vijay Dhasmana, Dr. Harsh Bahadur, Dr. Anita Sharma and Dr. Anuradha Kusum. Dr. Sanjoy Das sang a very good Garhwali song which was cherished and relished by everybody. The best attraction of the evening was the song sung by Dr. Harsh Bahadur, "Chala Jata Hun Kisi ki Dhun Me."

Families of all the staff members enjoyed this function.

Bhoomi Poojan of New Emergency Block



On 10th February 2011 bhoomi poojan for extension block of emergency services was held. VC Dr. Vijay Dhasmana, Medical Superintendent Dr. S. L. Jethani, Dean Dr. V. Chauhan, Dr. Ahuja, specialist in emergency medicine, and other faculty members were present. This extension block will contain approximately 25 beds and 4 new operation theatres to strengthen the emergency services, especially trauma cases. On second floor, ICU will be extended up to 40 beds. There will be provision for lift also.

Saraswati Pooja Celebration on Basant Panchmi (8th Feb 11)



VC lighting the lamp to Saraswati Maa



Faculty of HIHT worshipping goddess Saraswati



Children of Vidya School who sang Saraswati Vandana



Nursing students seeking blessings



Children of the campus seeking blessings



Children of the campus seeking blessings

HCON Induction Ceremony



The Himalayan College of Nursing (HCON) celebrated its formal Induction Ceremony for the 5th Batch of 100 First Year Basic B.Sc. Nursing and 15th Batch of 45 First Year Diploma in General Nursing students on 25th February 2011.

The program began with an Invocation Dance by HCON students. In the main event the freshers lighted their own lamps from the lamps of the teachers — a symbolic depiction of transferring knowledge from teacher to student. The students recited the “Word of Honor,” vowing to serve the people in need of health care, to the fullest of their abilities, without any distinctions or prejudices. The whole ceremony was solemnized by the illumination of lights held by forerunners of nursing and its symbolic receipt by the successors, signifying transfer of the spirit of the profession.

Dr. Asha Mathur, the Director General of Health & Family Welfare, Govt. of Uttarakhand had graciously consented to be the Chief Guest of the evening. In her address she expressed concern about the quality of health care, which was partly due to the scarcity of competent nursing manpower.

Dr. Vijendra Chauhan, Dean HIHT University felicitated the newly inducted students. Dr. Renu Dhasmana, Director Nursing encouraged students to utilize the excellent educational facilities provided in this organization.

The very presence of the dignitaries from various departments and sections of the HIHT organization created an impression of one family dedicated to Sri Swami Rama’s banner of “Love, Serve, Remember.”

Smile Train Nano



The plastic Surgery department of Himalayan Institute has operated upon 4700 cases of Cleft Lip & Cleft Palate under the Smile Train Project, one of the largest series world over. The Smile Train organization has sponsored a custom designed Tata Nano car for the Plastic Surgery Department, Himalayan Institute. The latest eye catcher of the Smile Train at HIHT, the beautiful yellow Nano has been specially decorated using decals which give complete details about the project and also about the facilities that the Himalayan Institute is providing, to Smile Train beneficiaries.

RDI Update Pocket Based IEC

Under the Quality Family Planning program, Dehradun in Uttarakhand, Rural Development Institute, HIHT is developing various innovative approaches to ensure quality dissemination of Information, Education and Communication (IEC) materials. The *Meri Kahani Meri Jubani* is one of them, in which we are more focused to ensure the mobility of IEC material so that the client and the provider can keep it for a longer time and it should be client friendly. The IEC tool is in the form of a diary, where the last few pages are provided for the clients to write the names and phone numbers of their regular use. As a whole clients prefer *Meri Kahani Meri Jubani* in comparison to other IEC materials, because it is convenient for them to carry, easy to understand & its diary part makes it useful for the clients for regular use. Its overwhelming response shows that *Meri Kahani Meri Jubani* is a step to fulfill quality criteria of Information, Education & Communication in an innovative pattern.



HIMALAYAN INSTITUTE HOSPITAL TRUST
Swami Ram Nagar, P.O. Doiwala,
Distt. Dehradun - 248140, Uttarakhand
src@hihtindia.org;www.hihtindia.org
Phone: 135-2471200; 300