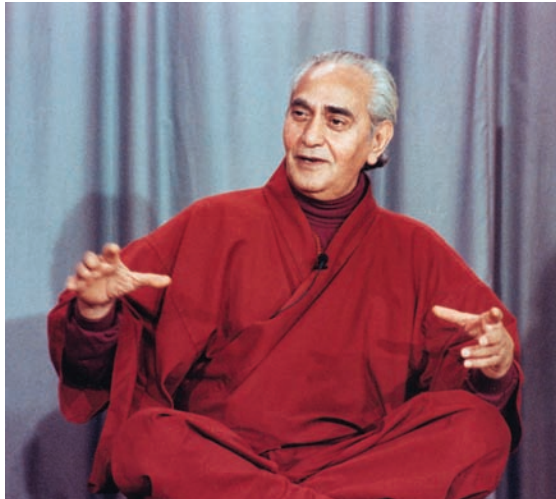




## Interview with Swami Rama



Taken from KDKA AM Radio, Southwest Pennsylvania, "Amplify," an inter-faith radio show, with Father Ron Lenguin, May 6, 1979

RL: Could you tell us something about God from your perspective?

SR: Yes. According to me God is Truth, and Truth means that which is the same in all three times: in the past, present, and future; that which exists of its own, that which was never born, will never die. So, according to me ultimate Truth is called God.

RL: Is it possible for man to come into contact with this Truth, with this God?

SR: Yes, because man is fully equipped with all the potentials, he has all the resources to attain, and to achieve and to be in touch with that which is called godly part in man, because God is omnipresent, omniscient, and omnipotent. So God is within human being too. How to attain that kingdom of God? Man is fully capable of doing this provided he knows how to attain that which is called kingdom of God within us. And as Bible says, "Be still and know that I am God," this sentence moved me so much then I started going within myself systematically, understanding my body, and understanding my breath, understanding various functions of my mind, and then understanding the superconscious state or Christ consciousness or what we call universal consciousness, and then I found out that any man who makes sincere effort can attain a state of freedom from all pains and miseries.

RL: You use the term, 'great bibles.' What do you mean by 'bibles'?

SR: Such as, Buddhism has their bible, Light of Asia. Hindus have bible, Bhagavad Gita. Muslims

have their bible, Koran. And Christian bible is called Bible, the main religious book, rather to say. So fundamentally all great truths are found in all great bibles. Actually, the difference lies in nonessentials, not in essentials. Every great religion has two parts: one is called essentials, and another nonessentials. The difference lies in nonessentials and not in essentials, not at all in fundamental truths. According to my research and study, I found out that there is no difference at all.

RL: Swami Rama, if I were to ask you, is there life after death, how would you guide me?

SR: I would just first, make my student aware that there are two parts of the self. One is called mere self, another is called real Self. For mere self we can say not self, and (other) real Self. These are two units. This I can describe. Body and mind are related with that something which is called life breath. There are two forces: inhalation and exhalation. These two forces are like two guards constantly guarding the city of life. And as long as they are functioning, we call it living condition. But when they stop functioning, body, senses, breath and conscious mind, this particular unit which is called mortal part of life separates from another part of life which is called immortal, unconscious mind and individual soul. These two separate. So according to me, first I will make my student aware of that something which is called death. What death means? Death means separation and not complete annihilation. So first I will make him aware that complete annihilation is not possible. Liberation is possible, but not complete annihilation. Soul never dies. Once we understand this truth, then we also try to study this particular fact, that what happened to that soul after death, what we call death. According to my study and experience I can say that our unconscious mind is a storehouse of merits and demerits. And when we leave our body here, cast off our bodies, our unconscious mind goes as a vehicle with us, and again we assume another form that is called body. This goes on until we attain that which is called enlightenment, perfection, or samadhi. So, if an individual soul comes and goes it's just like changing a book cover, changing a pillow cover, changing a garment.

RL: What are the kinds of obstacles that we place in our way?

SR: What we call knowledge, what we call ignorance. According to me, ignorance is like darkness. But darkness has no existence of its own. It's lack of light. Now, if I go and ask sun, sun that

shines every day, and say, 'Sun, have you ever seen darkness?' Sun will say never. I cannot convince sun what darkness means. So I can see darkness has no existence of its own. Similarly, ignorance means lack of knowledge. It cannot have existence of its own. The human being, for lack of knowledge creates obstacles for himself, darkness for himself, and thus creates his own hellish atmosphere for himself. When he gets knowledge of the reality, tries to understand what reality and truth is, then he can get freedom from that condition or situation which is called ignorance. He can dispel that darkness of ignorance. That is possible.

We create obstacles for ourselves. The tendency of our senses is to dissipate mind because mind is in habit of identifying itself with the objects of the world forgetting our own true nature. We always identify ourselves with the objects of the world. This is one of the greatest obstacles we find in our daily life. We become too materialistic; we just understand only the objects of the sense pleasures. We are not aware of that which is called good, which is called reality, which is called truth. But once we become aware of this and become constantly aware of the fact that which is called Truth, which is not subject to change, death and decay, then freedom is there. It's possible for us to attain that freedom here and now.

RL: You say that it is foolish to believe that God punishes or rewards us.

SR: He only judges. It (punishment) comes through action. As we sow, so we reap our own actions. And not only actions, but the fruits therein we receive, motivate us to do more actions. And we create a great whirlpool of actions and we do not know how to come out of that. A human being cannot live without performing the action, and certain actions we accept as duties, and when we start performing our duties, those duties make us slave, so we cannot come out of this whirlpool, and there is only one answer for freedom. And that is, if we learn to love our duties, then we can get freedom by doing our duties selflessly and skillfully, lovingly, we can get freedom, there is no other way. No one punishes us but our own actions and the way we receive the fruits of actions and again those fruits motivate us to do more actions. (C) 2011 HIHT. All rights reserved.

## Inauguration of New Tube Well

## Sanction of 33 KV Substation at HIHT



Sri Jag Mohan Lal ji receiving memento from Vice Chancellor Dr. Vijay Dhasmana

The Vice Chancellor HIHT University felicitated Sri Jag Mohan Lal ji, ex-Managing Director Uttaranchal Power Corporation, Uttarakhand on 11 April 2011, on his extraordinary contribution to HIHT (ie, 33 KV substation in April 2011). Sri Jag Mohan Lal joined as Assistant Engineer with U P Electricity Board and retired from the highest post of Uttaranchal Power Corporation as Managing Director on 11 April 2011. He has already released the first meter connection to HIHT. This 33 KV substation will be cost effective and have good quality 24hrs x 7days power supply at competitive rates to all customers of Uttarakhand state in a committed way.

The site for this 33 KV substation will be near the Sewage Treatment Plant (STP). The construction work will soon start in this laying of substation.



A new tube well was inaugurated at HIHT campus near the entrance gate on 4<sup>th</sup> May 2011 by Vice Chancellor Dr. Vijay Dhasmana. The 1500 LPM capacity bore well with a depth of 176 meters has become functional, and will serve the needs of the entire campus for many years to come.

## Removal of Massive Lump in Abdomen: An Unusual Case

Recently, an extremely rare case was operated in Department of Gynecology. A 53 year old woman, mother of many children, reported with a huge lump in the abdomen for 1 year. Clinically, the case was thought to be a solid ovarian tumor which was confirmed by ultrasonography and CT studies.

However, on opening the abdomen the tumor was found to be occupying the whole abdomen, attached to surrounding organs. On further exploration it was found that the tumor arose from the uterus as a fibroid which was removed successfully. The tumor looked like a big water melon weighing around 4 kg.

According to the operating surgeon, Dr. VP Singhal, he had never come across a case like this in the thousands of cases he has operated.



## Endeavour for Eliminating Mercury from HIHT



Himalayan Institute of Medical Sciences has committed to make its health care facilities “mercury free” for the past decade. In this endeavour Toxic Links, a national campaigner on mercury free health care industry, has provided constant support. Recently, Toxic Links had organized a one day workshop on “Mercury Phase Out in Health Care Sector” on 24<sup>th</sup> March 2011 at Convention Hall, Chhatrapati Shahuji Maharaj Medical University (CSMMU), Lucknow, Uttar Pradesh. Efforts of Himalayan Institute for becoming “mercury free” were presented as an Indian case study by Dr. Yogesh Saxena, Assistant Professor HIMS, who informed participants on the steps involved in phasing out mercury at HIHT hospital. His talk emphasized that mercury free instruments are equally accurate when scientifically validated. Various efforts of the Institute were highly appreciated and participants requested the guidance of HIHT for making the other institutes mercury free.

Vice Chancellor CSMMU Lucknow, and the Director Ministry of Environment and Forestry (MoEF), raised their concerns about safe disposal of mercury, development of a national agency for standardization of health care instruments, and creating a mercury free environment in health care. Expert from GEF- UNDP Prof. Peter Orris restated the acceptance & effective use of mercury free alternatives in health care facilities across the world.

Workshop was attended by several doctors from KGMC, Lucknow and Army Medical Core, members of Central Pollution Control Board and scientists from Indian Toxicology Institute Lucknow.

*Dr. Yogesh Saxena  
Asst. Prof. Dept. of Physiology  
HIHT University*

## World TB Day

World TB Day, falling on March 24<sup>th</sup> each year, is designed to build public awareness that tuberculosis today remains an epidemic in much of the world, causing the deaths of several million people each year, mostly in developing countries. Every year it is celebrated with a specific theme, this year’s theme being, “On the Move Against Tuberculosis: Transforming the Fight, Towards Elimination of Tuberculosis.”

This campaign is inspired by the ambitious new objectives and targets of the Global Plan to Stop TB 2011-2015, which was launched by the Stop TB Partnership in October 2010. This new plan, for the first time, identifies all the research gaps that need to be filled to bring rapid TB tests, faster treatment regimens and a fully effective vaccine to market. It also shows public health programs how to drive universal access to TB care, including how to modernize diagnostic laboratories and adopt revolutionary TB tests that have recently become available.

The campaign focuses once again on individuals around the world who have found new ways to stop TB and can serve as an inspiration to others. The idea is to recognize people who have introduced a variety of innovations in a variety of settings.

The Department of Community Medicine observed World TB Day 2011 with the aim of orienting the public towards the need of the hour. In this light the



following activities were held in the community:

A health awareness session along with focus group discussion was held at the Rajeev Nagar center, in which various issues related to cause, identification, diagnosis and treatment were discussed with the community. Health education (IEC) materials were also distributed among the community members. Later on a rally including faculty members, PG (Community Medicine) and MBBS students was taken out to generate awareness in the community. Various IEC materials (in Hindi) were distributed as well as pasted at areas of common gatherings.

At Thano center, a focus group discussion was held along with a rally including faculty, PG and community members to spread awareness related to TB.

## Release of Himjyoti Magazine



Medical students’ annual college magazine “Himjyoti” was released on 30<sup>th</sup> April 2011 by Dr. P Upadhyay (Counselor HIHT), Dr. V Chauhan Dean, Dr. SL Jethani (MS), Dr. S Das and Dr. Gaur, twin editor, Himjyoti magazine. Program was started by lamp lighting to Sri Swami Rama and welcome address by Dean. Dr. P Upadhyay gave a talk on “Glimpse of



Indian Culture” which inspired youngsters and faculty. Dr. P Upadhyay congratulated the whole editorial team of Himjyoti magazine. On this occasion an exhibition on photography, sketching and painting by the students and faculty was displayed. All students (medical, paramedical, nursing) visited the



exhibition. Winning students were awarded by Dr. P Upadhyay. This college magazine is an endeavour by medical students in which they cover all cultural and academic events. Other students were also inspired and motivated by this effort of few students. At the end, a vote of thanks was given by Dr. S Das.

## Neurocon 2011



The third Neurocon 2011 was organized by Department of Neurosciences, HIMS from 2<sup>nd</sup>-3<sup>rd</sup> April at college auditorium of HIMS, HIHT University. The program was inaugurated by the Vice Chancellor HIHT University Dr. Vijay Dhasmana, by lamp lighting. Dr. V Chauhan, Dean, welcomed all the delegates; eminent dignitaries in the field of neurosciences from India were present in the conference. The president of Neurological Society UP Uttarakhand Chapter, Dr. Atul Aggarwal, delivered a talk on "Epilepsy: Present, Past, Future."

The annual oration was delivered by Prof. Kameshwar Prasad of AIIMS. Two live workshops were conducted: one on minimal access spinal surgery was conducted by Prof. Mazhar Hussain of KGMU Lucknow; the other workshop on EEG and neuromonitoring was conducted by Prof. UK Mishra and Dr. Jagat Kalitha of SGPGI Lucknow. Eminent dignitaries like Dr. Sanjay Behari (SGPGI), Dr. Atul Aggarwal (KGMU), Dr. Kameshwar Prasad (AIIMS), Dr. Sumit Singh (Vedanta Medicity Gurgaon) graced the occasion.

Total number of 70 delegates participated in the conference. Award paper session and free paper session were presented by neuroscientists. Dr. KK Bansal Organizing Chairperson, Dr. Charitesh Gupta Organizing Secretary, Dr. Deepak Goel Chairperson Scientific Committee, organized the conference.

## PG Orientation



The post graduate 2011 batch joined their respective departments at HIHT on 2 May 2011 after a fore noon inaugural session. The inaugural session was attended by the students as well as their parents. They were apprised of rules and regulations at HIHT, the curriculum and examination system. They were also introduced to their heads of various departments.

The PGs underwent a unique orientation program from May 2-21. They were taught various topics of pre, para, and clinical subjects to refresh their knowledge of basic subjects of MBBS. The students also underwent hands on training in the skill lab of the HCON where mannequins were used for teaching them skills like catheterization and Ryles' tube insertion. The orientation program also included a three day workshop on BLS and a two day workshop on medical education by DME for which the participants received a certificate at the end of course.

The Vice Chancellor, Dean, Medical Superintendent, and Deputy Deans congratulated the students for choosing HIHT to pursue their post graduate courses.

## Pedicon 2011



The 9<sup>th</sup> Annual Conference of Indian Academy of Pediatrics (IAP) Uttarakhand State Chapter (Pedicon-2011) was held on 30<sup>th</sup> April and 1st May 2011. The theme of the conference was "Empowering Uttarakhand through Healthy Childhood." It was jointly organized by IAP Dehradun Branch and Department of Pediatrics, HIHT University. Organizing Chairman Dr. DS Rawat, Organizing Secretary Dr. KS Bohra, Co-organizing Chairman Dr. BP Kalra & Co-organizing Secretary Dr. A Rawat, organized the conference.

The inaugural function was held at Hotel Pacific Dehradun. The Chief Guest was Prof. AK Dutta Head & Vice Principal, Department of Pediatrics, Lady Harding Medical College, New Delhi. Guests of honour were Vice Chancellor of HIHT University Dr. Vijay Dhasmana, and Dean of HIHT University Dr. Vijendra Chauhan. A souvenir was released on this occasion by Dr. Vijay Dhasmana. Preceding the inaugural function a workshop was held on the topic "PPHN and High Frequency Ventilation" for which the eminent faculty was Dr. Suchita Khadse from Nagpur. The inaugural function was followed by a gala banquet.

The proceedings of the second day were held at HIHT University. It started with lamp lighting by Dr. V Chauhan who also told the audience about the spiritual journey of HH Swami Rama, a great soul and founder of HIHT University. The various academic sessions held during the conference were of various topics ranging from neonatology to adolescent medicine, and newer advances in the field of pediatrics. There was also a poster presentation at the conference. The two day conference came to an end with a valedictory function.

## DME Work Shop



Dr. Sudhakar Nayak presenting completion certificate

The DME at HIHT organized a 3-day workshop on "People Empowerment and Process Enhancement Between Students and Teachers." This workshop was a collaborative effort wherein renowned medical educationist Prof. Ram Narayan (VC Manipal University) and Prof. Sudhakar Nayak (HOD Biochemistry, Manipal University) delivered lectures and engaged 45 faculty participants into group work from time to time. The workshop focused on issues like effective lecturing and methods of assessment.

## Guest Lectures



Dr. Gita Sinha giving presentation to faculty

Dr. Pallab Ray, PGIMER Chandigarh visited the Institute to participate in celebration of World Health Day. World Health Day is celebrated every year to mark the establishment of WHO on 7<sup>th</sup> April 1948. He had delivered a Guest Lecture on 7<sup>th</sup> April 2011 on the topic "Antimicrobial Resistance: No Action Today, No Cure Tomorrow." Faculty from all departments of HIHT along with post graduate students attended this lecture and were benefited.

Dr. Gita Sinha, MD, MPH & Dr. Peggy Coulter, MDE visited the Institute from John Hopkins University School of Medicine in order to participate in a collaborative Infectious Diseases Program. They visited the Hospital & interviewed a range of hospital personnel. They also delivered a Guest Lecture on 8<sup>th</sup> April 2011 on the topic "Hospital Infection Control: Why It's Important and How It's Done."

## Critical Nursing Care Training



An "Advanced Critical Nursing Care Training" program was organized for staff nurses by Dr. Sunil Ahuja and Mr. Rakesh Sharma Nursing Superintendent, from 28.02.11 to 05.03.11. Ms. Erika, Nurse Educator from Franklin Hospital USA, was called as a special speaker.

The program was inaugurated on 28.02.11 with lighting of lamp by Dr. SL Jethani Medical Superintendent, Dr. Sunil Ahuja Dept. of Emergency Medicine, Dr. Kusum Nursing Advisor, Mr. Rakesh Sharma Nursing Superintendent, & Dr. Ratna Prakash Principal Himalayan College of Nursing.

## HIV Testing Workshop

A 5-day workshop on "External Quality Assurance of HIV Testing" was organized for laboratory technicians posted at various Integrated Counseling of Testing Center (ICTCs) across the state of Uttarakhand. This workshop was conducted by Prof. Pratima Gupta, Head Dept. of Microbiology, (In-charge State Reference Lab) and supported by Uttarakhand State AIDS Control Society (UKSACS). A total of 41 laboratory technicians were trained in two batches from 12-16 & 18-22 Jan. 2011. It was followed by training of medical officer in charge of ICTC on 29<sup>th</sup> Jan.

## World Cricket Cup



For viewing the World Cricket Cup semi-final and final matches on 30th March and 2nd April, a big cinema screen was organized in the nursing auditorium. Staff, faculty, and students of HIHT gathered there and enjoyed the live cricket match. Fun was unlimited, especially after 4 and 6 made by Indian cricketer and people started dancing and were overjoyed. A drummer came and added more fun and enthusiasm. Dinner was also served. At the end, when India was declared winner, the entire audience could not control their excitement, and started dancing madly. This was really a great memorable experience.

## SPIC MACAY- Rajasthani



Spic Macay, "The Society for the Promotion of Indian Classical Music and Culture Amongst Youth," is a non profit, voluntary organization dedicated to promoting an awareness of Indian culture in schools and colleges throughout India.

HIHT sponsored a Rajasthani folk music and kalbelia dance by the Shri Bundu Langa Khan Troupe from Spic Macay in the Nursing School auditorium on 14th April 2011. Faculty and students enjoyed this function.

This performance featured Bundu Khan Langa who was born in the family of Langa, traditional folk singers of Rajasthan. Sri Bundu Khan had his initial training in singing from Ustad Allauddin Khan Langa and later received advanced training from well known folk singer Ustad Rehmat Khan Langa. He gave his first public performance at the age of 12 and has been giving performances both in India and abroad for over 3 decades.

## Annual Sports Nursing College



Sports committee of Himalayan College of Nursing organized the Annual Sports Meet on 11th & 12th March 2011 in the HIHT sports grounds.

The four House captains (Houses: White Glacier, Blue Sky, Green Mountain and Red Rock) ran gracefully from the college entrance to the grounds, holding a lighted torch, symbolically depicting the spirit of sports. The torch was handed over to last year's champions, Mohan and Meenakshi, who took a round in the sports ground and presented the torch to Chief Guest, Dr. Vijendra Chauhan, Dean HIHT University. He inaugurated the sports events and declared the Annual Sports meet open. During the march-past each House offered grand salute to the



Chief Guest. The performance of Red Rock & Green Mountain scored highest in the march-past.

The various events were held like kho-kho, volley ball, chess, carom, badminton, 400 m. relay, 200 m. race, 100 m. race, shot-put, long jump, disc throw, 3-legged race, lemon race, and biscuit eating race. Teachers also participated in many events.

The prizes were distributed by Dr. Sanjoy Das, Ms. Uma Mehta, Dr. Kathy, Dr. Ratna Prakash, Dr. Sanchita Pugazhendi and Mr. Rakesh Sharma. The Annual Sports Meet ended with vote of thanks by Ms. Nazish Naaz, student of IV yr Basic B.Sc. Nursing, Himalayan College of Nursing.

## Vidya School Annual Function



The little children of Vidya School of HIHT performed a marvelous cultural annual function on 12th March 2011. The function was inaugurated with lamp lighting to Sri Swami Rama by Dr. Sheela Srivastava and Mrs. Hans Lakhwara, Principal Vidya School. The program began with the children of playgroup, nursery and KG singing Guru Vandana. They participated in different types of dances and singing. The parents in the audience were delighted to see the hidden talents of the young children. The program ended with the national anthem sung by Vidya School children. Then the children were presented with small gifts. Refreshments were also served.



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