



The Whole Process of Yoga Is an Ascent into the Purity of Absolute Perfection by Swami Rama

The yoga tradition considers science and spirituality to be two parts of a complete whole, as they are both primarily experiences within the principle of intelligence. Here we are not talking of an intellectual inquiry or philosophical speculation because these are founded on guesswork. Thousands of philosophers have already created many encyclopedic works based on such speculation without inner experience. Because they could not agree among themselves, their writings merely produce confusion and conflict among their readers and followers. Their language primarily relates to external realities and cannot convey the vastness of the dimension of intelligence that the founders of spirituality have experienced. While the founders of true spirituality agree on the nature of their inner experience, philosophers continue to disagree until eventually, in rare cases like Socrates and Kant, speculation gives way for transcendental silence to flow through. The same applies to the speculative theologian who ventures elaborate and complicated guesswork as to the true meaning of the words spoken by the founders of the spiritual traditions. Quite often such guesswork has been falsely given the name of contemplation, without realizing that true contemplation is a silent experience. Neither the philosopher nor the theologian has any business pretending to proclaim a truth till he has come face to face with the deeper nature of intelligence where consciousness goes far beyond the triangle of space, time and causation.

Those on the path of yoga are often mistaken as being in the same class as various religions, churches, sects and cults whose believers, not the ancient founders, are incapable of scientifically demonstrating the truth of their beliefs. Yoga is not part of any religion nor is it merely a system of exercises to keep the body fit or to cure minor physical disorders. Yoga is a scientific approach to life that provides a discipline for the fullest development of

the soul, mind and body. Yoga teachings have been handed down in India through a living master discipleship tradition that has preserved the authenticity of the practices and ensured the survival of the yoga tradition. The practices of yoga science help you to understand yourself; only then can you understand your religion, the universe and other beings. The whole process of yoga is an ascent into the purity of absolute perfection, which is the original state of human beings.

Yoga deals with the experiential aspects of man's liberation from human imperfection and suffering, and is concerned with practical methods for attaining this state, using the philosophical doctrines of Samkhya as their basis. Samkhya philosophy supports the philosophy of yoga—*samyak akhyate*, that which explains the whole. The Samkhya school of philosophy admits of two ultimate realities: *purusha*, or cosmic consciousness, and *prakriti*, or elemental matter. The manifest universe evolves out of prakriti. It results from the coming together of purusha and prakriti, matter being permeated by consciousness. What is more, this scheme of evolution applies both to the macrocosm (the universe) and to the microcosm (a human being). Yoga bases its teachings on this scheme of evolution in the microcosm. It concerns itself with the practical aspects of involution or the return from identification with the manifest body and mind to ultimate consciousness.

Yoga teaches you how to be and gives something that religion does not provide. Yoga is an exact science that helps you to know yourself on all levels—body, breath, mind and spirit. From your childhood onward your education has led you to examine and verify things in the external world, which is constantly changing. Your education has not helped you to become aware that there is another reality within that never changes. You have to learn to accommodate and understand both realities and the whole structure of life, including the known and the



HH Swami Rama

unknown, the apparent and the real. In the Yoga Sutras, Patanjali emphasizes the importance of understanding life within, while not ignoring the external world. According to Patanjali, the prime goal of human life is to establish oneself in one's essential nature.

Yoga science asserts that the human mind is not established in its true nature because it identifies with the objects of the external world. The purpose of yoga science is to lead you within to the highest state of tranquility, wisdom and bliss, in which you remain fully conscious and aware of the reality. Yoga teaches you how to see within. If you remain an outsider, your mind will continue to be scattered and you will not understand why you have come to this world, what the goal of life is or how you should relate to others. You do not know yourself, yet you are trying to know others. In order to know and understand yourself on all dimensions, you will have to search within. Once you understand and know yourself, you will be able to analyze the entire universe and your relationship with the universe and with other beings. By analyzing a drop of water, you can know the ocean; by analyzing this human life, you can know the whole universe. The same Self that dwells within you dwells in everyone. That Self is the center of consciousness.

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ASHA: A Charity Cultural Event



ASHA Cancer Charity Cultural evening for the cancer patients and survivors was organized by Cancer Research Institute - H.I.H.T on November 5th 2011, under the supervision of Director CRI Prof. Sunil Saini. Program started with the lamp lighting and paying homage to HH Dr. Swami Rama and with the best wishes from the Hon'ble Vice Chancellor Dr. Vijay Dhasmana. Dr. V. Chauhan Dean HIHTU, Dr. Renu Dhasmana Director of Nursing, Dr. Meera Swami Director Ayurvedic Centre, Dr. Ratna Prakash Principal

Nursing, Dr. Deepak Goyal Dy. Medical Superintendent, Mrs. Viji Prakash, Mr. Rakesh Sharma Nursing Superintendent, faculty members, staff and students of MSc Nursing and all the students of medical, nursing and paramedical courses were present for making this event a great success.

Cancer patients and survivors were given a warm welcome at the opening ceremony of cultural evening program. The welcome theme was presented by a group of small kids followed by presentation of gifts to the patients and survivors with tea and snacks.

The evening was carried forward by the performance of the internationally renowned Shwaas Group comprising of Prasanna brothers [Pt. Rajesh Prasanna] accompanied by tabla mastro Ustaad Parvez Hussain, was highly appreciated by all. Shwaas Group has been performing in many music festivals and concerts in India and abroad. They also accompanied Evelin Glanny, eight Grammy Awards winner during Rhythm Stick Festival at Queen Elizabeth Hall in London. Program proceeded with king of melodious songs Santanu Dey, an awardee of title best singer of South Zone Kolkata, West Bengal. They were

supported by Chaotic Existence Band [MBBS, HIHT] and Systoloz Band [Nursing students of HIHT].

The evening warmed up with Beats of Dance group by Sanju and party, awarded as best dancer by Remo in Dance India Dance, ZEE TV. Artists from CMC Ludhiana, Anant Gopal Sangeet Mandir, Dehradun supported the event. Shradha Gupta took the breath away with waving on song "Mere Dolna." The rocking performance of para-medical student (BRT) HIHT University, Madhu Sudan on "Michael Jackson Alive" was highly appreciated.

The entire event was organized with a parallel program on "Safe Handling of Chemotherapy Drugs" for CRI staff and faculty, and staff and students of nursing and paramedicals which was sponsored by pharmaceutical company Pfizer Oncology followed by quiz competition.

CRI team was supported by Dr. Manpreet Tiwana, Dr. Meera Swami, Mr. Nalin Bhatnagar Registrar HIHT University also contributed for making this event successful. Ms. Uma Mehta Deputy Registrar and Dr. Meenu Gupta Oncologist were the event organizers.

Laparoscopic Workshop cum CME



Dr. SL Jethani, MS and other dignitaries inaugurating the workshop

Department of Surgery, Himalayan Institute of Medical Sciences, organized the first Laparoscopic Workshop cum CME of Uttarakhand State (Lap Summit UK 2011) on 10th Sept 2011. About 150 surgeons and gynecologists from all over Uttarakhand and Western U.P. participated in the workshop. Dr. SL Jethani, Medical Superintendent Himalayan Hospital, inaugurated the workshop followed by a welcome address by Prof. PK Sachan (Organizing Chairman).

Distinguished National faculty in the field of laparoscopic surgery, performed 15 Laparoscopic procedures in Himalayan Institute Hospital. Delegates had very interesting and enriching interaction with the national faculty regarding basics and finer details of various laparoscopic procedures. In the evening Honorable Vice Chancellor of HIHT University, Dr. Vijay Dhasmana, inaugurated the summit and felicitated the guest faculty. On 11th Sept. CME was held on Management of Hernia.

Uttara-Eyecon 2011



The annual conference of the Uttarakhand State Ophthalmological Society, "Uttara EYECON 2011" was hosted by HIMS from 7th- 9th October, 2011.

The conference began on 7th October with a session of 9 back-to-back live surgeries, which saw world renowned ophthalmic surgeons from different parts of the country performing excellent surgeries with toric and multifocal lens implantation in difficult cases. Later the same evening, the program was formally inaugurated by the Hon'ble Minister of Technical Education, Mr. Trivendra Singh Rawat with Padamshree Dr. TP Lahane as the Guest of Honor. Other dignitaries were Dr. Vijay Dhasmana (Vice Chancellor), Prof. RC Nagpal (Patron), Prof. Harsh Bahadur (Chairman), Dr. Renu Dhasmana (Organizing Secretary) and Dr. BK Oli (President, UKSOS).

The scientific session was presided over by a national faculty of 46 renowned ophthalmologists and a host faculty of 13 eye surgeons. There were eye opening talks on cataract and refractive surgeries, newer modalities in glaucoma, retina for general ophthalmologists, pan ophthalmology and various anterior and posterior segment challenges. More than 240 delegates attended the conference.

Indian Radiological Imaging Association CME



Releasing the souvenir

A CME cum workshop of Indian Radiological Imaging Association (IRIA) and Indian College of Radiology and Imaging was organized at Himalayan Institute of Medical Sciences, on September 24th and 25th 2011 under the chairmanship of Dr. Bharadwaj, President IRIA, Dr. N. Chidambaranathan, Chairman, ICRI. Dr. Vijay Dhasmana Vice Chancellor, HIHT University was the Chief Guest, and Dr. Bhargava was Guest of Honor. The CME was organized by members of IRIA Uttarakhand Chapter and faculty of the Dept. of Radiology, HIMS. Dr. HC Pant, President of UK State chapter was the local organizing chairman to host the IRIA CME at Dehradun.

More than 150 delegates attended this scientific program including the workshop from Uttarakhand and surrounding states participated. There was also a best papers presentation award, Dr. Bharadwaj, President IRIA was the chief panelist and selected the best postgraduate for paper and poster presentation.

The theme of the IRIA CME 2011 was **Radioimaging of neck and pelvic abnormalities.**

Fundamental Critical Care Support Workshop



Dignitaries lighting the lamp

FCCS is an international structured course accredited by the Society of Critical Care Medicine, USA and was organized in the state of Uttarakhand for the first time.

Dr. Vikas Kesarwani, the Chief Intensivist at the HIMS in collaboration with the National Course Consultant and Head of Critical Care Medicine at Max Super Speciality Hospital, Dr. Omender Singh conducted this world-renowned Fundamental Critical Care Support (FCCS) course in HIMS on 1st-2nd October 2011.

The purpose of the course was to train non-intensivists, critical care practitioners and nursing personnel on the various techniques and concepts of managing the critically ill patients suffering from life-threatening diseases. The participants were subjected to didactic lectures, group discussions, case scenarios and hands-on-skill training over the two days. The two-day course was inaugurated by Honourable Vice Chancellor of HIHT University Dr. Vijay Dhasmana.

फिर मुस्कुराया हिमालय का श्रापित राजकुमार



पुत्र रत्न की प्राप्ति के बाद प्रीतपाल का चेहरा खिलने से पहले मुरझा गया। क्योंकि उसका पुत्र कटे ओठ के साथ जन्मा था। परन्तु यह जानकर विस्मित रह गया कि जौलीग्रंट अस्पताल में कटे ओठ व कटे तालू का निःशुल्क उपचार होता है। उसने तुरन्त बताए नम्बर पर सम्पर्क किया। हिमालयन अस्पताल के प्लास्टिक सर्जरी विभाग से उसे पता चला कि शीघ्र ही उसके अपने शहर में अस्पताल एक स्माइल ट्रेन कैम्प का आयोजन करने जा रहा है।

कैम्प के दिन प्रीतपाल को यह देखकर आश्चर्य

हुआ कि उसके पुत्र जैसे अनेक बच्चे वहाँ आये थे और उसी की तरह कई माता-पिता व्याकुल थे। हिमालयन अस्पताल से आये हुए डॉक्टरों से मिलकर प्रीतपाल को बड़ी आस बंधी। उन्होंने उसे बताया कि स्माइल ट्रेन द्वारा इस अस्पताल में 2004 से ऐसे रोगियों के लिये निःशुल्क चिकित्सा सुविधा प्रारम्भ की गयी। थोड़े ही समय में 5100 से भी ज्यादा कटे ओठ व तालू की गम्भीर बिमारी से पीड़ित रोगियों का मुफ्त ईलाज किया जा चुका है। चाहे रोगी किसी भी उम्र का हो या उसका पहले भी ऑपरेशन किया गया हो जिससे कि वह संतुष्ट ना हो और चाहे ऑपरेशन कई चरणों में सम्भव हो, सभी का हिमालयन अस्पताल में स्वागत है। यहाँ तक कि यदि खून चढाने की आवश्यकता भी हो वह भी निःशुल्क प्रदान की जाती है।

ऑपरेशन के पश्चात चाँद की तरह उजले एवं गुलाबी ओठो वाले बच्चे को देखकर उसे इतनी बधाईयों मिली कि उसने अपने बच्चे का नाम रौनक ही रख दिया। मन ही मन उसने क्षणिभाव से हिमालयन अस्पताल एवं स्माइल ट्रेन टीम के चिकित्सकों को कोटि-कोटि धन्यवाद दिया। आखिर उन्ही के कारण तो उसका राजकुमार फिर मुस्कुरा पाया था और इस बार उसके साथ-साथ परिवार भी मुस्कुरा रहा था।

Literary Events 2011



Best rangoli



Best sketch



Best collage on topic "peace"



Mehendi hands



Faculty judging the event



Winners of English debate



Organizing team

Literary committee of HIHT University organized literary events on 3rd-5th November 2011. MBBS and paramedical students enthusiastically participated in various literary activities like essay and story writing, face-painting, collage, rangoli, mehendi, card-making, sketching, painting, poetry writing, slogan writing,

calligraphy, and debate in both Hindi and English. Faculty of HIHT, students of all batches, Dean, MS, Director Nursing, and other faculty members were excited to see the various hidden talent of students. Faculty from various departments were made judges to evaluate the various events. Organizing

team of 2010 MBBS batch along with members of literary committee put their effort to make it a successful event. Dean Dr. V. Chauhan congratulated the winners and organizing team for conducting these literary events

Rural Development Institute as Technical Support Institute

The Rural Development Institute, Himalayan Institute Hospital Trust has been selected by the Ministry of Panchayat Raj, Government of India as a Technical Support Institute (TSI) under the Backward Region Grand Fund (BRGF) for the Tehri District (Uttarakhand) for next six years (2011-2017). The role of the TSI is to prepare the district plan keeping in view the recommendations of the expert group on district planning and the guidelines of the state government. The district participatory plan will put together resources channelised to panchayat from all sources including centrally schemes, flagship programmes such as the MGNREGS, Sarva Shiksha Abhiyan, Rural Health Mission and Bharat Nirman, Grant-in-Aid from Finance Commission Awards and state sector schemes. RDI as TSI, is enabling the preparation of perspective plan for the next five years (2011-2012 to 2016-2017) and six annual plans for each year.

Letter to the Editor

Sir,
I am a Nepali Management Professional from Kathmandu. Recently on the way back from Badrinath Darshan, my wife Ms. Sangeeta Manandhar became sick and when we reached at Rishikesh, she became a little serious. A friend, in Rishikesh advised us that we should go directly to your HIHT hospital. So in an ambulance car, we went to EMERGENCY of your hospital.
Upon arrival, my wife was thoroughly examined by doctors and as she is a heart patient she was referred to cardiac unit. The doctor, after examination advised that she should be admitted immediately. Then after, I saw Dr. Ritesh and his team started to take care of her.
Indeed, I found Dr. Ritesh Kumar, HOD, Cardiology not only competent but also

humane and humble. I am sure he should be a good asset at your hospital. After staying for 8 days in the hospital, she was discharged and now we are back to Kathmandu.
This is just a few words about the good services that my wife received at your hospital. Many kudos to your mature leadership. **A very Happy Diwali to all of you at the Hospital and Dr. Ritesh and his able team.**
Madan Manandhar
Kathmandu
P.S. May I take this opportunity to thank a Nepali Staff Nurse at the EMERGENCY, who assured us and gave us the first impression about the services at your hospital and also to a pay counter staff Atul jee, whom I found always helpful.

Face Reflects



Best face painting, (Literary Events 2011)

She was just a lil girl
 Born with an ugly face
 "Prayer will make you pretty, child"
 Her grandma used to say.
 She didn't believe it, but she did pray.
 In school there were girls
 Pretty as the sun
 Boys would bring them chocolates
 She didn't even get one.
 But when she came home and cried
 Her mother kissed her cheek
 "I love you," her mother said, "and that makes
 you pretty to me."
 She met a guy who thought the same
 "You're beautiful" he said
 She refused to believe that but loved him back.
 A wedding: white flowers and cake.
 She had a home
 Full of laughter and joy
 Tears, bruised knees, first loves.
 A harried life she lived
 But never did she forget to pray
 A few tears of sorrow she shed
 Many tears of joy.
 She love her children
 And loved her man
 She just didn't love her face.
 Until one day her children grew up
 And flew away from her nest
 Happy for them, yet sad too
 She sat alone and prayed.
 Her husband came then
 And kissed her cheek
 It was now withered and old
 "You're beautiful" he said
 She laughed and said "no."
 He took her by the hand
 And showed her a mirror
 And lo, she saw a kindly woman
 Smiling back at her.
 She looked up surprised
 And met his eyes
 "How could this be?" she asked.
 He smiled and said, 'tis a life well lived
 That shows on your face.
 Joy and laughter
 Kindness of heart
 Prayer and love
 'Tis this, the face reflects.

*Kompal Agarwal
 2010 Batch*

Best Poetry in Literary Events 2011

Dussehra Celebration



Dussehra celebration means victory of good over evil. This day traditionally celebrates Lord Rama's victory over Ravana and the return of Sita. Recreation Club of HIHT celebrated Dussehra in the campus with the faculty, staff, students and children with great enthusiasm. Some children were dressed up as Lord Rama, Lakshmana, Sita, Hanuman and Ravana. The horse drawn chariot travelled from the Guest House

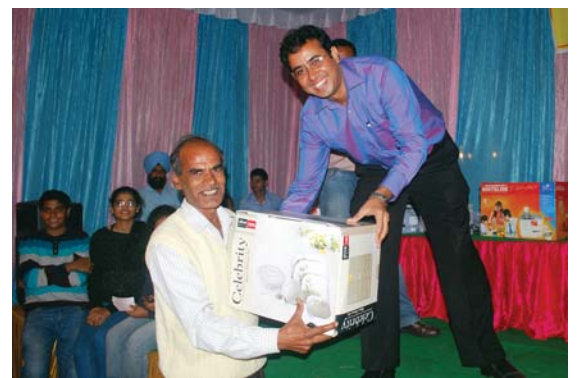


to hospital grounds. The effigy of Ravana was made and placed in the hospital grounds. The residents of the campus joined the procession. The children enacted the Rama-Ravana war after the end of the procession. Then the effigies were burnt by Dr. Vijay Dhasmanaji. Children, students of HIHT, and the residents of the campus enjoyed the celebrations and tasted the snacks cum food at the end of celebration.

Diwali Mela



Recreation Club of HIHT celebrated Diwali mela on 21st October 2011. 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 like every variety of 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 flavour of the evening. Commercial stalls from Hyundai and Oberoi Motors were also



there for displaying various new models of cars. Students of HIHT danced with the beats of DJ on dancing floor. At the end, housie was played and lucky draw winners were announced. First prize, an LCD TV, in lucky draw was won by Mr. Govind (Kalptaru). Second prize, Whirlpool semi-automatic washing machine, was won by Miss Namrata Naugain, daughter of Mr. Roshan Naugain. Third prize, crockery set, was won by Rajesh (MT Department). There were many other prizes for lucky draw. This gala evening ended with total relaxation of mind.

SPIC Macay Movie-thon

SPIC MACAY (Society for the Promotion of Indian Classical Music and Culture among Youth) held its last program for this year, a movie-thon, from Sept. 26-30 in the Nursing College auditorium. An effort was made to introduce all the students to

movies of great directors. The movies that were shown were "City Lights," "Modern Times of Charlie Chaplin," "Sooraj ka Satva Ghoda," "The Making of a Mahatma" by Shyam Benegal, and "The Seven Samurai" by Akira Kurasawa.



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