



## Freedom on the Field of Action

Swami Rama

In the modern world, most people follow the path of karma yoga, either consciously or unconsciously. Those who tread the path of karma without awareness or understanding usually create a lot of pain and suffering for themselves; however, those who are wise and who understand the principle of karma can gain the power to transform their lives and to accomplish the final goal of all human life—the state of self-realization and perfection.

Karma is actually a very simple concept; it is the law of cause and effect on the human scale, and it governs all our lives. Karma is a principle that is widely accepted and taught under many different names in the great traditions of self-transformation. The principle of karma can be summarized very succinctly and clearly: As you sow, so shall you reap. This principle makes no reference to heaven and hell, and it does not imply any sense of blame or punishment. Karma is only the statement of a simple fact: If we plant apple trees, they will bear apples, not lemons. The actions we perform are the cause of the consequences we see later on. Although no one escapes this natural law, we often fail to recognize the connection between cause and effect in our lives, because of the effects of karma do not express themselves immediately, but instead are expressed slowly over time. Our limited awareness of ourselves also limits our ability to perceive this relationship.

### Karma and Choice

According to the principle of karma, nothing happens by accident. The idea of karma is not consistent with the fatalistic idea that human being is like a leaf, blown aimlessly here and there by the wind. A human being is not at all like a passive, wind-tossed leaf, subject to the control of nature and unable to make choices. When we act as if we are lifeless leaves, our environment responds by controlling our lives, but when we act like human beings—understanding our potentials and choices—then we begin to move to another level in our development.

In the cycle of human evolution, a person gains the power and ability to choose and decide what he or she wants to do. None of us are dragged passively into this plane of reality merely because our parents gave birth to us. We came into the world because we desired to come; the advantage of human life is that it provides us with the opportunity to fulfill our

ultimate purpose. We have the free will to create our own destinies; we can attain the purpose of life and overcome the bondage of past karmas. But to do this, we need to understand how to free ourselves from karma and to begin to put this knowledge into practice by changing our habits.

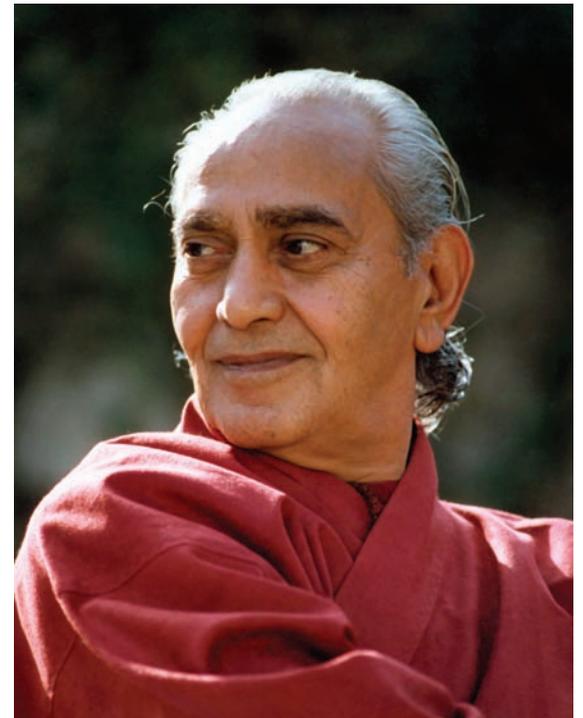
The law of karma—of cause and effect—affects all human beings equally, no matter what external differences we perceive among ourselves. Although no one evades the law of karma, those who have learned how to apply the principle of karma wisely are no longer the prisoners of their own actions. Instead, these wise seekers gain the power to make progress on the spiritual path by performing their actions skillfully, selflessly, and lovingly. If seekers think that they can gain self realization through meditation alone, without understanding the law of karma, they are mistaken.

The very word “karma” is often misunderstood as meaning fate or destiny, but it is actually related to the root “kri,” meaning “to do.” Thus, any action we do is a karma. There is no such thing as “good” or “bad” karma; it is simply that a particular karma will have results which either are helpful or which create further confusion in our minds.

Foolish people sometimes try to use the principle of karma to avoid taking responsibility for themselves: when something good happens to them, their egos become inflated, but when they experience the negative consequences of their actions, they say fatalistically, “Oh well, it’s my karma.” Only those rare people who are sincerely seeking can learn how to actively apply the principle of karma in their daily lives. Once a human being learns to do this, he or she transforms the whole nature of life, and thus attains freedom from the bondage of his or her actions.

### Three States of Karma

To begin the journey to freedom, it is useful to think of karmas as being of three types—karmas of the past, present, and future. These karmas can be compared to an archer’s arrows. Our past actions are like the arrows that an archer has already shot toward a target. Our present actions are like arrows being readied in the hands of the archer, and our future actions are like arrows that still rest, untouched, in the archer’s quiver. The course of the arrows that have already been released—our past actions—cannot be altered. Only those who have attained a



H.H. Swami Rama

high level of spiritual progress can eliminate the effects of those past karmas. However, everyone has control over present and future karmas—so those are the areas in which we have the power to free ourselves.

Some people make a grave effort once they begin to consider the principle of karma. They waste time in self-condemnation, regretting their prior actions and brooding on the deeds they have already performed. They allow their minds to conclude that it is useless to make an effort to transform themselves. None of us has the power to undo his or her past deeds, so such thinking is a waste of time and energy; it merely prevents us from using our power creatively to influence the present and future karmas.

Nor can we totally avoid shooting these present and future arrows. No matter what we do, we will continue to think and act, and thus create karmas. Sometimes people think that they will avoid making karma by avoiding active involvement in life. But karmas are still created, even by the thoughts that occur in the mind! In fact, those who evade or abandon their duties, using the law of karma as justification, create even more barriers for themselves. As Krishna taught Arjuna in the Bhagavad Gita, the worst mistake a seeker can make is to attempt to evade his or her duty. However, it is possible to attain freedom from the bondage created by karma.

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## 65th Independence Day



At HIHT, medical and nursing students, faculty and staff, enthusiastically gathered to celebrate the 65th Independence Day on August 15<sup>th</sup>, 2011. Vice Chancellor Dr. Vijay Dhasmana hoisted the flag. The Security Guards paraded and saluted the flag while the national anthem was sung. The program commenced with a patriotic song performed by the Vidya School children. Nursing students, and children of faculty also sang patriotic songs. The celebration was followed by sweets distribution and plantation of trees in the park.



## MBBS Orientation



The orientation program for the MBBS first-year students was held on 1<sup>st</sup> August 2011. The inauguration of this program for the MBBS students included the lamp lighting by Vice Chancellor Dr. Vijay Dhasmana, Dean HIHT University Dr. Vijendra Chauhan, and the Medical Superintendent Dr. S.L. Jethani, followed by the documentary film “Swami Rama: The Himalayan Master.”

The Dean introduced the HODs & faculty to the students and parents. The Dy. Deans emphasized that the University campus is ragging free, as per the Supreme Court regulation and apprised the students of the rules and regulations of the University.

The VC complemented the students on choosing this very noble profession which will require their

constant hard work and dedication. The program ended with a vote of thanks by the Coordinator DME, Dr. Vinita Kalra.

The orientation program for the MBBS second-year students was also held in the month of August. This very unique orientation program for the MBBS students extended over a period of one week and was intended to orient the students towards the various clinical departments. In addition to this, the students had a short session on Group Dynamics & Leadership and were familiarized with the importance of safe practices in the hospital and in hospital waste management.

## Paramedical Orientation



Orientation program for newly admitted paramedical students batch 2011 was held on 17<sup>th</sup> August 2011. This year, there were 85 admissions in different courses of paramedical compared to 56 admissions last year. All paramedical students and their parents enthusiastically attended the program conducted by the Department of Medical Education in the auditorium. Ceremony was initiated by lamp lighting by the dignitaries and this was followed by a film on Swami Rama.

The newly admitted students were introduced to the heads of the departments and course coordinators. They were also apprised about rules and regulations of the HIHT University by Dr. Anuradha Kusum, Dy. Dean Paramedical. Dr. Vijendra Chauhan, Dean, HIHT University congratulated the students and parents and enlightened the audience about Swami Rama. Program was followed by lunch for all the guests, parents and students.

## Nursing Orientation



Orientation programs for the 6<sup>th</sup> batch of basic B.Sc. Nursing and 16<sup>th</sup> batch of GNM students were held on 8<sup>th</sup> & 10<sup>th</sup> August 2011 respectively. The programs commenced with the blessings of God and Swami Rama by lighting the ceremonial lamp by Dr. S.L. Jethani, Medical Superintendent, Dr. Renu Dhasmana, Nursing Director, Mr. Nalin Bhatnagar, Registrar HIHT Dr. Kathy Nursing Consultant, Ms. Uma Mehta Deputy Registrar, HIHT, Dr. Sanchita Pugazhendi Vice Principal HCN, Mr. Rakesh Sharma, Nursing Superintendent HIHT Hospital and Mrs. Kamli Prakash, Vice Principal HCN.

After a brief welcome address by HCN faculty a documentary movie of Swami Rama was shown. Dr. Kathy emphasized the importance of formal education for the nursing profession. She further motivated the freshers by putting forth the enjoyable side of life in the campus and stressed the need to maintain discipline. A brief overview of basic B.Sc. Nursing and GNM courses was presented and the HCN teaching faculty were introduced through a power point presentation. The college and hostel rules & regulations were explained to the students.

The program adjourned with a few words of gratitude by HCN Faculty.

## Is Mobile Phone Making Us Immobile?



A CME on mobile phone hazards was conducted by the Department of Forensic Medicine & Toxicology on 20<sup>th</sup> August 2011 in the medical college auditorium. This integrated CME was shared by the Department of Radiology and the Department of ENT.

Dr. Satish Uniyal, Assistant Professor in Radiology Department spoke on the types of radiation. Professor Saurabh Varshney, HOD, ENT spoke on the radiation hazards on hearing and autism.

Professor Vijay Gupta, Department of Forensic Medicine & Toxicology spoke in detail about the various aspects of mobile phones and mobile towers, the dangers posed by them, various researches done in the past, the ISMR and WHO views, the electromagnetic radiation pathophysiology, various legal issues involved, precautions and prevention related to mobile phone usage.

The contents and the slides were so powerful that it was appreciated by all and the talk was followed by a series of questions from the audience.

## Workshop on HIV Testing



The third, 5-day workshop on “External Quality Assurance of HIV Testing” was organized for laboratory technicians posted at various Integrated Counseling of Testing Centers (ICTCs) across the state of Uttarakhand. This workshop was conducted by Prof. Pratima Gupta, Head Dept. of Microbiology, (In-charge State Reference Laboratory) and supported by Uttarakhand State AIDS Control Society (UKSACS). A total of 27 laboratory technicians were trained from 8<sup>th</sup> August to 12<sup>th</sup> August 2011.

## World Population Fortnight



The Rural development Institute (RDI) and Himalayan Institute Hospital Trust (HIHT) organized events marking the World Population Fortnight from 11<sup>th</sup> to 24<sup>th</sup> July 2011. Six events were organized, one each in the Primary Health Centre area of Doiwala block, Dehradun covered under the Quality Family Planning Project (a collaborative effort by RDI-HIHT and Population Foundation of India).

On 11<sup>th</sup> July a joint rally (RDI staff and faculty and students of Community Medicine Department of HIMS) was organized in the slum locality located in catchment area of the Rajeev Nagar rural training centre affiliated to Himalayan Hospital. Three of these events were organized at the Inter college level (Dudhli, Raiwala & Bapugram) where students participated in elocution, slogan writing and drawing competitions. The topics given to them were:

- 1) Youth and environment in the world of 7 Billion
- 2) Youth and newer means of communication in the world of 7 Billion
- 3) Role of youth in population control and poverty alleviation in the world of 7 Billion.

Screening of a film “Pavitra Rishikesh” on environment educating the students on “Importance of ban on use of plastics” was also held.



Three events were organized in villages (Jolly, Balawala, Shishamjhari, Rishikesh) for their community in the presence of their Gram Pradhan/ PRI members and ASHAs (grass root level community worker) in which films on family planning methods were screened, and the public was educated on the importance of family planning and the various methods available in the “basket of contraceptive choices.”

In a meeting at Jolly village, Bhaniyawala the community witnessed a competition between three Kalyani groups followed by a nukkad-natak on “Chota Parivar - Sampurna Vikas” (Small family - Complete Development) featuring the disadvantages faced by a large but poor family highlighting gender bias.

The Kalyani groups are a group of local village women who hold cultural activities on health related topics. The event was covered by Doordarshan and concluded with a talk on importance of male participation in making effective choices in adopting family planning methods by the faculty from Community Medicine Department and senior staff of RDI.

## Breastfeeding Week



A training workshop on “Counseling young mother’s on breastfeeding and Lactational Amenorrhoea (LAM) as a family planning method” was held in RDI on 28<sup>th</sup> July 2011 for all Asha facilitators, Ashas and community volunteers of the slum areas of Doiwala block as well as all the staff of Quality Family Planning program. The resource person was Dr. Vartika Saxena the State trainer for BPNI (Breastfeeding Promotion Network of India) and Associate Professor Community Medicine Department (HIHT).

A quiz on the above mentioned topic was then organized in Malviya Nagar locality in Rishikesh, Kheri village, Chidderwala, Kaluwala village, Balawala for new mothers from the local community, local Ashas and Anganwadi workers during the week.

Additional information on breast feeding was given by Dr. Vibha Jain, Pediatrician of UHTC Rishikesh on 1<sup>st</sup> August 2011.

On 2<sup>nd</sup> August 2011, a talk on the topic of “The importance of communication with breastfeeding mothers” was given by Dr. Vipin Chandra, HOD Pediatrics, HIMS - followed by a “Baby Show” in the



community meeting at Prateet Nagar, Raiwala. Only fully immunized and exclusively breastfed babies were short listed for prizes. A “katori chammach” was given to each participant to discourage the use of feeding bottles-a growing menace in the households of both the rich and poor. The event was covered by Doordarshan Dehradun.

A similar event was organized in the AWW centre of the slum area in Shishamjhari, Rishikesh on 6<sup>th</sup> August 2011. Dr. Pranoti Das, In-charge UHTC and Dr. Vibha Jain addressed the community and judged the “Baby Show” that followed.

A film on breastfeeding and associated myths and LAM as a family planning method titled “ANMOL AMRIT DAN” is being made by the joint participation of the experts of Gynae, Obs and Pediatrics departments of HIHT and RDI to mark the occasion by the Combined Video Unit (CVU) of RDI.

Also as a result of the feedback from the community, RDI initiated the important practice of initiating assisted breastfeeding to post-caesarean patients with the joint co-operation of the Nursing, Gynae and Pediatrics departments of HIHT.

## Remembering Hiroshima



Chief Guest Dr. Dr. Sharma

A seminar “Remembering Hiroshima: Resolution to ban nuclear weapons of mass destruction” was organized on the 11<sup>th</sup> of August 2011 in the college auditorium. The speakers were Dr. Dharendra Sharma, Director, Centre for Science Policy, Dehradun, Dr. P. Upadhyaya, Advisor, HIHT University and Dr. Sanjoy Das, Prof. & Head, Department of Forensic Medicine, HIHT University.

The seminar was introduced by Prof. V. Chauhan, Dean, HIHT University who gave a short account of



the disaster and the agony that followed and prevailed till date.

A video film “Hiroshima – A Bombing” was screened, followed by a talk by Prof. P. Upadhyaya, who spoke about the aftermath of the nuclear explosion and its medical effects.

The legal and ethical aspects of nuclear proliferation were discussed by Prof. Sanjoy Das, who said that it is sad that we are making so much progress in a field that ultimately promises to destroy mankind.

The Chief guest, Dr. D. Sharma, spoke, in an interactive deliberation, about the various aspects of nuclear proliferation and its possible outcome. The house resolved to do every bit to free the world of nuclear weapons of mass destruction.

The seminar was organized by the Department of Medical Education and was attended by medical students, faculty and the press.

# Bio-Medical Engineering Teaching Department



On 29<sup>th</sup> July 2011 Dr Vijay Dhasmana Ji, Hon'ble, Vice Chancellor of HIHT University formally inaugurated the Teaching Department of Bio-Medical Engineering, being headed by Mr. Hridayesh Varma.

The first batch of students have already started from 1<sup>st</sup> June 2011. This course for Bio-Medical Technicians/Specialist, is a 1-year course where students are taught basic electronics and modern digital circuits, specially oriented towards maintenance and fault finding of medical equipment being used in treatment, diagnosis, and imaging of patients in a hospital setting. The students will have an internship of three months in the hospital for hands-on training.

After completing this course, the students will be assets to hospitals, medical institutions, nursing homes and the medical instrumentation industry.

## Cancer Research Institute Update

### Current Facilities at CRI

Cancer Research Institute is providing multidisciplinary services under one roof. Currently the following specialized services are available:

- \* Radiation Oncology-3D CRT, IMRT with support of two latest Linear Accelerators, HDR Brachytherapy. More than 2,000 patients have been treated over the last two years.

- \* Surgical & Medical Oncology services
- \* Nuclear Medicine – Gamma Camera facilities

- \* Multidisciplinary OPD – Radiation Oncology, Chemotherapy, Cancer Surgery, Psychosocial Oncology, AYUSH, Tumor Board

- Free registration for BPL patients
- Private & General OPD
- Approximately 200 patients attending daily

- \* Day care chemotherapy
- \* Operation Theater
- \* Soon a General Ward would be ready.

### Inauguration of Meditation Room / Swami Rama Centre Extension in CRI

On 4<sup>th</sup> August 2011 Miss Kamal inaugurated Meditation Room and extension of SRC services Cancer Research Institute building.

### Sarathi – 2-day Workshop for Soft Skills

Two-day workshop “SARATHI” for developing soft skills of staff at CRI was held on 23<sup>rd</sup> and 24<sup>th</sup> July 2011.

### MC/MMQ for Cancer Patients by Master Sifu Tan

Qigong therapy (a traditional Chinese medicine, i.e. healthy body must have a balance of Yin & Yang energy / Qi that relates to the organs of the body) is in practice with cancer patients at CRI by Qigong therapy trained staff of Rural Development Institute (trained by Master Sifu Tan).

Approximately 200 cancer patients have been treated holistically with Qigong therapy. Through documentation and feedback of cancer patients, excellent results are coming in the past three months.

### Upcoming CME – 27<sup>th</sup> August

CRI is organizing a one-day CME on 27<sup>th</sup> August: “Multidisciplinary perspectives on common cancers in the state of Uttarakhand.” Organizing secretary is Dr. Manpreet Tiwana. It's purpose is to bring awareness about progress in oncology amongst general and specialist doctors.

### World Tobacco Day

CRI participated in Anti Tobacco Campaign “Voice of Tobacco Victims” in New Delhi for awareness and anti-tobacco initiatives at the national level.

## Announcements

**IRIA/ICRI CME-cum-Workshop  
24-25 September 2011**

Himalayan Institute of Medical Sciences  
Jolly Grant, Dehradun 248140  
contact: Organizing Secretary  
Dept. of Radiology  
HIMS, Jolly Grant, PO Doiwala  
Dehradun 248140  
(M) 09410103899, 09411752364

**15th Mahasamadhi Function  
Commemorating the Life and  
Work of Sri Swami Rama  
13 November 2011**

Contact Swami Rama Centre for details  
src@hihtindia.org, 135-247-1233

**The new website of  
Himalayan College  
of Nursing is  
www.hcn.edu.in**

## Himalayan Cup



HIHT Recreation Club organised the Himalayan Cup 2011 in the Nescafe ground from 22<sup>nd</sup> June 2011. It was an open tennis ball cricket tournament in which 16 teams participated. The final match was played

between Royal Club and Kamal XI in which Royal Club defeated Kamal XI and clinched the trophy. Dr. Harsh Bahadur, President HIHT Recreation Club, handed over the cup to the champion team.



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