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PRACTISE Systematically, Step by Step by Swami Rama

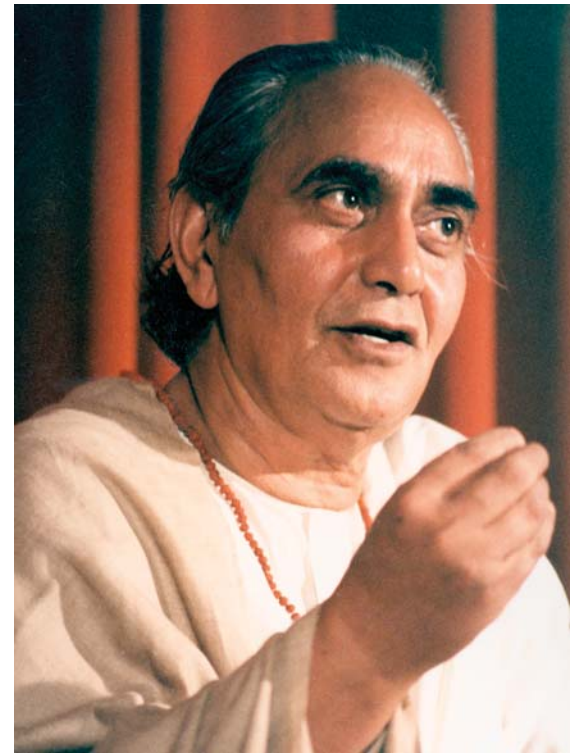
Patanjali begins the second pada with a very practical method that helps to gain control of the mind and its modifications. He has beautifully described it: *tapas svadhyaya ishvara pranidhana kriya yogah*. Here he is introducing *kriya yoga*, which encompasses three basic principles: *tapas*, control of the senses; *svadhyaya*, study of the self; and *ishvara pranidhana*, surrender to the Lord within.

Kriya yoga, or preliminary yoga, is practical yoga. Since it is not possible to immediately gain control of the mind and its thinking process, your emotional life, and all your desires and appetites of the primitive fountains, you will have to practise systematically, step by step. The first step is *tapas*. *Tapas* means, "to know how to control the senses." If you do not have control of the senses, the data the senses collect from the external world will not be clear, and the mind will not be able to decide, judge or function properly. Throughout the Yoga Sutras, Patanjali repeatedly stresses the importance of understanding the nature of the senses and how they dissipate the power of the mind by distracting the mind from the purpose of life and drawing it outward to the charms and temptations of the external world. Now, you have to train your mind not to follow the senses but instead to go within to the deeper levels of your being. When you know how to control and guide the senses, the objects of the senses will no longer have the power to sway you. Then you will be able to perceive the true nature of the objects of the world; you will better understand the nature of your mind and will be able to concentrate the energy of your mind and channel that energy inward. *Tapas* means to control the senses so they do not dissipate the energy of the mind.

Svadhyaya means "self-study," which is the study of one's nature, including one's actions, thoughts, emotions and desires. Without *svadhyaya* and self-awareness you cannot understand your actions or behavior. In your current state of mind you do not

know why you move the way you move, why you think the way you think, why you speak the way you speak or why you act the way you act. Even though you are not aware of it, you do not make a single gesture or movement without mental effort. Although some of your actions and gestures are conscious, most of them are unconscious. For instance, sometimes you behave badly and later on you repent. You know you have acted foolishly and that you should not have behaved in such a manner, but you do not know why you did it. Before you do anything you should be aware of what you are going to do and of all the consequences of doing it. Then, if you still want to do it and are prepared to accept the consequences, go ahead.

When you start to tread the path and begin to study your internal states, you may find it very difficult because you have never faced yourself as you really are. It's easy to criticize others and see what is not good in them, but you prefer not to know your own imperfections because of a strong ego or sense of I-ness. Even though you may want to improve, you are afraid to know your own weaknesses. You think it isn't possible for you to improve, so you go along with the current wave of knowing everything that appears to be fascinating. You are not aware that the faculty of mind that wants to know everything in the external world can also lead you to that height where you can know the reality. If you have not known the reality, it is of no use to know anything else. It is like collecting junk and putting it in the basement—you are just creating more problems for yourself. Those who remain on the thinking level do not get the opportunity to see what they are within. You are not as small as you think you are. There are many other glorious and wonderful levels within you. When you understand your thinking process and can go beyond it to the unconscious mind, you will discover that the world



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within is far superior to the external world. *Svadhyaya* will help you to encounter both the superficial complexes and the deeper potentials within you. Without self-study, enlightenment is not possible.

Ishvara pranidhana (self-surrender) is one of the highest ways to live and leads to the height of Self-realization. In the city of life there is someone sleeping who is called *Ishvara*, or *purusha*, the center of consciousness from where consciousness flows on various degrees and grades. *Isha* means "the one who directly controls your life." Your whole being belongs to this center of consciousness. Whatever you find here, there and everywhere, within and without, is governed by the great power called God, or *Ishvara*, who dwells within you.

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Republic Day Celebrated



HIHT University celebrated the 63rd Republic Day in a very impressive and majestic way. Dr. Vijay Dhasmana, Vice Chancellor HIHT University, hoisted the flag followed by the National Anthem. 26th January is our national festival.

Dean Dr. V Chauhan, Medical Superintendent Dr. SL Jethani, Dr. Prakash Keshaviah, Principal Nursing College Dr. Ratna Prakash, all deputy deans, deputy MS, 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, staff 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. A group dance was performed by the students.

The whole ceremony was appreciated, and it instilled patriotic emotions in all. The event was followed by distribution of sweets.



15th Annual Mahasamadhi Function of H.H. Swami Rama



Lamp lighting by Chief Guest, Chanceller and VC



Swami Rama Scholarship recipients



Best Teacher Award to Dr. Ruchira Nautiyal



Best Nonclinical Award recipient Mr. Rakesh Kothari



Special Employee Award recipient Dr. Sheela Srivastava



New title being released



Swami Rama Humanitarian Award to Divya Prem Sewa Mission Niyas, received by Sri Ashish Gautam



Bhandara



Bhajan Sandhya of Pandita Tripti Mukherjee

Devotees and students of Swami Rama came from all corners of the world to pay their respects on 13th November 2011, the 15-year anniversary of Sri Swami Rama's Mahasamadhi. Junapeethadhishwar Acharya Mahamandaleswar His Holiness Swami Avdhesh-anand Giri Ji Maharaj was the Chief Guest. Mahamandaleshwara Swami Veda Bharati Ji, Uttarakhand Lokayukt Sri MM Ghilidiyal, Sri Yogendra Mohan, Sri BL Kothiwal, Sri Rashpal Malhotra, Sri Deepak Vohra, Sri Swami Anand Ji, Sri Swami Jnaneshvara Bharati Ji, Dr. John Clarke and other dignitaries graced the occasion.

The program started with the lamp-lighting ceremony in front of the portrait of HH Swami Rama and floral tributes were paid by the Chief Guest, along with Mahamandaleshwara Swami Veda Bharati Ji and members of the Presidential Body. The nursing students melodiously sang Guru Vandana. Dr. Vijendra Chauhan, Dean, HIHT University, delivered the welcome address.

The program progressed with distribution of Swami Rama Scholarship to 375 deserving and meritorious students from various schools of Uttarakhand. A total amount of Rs.36 laks was distributed towards the Swami Rama Scholarships.

The Best Teacher Award was given to Dr. Ruchira Nautiyal, Asst. Professor, Dept. of Obst. & Gynae. Best Paraclinical Award was given to Mr. Pushp Raj Uniyal, Sr. Lab. Technician, and to Mr. Aditya Veer Sahrawat, Sr. Technician. Best Nonclinical Awards were given to Mr. Rakesh Pd. Kothari, Asstt. Manager (Finance), Mr. Narayan B. Pradhan, Asstt. Computer Operator-cum-Clerk, Mr. Sanjay Kr. Tyagi, Asstt. Medical Record Keeper, Mr. Arvind Sharma, Security Guard, Mr. Ashish Gaur, Security Guard, Mr. Inder Lal Sharma, Driver, Mr. Jyoti Singh Negi, Sr. Attendant, Mr. Mukesh Kumar, Attendant, and Mr. Bijender Singh Pundir, Helper. Special Employee Award was given to Dr. Sheela Srivastava, Dy. Director (Admin).

Over 6,000 people enjoyed the bhandara. The Chief Guest presented the Swami Rama Humanitarian Award to Divya Prem Sewa Mission Niyas, Haridwar for providing commendable services for the past several years to leprosy patients. Sri Ashish Gautam the President of the Mission received the award.

A book of H H Swami Rama Ji titled *Sadhana the Path to Enlightenment: Yoga the Sacred Science, Volume 2* and "Desk Calendar - 2012" of HIHT containing beautiful quotes of Swami Rama were released on the occasion by Swami Veda Bharati Ji, Anand Swami Ji and Swami Jnaneshvara Bharati Ji.

The Mahasamadhi Day concluded in the evening by mesmerizing Bhajan Sandhya of Pandita Tripti Mukherjee, Hindustani classical vocalist and illustrious disciple of Sangeet Martand Pandit Jasraj.

3rd National Conference of Indian College of Anesthesiologists



Third National Conference of Indian College of Anesthesiologists and Ist UTTARACON 2011 was held at Himalayan Institute of Medical Sciences, Dehradun from 19th to 20th November 2011.

The chief aim of the conference was to critically review which of the commonly held beliefs in anesthesia are grounded in evidence. The conference facilitated learning, networking, and professional growth opportunities as evidenced by a high-caliber and high-quality past edition. The scientific program

included lectures, symposium, debates, panel discussions, free paper and poster presentations. There was an excellent range of international and national speakers and topics. The post graduate students received an insight of the current practices in anesthesia. There were free paper sessions, post graduate quizzes and poster presentations to encourage them. The serene beautiful and picturesque campus gave a perfect environment to an excellent literary festival.

World AIDS Day 2011: "Getting to Zero"

The Department of Community Medicine, HIMS, organized a World AIDS Day seminar on 1st December 2011. The theme of the seminar was "Getting to Zero: Zero New HIV Infections, Zero Discrimination, and Zero AIDS Related Deaths."

Dr. SD Kandpal, Prof. and HOD expressed his views about reducing discrimination with people living with HIV/AIDS and how HIV infection and AIDS deaths can be reduced. A seminar was presented by Dr. Sumit Jethani, focussing on the latest trends of the infection and NACP IV strategies to combat the situation.

ASHA Orientation on Prevention of HIV Infection

ASHA orientation was organized at Urban Health Training Center Rishikesh by Dr. Vartika Saxena, Associate Prof., Dept. of Community Medicine. They discussed confidential testing of HIV infection at



ICTCs and how to take care of HIV/AIDS cases at the community level.

Orientation of Medical Undergraduates on World AIDS Day

The undergraduate medical students were oriented about the importance of World AIDS Day theme by all the faculty members of the department. Red ribbons were distributed to all the medical and paramedical faculty and staff of HIHT as well as community members to show their solidarity, care and concern to HIV/AIDS patients as well as to remind others of the need for their support and commitment

HIV/AIDS Awareness Rallies

Rallies were organised by the undergraduate students in the Rural Health Training Centre Rajeev Nagar and Thanos as an awareness drive to inform the community about ways of preventing the spread



of HIV infection and reducing the discrimination against those who are infected.

Folk Dances of North India



On 18th November "Folk Dances of North India" was presented in the Medical College auditorium. The artists were from Akhil Garhwal Sabha, Dehradun, a cultural organization founded to create awareness of music and theatre of the Uttarakhand region.



On 1st December 2011, faculty and students of Himalayan College of Nursing organized "Awareness Program by Exhibition" as part of "World AIDS Day - 2011" for the patients of Himalayan Hospital. The exhibition was inaugurated by Dr. Kathy, Nursing Consultant and Dr. Renu Dhasmana, Director Nursing.

Dr. Renu Dhasmana addressed the gathering about the theme on AIDS Day 2011 "Getting to Zero." Dr. Kathy spoke encouraging words to the people and nursing students about importance of universal precautions.

There were many events in the program to create awareness about AIDS among the public. The Nursing students actively participated in role plays, speech competition and poster exhibition. The posters were attractive and informative. All the events were directed towards theme "Getting to Zero."



As an extension of this program, on 2nd December, 2011, faculty and students of community health nursing department visited rural area Badasi and created awareness among rural people regarding AIDS. An Exhibition and role play was conducted for senior secondary school students and teachers regarding AIDS with help of handmade charts and posters. An interactive session was conducted at the end of the exhibition to clear the misconception of the public.

Basic Medical Education Technologies

A three-day workshop on Basic Medical Education Technologies, as per the guidelines of MCI, was organized by DME from 23-25 November 2011. The workshop started with inaugural lamp lighting by Dr. Prakash Keshaviah, Dr. V. Chauhan, Dr. S.L. Jethani and Deputy Deans of HIMS.

The workshop was attended by 27 faculty members from various departments. The workshop focused on teaching and learning methodologies, interactive sessions on adult learning, active learning, active lecture, and small group teaching in the forenoon.

2nd National Conference of Society of Biological Scientists of India



Himalayan Institute of Medical Sciences, HIHT University organized the 2nd National Conference of Society of Biological Scientists of India from 27th to 29th January 2012, under the able guidance of Dr. Vijendra D Chauhan and Dr. SL Jethani, who were organizing Secretary and Co-organizing Secretary respectively.

The theme of the conference was "Health Challenges and Opportunities in the New Millennium." Padamshree Dr. AN Purohit (Ex-Vice Chancellor HNB Garhwal University, Srinagar) Chief Guest for the conference, during his address, expressed concern over reducing research activities amongst youth and the increasing burden of different diseases in the community.

Dr. Vijay Dhasmana, Hon'ble Vice Chancellor HIHT University, congratulated all the participants of the conference and appreciated the research work done by them in different areas.

On the first day of the conference, a workshop on Research Methodology was organized which was attended by 37 delegates. This was followed on the second and third day by CME and scientific sessions.

Nearly 350 delegates from all over the country viz Pondicherry, Delhi, Madhya Pradesh, Tamil Nadu, Punjab, Uttar Pradesh and Uttarakhand, participated in the conference. During the CME sessions, eminent researchers like Dr. BC Harinath, Dr. TK Bose, Dr. Dhiman, Dr. Vijendra Chauhan, Dr. Arun Gupta, Dr. Rahul Bansal, Dr. Saurabh Varshney and Dr. Kesarvani shared their research experience and expertise with the delegates. The keynote speaker at the CME, Padamshree recipient Prof. SC Manchanda, delivered a talk on "Holistic Medicine: The Future of Healthcare."



Performers of skit during conference

More than a hundred scientific presentations, in both oral and poster sessions, were made by the delegates on various topics related to health challenges. To promote research among youth, a "Young Scientist Award Session" was organized during the three day conference. This award was won by Dr. Dinesh S.M. from Maharashtra. In addition to this, awards were also presented to the best faculty presentation, best oral presentation by post graduate, best oral presentation by under graduate and to the best poster presentation.

Vertizac Quiz



Department of ENT conducted 1st State Level Undergraduate ENT quiz (VERTIZAC QUIZ) on 24th December 2011, in which teams from all four medical colleges of the state participated.

The winning team was from Veer Chandra Singh Garhwali Government Medical Sciences and Research Institute, while runner up team was Himalayan Institute of Medical Sciences.

The quiz master for the event was Dr. Saurabh Varshney, Prof & Head (ENT) and was supported by Dr. SS Bist, Associate Prof (ENT), Dr. Sanjeev Bhagat, Assistant Prof (ENT) and Dr. Vinish Agarwal, Senior Resident (ENT).

Celebration of Humanism

The Staff Welfare Committee of Himalayan College of Nursing organized a year-end event on 13th December 2011, when all teaching and non-teaching staff together held hands to celebrate 'Humanism.'

Verses were read from Sri Guru Granth Saheb, Holy Quran, Holy Bible and Bhagavat Geeta, which disseminated the message of 'Cosmic Consciousness and Universal Brotherhood,' irrespective of all differences.

There was also a 'Moment of Introspection,' when all together silently examined their own evolution throughout the year, as a human being first and then as a teacher and care-giver.

The poem 'Working Together' by Janice Walkden was recited, it was in tune with the core value and philosophy, that our institution believed in.

The event ended with a simple home-made feast. It was a celebration of love, life and hope.

Innovative Leadership in Nursing

On 3rd November 2011, Dr. Renu Dhasmana, Director Himalayan College of Nursing, was one of five individuals in the world who received Honorary Membership in Sigma Theta Tau, International Nursing Honor Society.

The vision of Sigma Theta Tau International is to create a global community of nurses who lead in using knowledge, scholarship, service and learning to improve health of the world's people.

This honor is bestowed by Sigma Theta Tau on non-nursing individuals who have demonstrated superior achievements and have contributed to the advancement of nursing and health care at the national or global levels.

Annual Sports Day of Medical, Paramedical and Nursing Students



HIHT University celebrated its first Annual Sports Meet 2011 on 19-21 December. The annual sports meet, consisting of all possible athletic events, was organized by the Joint Organizing Committee comprising of faculty, students and volunteers from Medical, Paramedical, and Nursing Colleges.

The meet was inaugurated by the Vice Chancellor, Dr. Vijay Dhasmana at the HIMS College Sports Ground. All the enthusiastic participants from Medical, Paramedical and Nursing Colleges displayed

their exemplary performances in various events spread over three days. Based on the individual scores in different events, Ms. Jyoti Rawat of B.Sc. Nursing was declared as best female athlete while Mr. Amit Kumar Tamta MBBS. (2007 batch) and Mr. Abhishek Madeshia MBBS (2008 batch) were jointly declared as best male athletes of the year 2011.

On the concluding day, prizes were distributed to the winners of various athletic events.



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