



You Have to Become Mindful of the Kleshas by Swami Rama

The purpose of the practice of kriya yoga is to remove the kleshas. The kleshas are the cause of dukkham (pain, worry, misery and suffering). They hinder your progress and prevent you from attaining samadhi. Patanjali says in order to understand the philosophy of the kleshas you have to understand the four basic principles of yoga:

There is pain and misery.

There is a cause of pain and misery.

There are ways and means to get freedom from pain.

There is a state that is free from all pains.

Buddhism borrowed these ideas from yoga science and teaches the same thing. Buddha was born as a prince in a Hindu family. He had all possible worldly means: a beautiful wife, a palace, a big kingdom, a strong and healthy body, and he was a very handsome man like Christ. He left his home when he became aware there was suffering in the world.

In the practice of kriya yoga, first you should acknowledge there is pain and that you suffer on account of pain. You cannot ignore pain or pretend there is no misery or pain. Every human being feels pain, and sometimes the cause of the pain is unknown. Pain can come from external sources or from one's own physical, mental or spiritual limitations. For instance, you may have the desire to attain the highest truth, but when you find you are not able to attain it you become depressed.

The word klesha is often misinterpreted to mean "evil, devil or sin" because of common belief in these notions. Patanjali says those who propagate these ideas do so in order to keep people under their control, just as a horse rider uses a stick and his heels to guide a horse on the right track. Those persons who are not educated and do not want to or do not have the capacity to understand, can be controlled by the suggestive power of such ideas as the devil and sin. For them, the terror and fear associated with these things are helpful.

In reality there is no need to worry about going to heaven or hell. You create your own personal heaven and hell, and demons are also self-made. The devil is

a sickness of the mind as are so many physiological diseases, which can be controlled by mental focus. Nothing can be more injurious than the human mind for it is capable of creating disasters of the highest magnitude. The capacity of the human mind to create an atom bomb and drop it to destroy a whole country is evidence of the destructive potential of the human mind.

Literal interpretations of the concepts of the devil and sin are not for an educated person who is looking for answers to the vital questions of life:

Who am I?

From where have I come?

Why have I come?

What is the purpose of my life?

Where am I going?

If religious books, scriptures, or teachers cannot satisfactorily explain these vital questions or give you the answers, you have to look elsewhere. Try to explore your origin and understand what you are, how and why you have come to this world and what the purpose of your life is. In this way you will gradually become aware of the higher dimensions of life and you will question more:

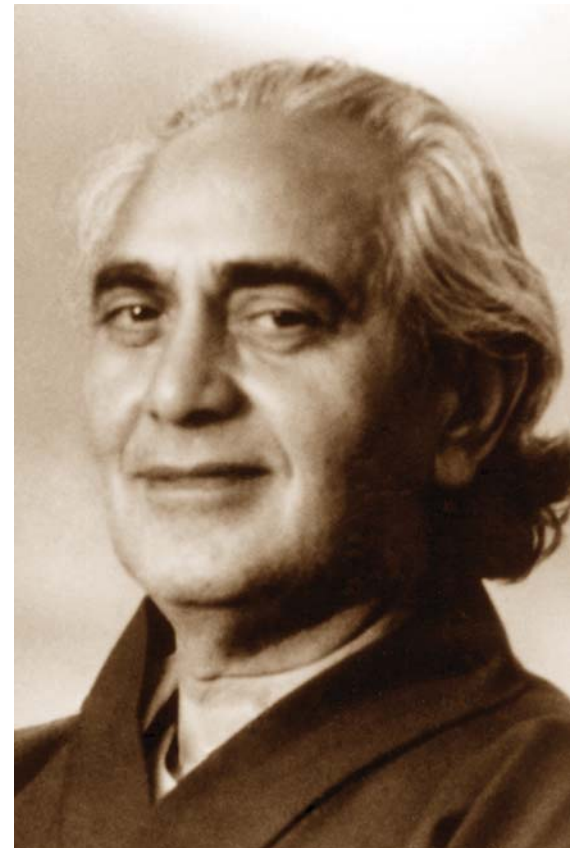
What is the source of knowledge?

From where can I receive this knowledge?

What are those obstacles that come in the way and prevent me from having clarity of mind and the knowledge that can help me to attain the highest state of freedom from misery?

If you study the Book of Psalms, or the Sermon on the Mount, you will not find any mention of sin. These scriptures are meant for those who have more understanding and have started to question life. In the Sermon on the Mount Christ did not say you would go to hell if you committed sins. Instead he said: "You are like a child. You have all the potentials and if you continue to grow, you will become like your Father. You and your Father are one."

Although the major religious traditions of the world talk about sin, there is confusion about what sin actually is. No one is a sinner, but you frequently commit mistakes and thus create many obstacles for



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yourself. In desperation you pray to the Lord for help. You may feel inspired when you pray, but otherwise you remain ignorant. For example, if you decide you are no longer going to work, you may spend the whole day praying to God to give you food. If someone comes and takes pity on you, you think God has answered your prayers. But actually God has not sent you any food. Someone gave you the food because they felt pity on you. Patanjali says to be realistic and not to create obstacles for yourself. Even if you cannot have control over your mind and its thinking process, you can try to have control over your actions and speech. You can make effort to stop saying what you don't want to say and stop doing those things that are not helpful. You have to become mindful of the kleshas.

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XVII Indo-US International CME



The 17th International CME in Surgical Pathology, Hematology and Cytopathology was hosted by Himalayan Institute of Medical Sciences, HIHT University from 3rd-5th February 2012 under the patronage of Hon. VC Dr. Vijay Dhasmana and able guidance of Prof V.P. Pathak (Chairperson) and Prof D.S. Gaur (Org. Secretary). The CME was in collaboration with Indian College of Pathologists (ICP) and Association of Indian Pathologists of North America (AIPNA).

Twenty-six eminent pathologists travelled from overseas to attend this CME. They, along with Indian faculty of national fame shared their experiences in pathology with all delegates. The focus of the CME was on "bread and butter" pathology and included topics on molecular diagnosis and their clinical application which are presently being introduced into the daily practice of pathology. Amongst the American faculty were Prof. Larry Burgart, internationally recognized GI pathologist from University of Minnesota Medical School, Dr. Adam Bagg, Director of Hematology University of Pennsylvania Medical School and Dr. Ifrate, Harvard Medical School.

The Chief Guest for the inauguration of CME was Dr. Pranav Pandya, Chancellor Dev Sanskriti Vishwavidhyalaya and Head All World Gayatri Pariwar, who spoke about importance of integration of spirituality and science. He also highlighted the role of pathologist in society.

The highlights of the CME were lectures by Prof. Vinay Kumar, Chairman of Pathology at University of Chicago and author of *Robbins and Cotrane*



Pathologic Basis of Disease, who laid down the vision for pathology for the coming years. Dr. Bhusnurmath, Dean Academics, University of Grenada, West Indies conducted a session on the changing trends of teaching pathology and its advantages.

Six students of second professional of MBBS got the opportunity to present seminars in front of the international guest faculty. The first three best speakers were given prizes. The conference was well attended by more than 300 delegates.

First Convocation of HIHT University



The First Convocation for the Postgraduate students of HIHT University was held on 4th February 2012 in the University premises. The grandeur set-up of the venue of the convocation gave a majestic ambience. Colorfully clad Army band, playing mesmerizing tunes, further added grace to the event. Academic procession comprising of the members of Board of Management of University, Dean of Himalayan Institute of Medical Sciences, Dr. V. Chauhan and Professors attired in traditional gowns and hoods, led by the Registrar of the University, walked from the Medical College.

Passing through the pathway of the University garden, procession paused to receive the Chief Guest, Dr. C. Rangarajan, Chairman of the Prime Ministers Economic Advisory Council and the Vice Chancellor of the University, Dr. Vijay Dhasmana. The procession, in accordance with the protocol, entered the convocation centre amidst huge audience. The Chief Guest was given a warm welcome. The Vice Chancellor of the University, Dr. Vijay Dhasmana, declared opening of the convocation. The Dean of Himalayan Institute of Medical Sciences, Dr. V. Chauhan presented the postgraduate students of MD/MS and MPT before the Vice

Chancellor for conferment of the degrees. The convocation address was delivered on the occasion by the Chief Guest, Dr. C. Rangarajan. The Chief Guest was presented with a shawl and memento. Dean, Dr. V. Chauhan proposed a vote of thanks. The ceremony concluded with national anthem played by the Army band. The academic procession made a graceful exit from the venue. All those students who received their degrees from the first convocation of the University, tossed their hats into the air in celebration. The event was finally concluded with a delicious and sumptuous lunch.

Himalayan College of Nursing Induction Ceremony



— a symbolic depiction of *“Transfer of 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 illumination of lights held by forerunners of Nursing and its symbolic receipt of the successors, signifying transfer of the spirit of the profession. Dr. Vijay Dhasmana, Hon’ble VC of HIHT University had graciously consented to be the Chief Guest of the evening. Congratulating the students on choosing HCN for their course, he highlighted the facilities available and urged the students to gain skill along with knowledge in the course of their study. He reiterated the dream of H.H. Swami Rama of providing best healthcare facilities to the people of Uttarakhand and reaffirmed his commitment to Swamiji’s mission.



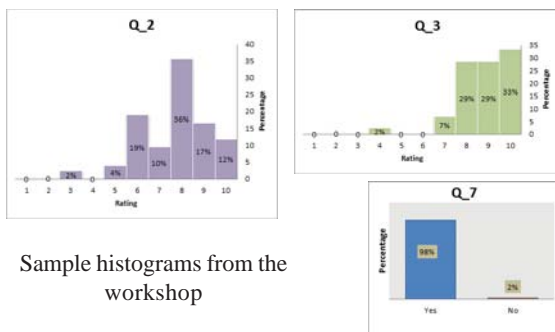
The Himalayan College of Nursing under the auspices of HIHT celebrated its formal induction ceremony for the 6th Batch of 100 First Year Basic B.Sc. Nursing and 16th Batch of 45 First Year Diploma in General Nursing Students on 21st February, 2012. The program began with an Invocation Dance by HCN students. In the main proceedings the freshers lighted their own lamps from the lamps of the teachers

The Director Nursing Dr. Renu Dhasmana congratulated the students on their induction ceremony as they became a part of HIHT family. She apprised them of the nobility of the nursing profession in service to mankind. She told them that she has been to a number of nursing colleges in and around the region but none could match the qualified faculty and the infrastructure of HCN.

Health Research Methods Workshop



A two-and-a-half day workshop on Health Research Methods was organized by the Research Committee of HIHT University from 13th-15th January 2012 with guest faculty from the University of Michigan, Ann Arbor, Michigan, USA. The faculty included Dr. Brenda Gillespie, Ph.D., Associate Director of the Center for Statistical Consultation and Research, Ms. Kathy Welch, M.S., M.P.H., Statistical Staff Specialist & Dr. Panduranga Rao, M.D., M.P.H., Associate Professor, Departments of Medicine and Nephrology. The workshop was held in the College of Nursing and included lectures, hands-on computerized data entry and analysis, small group discussions, critical reading of assigned papers, critique of some HIHT Research projects and practical participation in a clinical trial. Topics covered included types of study designs, data collection, descriptive statistical tests, regression analysis, survival analysis, clinical trials and ethical issues. A workbook containing the course material was provided to each of the 44 participants from 16



Sample histograms from the workshop

different departments of HIMS and the College of Nursing. Participants filled out a feedback questionnaire which was subjected to computerized data analysis and presented to the participants. The analysis indicated that the participants found the workshop to be very beneficial, especially the hands-on computer exercises, and wanted further instruction in Health Research Methods. Certificates were presented to the faculty and to the participants at the conclusion of the workshop.

Rural Development Institute Update

The Adolescent Resource Center conducted workshops from October-December 2011 for adolescents from nearby schools. Skill based trainings were conducted such as pottery painting, embroidery and book reading.

RDI, working as State ASHA Resource Center for Uttarakhand under National Rural Health Mission (NRHM) organized a 1-day residential training program on "Menstrual Hygiene" 5th December 2011.

An 8-day training on Community Managed Disaster Risk Reduction was held in RDI for the entire staff. This training was facilitated by international resource person Mr. Rusty Binas. A field based exposure visit was made to two villages that had recently faced disasters from landslide and cloud burst.

A 3-day workshop was organized by RDI to sensitize program managers and second line team members for understanding the issues of disability and how to integrate them in their working areas. Through participatory sessions and simulation games, a perspective was built on disability and its issues. An understanding was built towards inclusive development of the people with impairments in the mainstream, which requires the environment to be made conducive and accessible for all in order to enhance their quality of life.

National Youth Day (which is celebrated on Swami Vivekananda's birthday) was observed on 12th January 2012 at Skill School with adolescents aged 14-18 years. Thirty-two

students participated in this 1-day workshop. The program consisted of talks, slogan competition, refreshments and games.

Skill School celebrated Basant Panchami on January 28, 2012, with approximately 60 school age children from the nearby areas. They learned about Goddess Saraswati, and how Basant Panchami is celebrated across different cultures. They held a dance competition and flew kites to celebrate.

SATHI – an initiative undertaken by the Quality Family Planning Services in Uttarakhand (a PFI, Govt of Uttarakhand and RDI-HIHT joint venture) is under implementation in Doiwala Block in the smaller villages as part of an intensified effort to reach the unreached. Ninety small villages of Doiwala block were covered in 45 days by these mobile camps. A consultant gynecologist, project area coordinators, family planning counselor, and RTI/STI counselor are part of the team. In this initiative, as part of these specialist camps RDI is providing family planning counseling services on the basket of contraceptive choices available to eligible couples. The inaugural camp was on 7th December 2011. The mobile van equipped with flexibanner and other IEC material and equipment for setting up a temporary clinic in the campsite locale was flagged off by Dr. Chandra Pant, CMS Doiwala. The camp schedule (from 8th Dec 2011 to 15th Feb 2012) has been shared with the District CMO and other concerned PHC doctors.

Cancer Research Institute Update

Yoga Clinic: CRI has started a Yoga Clinic for patients and their relatives. Staff and faculty are being given basic education in stress management and yoga techniques for integrating these therapies in patient care.

Ayurveda Clinic: CRI has started an Ayurveda Clinic thrice a week, with Dr. R.K. Mamgain, to provide effective supportive and palliative care to cancer patients.

Guest Lecture: Dr. Pankaj Bhargava, Senior Medical Oncologist from Dana Farber Cancer Center, Harvard Medical School, Boston, who is associated with CRI, HIHT as an Adjunct Associate Professor of Medical Oncology, visited and delivered a lecture on "Carcinoma of the Gall Bladder" in December 2011.

Tissue Banking: Uttarakhand Council for Science and Technology [UCOST] has extended a supporting hand to develop a tissue bank in collaboration with CRI and CBF [a charitable organization]. The tissue bank will store tissues which are otherwise discarded after diagnosis for collecting clinical data. The tissue bank is one of its kind in the state of Uttarakhand and one of the few nationwide. It will serve as a cost effective resource centre for research. *CRI, HIHT appreciates the efforts of Director General UCOST Dr. R. Dobhal for his acknowledgment and support for development of these services in the state.*

Cancer Database: CRI is setting up an electronic database in an organized manner for cancer in Uttarakhand which will serve as a resource for health planning. Patients will be issued electronic cards for the same.

Asha: A voluntary organization set up to help cancer patients and carers has started a kichadi program. It was felt that the patients of radiotherapy and chemotherapy do not have proper nutritious food on campus. The kichadi is being prepared at the combined therapy kitchen and served free of cost to the OPD patients at CRI. Asha is looking for volunteers to help with this program and also for donations. The cost to sponsor kichadi for a day is Rs.500. If interested kindly contact Mira Swami at 0135-2471-249/363.

Osteopathy

Osteopathy is a system of diagnosis and treatment for a wide range of medical conditions. It works with the structure and function of the body, and is based on the principle that the well-being of an individual depends on the skeleton, muscles, ligaments and connective tissues functioning smoothly together. To an osteopath, for your body to work well, its structure must also work well. So osteopaths work to restore your body to a state of balance, where possible without the use of drugs or surgery. Osteopaths use touch, physical manipulation, stretching and massage to increase the mobility of joints, to relieve muscle tension, to enhance the blood and nerve supply to tissues, and to help your body's own healing mechanisms. They may also provide advice on posture and exercise to aid recovery, promote health and prevent symptoms recurring. Patients seek treatment for a wide variety of conditions, including back pain, repetitive strain injury, changes to posture in pregnancy, postural problems caused by driving or work strain, the pain of arthritis, etc. For consultation, contact Mira Swami, HIHT Osteopathy, at 0135-2471-249/363.

Student Mentorship CNE

With the increasing number of students in Himalayan College of Nursing (HCN), their overall needs are found to be increasingly varied in both academic and non-academic areas. It was deemed necessary to promote Teacher Competency to cater to these needs.

Consequently, the Faculty of HCN welcomed the New Year with a day-long Continuing Nursing Education (CNE) Workshop on "Student Mentorship and Learning Outcome" on 4th January. The domains included the functional meaning of mentorship, its categories, approaches that differed for UG & PG students, qualities of an effective mentor and common challenges encountered in its accomplishment.

Following the morning sessions of concept presentations hands-on experiences were provided by way of role-playing, counseling and self-revelation.

On evaluation, all faculty opined that the experience of this workshop was very useful and the realistic exercises were successful in opening up the students' world of fear and uncertainty, which only competent teachers could dispel. They felt confident to take up the responsibility of student mentors.

We congratulate Ms. Mugdha, Lecturer, Department of Community Health Nursing, for her initiative to breach the widening gap between students and teachers, the very essence of effective teaching-learning outcome and her leadership ability in conducting the workshop.

As a resolution the concept of "Student Mentorship" got uniformly instituted for all classes of HCN, as a college policy.

HIMOTSAV 2012



Saraswati Pooja



Basant Panchami was celebrated in the form of Saraswati Pooja on 28th January 2012 in the auditorium of the College of Nursing.

A large number of students, faculty and staff members from all disciplines participated in the chanting of mantras followed by "Pushpanjali" and distribution of prasad.

The event was organized jointly by volunteers from administration, medical, paramedical and nursing colleges.

The much awaited cultural festival of HIHT "HIMOTSAV-2012" was held in the college auditorium from 16th-18th February 2012. For the first time a joint cultural festival of HIHT family was organized where all faculty and staff of medical/paramedical/nursing/other departments of HIHT, and students from medical/paramedical/nursing participated together on one stage.

The festival was inaugurated by the Hon'ble Vice Chancellor of HIHT University Dr. Vijay Dhasmana on 16th evening by lamp lighting. Dr. V. Chauhan, Dean HIHT University and other dignitaries accompanied him for lamp lighting.

Preliminary rounds of this versatile cultural festival like Male Solo Songs, Skits & Solo Dance performances were held separately for students (medical, paramedical and nursing) and for the faculty /staff category on 16th February while on 17th,

preliminary rounds for Female Solo Songs, Duets and Group Dance Performances were held.

Best three performances of all events were selected for the finals as decided by a panel of judges for each event. Final rounds were also complemented by the Fancy Dress competition for all and some melodious performances by invited distinguished faculty singers and others.

The Hon'ble VC congratulated all winners. Academic Awards for the year 2011 were distributed. The 3-day program ended with a vote of thanks proposed by the Chairperson, Organizing Committee to all the participants, winners, dignitaries, audience, orchestra party, various other departments engaged in preparations, and HIHT for the financial help.

The Chairperson also thanked all the committee members for their commitment and support in organizing the event.



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