



India's Contribution to Holistic Health

by Swami Rama

Holistic health is a modern, scientific and systematic approach to living. One-sided progress is partial—half-truth is not truth. A human being is a citizen of two worlds, the world within himself or herself and the world outside, but there seems to be a great gap between these two. One who is able to create a bridge between the inner and the external life can be considered to be the perfect person.

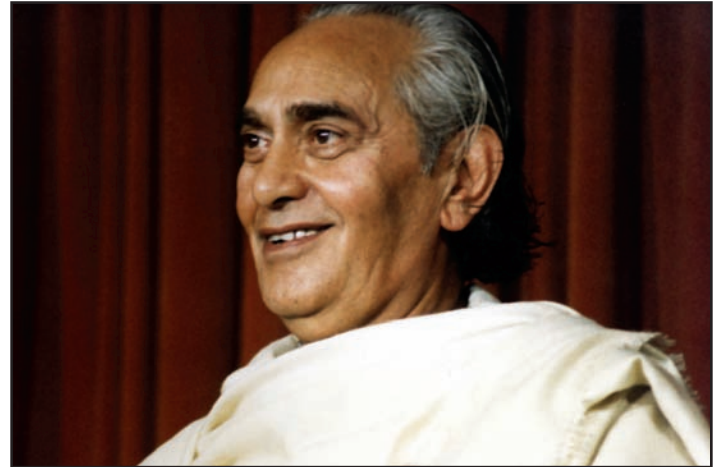
There are three categories of people traveling through the procession of life—those who are time oriented, those who are goal oriented and those who are purpose oriented. Time oriented people move in the world without understanding why they are moving; they have no true vision of the future. They spend their lives fantasizing about some idyllic future or analyzing triumphs or defeats from the past, failing to appreciate things the way they are, they are thus forever dissatisfied. For such people, staying healthy and finding success is difficult.

Goal oriented people are those who can physically and mentally discipline themselves to a certain extent. They can conduct their duties according to their circumstances, but their vision remains limited. For lack of higher purpose, their lives remain oriented toward material goals.

The third category is comprised of those few who are purpose oriented. Whatever they think, speak and do is in accordance with their purpose in life. They regulate their habits and know that physical and mental health are not two different things; they are inseparable units which are essential for maintaining holistic health. For them, maintaining good physical and mental health is like preserving two fine instruments to carry out the purpose of life. What label one attaches to their purpose—happiness, perfection, health, a state of tranquility, nirvana, samadhi, Godhead—is immaterial. The people of this last category are rare, but they are healthy in all aspects.

The ancients emphasized the need for holistic health; they understood the whole being. In other words, they understood the interrelationships of body, mind and consciousness, for the body is merely a covering outside the mind, and the mind is a covering for the center of consciousness within. It is very important to be aware that the body is merely a tool and not the entire self. However, because the body is a support system for the mind, it is necessary to take care of it properly. For instance, if the body is sick, the mind is absorbed by pain and cannot function in a healthy way. Conversely, the mind controls the body. Stop reading for a moment. Try to get out of your chair. Watch carefully. You will soon realize that it is not your body which does the standing; it is something else within that orders the mass of flesh and bones to stand. The body is merely an instrument which obeys orders. The center that gives the orders has the potential to be one's greatest ally or one's worst enemy, the source of health or disease.

How do you maintain good physical and mental health so that the purpose of life can be carried out? I will describe the



H. H. Swami Rama

practices that have been taught in the yoga tradition for centuries. These are not just physical; they are mental and spiritual, too, for yoga is the science of self-effort, of self-examination and of self-awareness. It is a scientific discipline perfected over millennia. The yoga techniques work. They have been proven and validated by many and by sincerely and honestly following these simple rules you will achieve success. As you practice, you will begin to see and feel how much you have accomplished through your own efforts, and this way you will understand the way to attainment.

The ancient yoga manuscripts describe two sets of mechanisms in the human body, one for cleansing the body, the other for nourishing it. They work together in harmony, balancing each other. The yoga manuals first make one aware of those systems which cleanse the body: the lungs, pores, kidneys, and bowels. You should watch and see that the lungs expand rhythmically, that the pores are functioning properly, that the kidneys are operating normally and that the bowels move regularly. In other words, you should try to understand your natural cleansing systems and learn to control and assist them, because if these systems are not functioning properly, the nourishing systems cannot do their work properly, and body will begin to break down. Resistance and irregularity create disorders and disease. The mind then remains under stress and the nervous system in tension.

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Announcement

This year Diwali falls on November 13th. In honor of Swami Rama's mahasamadhi on that date, a bhandara will be held on the campus of HIHT. The 16th Annual Mahasamadhi Function commemorating the life and works of H.H. Swami Rama, this year will be held on November 16th, the astrological date of his mahasamadhi.

Medical Thoracoscopy

Medical thoracoscopy, also known as pleuroscopy is one of the interventional procedures to access the pleural cavity. This procedure was described for diagnostic purposes in 1910 by Jacobaeus and was subsequently used in the management of tuberculosis (TB), to create pneumothorax (Jacobaeus operation).

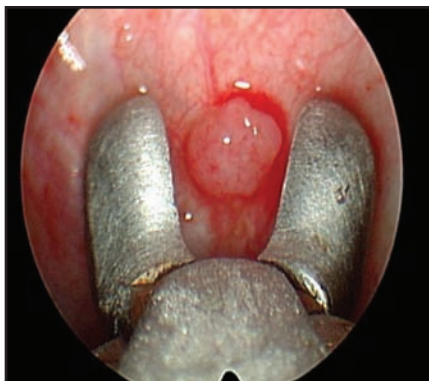
Medical thoracoscopy has received renewed interest among pulmonary physicians in the recent past because of better instrumentation and simpler sedation protocols. With current techniques, medical thoracoscopy can be done as a day-care procedure under conscious sedation. The major indications for medical thoracoscopy are:



Rigid thoracoscopy in a case at HIHT

1. Diagnostic: Evaluation of exudative pleural effusions which remain undiagnosed after maximum pleural fluid analysis. With thoracoscope, the examiner can visualize the entire visceral and parietal pleura and take pleural biopsy from suspicious sites under direct vision. Diagnostic yield of thoracoscopy for malignant and tubercular effusions is more than 95%. Its advantage over closed pleural biopsy lies in higher yield mainly due to biopsy under direct visualization and large biopsy specimens obtained.

2. Therapeutic: Talc pleurodesis (in recurrent malignant pleural effusions) and adhesinolysis (complicated septated empyemas).



Biopsy of a pleural nodule

Department of Pulmonary Medicine has recently started thoracoscopy services. In last six months, a total of 22 patients with undiagnosed pleural effusion have undergone thoracoscopy. Overall diagnostic yield of thoracoscopy in our patients has been 90%. Out of 22 cases, 60% came out to be malignant, 30% tubercular and 10% showed nonspecific inflammation. No major complication was observed during and after thoracoscopy in our patients.

Dr. Jagdish Rawat, Associate Professor, Pulmonary Medicine

*"Some people walk in the rain,
others just get wet."- Roger Miller*

Huge Cyst Removed



A 44 year old male came to HIHT with complaints of difficult breathing and pain on right side of the chest for six months. Six years ago he had taken medicines for tuberculosis. On further investigation he was diagnosed with hydatid cyst (tapeworm) in upper lobe of right lung along with cyst in the liver. He came to us for excision of hydatid cyst of the lung.

He was operated under general anaesthesia and the hydatid cyst was removed by the team of Dr. Bhawna Singh, Dr. Sushil Thakur, Dr. Sumit Jain and support staff on 20th June. The patient's course in the hospital was uneventful and he was discharged on 23rd June in a healthy condition. The cyst was 10 x 6 cm. in size.

MBBS Orientation



The orientation program for MBBS Batch 2012 was held on 1st August. The MBBS batch entrants along with their parents attended the program. After the lamp lighting by the dignitaries, Dr. V. Chauhan, Dean, HIMS, delivered the welcome address and introduced the faculty of the first professional. Deputy Dean Students affairs, Dr. D. C. Dhasmana, apprised the students and parents that the HIHT campus is ragging free while Dr. Saurabh Varshme, Dy. Dean, UG studies laid emphasis on strict dress code for the students and talked about the academic calendar, system of double assessment and the minimum attendance required for appearing in University exam as per MCI regulations. The Vice Chancellor, Dr. Vijay Dhasmana delivered the presidential address wherein he congratulated the students and their parents. He said that the students must pledge to maintain the dignity of the profession through right action and selfless service. He re-emphasized that the MBBS students must comply with the rules and regulations of the University.

New Services at CRI

In addition to existing facilities, Cancer Research Institute (CRI) has started new services in the month of June 2012:

Extension Counter of Kalpatru Pharmacy: CRI Pharmacy



was inaugurated on 25th June by Dr. D. C. Dhasmana and Dr. V. P. Pathak along with Dr. Sunil Saini, Director CRI. All staff and members of the pharmacy committee viz. Dr. S. K. Verma, Dr. Das, Mr. Roshan Naugaim were present on the occasion.

Guest Lecture: Dr. Alok Ahuja delivered a guest lecture on quality management related to NABH/NABL guidelines.

Guest Faculty: Dr. M. K. Mahajan from CMC Ludhiana visited CRI in June. He interacted with faculty and staff of CRI and discussed various aspects of cancer care and recent developments in radiation oncology.

Birthday Celebration: The birthday of a terminally ill cancer patient was celebrated at CRI on 28th June. The patient cut the cake and sweets were distributed to all patients at day-care ward. Director CRI personally wished the patient and distributed cake along with other faculty members of CRI.

Volunteer at CRI: Miss Vaibhavi Dhasmana volunteered to serve cancer patients at CRI in June. CRI encourages students, elderly people and all others who wish to serve cancer patients to volunteer.

New Faculty Member: Dr. Madhur Gupta joined CRI as Assistant Professor in Department of Radiotherapy.

Training for Nurses: A workshop was conducted for nursing staff at CRI on 30th May. The oncology nurses were trained in areas involving handling of chemotherapy drugs and peripheral line care.

Cochlear Implant Screening Camp

A "Cochlear Implant Screening Camp" was organized by Department of ENT on July 30th, in ENT-OPD. Seventy patients attended the camp. A free audiological screening test (OAE) was provided to all children who came that day, and those children who would be beneficial candidates for cochlear implant were screened. It was a good attempt to propagate the cochlear implant program being run by ENT Department. Till now the department has successfully performed five cochlear implants surgeries.

Medical Research Methodology

An "Orientation in Medical Research Methodology" workshop for undergraduate students of Himalayan Institute of Medical Sciences, was organized in collaboration with Institute of Cytology and Preventive Oncology (ICPO), Indian Council of Medical Research (ICMR), New Delhi at Himalayan Institute of Medical Sciences, from 16th-17th May 2012.

Thirty undergraduate students were enrolled for the 2-day workshop. The key focus of the workshop was to induct/generate interest of undergraduate students towards research methodology. This is the first of its kind of a research workshop for undergraduate medical students held in North India.

Orthopaedic Rehabilitation

A workshop on "Orthopaedic Rehabilitation: A Nursing Perspective" was organized jointly by the students of M.Sc. and Post Basic B.Sc. Nursing of Himalayan College of Nursing, on 11th April 2012, for 253 nursing students. The objective was to develop PG students' competency in organizing such large-scale educational events and create awareness among undergraduate students about "Rehabilitation" as a "Nursing Function."

Medical Education Workshop

A workshop on medical education was organized at Himalayan Institute of Medical Sciences, 9th & 10th July 2012 in collaboration with St. George University, Grenada, West Indies. The resource persons for the workshop were the faculty from School of Medicine, Grenada—Dr. Shiviyogi Bhusnurmath and Dr. Bharti. The 2-day workshop provided a good hands-on experience to the participants and focused on areas of education such as current problems encountered by the teachers and the innovative methods that can be used in lectures, practical and bedside teaching. An emphasis was laid on making Specific Instructional Objectives (SIOS) for each lesson plan which will improve student understanding about teacher's expectation of them in their respective subject.

Biomedical Technician Course

The Biomedical Technicians/Specialist certificate course began in June 2011. The first batch of five students completed the course in June 2012. The faculty comprised of Mr. Hridesh Varma HOD, Department of Biomedical Engineering and Mr. Bhupesh, Biomedical Engineer, guides the students and teaches them the technology and techniques of maintaining biomedical equipment and their application and use on patients for diagnosis and monitoring of patients. The unique feature of this course requires six months on-the-job-training. The next batch is now scheduled to begin by September 1st and we hope to have more students registered for the course.

Blood Donation Month



World Blood Donor's Day was celebrated all over the world on 14th June 2012. It was a day to show our appreciation to regular voluntary blood donors who provide safe blood to save lives. The WHO theme this year was "Every Blood Donor is a Hero." At Blood Bank, HIHT, 14th June to 14th July was taken up as World Blood Donor Month. Many donor motivation programs were carried out and more than 1,000 donors were motivated. Many camps were organized. The students, staff and faculty members also donated blood voluntarily. The entire month's activities culminated in a concluding program on 14th July when about 70 blood donors among the staff and faculty members were given certificates and tokens of appreciation for their act of altruism. The program concluded with distribution of sweets to those present.

NACO Training at Blood Bank HIHT

A 3-day training program was conducted for medical officers and lab technicians of blood storage centers of CHCs, PHCs and FRUs of Uttarakhand Government hospitals from 12th-14th July 2012. It was attended by 13 doctors and 12 lab technicians. The main aim of the training program was to enable hospitals in difficult to reach areas to have access to safe blood transfusions to save lives. They were trained on aspects like correct patient identification, storage, transportation, issue of blood, blood grouping, cross-matching, adverse transfusion reactions and disposal of blood bags. The inaugural program was attended by Dr. Meenakshi Uniyal, Joint Director, Uttarakhand State AIDS Control Society.

Inauguration of Apheresis Unit in Blood Bank of Himalayan Institute Hospital

The Apheresis Unit of Blood Bank was inaugurated on 14th July 2012 by the Vice Chancellor of the University Hon'ble Dr. Vijay Dhasmana. The hospital will now be able to provide apheresis units of blood components like platelets which will be equal to six units of random donor units. This will be helpful in diseases like malaria, dengue, aplastic anemia, leukemia, and chemotherapy patients.

The unit will also be able to perform procedures like therapeutic plasma exchange which is a treatment modality in diseases like GB Syndrome, Myasthenia Crisis, etc. The same machine can also be used for therapeutic red cell apheresis, leucapheresis and even stem cell collection for transplantation.

World Population Day



The Dept. of Community Medicine celebrated World Population Day in the department and its Rural and Urban Health Training Centres (RHTC) at Rajeev Nagar, Dehradun and Rishikesh on 11th July 2012. A brief introduction of this year's WPD's theme "Universal Access to Reproductive Health Services" was delivered by the Dept. Head, Prof. S. D. Kandpal who highlighted the facts that reproductive health problems are still the leading cause of ill health and death for child bearing women worldwide. Both the Rural and Urban Health Training Centres held focus group discussions for young eligible couples who were educated about safe sex practices, use and role of contraceptives, benefits of having small family, encouragement to visit Health Service Centres for reproductive problems and keeping a gap of three years between pregnancies. Information regarding Governments Cash Incentive Schemes for delivering a child at Government hospital or accredited private institutions and adopting permanent method of sterilization for family planning was also passed to them.

World Hepatitis Day



Every year 28th July is celebrated worldwide as World Hepatitis Day to generate awareness in the general population about viral hepatitis. This year for World Hepatitis Day, the Department of Gastroenterology organized a hepatitis

screening camp from 28th July till 4th August in which approximately 500 people were screened for hepatitis B and C free of cost. The general public was also informed and sensitized about various risk factors of viral hepatitis and prevention against hepatitis including the need of vaccination against Hepatitis B and A infection.

Mentorship Camp for Professional Students

A 10-day mentorship camp, was held from June 15th - 24th on the campus of HIHT with the kind approval of the Governing Body of HIHT, for 15 students from I.I.T. Roorke, I.I.T. Gandhinagar and HIHT. The camp was sponsored by three I.I.T. alumni, Harish Natarajan, Dr. Rohit Vishnoi and Dr. Prakash Keshaviah. The germinating idea was that students from economically disadvantaged rural backgrounds, though bright enough to gain admission to professional courses, may suffer other disadvantages related to their background such as lack of language fluency, social skills, and low self esteem. The activities of the camp, detailed below, were tailored to address these student needs:



Yoga Instruction: Every morning, before breakfast, Dr. Kathy of HIHT and Ms. Kalpana Mehta of Mumbai led yoga classes that included stretches, postures, breathing and systematic relaxation.

English Immersion: Mrs. Shilpa Kakkar from Dehradun and Ms. Ritu Dubey from Mumbai conducted innovative English classes almost every morning during the camp. At the end of the camp, students took an online test conducted by the Delhi-based company, English Helper, to assess their level and provide them with compatible online English language instruction that they would use after leaving the camp.

Presentation Skills and Etiquette: Ms. Rema Harish of Delhi conducted a 2-day module on Presentation Skills and a 1-day module on Etiquette. Students selected a topic and prepared a PowerPoint presentation that was delivered to the group and videographed. These videos were then played back to demonstrate how to improve content, delivery, and body language. The module on etiquette utilized role playing and real-life simulations to help students improve social and professional interactions.

Creative Design Workshop: In this 1-day module conducted by George Mitov of Mumbai, after a presentation of concepts of creative design, students were divided into four groups and given the project of designing and constructing a water filter from readily available materials. The Microbiology Dept. of HIHT provided a contaminated water sample and filtrate cultures. The filtrates of all four groups had zero colony counts!



Team Building, Leadership and Personality Development: This 4-day module, titled, "Get Real," was conducted by Ms. Neha Buch and Ms. Shilpa Jhawar from the Delhi-based NGO Pravah. The module included introspection about concept of self, uncovering buried fears, building trust in relationships, team work and leadership. The second and third days were held at Camp Panther in Shivpuri near Rishikesh. Students participated in a raft building contest on the first day at the camp and on the second day, they went white water rafting down the Ganga, for 14 km. from Shivpuri to Rishikesh. On both days, in the afternoon, the Pravah faculty led the group in exploring how well they had worked as a team and what lessons they had learnt from this challenge related to team work and leadership.

World View Sessions: The purpose of these sessions was to allow participants to broaden their world view, to articulate their opinions, to learn how to disagree without being disagreeable and to build upon the views of others to arrive at consensus.

Concluding Sessions: The students arranged an enjoyable cultural program on the last evening of the camp. The faculty was honored with small gifts. After the cultural program, students and faculty celebrated with a special dinner at the hostel mess. The last



day was devoted to eliciting feedback from the group in terms of what benefits they had hoped for and what benefits they actually derived from the camp. The faculty was thrilled to discover how much the students had benefited from the camp and how much they had enjoyed the activities of the camp.

Editorial Column

Transitions: from School to College Life

Taking a leap forward is always a matter of great importance and requires discrimination. Leaving behind the existing space in order to step ahead is a beautiful challenge. There are many moments in life where we as individuals leave behind our comfort zones to create new ones. These moments are quite prominent in student life as we relate to the milestones achieved.

A very significant leap is the transition from school life to college life. This transition is formative in establishing individual identity. Any new environment presents us with the unknown, demanding us to adjust to new circumstances, and we do so with positive anticipation.

As we come out of school life with its set structures, schedules, time tables and curriculum, we are now free to choose our own course content. Unfortunately, the Indian system for higher education is not as liberal and freedom-supporting as portrayed in fiction. In reality it poses its own kind of discipline, systems and structures and rules, something we thought we left behind as school students. This new phase of life gives us immense opportunities to explore and bring forth our hidden potentials. Our family takes a back seat and teachers become our mentors to guide us through the hurdles.

Companions are more often than not lost in the transition; only a few lucky ones come along. There is some anxiety for making new friends and coping with the current classmates. But from this phase of higher education, we often form deep lasting friendships for the rest of our lives. As new friendships emerge, we understand each other better simply through shared experiences as young adults coping with the stress and fun of college life.

After a long wait of middle and senior school we finally begin to pursue our dreams, though it may at times be stressful. We should always remember that stress originates and subsides in our own minds. Nothing external can ever pressurize our performance. It is up to us how smoothly we leave the existing ground behind to step onto the new one.

Ms. Garima Kapoor, Office Superintendent, RDI

Himalayan Premier League

HIHT Recreation Club organized its annual event the HIMALAYAN PREMIER LEAGUE 2012 from 21st May to 22nd June. Sixteen teams participated in HPL. League system was followed for the tournament. Many nail biting finishes were witnessed by the spectators. At the end final match was played between Nursing XI and Cardiac Unit in which Nursing XI emerged as victorious. A cash prize of Rs. 5,001/- and a cup was awarded to the winning team, and Rs. 2,501/- was awarded to the runners up.

66th Independence Day



At HIHT, medical and nursing students, faculty and staff, enthusiastically gathered to celebrate the 66th Independence Day on August 15th, 2012. 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. At the end

of the function, two white pigeons were released representing the spirit of independence. The celebration was followed by distribution of sweets.

Kathak Concert

The HIHT Chapter of Spic Macay (Society for the Promotion of Indian Classical Music and Culture Amongst Youth) presented a Kathak concert August 8th in the College of Nursing auditorium. Kathak Maestro Guru Shovana Narayan (Padmashri) presented a breath taking performance of this native classical Indian dance. The concert was appreciated by the faculty and students in attendance.



To all our teachers, September 5
Happy Teacher's Day

"It is the supreme art of the teacher to awaken joy in creative expression and knowledge."

Albert Einstein

The Ayurveda Centre Herbal Plants in Campus



Satavari (Asperagus racemosus) is described as a Rasayan herb in Ayurvedic texts and is also known for its phytoestrogenic activity. Its medicinal uses have been

reported in the Indian and British pharmacopeia. Satavari is also known by the name of Satawar, Satmooli, and Abhiru. It belongs to the family Liliaceae.

Plant description: It is a woody climber growing to 1-2 meters in height. Its leaves are like pine needles, small and uniform, and the flowers are white with small spikes.

Principal constituent: Shatavarin I-IV, asparagamine A, di-sacchride, saponins.

Part used in therapeutic purpose: Tuberous roots.

Therapeutic uses: Vata and pitta disorders, infertility, gactogoue, hyperacidity, disorder of urinary tract, and general debility.

Dr. Sangeeta Rawat, Dept. of Ayurvedic Medicine

Enhancing Employee *Effectiveness*



In the month of June, all the clerical staff from various departments of HIHT were enrolled for a half-day training program sponsored by HRD. The program had two important goals: to promote a sense of belonging, identity, and sharing, and to facilitate introspection of the individual's work attitude. The training sessions were comprised of games, group discussions, group work and group presentations. All the activities were built around the team as a focus to facilitate free expression, participation and reflective thinking. The theme was the Japanese management concept of "5-S" applied to work situations. To ensure adequate understanding, the participants were given a hypothetical situation and the teams were asked to plan the event using the 5-S concept and present it to the audience.

The feedback from the trainees was obtained from three major domains, namely: quality of program presentation; activities for maximum involvement of participants; relevance, applicability and effectiveness in work situation. Mr. R. P. Sinha Sr. Manager HRD and Dr. Nagendra Prakash conducted the training.

Rural Development Institute Happenings

A summer workshop on Creative Art was conducted for 60 children which included sessions on learning how to do block-printing, tie and dye and other forms of fabric painting, jewelry making, soft toys, story writing, puppet making, and videography. The participants had lot of fun and remarked that, "We learn something new every year with the help of RDI, and likewise this year we learned the art of tie and dye and puppet making." Sessions on fabric painting were attended by HIHT staff as well.

In partnership with the Department of Health and Family Welfare, Government of Uttarakhand and State ASHA (Accredited Social Health Activist) Resource Center, training was conducted for 57 community mobilizers and block coordinators. The objective was to develop the capacity of the selected master trainers in order to enable them to sensitize ASHA on Maternal Death Audit. Regular health camps were conducted in Doiwala and Nagthat screening women and children.

RDI celebrated World Population week by conducting various on-field activities with various groups involved in



ensuring quality of life like health workers, school teachers, and Panchayat members. Discussions were conducted with young adults to make them understand the importance and need of quality family planning.

Flight

A walk on evenings, a walk afar
In solitude, rests my star
When I look up at a glimmering tree
Dear sunlight shines on me
God's music rings in my ears
I let go of all my fears
Monsoon sets my spirit free
And all the cheerful sounds agree
Oh, just where does this path in
between the forest go?
Where to, mighty mountain, vast
expanse of snow?
The clouds that glisten with gold and
red
Of your beauty, how can enough be
said?
Is it childish of me to wish to ride
on you
So that you light my spirit anew?
How long must I wait for our
communion?
Your stories too must be such fun!
But wait, what is this unsaid yet
understood eloquent conversation?
How splendid is my source of
comfort and emancipation!

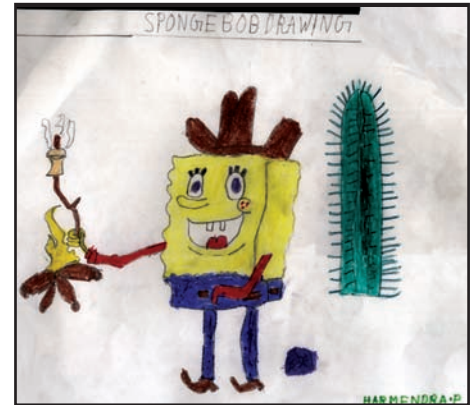
Nehal Mamgain, Class XII, Brightlands

Kids' Corner



"Home Sweet Home"

Sadhika Mehrotra, Class II, Brightlands



"I love cartoons!!"

*Harmendra Pugazhendi, Class VI,
Scholars Home*

Welcome to Students

Dear New MBBS, Nursing and Paramedical Students,

Congratulations on your joining the HIHT Family! You are now a member of a distinguished community of scholars and the Institute feels pleased to welcome you and we wish to express our joy at your having chosen to study here at this inspiring University. We expect you to be achievers, world champions, trend setters in whatever endeavors you undertake during and after your studies here and most of all we expect you to be really good human beings. Transition from school to college is often very difficult and painful—we will try to make it pleasurable and this change will transform all of you into someone that your parents will be proud of! We wish you good health, good luck and a lot of fun in your forthcoming years of college.

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