



To be Committed to Something Means to Do It with Full Dedication and Sincerity

Patanjali says, *ahimsa pratishthayam tat samniddhau vairatyagah* (When one is firmly established in ahimsa, others let go of any hostility in that person's presence). If you sincerely follow ahimsa with mind, action and speech, even the most ferocious animal will become calm and quiet in your presence. Many yogis practising in the deep forests of the jungle have experienced this phenomenon. When you have no desire or thought to kill any animal, why should an animal want to kill you? If you are truly established in ahimsa, you will radiate love and no one will hurt you. Animals, even the deadliest of snakes and the most vicious animals, will transform into loving creatures before you. If you are not afraid, you will not invite danger. I can give you one example from my own experience:

When I was just eleven years of age, Rishikesh was very different than it is today. At that time it was not polluted or crowded and it was mostly forests. One day after taking a dip in the Ganges, my master took me to the nearby Virbhadr temple to meditate. I was still a child, so naturally I kept opening and closing my eyes after every few minutes. Once when I opened my eyes I was horrified to see a cobra sitting just one meter away from me! My Lord, I became so afraid! I closed my eyes again and tried to meditate, but I could only meditate on the cobra. I dared to open my eyes only a slit and every time I did so I saw that the cobra was still calmly sitting there. I decided I would get up as soon as the cobra went away. The whole time I was supposed to be meditating I actually was thinking about and meditating on that cobra. After some time I was so frightened I could wait no longer and I started to get up to run away. Sensing my restlessness my master asked, "What is the matter with you?"

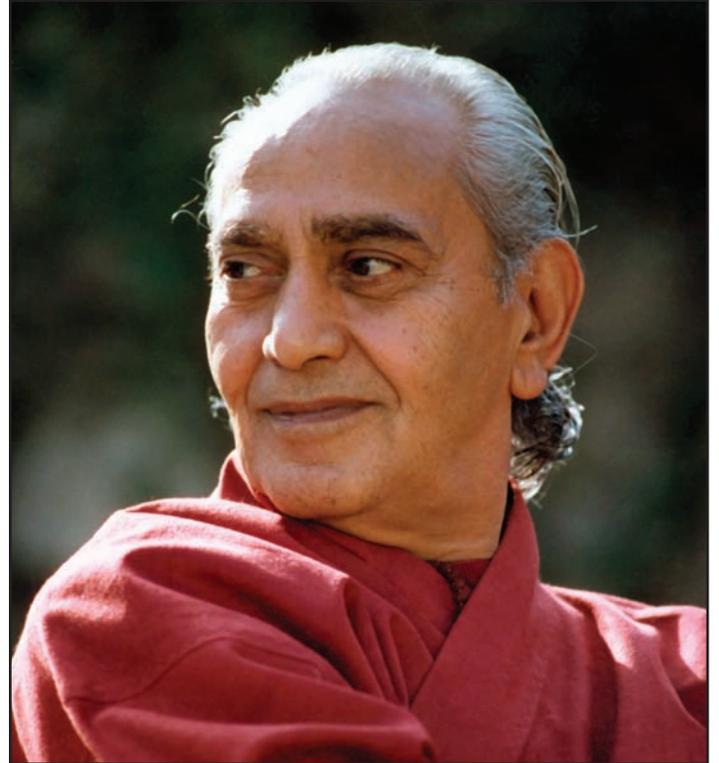
"A cobra is sitting next to me and you ask what's the matter with me? Do you want me to die?"

Without losing his composure he replied, "When you are in a meditative state, even animals around you will remain calm because meditation is very powerful. There is no need to run away."

A few minutes later the cobra quietly slithered away. Then my master told me I would have an ashram at that site after 35 years. I completely forgot about that incident until 35 years later when I started to build my ashram at Rishikesh.

To practise the philosophy of loving all and excluding none in daily life is to practise nonviolence. There can be no hostility in the presence of a yogi who is firmly established in the practice of nonviolence. Only a person who is very strong can practise true nonviolence, such as the Buddha:

There was one robber who used to cut off the fingers of those whom he robbed. Somebody had told him that if he would cut off one thousand and one fingers of living human beings he would become a great and enlightened being. Throughout the years he had collected many fingers but still he needed a few more. Since he was having difficulty finding anyone else, in his impatience he



by Swami Rama

decided he would cut off his mother's fingers. When she came to know what he planned to do she tried to run away, but he chased her. By chance, Buddha was walking and saw them running on the other side of the road. When he realized what was happening, he quickly crossed the road and pushed her behind him to protect her. Holding his hands out to the robber, he said, "Here are the fingers you need."

When the robber raised his sword to cut Buddha's fingers he was stunned that it would not come down, no matter how hard he tried. This was because Buddha practised perfect ahimsa.

The greatest of all strengths comes from within and that is the strength of love. A gentle, loving person is very strong from within; such a person knows how to love and also how to protect himself. Self-defense is not an act of violence. In my childhood my master sent me to learn kung fu because he saw that I was becoming very weak. Now I can defend myself against four or five people at the same time. Before they could even think about hurting me, they would be on the ground.

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Academic and Literary Awards Ceremony



Dr. Aziz Qureshi, H.E. the Governor of Uttarakhand as the Chief Guest



Award recipients

The Academic and Literary Award function was held on 18th February 2013 at the HIHT campus. Dr. Aziz Qureshi, H.E. the Governor of Uttarakhand, presided as the Chief Guest. A total 108 (59 academic and 49 literary) Academic and Literary Awards were presented to the students from MBBS, Paramedical and Nursing streams.

The function began with the national anthem after which the Chief Guest paid floral tribute to HH Sri Swami Rama, founder

of HIHT, followed by the lamp lighting by Dr. Vijay Dhasmana, Member Presidential Body and Dr. Vijendra Chauhan, Hon'ble Vice Chancellor, HIHT University. A melodious Saraswati Vandana sung by the students was appreciated by all. The Chief Guest presented the Academic Awards to the students and encouraged them to achieve greater heights in their careers. Besides the above, prizes for photography and painting competition were also awarded.

Himalayan University

The Governing Body of HIHT unanimously agreed to establish a University under State Legislature of Uttarakhand. The detailed project report was submitted to the State Government of Uttarakhand which had been considered favorably. Thereafter, the Act for establishment of University under the name and style of Himalayan University was tabled before the Assembly of Uttarakhand. The State Assembly has approved and passed the Himalayan University Act 2012 (Uttarakhand Act no. 12 of 2013) and the same has been published on 15th February 2013.

The Himalayan University is being established with an objective to provide for instruction, teaching, training and research in the field of medical sciences, dental sciences, nursing, pharmacy, paramedical and allied health sciences, science, engineering and technology, biotechnology, yoga sciences, management, rural development, humanities and other branches of higher education alongwith opening of new avenues and streams apart from the traditional streams. The courses to be offered by the Himalayan University will concentrate on development of skill-based professionals and entrepreneurs and their capacity building for self employment as well as generating employment for others. The Himalayan University shall address the existing challenges by following a redressal approach for facilitating transformational changes by providing the power of education and knowledge.

The road-map of Himalayan University leads to opening of other campuses, in future, in Uttarakhand preferably in the hill regions so as to uplift the people of the state emotionally,

intellectually, financially and socially leading to overall progress of the state and ultimate progress of the nation.

In the first phase, College of Engineering and Management under the Himalayan University is being established which will be functional from the academic session 2013-2014.

The College of Engineering and Management shall be offering immediately the following programs:

- B.Tech. : Electronic & Communication
Computer Science & Engineering
Information Technology
Mechanical Engineering
Electrical Engineering
Civil Engineering
- Bachelor of Computer Applications
- Bachelor of Business Administration
- Masters in Computer Applications
- Masters in Business Administration

A dedicated team of professionals is already pro-actively involved in creating the required infrastructure, teaching faculty and other resources so as to provide education and knowledge in accordance with the requirement of contemporary society, business and careers. We are thankful to the Hon'ble Governor of Uttarakhand, Dr. Aziz Qureshi Ji, all the Government officers and officials, distinguished persons of the society, our all seasons friends and well-wishers, our advisors, members of HIHT family and all those who are directly or indirectly involved in this noble venture.

World Tuberculosis Day



Medical Surgical Nursing Department of [Himalayan College of Nursing](#) (HCN) in collaboration with Department of Pulmonary Medicine observed World Tuberculosis Day on March 23rd in Himalayan Hospital. The theme was “Stop TB in My Lifetime.” The HCN students organized an exhibition and performed role play to create awareness among the public regarding tuberculosis. Mobile health education was arranged for patients admitted in all the wards of the Hospital. A poster competition on the theme was organized for nursing students who actively participated and interacted with the public regarding tuberculosis as a disease, its management, importance of DOTS, and measures of prevention.

As an extension of this initiative, an outreach program on tuberculosis was organized on 21st March by Medical Surgical Nursing Department of HCN in the labor community of HIHT campus. The key objective of the campaign was to create awareness regarding tuberculosis and its management among the laborers. They were motivated for utilizing the available facility at Himalayan Hospital for effective management of tuberculosis.

Mental Health Programs for Nurses



M.Sc. Nursing 1st year students of HCN specializing in Mental Health Nursing organized a CNE program on “Aggression Management of Mentally Ill Patients for Staff Nurses and Ward Attendants” at Institute of Mental Health and Hospital, Agra on 24th January. Students of Post Basic Nursing 2nd year of HCN organized an exhibition and psychodrama on 21st February at Institute of Mental Health Hospital, Agra. The theme was “Management of Epilepsy.” Patients’ relatives participated actively and cleared their doubts regarding illness and management of epileptic fits at home. Psychodrama created awareness of myths and truths about epilepsy.

A state level CME was organized by Dept. of Pulmonary Medicine. Prof. Rajendra Prasad, Director V. P. Chest Institute, University of Delhi, was invited as guest faculty. Faculties from other medical colleges of the state, representatives from state TB society and central TB division (govt. of India) also participated in the event. Prof. Vijendra Chauhan, Vice Chancellor HIHT University, was the Chief Guest for the occasion. Theme of the CME was “Updates on Diagnosis and Treatment of Tuberculosis.” The information pertaining to diagnosis and treatment of TB was spread through lectures and panel discussions. Issues like airborne infection control and operational research were also discussed. Following is a brief excerpt of discussions on diagnosis and treatment of TB.

Diagnosis of TB: Many diagnostic tools are available for diagnosis of TB. Smear microscopy remains the primary test to be performed in all TB suspects especially in pulmonary TB and also in extra-pulmonary TB if a suitable sample is available for microscopy. Culture remains the gold standard test since its inception, but because of its long time to result, its use is limited to smear negative suspects and for drug susceptibility testing. However, newer liquid culture methods are less time consuming. Radiology is sensitive but non-specific for TB. No radiographic pattern can be reliably used as confirmatory for TB. Other investigations like histology and some biochemical markers like ADA have good sensitivity and specificity in specific indications. Diagnosis of extra-pulmonary TB remains difficult and is based largely on clinical acumen. All the investigations should be approached with caution and with clinical correlation.

Treatment of TB: Two types of dosing schedules are available: daily and intermittent regimens. Evidence suggests that results with supervised intermittent therapy and daily therapy are almost equal. The drugs are to be chosen depending upon the history of TB treatment. Standard regimens, good quality drugs and adherence to therapy are keys to a successful outcome. It’s a very common malpractice among clinicians to use fluoroquinolones as one of the first line anti-TB drugs. Fluoroquinolones are a group of potent second line drugs and are best reserved for treatment of drug resistant TB cases.

Dr. Rakhee Khanduri, Senior Resident, Dept. of Pulmonary Medicine

World Kidney Day



World Kidney Day was celebrated on March 14th with a free camp organized by the Department of Urology at Himalayan Hospital. Free kidney checkups and free ultrasound screenings were done. A poster exhibition was held in the camp on the topic “Kidneys are Precious, Take Care of Your Kidneys.” 350 people visited the camp, 126 patients were registered for free examination, and 106 patients had free ultrasound screening. The public was educated on kidney diseases and measures needed in lifestyle for maintaining healthy kidneys.

Blood Bank

Human blood is a scarce resource and is available only from the motivated voluntary blood donors. There are many gaps in the knowledge regarding blood donation in the community. A category of motivators is needed to clear many misconceptions and motivate the people to come forward and donate blood regularly. Motivators need to develop some organizational, strategic planning, motivational and effective communication skills.

Uttarakhand State Aids Control Society (USACS), District Dehradun, in collaboration with Blood Bank – HIHT, organized a one-day training program entitled “Blood Donor Motivator’s Training Program” directed towards capacity building. This training was conducted to raise the number of motivators in the district who would help in taking the voluntary blood donation movement to the next height in providing “safe blood” to the needy patients of Uttarakhand.

The interactive sessions were followed by viewing a short film on donor motivation and sharing of experiences by some motivators.

Mr. K. C. Joshi, PRO Blood Bank, HIHT was honored for his active participation and contribution towards various activities related to social welfare in association with National Services Scheme. He was awarded a certificate of appreciation by Secretary, Youth Welfare Assn. on 21st February at ONGC Auditorium. Mr. K. C. Joshi has been actively involved in organization of voluntary blood donation camps and blood donation motivation programs.

Annual Sports Meet



HIHT University celebrated its second Annual Sports Meet on 12th March 2013. The annual sports meet consisting of all possible athletic events, was organized by the Joint Organizing Committee comprising of faculty and student volunteers from Medical, Paramedical and Nursing College students. The meet was inaugurated by the Hon’ble Vice Chancellor, Dr. Vijendra Chauhan, at the HIMS College Sports Grounds.

For the first time, HIHT University participated in the state level “1st Uttarakhand Inter-University Youth Festival 2013” held February 24th-28th at Doon University Dehradun (declared as Rajiv Gandhi Youth Festival). Hon’ble Vice Chancellor permitted joint contingent of sports and cultural participants of 96 students from medical, paramedical and nursing colleges.

Literary Events



Literary committee of HIHT University organized literary events on 14th March. MBBS and paramedical students enthusiastically participated in various activities like flower arrangement, rangoli, and debate in both Hindi and English. Faculty of HIHT, students of all batches, Dean, MS and other faculty members were excited to see the talent of students.

CRI Update

Centenarian patient operated at CRI:

Surat Singh, a 103 year old patient from Vikas Nagar with cancer of the stomach and gastric outlet obstruction, was successfully operated by CRI cancer surgery team of Dr. Sunil Saini, Dr. Navneet Jain and Dr. Birender. He underwent radical distal subtotal gastrectomy and recovered well. Cancer often afflicts elderly; age is no bar for receiving appropriate cancer therapy, although it needs to be tailored as per individual's performance status and co-morbidities during such advanced age.

CRI takes a leap forward—Commencing MD Radiotherapy course:

Medical Council of India, following inspection of facilities at Cancer Research Institute in February, approved to commence the MD radiotherapy course by HIMs, HIHT University and granted three seats. CRI has facilities to provide training for comprehensive cancer care, and would be amongst few to impart quality education. Currently CRI is offering 2-year Post Graduate fellowship in Surgical and Medical Oncology, Ph.D. programs in Cancer Research and a 3-year course in Radiotherapy Technology Course (BRT) under HIHT University.

Women's Car Rally Welcomed:

In continuity with the social responsibility for cancer awareness, Cancer Research Institute took the opportunity to host the prize distribution ceremony of Women's Car Rally dedicated to bringing awareness for cancer in women. The 5th Annual Women's Car Rally was organized by I-sports and "Forum for Breast Cancer Protection" (an NGO from New Delhi). The rally started on 29th March from New Delhi and concluded in Rishikesh on 30th March.

Rural Development Institute mobilized a large number of women from local areas to participate in the breast cancer awareness program, which was addressed by medical faculty. Breast cancer survivors shared their experiences and encouraged the audience.

Car rally participants were felicitated at CRI by the faculty and staff. Prize distribution ceremony was graced by former Chief Minister of Uttarakhand Shri Ramesh Pokhriyal Nishank as Chief Guest. He distributed the prizes to the winners and spoke about women's empowerment and the state of women's safety and well being in Uttarakhand. Dr. S. L. Jethani, Dean, HIHT University, was the Guest of Honor. In his welcome address Dr. Sunil Saini, Director CRI, highlighted the importance of self-awareness and discipline as a mean of cancer control. Cancer is largely attributed to lifestyle factors which may be modified by enhanced self-awareness. Breast cancer may be detected early by women who are self-aware.

Webinar:

Taking advantage of telemedicine and distance learning, CRI hosted a 1-day Webinar on "Stratified Cancer Care: Steps Towards the Goal" from Royal College of Physicians of Edinburgh on 15th March. The live program was beamed from UK at CRI HIHT, which was attended and appreciated by all faculty and students. CRI plans to continue and diversify to have more such programs on a regular basis, for its faculty to keep pace with current concepts in oncology.

RDI Update



Based on RDI's rich experience in the field of adolescent health, it has recently been awarded a project to formulate a training package on **Adolescent Health Counseling** by World Health Organization (WHO). Under this, a counseling manual will be drafted for Adolescent Health Counselors with focus on adolescents' needs, and friendly counseling on adolescent-specific issues and concerns.

Nutrition Rehabilitation Center (NRC) has been set up in Rishikesh where children with Severe Acute Malnutrition (SAM) of age 0-5 years are admitted and managed. This is a tripartite venture agreement between RDI, Directorate of Medical Health and Family Welfare and Integrated Child Development Services (ICDS). Hospital-based intervention for treatment of malnourished children is the basis of the program. Mothers will be simultaneously counseled. Clinical services were recently provided to 20 children with health checkup and medicines of multi vitamins, iron syrup, and deworming. These children were also provided 4-5 times with meal supplement. The mothers of these children were given counseling on health, hygiene and nutrition.

RDI organized a 10-day wilderness first aid training program for its staff under the **Community Health Program**.

Vasant Panchmi was celebrated on 3rd February 2013 by scholarship children. Under **Scholarship Program** a show on Mobile Planetarium was organized in cooperation with Society of Pollution and Environmental Conservation Scientists (SPECS) Dehradun in which 50 scholars participated.

160 village pradhan and 1,319 ward members of block Bhilangna and Narendra Nagar of district Tehri Garhwal were trained on their role and rights, Panchayati Raj Act, communication planning, leadership, disaster, child labor act, and women empowerment by RDI through **Backward Region Grant Fund Program** for which RDI is engaged as the Technical Support Institution.

In ASHA (Accredited Social Health Activist) Program, **State ASHA Resource Centre** conducted training of trainers (ToT) refresher program (of 3 days), training on post-partum intrauterine contraceptive devices, reaching the unreached, gender sensitization and sex ratio orientation (of 1 day each). Trainers from Delhi and Dehradun provided their expertise for same.

In **Saksham Disability Program** 23 Disabled People Organizations (DPO) were formed recently in two blocks, Doiwala and Chakrata, of Uttarakhand and one block, Nazibabad, of Uttar Pradesh through which community based rehabilitation (CBR) is being promoted in those areas. 29 people with disabilities (PWDs) received clinical counseling and 4 PWDs were provided with certificates.

Osteopathic Treatment for Babies

Thomas Edison once said: "The doctor of the future will give no medicine, but interest his patient in the care of the human frame, in diet, and in the cause and prevention of disease."

Osteopathy considers structural and functional inter-relationships of the body to be vital to the maintenance of health and wellbeing. It is a form of drug free, non-invasive manual therapy that focuses on total body health. The key principles of Osteopathy are based on all parts of the body functioning together in an integrated manner. If some part is restricted then the rest of the body must adapt and compensate for this, eventually leading to inflammation, pain, stiffness and other health conditions. Osteopathic treatment assists the body with pain minimization, reduced stress and greater mobility and allows the body to heal itself. For an Osteopath health is an optimal state of structural integration and a balance between the body, mind and spirit.

One of the commandments in an Osteopath's bible is, if a twig is bent then the tree will also be bent. If mechanical problems are present very early in life then they may lead to significant problems later on in life. It is because of this that Osteopathic treatment is advised for newborns. The womb is the baby's first world. Here also they will be subjected to a number of stresses. The mother could be undergoing severe stress. These stress hormones could cross the placenta and affect the baby. It has been found that such babies respond to stress much quicker. It is as if they were always switched on. Chemicals could also affect the baby in the womb and give rise to structural restrictions.

Every birth is unique by itself. During birth the various tissues of the baby are subjected to a lot of compression forces. The bones of the head are so well designed that they can overlap like the petals of a flower. It is because of this ability that the baby is able to absorb the stresses during childbirth. The cranial moulding which occurs during delivery usually rectifies itself as the baby cries, suckles and moves. However, some babies are not able to do so especially if they have been subjected to a prolonged labour or sometimes even a very quick labour. If there is a lot of compression of the cranial base then the nerves coming out from there will be affected. These include the hypoglossal nerve which could lead to problems with suckling. The vagus nerve could also be affected and this could affect the digestive system leading to colic and constipation

Osteopaths are trained to detect strain patterns throughout the whole the body including the spine and cranium. They use their highly developed sense of touch, known as palpation, to assess the subtle movements of the baby's skull/body, and use equally gentle techniques to release restrictions and to stimulate the babies own inherent healing mechanisms, aiding a return to a more balanced state. Treatment thus allows the baby to grow, develop and function in as unrestricted, balanced and happy manner as is possible. Early detection and treatment of restricted mobility can help prevent the development of chronic problems later on in life.

Mira Swami, B.Sc. (Hons) Ost. Med., Dept. of Osteopathy

Homeopathy & Trauma

Homeopathy offers treatment for trauma that is unequaled in any other system of medicine. Some of the benefits of homeopathic remedies are: provides a gentle force for healing without side effects, making them safe for babies, children and pregnant women; effective, natural healing with less pain, less scarring, less complications; long-lasting relief; helps to diminish the shock, physical and mental, associated with trauma; easy to administer; and inexpensive.

This column will focus on homeopathic remedies commonly used to treat minor injuries from falls, bruises, first-degree burns, fractures and the multitude of other mishaps that can occur in daily life. The remedies we will be presenting are included in our Homeopathic First Aid Basic Trauma Kit: Apis mellifica; Arnica Montana, Calendula, Cantharis, Hypericum, Ledum, Millefolium, Rhus tox, Ruta, and Symphytum. These particular remedies have been selected because of their universal effectiveness in trauma. Even in an emergency, the immediate and astute administration of these remedies can help to alleviate a lot of suffering and prevent complications to injuries such as infection, swelling, blistering in the case of burns, and the need of surgery. The first remedy will be discussed in the next issue.

Dr. Barbara Bova, HOD, Dept. of Homeopathy

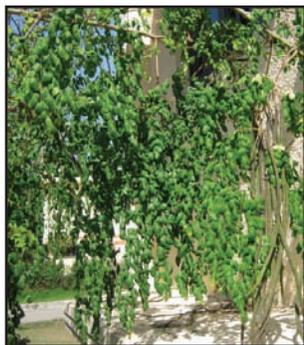
World Health Day



The World Health Statistics 2012 Report puts the spotlight on the growing problem of the non-communicable diseases burden. One in three adults worldwide has raised blood pressure, a condition that causes around half of all deaths from stroke and heart disease. Keeping this in view, Community Health Nursing Dept. in collaboration with SNA unit of HCN observed World Health Day on 6th April, focusing on the theme of "High Blood Pressure." Various competitions were organized for the faculty and students of HCN, including poster competition, nutritional diet presentation and a quiz. The keynote address was delivered by Dr. Kathy, Nursing Advisor. She emphasized the need of continuity of medication with allied therapy.

The Ayurvedic Centre Herbal Plants in Campus

Shigru (*Moringa oleifera*)



Shigru known as Sahajana, Sbjhanjana, Tikshnagandha, Horse radish tree, Drumstick tree, is one of the most valuable herbal plants described in Ayurvedic literature. It has an impressive range of medicinal uses with high nutritional value. It belongs to family-Moringaceae.

Plant description: It is a medium sized tree 20-25 feet in height. Leaves are usually tripinnate rachis slender, thickened and articulated at the base, leaflet elliptical or obovate rounded at apex. Flowers are white in large puberulous axillary panicles; fruit pod upto 45 cm. long and pendulous.

Principle constituent: Spirochin, Pterygospermin, Vit. A, Vit. B, Vit. C, Ca., Protein, Iron.

Part used in therapeutic purpose: Whole plant.

Therapeutic uses: Vata kapha disorder, fever, rheumatoid arthritis, oseoarthritis, diabetes, dyslipidaemia and worm infestation. It also has antibacterial and antifungal properties.

Dr. Sangeeta Rawat, Dept. of Ayurvedic Medicine

An Ayurvedic Experience

The HIHT Ayurvedic Centre is a gift to travelers and pilgrims as well as to those with serious health issues. The friendly Ayurvedic doctors will assess, evaluate, oversee and discuss each client's health maintenance needs. The ancient Ayurvedic science helps people deal with civilization's imperfections, especially diet, stress and the effects of a more sedentary lifestyle. So, envision a new, healthier you and come to get help cleansing out old toxins and habits while establishing a brighter, more peaceful and purposed body and mind. Periodic tune-ups are recommended for both inner and external journeys.

The Ayurvedic Centre provides clean rooms, healthful meals, exercise classes, medical consultation and evaluation as well as the panchakarma treatments which include therapeutic oil massages like you've never had before, sweat box (steam) therapy (your head remains out of the box), purgatives and medicated enemas, cleansing juices, wholesome diet, and herbal remedies, as needed to release toxins from the body. The beautiful common areas and grounds encourage friendships as well as fresh clean air and exercise. The HIHT Hospital and University have created an idyllic community which serves all. I have taken the therapy as preparation for meditation retreats. We all need to find deeper and deeper levels of relaxation in order to completely let go of past patterns. I have noticed increased creative energy as well as openness to inner growth and experience. Come for the body while also caring for the mind, emotions and spirit. Did I mention the energy that flows down from the mountains? Bliss. Financially, how can you afford not to? Is your health worth the price of an Ayurvedic therapeutic massage? Here, you get room, meals, care and training, professional attention, rest and relaxation in a beautiful environment thrown in for free. Talk about the gifts of the gods and gurus. Rest assured that your healing will also support the charitable hospital there. Healthcare can and should be joyous. *-John David Wilson*

Ayurvedic Centre Update

Dr. R. K. Mangain and Dr. Pratibha Mangain, Profs. Dept. of Ayurvedic Medicine, gave a lecture on basic fundamentals of Ayurveda, wholesome diet and healthy lifestyle on Feb. 25th and Apr. 1st, to visiting yoga students from Swami Rama Sadhaka Grama. Yoga students from Edmonton, Canada visited the Ayurvedic Centre in March. Japanese Musician Hirosh Miayamoto and his wife Tamiko visited the Ayurvedic Centre and performed healing music for the clients undergoing residential panchakarma therapy program.

Successful Cochlear Implants

Dr. Saurabh Varshney (Prof. & Head) and Dr. Sarita Mishra (Asst. Prof.) Dept. of ENT, Himalayan Hospital successfully performed cochlear implant surgery on 13th January in a 7-year-old child who was deaf and dumb since birth. The implant was successfully "switched on" 16th February. This was the 6th cochlear implant surgery performed in the department in last 18 months. Dr. S. S. Bist (Asso. Prof.) also assisted the surgery.

Condolences

With deep sorrow, we inform that three of our students (left to right), Vishwaneet Singh (2012 Batch), Shubham Bakhetia (2012 Batch) and Ashutosh Sahai (2011 Batch) from MBBS have lost their lives on 23rd February 2013.



Annual Function Vidya School



Kids' Corner



"Life Delights"

Mella Sri Vaishnavi, 1st Class, F. Sec.,
Montessouri School, Tanuku



"Lord Krishna"

Ameesha Basera, 8th Class,
Brightlands School, Dehradun

Vidya School celebrated its 8th Annual function on March 12th. The welcome speech was given by Mrs. Lakhwara, Principal Vidya School. After the speech, the children sang Guru Vandana, which was followed by dance, song and poem recitations. The basic aim of this function was to inculcate courage, discipline and self confidence in the child to face the world. The function concluded with a prize distribution by Mr. Rakesh Sharma, Nursing Tutor.

Letter to the Editor

A-4 size new design is very good. You have selected a good and correct design. I appreciate your selection. The "Method of Meditation" by Swami Rama ji is a very good and much useful practical guide to all those who could not master the technique of meditation even after many years of meditation. Thanks for publishing a much needed guide in time. "Kids' Corner" has made my granddaughter and grandson also read HIHT News bulletin. "Let us aim and endeavor to perform and produce better than the best of products and services [that are now available in the nation] and make our society rich with greens and happiness." Atharva Veda.

Duraiswami Aiyar, Tamil Nadu

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