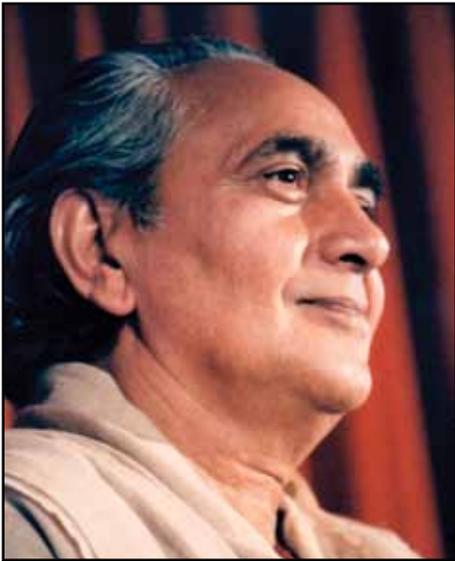




In Honor of Guru Purnima



by Swami Rama

When I was eighteen or nineteen years old I thought, "I do not need anymore practice. I am perfect. I do not need any teachers or anymore studying. You have taught me everything and I know everything. I am a perfect swami. There is no other perfect swami in India." When I told this to my master, he looked at me and said, "What has happened to you? Are you drugged? What do you mean?"

I said, "No. This is the truth."

After three or four days he said, "I will give you a practice now. You have not understood anything as yet. You have to kill four enemies of yours."

I said, "You teach me nonviolence and now you are ordering me to kill."

He said, "No. This is not actual killing. Remember four things: kama means desire, lust. Selfish desire is the mother of all problems. Have the desire to meet God, but no desire to acquire things for yourself, and no selfishness. Abandon that desire which is followed by selfishness. Second, you get angry. I do everything for you and you do nothing, and yet you get angry with me. Anger means unfulfilled desire. You have a desire to fulfill and I am an obstacle for you,

so you cannot fulfill your desire. That's why you are angry. Next is pride. What do you have that you are proud of?"

I said, "I am handsome and healthy and young."

"Are you proud of this?"

I told him many things and he laughed at me.

"Have you read history? What happened to such and such great warrior? Where is he today? People made a tomb for him and where is that tomb? Go and see. You will find donkeys roaming around there. There is no trace of those heroes today. And you are proud. What do you have? What are you proud of? Can you create another little Bhole?" He used to call me Bhole. That was my nickname.

I said, "No."

He said, "Find out what is that thing—you have done something, you have gained something, that you have, that you possess." He made me understand that I don't have anything so I should not be proud.

"Moha is another. Moha means attachment. You are attached to your body though body is not yours. You think it is yours. You are attached to it and you say, 'I am this, and I am this, and I am this.' How can you claim that this body is yours? Can you create another body like that? I taught you to walk straight and you show off. I didn't teach you for that purpose. You are feeding your ego. You are afraid of not attaining what you want and of losing what you have. Because of that fear you do silly things. Okay, kill all these evils and then come to me. You have to do it in six months' time because you are grownup and you should learn to teach others. You have not done anything so far."

I said, "I have learned how to meditate. I can sit for a long time."

He said, "Yes, I know. Have no desires, no anger, no pride, and no attachment. Follow these four guidelines for two months and go to see four swamis. But remember that you are in search of sages.

Don't project yourself and your feelings." They were his friends, so he did not inform them that I was coming.

First, I went to see a swami who was very famous for his silence. No matter what happened, he never looked at anyone. He did not have anything but he was very content. He was sitting on a hillock under a tree. Down below there was a lake. People used to make a fire next to him. He never wore anything in any season so his skin was exactly like elephant skin—weatherproof. All around him were the husks of sugar cane. Whenever he was hungry he would chew those husks. And he was very fat. When I went to him I touched his feet and started pressing them. I thought he would be pleased. Next minute he kicked me and I rolled down five hundred feet to the lake. It hurt me all over. I was angry and I said, "He had no business to do this. Okay. If you kick me once, I will kick you twice. Let me go up." I composed myself and then I started to kick him. I forgot that I had to kill my anger. Suddenly he said, "You have been asked to kill four enemies and you have not yet killed one. Your guru told you not to get angry. Sit down; I kicked you just to examine your anger. Why are you angry? I did not kick you; I kicked your ego. You should understand this. This kick should remind you that you have to get rid of anger. Why did you touch my feet? Why did you not touch my heart? If you want to know the reason, I will tell you."

Then he said a beautiful thing. "A sage surrenders the best part of his life at the lotus feet of the Lord. People usually recognize you only from your face. If you have given your head to the Lord, the world will never recognize you. If your face is missing, nobody can recognize you. They can touch your feet or your body, but they do not know who you are because your head is somewhere else."

Reprinted from *Samadhi the Highest State of Wisdom*, an HIHT publication.

Mid-term CME



Mid-term CME of Indian Psychiatric Society Central Zone was organized in our Institute on 28th April, 2013 by the Department of Psychiatry. The theme was “Recent Advances in Diagnostics and Therapeutics.” Prof. A. K. Agarwal as Chief Guest and Hon’ble VC of Himalayan University Dr. Vijay Dhasmana graced the occasion with their presence. Eminent speakers from AIIMS, New Delhi, Uttar Pradesh, Madhya Pradesh and Chhatisgarh shared their knowledge with the delegates. This CME was observed by nearly 100 delegates.

The organizing committee was comprised of faculty members from various departments of the Institute including nursing college and psychiatrists from Dehradun. The close collaboration of people coming from various streams was highly appreciated by the speakers and delegates.

Himalayan Institute Hospital Reference Lab Now Accredited by NABL

With the immense contribution of all the faculty, technicians, clerks and staff of Pathology and Microbiology, under the guidance of technical heads of various sections, quality manager and head of the laboratory services, with supervision of Medical Superintendent and management of HIHT, the diagnostic services of the Reference Laboratory are now being accredited by NABL (National Accreditation Board for Testing and Calibration Laboratories) from 13.12.2012.

Himalayan Institute of Medical Sciences has emerged as one of the first medical colleges in North India, and third in whole of India, to be accredited by NABL. The accreditation involves all the sections of Clinical Biochemistry, Clinical Pathology, Hematology and Immunohematology, Microbiology and Serology, Histopathology and Cytopathology.

With NABL accreditations, the lab reports of Himalayan Hospital are at par with centers of excellence at the national and international levels and maintains extensive quality control and quality assurance.

PG Orientation



An orientation program was organized for the new post graduate students taking admission to various masters and diploma courses in the year 2013 at HIHT University. The extensive program consisted of interactive and informative sessions on various topics. The inaugural function was held on 30th May which was attended by students along with their parents and college faculty members. The inaugural program served to apprise them about the rules and regulations of HIHT University. It was also a chance to introduce them to the vision and journey of H.H. Swami Rama.

The inaugural program was followed by Basic Sciences lectures in relevant disciplines including medical ethics, time management and discipline.

A “Science of Joyful Living” workshop was conducted for the students to introduce the students to diet, exercise, breathing, yoga, emotions, meditation and stress management. The workshop was followed by a visit to Sadhana Mandir Ashram, Rishikesh. A “Medical Education” workshop was also organized by the Department of Medical Education to introduce the students to concepts of teaching and learning. Finally the PG students attended a cardiopulmonary resuscitation training workshop before joining their respective departments.

This is a unique program pursued by HIHT University and was much appreciated by the students.

Voluntary Blood Donation Camp



On the occasion of World Blood Donation Day on 14th June, Blood Bank HIHT is organizing a “Voluntary Blood Donation Camp” from 14th June-14th July 2013.

Please use this opportunity to donate blood and save lives!

Cancer Research Institute Update

Nuclear Medicine for Bone Pain relief in Cancer Patients

Advanced cancer of the breast, prostate, lungs, kidneys can spread to bones. These cancers are very common in our region. All cancer patients would undergo basic treatment like surgery, radiotherapy and/or chemotherapy to take care of the primary disease (tumor). However, they cannot be fully cured and would need supportive care in order to live comfortably. Sometimes, fully treated cancer may present with spread to bones or lungs after many years. In these patients too, supportive care is additionally required.

Cancer bone spread usually causes discomfort due to pain in the bones where disease is present. It also leads to weakening of bones making these patients prone to fractures. These patients need to be made pain free and need therapy for strengthening of bones. Pain killers and certain injections like Zolendronic Acid are given to patients to take care of their bone strength and bone pains. Sometimes localized radiotherapy is given to areas with maximum pain and it is relieved almost immediately.

A novel modality of treating these patients for pain relief is radionuclide injections for bone pain relief. These medicines are basically therapeutic radioisotopes which are formulated as bone seeking agents. Once injected in the veins, they would localize (go and stay) in the bones at the site of cancer. They emit radiation in these sites specifically and cause damage to the cancer cells as well as cells causing the reaction which causes pain. Gradually pain is relieved and patient becomes more comfortable.

Nuclear Medicine Department at CRI has started offering this modality of pain relief since past few months. About 20 patients have received these injections. A variety of injections are available but we use Samarium (Sm-153-EDTMP). The injection is made indigenously in India by BRIT (BARC) and is transported from Mumbai on fortnightly basis. Each dose costs about Rs.10,000. The advantage is that one dose would provide relief for about 6 months upto 1 year. After that the injection may be repeated. Administration is a simple OPD procedure. Side effects of the therapy include temporary increase in pain (flare), a mild to moderate fall in blood counts both of which can be controlled easily by regular visits and medications About 60-80% patients experience significant benefit in quality of life like reduction in requirement of pain killers and sleep medications, being able to do their personal chores, take small walks, sleep comfortably and start to feel optimistic generally.

Palliative Oncology Unit

CRI will soon be starting a palliative oncology unit. This unit will comprise of doctors, nurses and social workers. Cancer patients need lifelong follow-up and support. The Unit will provide medical supportive care, psychological counseling and rehabilitation programs for patients and caregivers.

“Cancer can take away all of my physical abilities. It cannot touch my mind, it cannot touch my heart, and it cannot touch my soul.” *Jim Valvano*

Rural Development Institute Update



A 1-day Nutritional Awareness Workshop was organized at RDI on 2nd May 2013. Twenty-four Angan Wadi Workers (AWW) and 31 Accredited Social Health Activists (ASHA) participated in the activity. They were oriented and motivated for admitting and managing children with Severe Acute Malnutrition (SAM) of age 0-5 yrs. at NRC, Urban Health Training Centre of HIHT at Rishikesh.

Six scholars were taken to New Delhi to observe Ishara International Puppet Festival at Club Patio, Gurgaon. The scholars watched a 45-minute Spanish puppetry show of Bernarda's Backstage directed by Alejandra Prieto.

So far 25 health camps since January 2013 have been organized in 9 villages of Tehri district in which health checkups, counselling services and medicines were provided free of cost to the needy populace of the remote villages. More than 1,000 village people including men, women and children have benefitted from the camps. Health education was also imparted to local school students during the camps.

The State ASHA Resource Centre (SARC) facilitated review meetings on Health Management Information System (HMIS) for ASHA Facilitators (Functionaries at District ASHA Resource Centre level) of districts Haridwar, Tehri, Dehradun, Udham Singh Nagar, Bageshwar and Almora in collaboration with Medical Health and Family Welfare Dept. Uttarakhand, and nominated best ASHA at the state level for national award as per guidelines of the Government of India. Mrs. Durga Devi of village Falasi, block Augustmuni, district Rudraprayag received national award as per merit in April 2013 at Health Department, New Delhi.

Aromatic and medicinal plants are being cultivated and promoted at village Majhgaon, district Tehri and village Malethi and Bilkhet of district Pauri by involving local farmers. In Malethi 4,080 rosemary cuttings and 22,811 rose cuttings were developed. A distillation plant of 100 lt. capacity has been set up in Malethi which is being used for the distillation of rosewater, rose oil and rosemary oil.

Himalayan College of Nursing Activities



National Safe Motherhood Day - "Every Woman Counts"

Obstetrics and Gynecological Nursing Department of Himalayan College of Nursing (HCN) in collaboration with Department of Obstetrics and Gynecology, Himalayan Hospital observed National Safe Motherhood Day on 11th April 2013. The theme was "Every Woman Counts." Various events like exhibition, role play, group interaction with public and poster presentation were organized at Himalayan Hospital, to create awareness about safe motherhood. Students of HCN actively participated in organizing an exhibition and had a group interaction with the public regarding various components of safe motherhood. An extension of this program was organized at Himalayan Hospital, Rishikesh.



Seminar on Legal and Ethical Issues in Nursing

A seminar on Legal and Ethical Issues in Nursing was organized on 26th April by Students Nurses Association Unit of HCN in Nursing Auditorium of HIHT. The seminar was inaugurated by Dr. Kathy, Nursing Advisor, HIHT, Dr. Sanjoy Das, Deputy Dean (UG) of HIHT University and Dr. Sanchita Pugazhendi, Principal, HCN. Dr. Kathy shared her experience about legal issues in nursing. Dr. Sanjoy Das emphasized on Medico

Legal Laws involved in nursing practice. Mr. Muthuvenkatchalam, Lecturer, discussed the matter of malpractices in nursing, code of ethics, code of conduct and patient care related issues in nursing services.



Report on World Asthma Day

Community Health Nursing Department of HCN in collaboration with Department of Pulmonary Medicine, HIHT University organized the World Asthma Day on 7th May in HIHT Hospital campus. The theme "You Can Control Your Asthma" and sub-theme, "It's Time to Control Asthma," were highlighted by the organizers.

There were many programs to create awareness about asthma among the public. The students of HCN actively participated in role play, video play regarding prevention of asthma through an exhibition covering asthma as a disease, its management and measures of prevention. A mobile health education was arranged in chest OPD and wards of HIHT.



Report on Nurses Day Celebration

Students Nurses Association Unit of HCN celebrated "International Nurses Day 2013" on the theme "Closing the Gap: Developing Millennium Goal...8,7,6,5,4,3,2,1." Voluntary blood donation camp, literary events and environmental cleaning campaign were organized from 10th-11th May.

HCN—Awareness, Education, Community Service



On 10th May a **Blood Donation Camp** was jointly organized by Students Nurses Association (SNA) Unit and National Service Scheme (NSS) unit of HCN and Blood Bank of Himalayan Hospital. The camp was inaugurated by Dr. J. P. Sharma, Medical Superintendent of Himalayan Hospital. Total 92 students and faculty donated blood voluntarily.

On 11th May there were various literary events such as photography competition, poster competition, quiz, and debate on gender discrimination in nursing. All winners of the competitions were honored by Dr. Renu Dhasmana, Director of Nursing, HIHT.



SNA and NSS Unit of HCN jointly organized an environmental campaign on **“Polythene Free Campus: Know Your Responsibility”** in HIHT campus. Honorable Vice Chancellor of HIHT University Dr. Vijendra Chauhan, the Chief Guest of the evening, appreciated the effort of students and faculty of HCN and encouraged the volunteers to stop the use of polythene. He also led others to take oath not to use polythene in future. All the volunteers surveyed the HIHT campus in search of plastics and polythene and carried the symbolic message regarding the harmful effect of polythene to the entire residents of HIHT. Many senior

administrators of HIHT University were present on the occasion. Faculty and students of HCN enthusiastically participated in environmental campaign.

Report of the Workshop on “Educational Technologies”

A workshop is evidently an alternative and effective method of teaching large groups of undergraduate students. On this perspective a workshop was conducted by first year M.Sc. Nursing students on “Educational Technologies” involving the UG nursing students of HCN on 22nd-24th May. The sessions comprised of a brief review on “Educational Technologies” and many group activities. The evaluation showed that the objectives of the workshop were fulfilled and undergraduate students preferred such workshops as an extended method of teaching.



CNE on “Save a Life”

“Save a Life” was the theme of the CNE organized by GNM Interns of HCN on 31st May. Dr. Kathy, Chief Guest for the event emphasized the values and importance of learning basic life support. She congratulated faculty involved in guiding the organizing students team to conduct such CNEs. Dr. Sanchita Pugazhendi, Principal, felicitated the resource persons and organizing faculty and advised students to disseminate the acquired knowledge and expertise among general public so that maximum number of people can be educated on saving more lives of the people around them.

“The progressive world is necessarily divided into two classes — those who take the best of what there is and enjoy it — those who wish for something better and try to create it.”

Florence Nightingale

Editorial Column . . .

Change

Change is inevitable.
Change is the way forward.
Change is progress.
Change is a way of life.
Change is a MUST.

We hear so much about “change”—what is it really? Is it when things cease to exist and give rise to new things? Is it an essential transformation? Why and what is it that changes? Is “change” that what has stopped existing OR is it that what has just come into existence?

Truly change is a mix-up of what has gone and that which is yet to come.

Coming now to the actual things that should “change”—or should not! Lets see:

1. Personality: Never. Just be who you really are.
2. Frequent job change: Not so desirable.
3. Habits: Change those annoying ones ASAP.
4. Vision: Always increase your field of vision and look ahead; you will grow.
5. Friends: Always increase your friend list. Do not let it decrease.
6. Attitude: Change; get more and more humble.
7. Knowledge and skill: Always needs up gradation.
8. Makeup: Do not use the same lipsticks and eyeliners for years together—may cause infection.
9. Linen: Change your linen regularly. Do not sleep on the same sheets and covers for indefinite periods of time.
10. Wardrobe/eyeglass frames/brand of soaps and shampoos: Change—same is boring.

So decide what you wish to change and revel in the realm of newness.

Change is EXCITING !!!!

Dr. Gita Negi, Associate Professor, Pathology, HIHT

The **HIHT Recreation Club** announces
**“Interdepartmental Tennis Ball
Cricket Tournament”**

from 8th June 2013 onwards

at the Nescafe Ground (Opp. Nursing Hostel)

A 15-over match will be played daily from 4:45 p.m.

Shehnai recital by SPICMACAY



Society for Promotion of Indian Classical Music and Culture Amongst Youth (SPIC MACAY) seeks to conserve and promote an awareness of this rich and heterogeneous cultural tapestry amongst the youth of this country through focus on the classical arts. A shehnai recital was presented by Sanjeev Shankar and Ashwani Shankar on 4th May 2013 at HIHT. The musicians belong to Banaras gharana where shehnai and flute have been played for over 450 years. They were winners of the Sangeet Natak Akademi Bismillah Khan Yuva Award for 2009. Over 200 students and various staff and faculty members attended the performance. After the event, Dr. P. Upadhyaya addressed the students and stressed the need for overall personality development along with academic excellence. The concluding session was an interactive event between the singers and the students.

Ten Nutritional Facts

1. Jowar or Bajra need not replace wheat in your chapattis. There is no virtue replacing one cereal with another.
2. Don't exercise on an empty stomach. When you exercise with low blood glucose, you actually burn fewer calories.
3. Rice should not be banned. Rice is high on niacin, a B vitamin which keeps your mood up and helps burn fat.
4. Mango is rich in fiber, beta carotene and antioxidants. A mango a day in season is a great hair and nail supplement.
5. Ghee will not make you fat. It has anti-aging properties and lubricates the joints. Take one or two spoons daily.
6. Olive oil is good, but it loses its properties in our tadka's. Use til or mustard oil instead.
7. You can't eat a big dinner thinking that you will eat less tomorrow. The body doesn't store today's extra food for tomorrow.
8. Coffee doesn't make you slim. It burns few calories. Stay away from caffeine and stick to water.
9. Eggs hardly have saturated fat. Eat the yolk because it's rich in vitamin B-12 and B-6.
10. Pamper yourself. Don't starve or deprive yourself of your favorite foods.

Vinita Thapliyal, Nutritionist, HIHT

The Ayurvedic Centre Herbal Plants in Campus

Punarnava (*Boerhaavia diffusa*)



Punarnava means “that which becomes new every year,” similar to its name it rejuvenates the body. It is one of the best diuretic and rejuvenative herbs described in

Ayurvedic literature. It is also known as Sothagani, Gadhapurna, Spreading hogweed. It belongs to family-Nyctaginaceae.

Plant description: It is a branched creeping herb approximately 2-3 feet long which grows wild on wasteland and by the roadside in most parts of India. The leaves of the plant are fleshy and rounded, flowers are white or pink in color and fruits are oval in shape.

Principle constituent: Punarnavine, boeravinone, punarnavoside, potassium nitrate.

Part used in therapeutic purpose: Root and leaves.

Therapeutic uses: Vata pitta kapha disorder, immunomodulator, ascitis, jaundice, obesity, kidney disorder and anaemia.

Dr. Sangeeta Rawat, Dept. of Ayurvedic Medicine

Homeopathy & Trauma

Apis mellifica



Source: Prepared from the venom of the sting of the live common honeybee. Exposure to bee venom may cause asthma or a fatal anaphylactic allergic reaction in those persons who are sensitive to it.

Characteristics:

Intense redness, swelling, burning, stinging and itching. Very sensitive to touch. Worse from heat. Better from cold bathing and cold drinks.

Uses: The diluted homeopathic preparation of the venom is used to treat acute allergic reactions to bites and stings, not just of the honeybee, but also of other insects and animals if the above characteristics are present.

Dosage: One dose of Apis 30; can be repeated 3 to 4 times in one day if initial response is positive but not complete.

Note: If you find that Apis is not effective, you may want to try Ledum 30.

Dr. Barbara Bova, HOD, Dept. of Homeopathy

Pre-publication Announcement: *Holistic Living Manual: The Teachings of Swami Rama of the Himalayas*

“Preventive medicine is an important part of modern life. Why should we be sick? We should be aware of health, we should be aware of diet and nutrition, we should be aware of good living, of how to eat right.” Swami Rama

The word “holistic” comes from the Greek root “holos,” which means whole, total, entire. Holistic means to understand the entire human being. In holistic health, the entire human being is considered, paying attention to the interaction and integration of the biological and physiological (body and breath), psychological (conscious and unconscious mind) and philosophical (soul) dimensions. The emphasis is on treating the whole patient and not just the symptoms of disease.

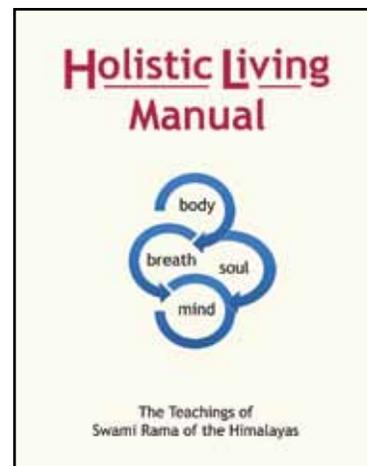
Man has to realize that he is not a body alone. He is a breathing being and a thinking being with complex emotions, appetites and desires.

To maintain good health, the following guidelines must be considered:

- Nourish and exercise the physical body,
- Make the breath deep, smooth, even and continuous,
- Discipline the senses,
- Quieten the mind,
- Calm the emotions,
- Cultivate contentment,
- Discover the inner being, the soul or center of consciousness.

The purpose of life is to be happy and free from pains, fears and miseries. This can be achieved by practicing a self-training program as set forth in this manual.

Coming Soon! For publication details, contact Swami Rama Centre, src@hiitindia.org, or 0135-241-2068.



Guru Purnima

Monday, 22nd July
at the
Combined
Therapy Hall
all are invited

5:30-7 p.m.
Swami Rama video

7:30 p.m.
Kirtan

8:30 p.m.
Distribution of Prasad

Followed by Bonfire

Kids' Corner



“Ben 10”

by *Abhay Dutt Dhasmana Class - V*
Gayatri Vidyapeeth, Haridwar



“Heat Blast”

by *Abhay Dutt Dhasmana Class - V*
Gayatri Vidyapeeth, Haridwar

“The guru is a tradition, a stream of knowledge. That which dispels the darkness of ignorance is called guru.”

Swami Rama

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