



## For the Love of Knowledge *by Swami Rama*

The highest and most evolved love is the love of Truth itself, rather than the love of any person or object. The greatest and most refined of all desires is the desire to experience Truth, the Ultimate Reality. While human beings may seek many things in life, this is the highest human quest, beyond all the other aspirations and goals. In its purest and most refined expression, the path of jnana yoga is the path of love for Truth and wisdom, and the pursuit of the highest knowledge. Love always seeks to express itself, and its culmination is jnana yoga.

This pure expression of jnana yoga should not be confused with a shallow, pedantic process of narrow academic study or intellectualizing, or with the mere accumulation of facts or definitions. Those who are genuine jnana yogis search for direct and experiential wisdom, not the sophistry to which most of modern philosophy and logic have been reduced. The path of knowledge is established on, and true to, the original meaning of the word “philosophy,” which is composed of the Greek words, *philos* (love), and *sophia* (knowledge). The real “philosophy” is the love of the knowledge of life itself, and of the Ultimate Reality that gives rise to all manifested reality. To be a real “philosopher” is to seek this experience.

All human beings are searching for something. Some seek power, others seek wealth or fame, and most seek the pleasure that the worldly, sensual experiences seem to offer. But ultimately, consciously or unconsciously, every human being seeks something more profound—a sense of genuine wisdom, wholeness, and a deeper joy in life. At some point in our journey—often because we have exhausted all other sources, or have become disenchanted with the achievements we thought would bring us delight—we begin the pursuit of Truth itself.

But how can we attain a sense of absolute Truth, wisdom, and completion? Everything and everyone we encounter in life is, like ourselves, being carried along in a process of flux—nothing that we love or enjoy will last forever. Throughout our whole life, as experiences, beliefs, or people disappoint us, we seek something new to love and depend on; yet time after time we are disappointed. Yesterday’s worldly answers and truths no longer suffice; today’s “knowledge” and “insights” will provide assistance for only a limited time. The world continues to change. We experience this in many ways—one generation’s scientific or technological breakthrough is hailed as breathtaking new knowledge—only to be seen in the next generation as a dangerous source of illness or disease. None of our material knowledge satisfies for very long.

Everything moves through seasons and stages of change, and yet in the face of this flux, we are still seeking a sense of wholeness and completion. Unfortunately, in the modern world we learn to base this search for wholeness on transient pleasures, accomplishments, and associations. Thus, even our personal successes and ful-

fillments provide only a brief and fragile sense of satisfaction.

At some point in our lives, we notice this, and begin to understand our eternal and inevitable dilemma. Then we become authentic philosophers, asking questions about life, its meaning and purpose, and the relationship between ourselves and the universe.

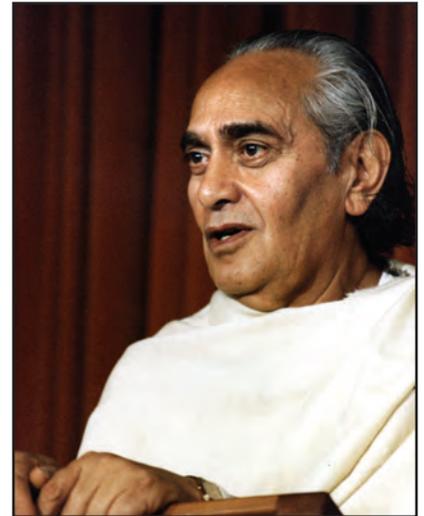
People from every country, in all eras and cultures, have sought a level of perfection and knowledge beyond that which is possible in the world of transient events and experience. Yet a yearning for Truth will come to nothing without some concrete practice. How, then, do we really search for knowledge? The only way is to sincerely commit all the energies of our action, speech, and mind to the search for Truth. This search is not for the lazy, nor for those who want to continue to dive for the pearl of wisdom in mundane waters. The experiences of the worldly material life are a means, but never the end in themselves. When we realize this, we begin to truly study ourselves as a scientist might—we study the mind, its mental processes, and how the mind produces internal events.

The path of jnana yoga can be understood as a path of learning to know and understand the mind, so that ultimately, we can control and direct its activity.

### The Ultimate Wisdom

Among all the spiritual paths known to human beings, the path of jnana yoga is considered to be one of the most difficult and abstruse. Walking this path is like walking a razor’s edge. It is meant for only a fortunate few—those who have practiced spiritual disciplines and have studied the scriptures with competent teachers who are *brahmarista*—established in Brahman-consciousness.

Those who follow the path of jnana eventually study the philosophy of Vedanta, a word that means “the cream of the Vedas,” the scriptures which are among the oldest in the library of man. Vedanta is the distillation of this wisdom, beyond which nothing else remains to be known. When the seeker attains a state of total wisdom, there are no longer any questions to be confronted or resolved.



## Cancer Research Institute



### 19<sup>th</sup> NZAROICON 2013

19<sup>th</sup> North Zone Association of Radiation Oncologists India Conference (NZAROICON) 2013 was held on 28-29 September at Cancer Research Institute. The conference was a first of its kind organized by the Department of Radiation Oncology. It was attended by around 150 participants from all over the country and had over 80 senior faculty members. The theme of the conference was recent advances in radiation biology and technology. There were 28 invited talks and 35 oral presentations by PG and Post PG members. Dr. V. Chauhan, Vice Chancellor HIHT University emphasized on the significance of effective communication in cancer care during the inaugural address of scientific program. The sessions began with free paper presentations by students and practitioners. Dr. C. C. Patel from University of Louisville, Kentucky debated the recent guidelines in the management of Hodgkin's disease. This was followed by quiz competition for post graduate students. The formal inaugural ceremony of 19<sup>th</sup> NZAROICON 2013 was held in the evening at Dehradun. A gala banquet was organized at Dehradun, which was clubbed with the main inaugural function, presided by Honorable Health Minister of Uttarakhand Shri S. S. Negi as Chief Guest. Dr. Sunil Saini, Director, CRI, welcomed the guests and expressed that CRI would strive to provide multidisciplinary cancer care which is cost effective and available for persons from all strata of society. Hon'ble Health Minister emphasized the need for tobacco control and extended his support for initiation of cancer control in the State. The Guest of Honor, Dr. Vijay Dhasmana, Vice Chancellor Himalayan University appreciated the well organized growth of CRI over the past years. The ceremony was presided by Dr. V. Chauhan. Lifetime achievement awards were presented on this occasion to stalwarts in the field of radiation oncology. These awards were presented to Dr. S. C. Sharma, Dr. Firuza D. Patel, Dr. G. K. Rath, Dr. P. K. Julka and Dr. Mushtaq Ahmad. Free paper presented by post graduate students and 1<sup>st</sup> prize went to PGI Chandigarh, 2<sup>nd</sup> prize went to IGMC Shimla. In the quiz competition, post graduates from Safdarjang secured 1<sup>st</sup> position, PGI Chandigarh 2<sup>nd</sup> position, and CMC Ludhiana secured 3<sup>rd</sup> position. Efforts of Dr. Meenu Gupta were appreciated by all as she left no stone unturned to organize this event.

### Nuclear Medicine Day: "The Fear of the Unknown: A Practical Approach to Radiation and Protection for Hospital Workers"

In today's medical practice, almost every patient comes in contact with radiation facilities on a routine visit to the hospital. Forms of radiation facilities are diagnostic tests like X-rays, CT-scans, angiography, nuclear medicine (bone scans, DTPA scan, thyroid scan) or therapeutic treatment like cancer radiotherapy. Medical workers dealing with patients in contact with radiation should be aware of correct working procedures and protect themselves as well as the patients. It is important for all radiation workers to educate employees and general public on this aspect. On 7<sup>th</sup> September, Dept. of Nuclear Medicine celebrated its fourth anniversary. The day was celebrated by educating medical workers on basics of radiation protection. This year a mini-workshop was conducted by the department in two sessions over the day for nursing students and nursing staff. The first session was held in the Nursing College in the morning where a hundred students participated. They were given a brief talk on the basics of radiation and were informed about practical aspects of radiation applications and protection. The session was planned seeing these students as potential workers in radiation departments. Later a workshop was conducted for nursing staff themed as "The Fear of the Unknown: A Practical Approach to Radiation and Protection for Hospital Workers." In this one-hour session the nurses were told about basic radiation protection and all their fears and doubts were cleared by one-to-one discussion. All participants were made to fill up questionnaires before and after the lecture. We learned that there is significant lack of awareness among medical workers about radiation and almost all knowledge is from hearsay.

#### CRI Welcomes:

Brig Dr. S. B. Mahajan, Professor ENT, at HIHT University joined CRI as Medical Superintendent. Dr. Mahajan intends to work towards attaining quality of services to get accreditation by NABH in the near future.

Dr. Mushtaq Ahmad, a renowned radiation oncologist and former Director, Sher-e-Kashmir Institute of Medical Sciences, has joined as Professor and Head, Department of Radiation Oncology, CRI.

Dr. C. C. Patel, from University of Louisville, Kentucky USA, adjunct faculty of pediatric oncology services is at CRI again this year. He is currently involved in setting up a bone marrow transplant unit. In this regard he was part of the team which visited the bone marrow transplant unit at CMC Ludhiana. He felt that team work and efficient nursing services are key to any successful bone marrow transplant program.

#### New Services:

CRI is commissioning dedicated pediatric and adult hemato-oncology wards to cater specifically to patients with blood disorders and cancer.

#### Visit by Faculty:

Dr. Sunil Saini was invited for the 3<sup>rd</sup> GCGC (Global Cancer Genomics Consortium) Symposium at Lisbon, Portugal. The GCGC group expressed interest to establish collaborative research with CRI in the field of genomics.

## Paramedical Orientation



Paramedical orientation program for 2013 Batch was organized on 3<sup>rd</sup> August at Himalayan Institute of Medical Sciences. The program began with lighting the lamp which was followed by Sarswati Vandana. Dean Dr. S. L. Jethani delivered the welcome address. Vice Chancellor Dr. Vijendra Chauhan addressed newly admitted students and their parents. Dr. Anuradha Kusum, Dy. Dean Paramedical informed the students about the rules and regulations of HIHT University and introduced the faculty to them. Dr. Vijay Dhasmana, Member Presidential Body emphasized about the importance of time management and sincerity in this profession. He also declared University policies regarding scholarships to meritorious students. All the Deputy Deans along with many heads of departments graced the occasion. The program concluded with vote of thanks given by Dr. Vinita Kalra, Coordinator of Dept. of Medical Education.

## Blood Bank Update



**Training on Rational Use of Blood** was organized by HIHT Blood Bank on 13<sup>th</sup> August in association with Uttarakhand State AIDS Control Society. It was attended by doctors from all parts of Uttarakhand. The sessions consisted of lectures, quiz and interactive sessions.

Refresher training on **Blood Safety** was organized by HIHT Blood Bank from 23-25 September in association with Uttarakhand State AIDS Control Society. It was attended by Blood Bank Officers from all Blood Banks of Uttarakhand. The training consisted of lectures, quiz, interactive sessions and hands-on training on various aspects of transfusion medicine.

Mr. M. M. Mathavan, Mr. Pankaj Jakhmola and Mr. Charanjeet Singh from HIHT were honored by Uttarakhand AIDS Control Society for regular blood donation on the occasion of **National Blood Donors Day** on 1st October.

## 28<sup>th</sup> National Fortnight on Eye Donation

Corneal blindness is one of the leading causes of blindness in India. Around 15 million people are visually impaired, out of which 5 million people are blind due to corneal problems and every year 20,000-30,000 corneal blind patients are added to the list. Majority of these patients are young and in their productive age group. They can be benefited by corneal transplant surgery and can restore vision. In India there are total 35,000-40,000 corneas every year for corneal transplantation whereas 8-9 million deaths are occurring in a year in India. In order to create awareness in masses and to bridge the gap between demand and supply of cornea, all of the citizens of India should come forward and pledge their eyes for donation after death. In this regard national "Fortnight Eye Donation" was observed all over the country from 25<sup>th</sup> August to 8<sup>th</sup> September every year by educational and motivational efforts at the national level.

The Eye Bank at Department of Ophthalmology celebrated the 28<sup>th</sup> Eye Donation Fortnight from 25<sup>th</sup> August to 8<sup>th</sup> September. It displayed banners regarding eye donation at various prominent places of the Himalayan Hospital. An eye donation counter was set up in the hospital reception area where people were given information regarding eye donation and those who wanted to pledge their eyes were given pledge forms. Eye donation pamphlets were distributed with OPD cards and were also distributed in the local newspapers in Dehradun, Haridwar and Rishikesh, to create awareness about eye donation. Talks on eye donation awareness



were given on television, Radio Khushi as well as amongst the masses in Dehradun, Haridwar and Rishikesh by Prof. R. C. Nagpal, Prof. Harsh Bahadur, Dr. Renu Dhasmana, Dr. Amit Maitreya, Dr. Neeti Gupta, Dr. Anuradha Raj and by the residents of the department.

Painting competition was organised in five schools of Haridwar where 300 children participated and displayed paintings regarding eye donation awareness. Department of Ophthalmology also celebrated Donor's Day on 7<sup>th</sup> September.

On Eye Donation Day, 8<sup>th</sup> Sept., Department of Ophthalmology organized a rally from Bhaniyawala Tiraha to Himalayan Hospital. Around 700 people participated in the rally.

## Himalayan University



Yet another milestone achieved in fulfilling the vision of H.H. Swami Rama. The commitment to start the academic session of Himalayan University has been achieved. The first academic session of the University was marked with the first Orientation Program held on 2<sup>nd</sup> September 2013, with grandeur, but with sober reflections. The Hon'ble members of the Board of Governors and also the Board of Management graced the occasion with their esteemed presence. The auditorium of the University was packed with newly admitted students of School of Engineering, School of Management and [College of Nursing](#). The parents of the students flowed smoothly in the serene ambience of the entire Orientation Program.

The Orientation Program opened with the lighting of lamp by dignitaries seeking obeisance of H.H. Swami Rama followed by divine Guru Vandana presented by the students of the University. A short video film on H.H. Swami Rama, sharing deeper insights of the reverend Gurudev, mesmerized everyone thereafter. The Heads of the respective Schools and Colleges gave a brief presentation of the courses being presently offered.

The address of the Hon'ble Vice Chancellor Dr. Vijay Dhasmana familiarized the students with the institutional heritage and cultural legacy based on the core spirit of Love, Serve, Remember. The pearls of wisdom in the address of the Hon'ble Vice Chancellor instilled inspiration, enthusiasm and vision amongst the students. The program was wrapped up with a vote of thanks extended by the Registrar.

Orientation Program was concluded with sumptuous lunch.

### Notification

In pursuance to Uttarakhand Government Notification No. 349/XXXVI (3)/2013/66(1)/2013 dated October 01, 2013, it is hereby notified that w.e.f. 01/10/13 the "Himalayan University" has been renamed as "Swami Rama Himalayan University" vide The Himalayan University (Amendment) Act, 2013 (Act No. 30 of 2013).

The new website for "Swami Rama Himalayan University" is [www.srhu.edu.in](http://www.srhu.edu.in)

## Oral Hygiene Day

August 1<sup>st</sup> is observed as Oral Hygiene Day and dedicated to educate general population regarding the importance of oral hygiene and periodontal health. A free checkup camp was conducted by Dental Surgery Department of HIMS. The main objective of the camp was to educate, motivate and inform the general population about the importance of oral hygiene. Special attention was given to pregnant women and children.

Oral hygiene deterioration can lead to periodontitis and this in pregnancy can lead to preterm birth and low birth weight infants. In children lack of care for deciduous dentition (milk teeth) leads to early exfoliation of milk dentition and affects the underlying permanent dentition which is still developing. This results in malocclusion and an adverse emotional effect on child psyche.

Around 300 patients were screened and counseled with distribution of free mouth wash samples, brushing instruction and oral care tips. Oral Hygiene Day events were organized by Dr. Abhishek Kandwal and Dr. Sanjeeva Kumar with the assistance of Basudev Bhist, Beena Saklani, Anita Rawat, Amit Gusai and Amit Rawat.



### Laser in Dental Surgery: Clinical Demonstration

On 24<sup>th</sup> August a laser demonstration was held at the Dept. of Dental Surgery by Dentsply Pvt. Ltd. The clinical demonstration was focused on use of lasers in dental surgery field.

Use of laser gives us advantage of a bloodless surgical field, is less invasive, more comfortable and has faster healing as compared to conventional surgery by scalpel. Excision of soft tissue growths, depigmentation of black gingival, healing of aphthous ulcers, disinfection of root canal during root canal treatment are some of the many applications of dental laser. The procedure is safe, easy and comfortable for the patient and gives the clinician predictable post operation results. Dr. Seema Diwan, Dr. Abhishek Kandwal and Dr. Sanjeeva Kumar were given an opportunity of clinical hands-on in this novel treatment modality.

## Scrub Typhus



The Dept. of Medicine of HIMS organized the first ever regional continuing medical education program on Scrub Typhus on 6<sup>th</sup> October. In recent years, work at HIMS has identified scrub typhus as an emerging infectious disease of the region posing a significant threat to public health. This is an acute febrile illness, caused by *O.tsuksugamushi*, a bacterium spread through bites of infected trombiculid mites. A number of activities related to collection of grass, collection of firewood, and agriculture, expose rural people to the risk of exposure to these mites. Since August

2012, hundreds of adult patients have been diagnosed with this disease at the Himalayan Hospital, who often presented with severe life-threatening illness involving lungs, kidney and the nervous system. A major cause of the serious complications has been the missed or delayed diagnosis because of low awareness about the disease among healthcare providers, overlap of clinical features with other common illnesses and the absence of diagnostic facilities for the disease. This CME was held to make doctors of the region aware and empowered to suspect, diagnose and treat the disease. It was attended by more than 150 delegates drawn from medical colleges across Uttarakhand and Uttar Pradesh, practicing doctors from both the public and private health sector. There were sessions on epidemiology, clinical presentations, diagnosis and treatment of the disease. An important panel discussion on action points for scrub typhus in Uttarakhand concluded the CME. Guest faculty for the CME included experts from National Centre for Disease Control, New Delhi, Christian Medical College, Vellore and Indira Gandhi Medical College, Shimla. The Organizing Committee for the CME was chaired by Dr. Anita Sharma, Prof. and Head, Dept. of Medicine, and Dr. Anurag Bhargava, Asso. Prof. (Medicine) was its Secretary. The CME was supported in the public interest by the Letzdream Foundation, New Delhi.

## Post Disaster Relief and Rehabilitation

Post disaster relief and rehabilitation initiatives of HIHT are continuing unabatedly in its 50 adopted villages affected by the June 2013 Uttarakhand disaster, through its Rural Development Institute (RDI).

On 13<sup>th</sup> September, the last of 355 disaster victims admitted in our hospital was discharged. She was amongst the 355 victims who were treated totally free of cost by HIHT; her treatment alone cost Rs. 4.50 lakhs to the hospital.

HIHT organized its relief activities in three phases. The first phase involved attending the victims airlifted to Jollygrant airport with instant primary medical care, food items and drinking water bottles, and shifting the seriously injured to the hospital. Under the second phase, RDI's field staff toured the 50 adopted villages in the districts of Tehri, Chamoli, Uttarkashi, Rudraprayag and Pithoragarh, to cater to the immediate basic needs of the disaster affected villagers viz. cooking utensil kits for families, schools and community kitchens, food kits, family hygiene kits, pregnancy kits, first aid kits, mats, special kits, scholarships to orphan children, other benefits to children, farming tool kits, pea seeds, and other kits were provided to the residents of the affected villages. The content of the above basic needs kits and their distribution details are available on our website [www.hiitindia.org](http://www.hiitindia.org).

The Institute also provided free clinical investigation, treatment services and supportive medicines through numerous medical health camps conducted in the villages where over 2,447 patients have benefitted. The disease distribution observed during the health camps helps our medical teams work out the further requirements of specialists and medicines. Our medical teams also visited the schools to provide free health checkups and medicines

to their students. The children from these affected areas have also been identified for educational scholarship support and so far 25 children have already been granted scholarships.

The third phase undertakes recovery and rehabilitation activities like repair and reconstruction of drinking water schemes and check dams, livelihood intervention, training in community managed disaster risk reduction and first responder on an ongoing basis, school support and scholarships, plantations, special program for working force in road construction and other activities, water and sanitation, and continued healthcare in the affected villages. The work to re-construct the damaged drinking water system in 18 Swajal villages is in progress. Long term health camps are being conducted at Guptkashi and Ukhimath blocks of Rudraprayag to ensure provision of proper health benefits to their residents. Specialists' services will be served on alternative weeks. The health checkups and health education plans for the schools would ensure distribution of over 1,000 school hygiene kits to the students. In all 224 villages of the 5 districts would benefit from such camps, the schedule of which has already been prepared upto December 2013. RDI teams are conducting personal visits to homes which have lost a member in this tragedy, to find out the financial requirements of their children for continuation of their education at primary, high school, college or professional levels. Such scholarships have been planned for over 500 students. Our statistics state that over 600 people have perished in the district of Rudraprayag itself.

HIHT has initiated a "Relief and Rehabilitation Fund" for supporting the disaster victims. So far we have received Rs. 1,59,22,332 till date as donations/contributions to the fund. The HIHT employees also contributed a day's salary to the fund.

## Independence Day



At HIHT, medical and nursing students, faculty and staff, enthusiastically gathered to celebrate the 67<sup>th</sup> Independence Day on 15<sup>th</sup> August 2013. Dr. Vijay Dhasmana hoisted the flag. The Security Guards paraded and saluted the flag while the national anthem was sung. The program included a patriotic song performed by the Vidya School children. Nursing students, and children of faculty also sang patriotic songs. The celebration included a puppet show on the theme

of blood donation pledge on Independence Day. The celebration was followed by distribution of sweets.

## Inauguration of New Operation Theatres



In moving ahead with H.H. Swami Rama's vision to serve the poorest of the poor with all modern facilities, the venture to extend the theatre complex with 4 ultra-modern OT's was undertaken. The opening ceremony of the new operation theatre complex was done on 7<sup>th</sup> October amongst Vedic rites. The new theatre complex was inaugurated by Dr. Vijay Dhasmana Hon'ble Vice Chancellor, Swami Rama Himalayan University. The new OT's are modular with state of art technology since we are committed to best outcomes and experience for our patients. The new theatre complex enables the hospital to offer consultants and patients the very best and the very latest in technology. All of the components of the theatre system are fully integrated and designed to make carrying out surgery easier for our surgeons. This will now empower us to dedicate individual OT's to each speciality. With the increased theatre capacity there will be reduced pressure on the whole hospital and help prevent patients to wait longer than they should for surgery.

## Rural Development Institute



### Relief Measures

As per the urgent need of affected families, food kits, cooking utensil kits, community kitchen kits, scholarships, family hygiene kits, and pregnancy kits were distributed. Relief activities at Pithoragarh included distribution of 111 first aid

kits, 3 farming tools kits, and 84 special kits (comprising folding bed, torch, rain coat, mat, blanket, plastic sheets). Twenty-five scholarships were given to students who were severely affected by the disaster. Hygiene kits were also distributed. One health camp was organized at Jaunpur-Bangar region of Tehri district in which 120 patients from the nearby 10 villages were benefitted with free healthcare services and medicines. Seven health camps were organized at Guptkashi and Ukhimath in Rudarpryag district, in which primary investigation, medicine distribution and kit distribution was done. In August more than 1,200 families were benefitted from camps and 210 mothers received pregnancy kits comprised of nutritional supplement (protein-x, iron, calcium tablets). Drug kits comprised of nutritional supplements and de-worming tablets were given to more than 100 children.

### Nutrition Rehabilitation Center

Eighteen malnourished children were admitted and treated at Nutrition Rehabilitation Center (NRC), Himalayan Hospital with technical and field support by RDI in August. Orientation session on NRC Program, awareness on identification, mobilization and treatment of malnourished children 0-5 years of age was also organized on 26<sup>th</sup> July at the NRC in which 35 Integrated Child Development Scheme (ICDS) workers participated.

### Education

A two-day excursion trip was organized for 45 scholars to Dhanulti and Mussorie along with staff of RDI.

### State ASHA Resource Center

Two-day training of trainers on "Handbook for ASHAs on Disaster Management" was organized on August 5-6 by State ASHA Resource Centre of RDI-HIHT. The training course was organized in partnership with National Health System Resource Center (NHSRC), Govt. of India and Health and Family Welfare Dept., Govt. of Uttarakhand. Subsequently, NHSRC and RDI team visited disaster affected villages of Uttarkashi district and collected needs of community and individuals.

### SAKSHAM

Need assessment of people with disability have been conducted in 30 selected villages covering 376 individuals in three blocks at Nazibabad of Bijnor District, Doiwala, Chakrata of Dehradun District. Skill based trainings on handicraft, beautician and computers are being given to people with disabilities of Doiwala. Thirty assistive devices have been provided in Udham Singh Nagar and Doiwala region. A 9-year-old girl with disability was admitted to school. One individual was linked with Government pension scheme.

## The Ayurvedic Centre Herbal Plants in Campus

### Eranda (*Ricinus communis*)



Eranda is also known as Rendi, Andi and Erandi in the Hindi language. It belongs to family Euphorbiaceae and is described under Vedanasthapana (pain relieving) group in Ayurveda.

**Plant Description:** An evergreen bush or small tree that grows to a height of 18 feet or more. It has two varieties, white and red, and may be annual or perennial. Leaves are green or reddish green, look like hands, 30-60 centimeter in diameter and have 5-11 finger-like divisions. The inflorescence have both male and female type of flowers. Fruits are round and have thorn like projections. Seeds are rectangular, smooth and dotted with multiple colors. Eranda is found all over India up to a height of 7,000 feet.

**Therapeutically Useful Parts:** Root, leaves, seed and oil.

**Ayurvedic Pharmacology of Eranda:** Rasa—madhura, katu, kashaya; Guna—guru, snigdha; Virya—ushna (hot); Vipaka—madhura

**Active Chemical Constituents:** Nonvolatile Oil 37-61%, Ricin, Ricinine, Amylase, Invertase

**Therapeutic Uses:** Oil and leaves are used externally in various pain and swelling disorders. Paste of leaves is used in the treatment of many poisons and to kill worms. Oil is a strong purgative and should be used with caution. Roots are used in the diseases of reproductive system, nervous system and urinary system. Eranda is one of the best vata pacifiers which makes it very useful in sciatica, rheumatoid arthritis, osteoarthritis and gynecological disorders.

*Dr. Pratibha Mamgain, Dept. of Ayurvedic Medicine*

## Ayurvedic Health Camp



Diabetic detection and Ayurvedic consultation health camp organized in August and September at Rajiv Nagar Doiwala, Kanharwala, Bhaniyawala and Dhalwala Rishikesh.

## Homeopathy & Trauma

### *Calendula officinalis* (Pot Marigold)



Prepared from the leaves and flowers of the plant.

Calendula is second only to Arnica in its healing capacity, but is superior to Arnica in the treatment of lacerations and in preventing infection of the wound and scarring. Arnica and

Calendula, when used together, provide an unparalleled healing force.

#### Uses

Cuts, incised wounds  
Lacerations  
Post surgery and dental work  
Post delivery  
Post cataract and eye surgery  
Burns  
Fractures

**Dosage:** 1 dose 3 times daily until healing is nearly complete; can reduce to 1 dose daily to complete the healing process

#### Calendula ointment

Can be applied locally for any minor cut, burn, laceration or injury in which the skin has been broken. Also useful for chapped lips, cracks in the heels and dryness of the skin of the hands. Does not cause any pain, burning or irritation when applied.

*Dr. Barbara Bova, HOD, Dept. of Homeopathy*

## Vishwakarma Puja



We at HIHT celebrated Viswakarma Day on 17<sup>th</sup> September on the stage of central park. This year the puja was performed at a common place where all the departments, faculties, staff, and students assembled to partake in the puja.

## Spic Macay Presents Kathakali

# Kids' Corner



HIHT Chapter of Spic Macay, organized a Kathakali dance performance by Kalamandalam Amaljith and group on 14<sup>th</sup> September. It was attended by about 250 students and faculty from the Medical, Paramedical and Nursing Colleges. The audience was left spellbound by the artists. The dance sessions were followed by an interactive session with the students and an opportunity to learn a few steps from the masters onstage.



“Dussehra”  
by Vivek Chaturvedi,  
Class II  
The Presidency  
International School,  
Dehradun

### कविता – बेटी

बेटियों की कमी देश के लिए अभिशाप है, भ्रूण  
हत्या पाप नहीं महापाप है ।  
देश गरीब तब नहीं जब तरसे रोटियों के लिए,  
देश गरीब तब जब तरसे बेटियों के लिए ।  
आता है यही ख्याल, मन में मेरे यही सवाल,  
क्यों होता है समाज में बेटियों का जीना  
मुहाल ।  
किसी की पुत्री बनकर घर आंगन निखार देती  
है बेटी, अपना हो या पराया सबको प्यार  
देती है बेटी ।  
किसी की अर्धांगिनी बनकर या किसी की  
बनकर बहन, सब पर प्यार लुटाकर तपिश  
स्वयं करती है सहन ।  
कोई कह दे सुन ले, या देख ले आखिर सुख  
देकर दुःख ले जाती है बेटियां

आई.पी.एस., पी.सी.एस. या फिर हो राष्ट्रपति  
भवन, प्रत्येक जगह पर मिलेगा आपको बेटी  
का सिंहासन ।  
इतिहास, वर्तमान या फिर आने वाला हो भविष्य,  
बेटियों की कामयाबी आखिर क्यों है रहस्य ?  
महाराष्ट्र, राजस्थान या हो पटना, आखिर कब  
तक सहेंगे दिल्ली जैसी दुर्घटना ।  
घुटन, बेबसी, और क्यों सहती है आप अत्याचार,  
बेटियां आपको आप बेटियों को दे सम्मान ।  
यही है वास्तविक भारतीय संस्कृति और संस्कार  
। इससे निखरेगा परिवार, बढ़ेगा भारत और  
चमकेगा संसार ॥  
जय हिन्द  
विशाखा पांचाल, कक्षा.12ए सहारनपुर

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