

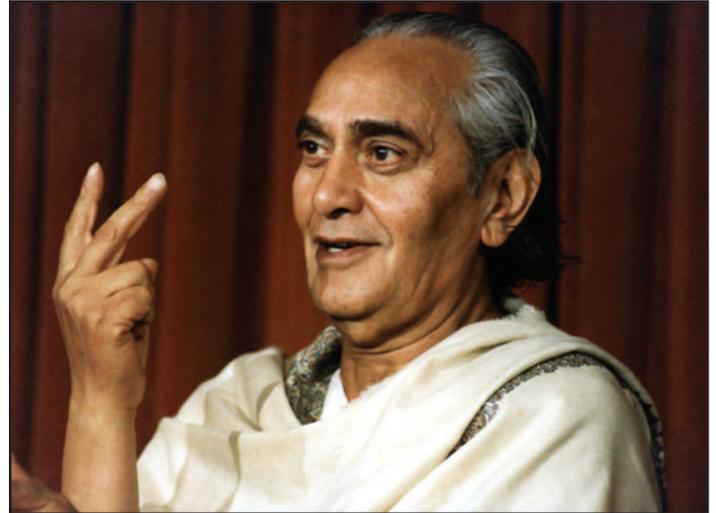


Family Life *by* Swami Rama

Although family life is the very basis of society, human beings are still experimenting with the family institution. Human relationships, at peril these days, should not be taken lightly but as something deep and meaningful. Marriage should be seen as a pleasant responsibility and not as a mere game that is played out of biological necessity. Marriage is a process that includes sharing, understanding, and adjusting. Adjustment is a skill that leads to contentment. When two people live together and don't find fulfillment, they start craving for a child. The child becomes a bridge between the two people. When they both work hard and lovingly for the child, they become closer. Married couples should not be irresponsible and bear children if they are not prepared to bring them up wisely and lovingly. It is a very big responsibility to give birth to and to bring up a child. For that responsibility parents should take into consideration more than the selfish motivation of satisfying each other's needs, wants, and urges. Responsibility is not something bad; to take responsibility for something means to learn to give the best that you have. When two people get married not only to satisfy their sexual needs but also to have a child, they should take that responsibility seriously and devote their time to the child so that the child can become a perfect human being. With this understanding and goal in mind, it becomes a great joy and pleasure to bring up a child. If the mother does not understand her duties toward the child, or if the parents are not willing to sacrifice their own pleasures for the sake of the child, the child will still grow but will grow wildly. Such a child will disturb himself and others without understanding the roots of those disturbances.

Sometimes newly wedded couples, even though using contraceptives, discover that they are expecting a child. This becomes a problem for them because they were not yet prepared to have a child. For some time they may consider aborting that child. Later they may decide that the child is theirs and should not be aborted. They are not aware of the *samskaras*—the subtle impressions—that they have been imparting to the child. That child will be born in confusion because the parents were not prepared for it. In today's society parents commonly have communication problems. A child who is brought into the world without any understanding will only contribute to these communication problems.

You should accept the responsibilities of parents from the beginning. If you understand that God has created you as instruments to give birth to someone, it should be a joy for both of you. You should have the attitude that if the Lord wants you to serve someone, you will serve him or her with all your heart and mind. Accept whatever God gives you and learn to love your duties toward your child. Then you will enjoy your child. Birth is not an accident. Parents do not understand this fact and do not prepare themselves to meet and appreciate the uniqueness of the



person in their newborn child. When you desire to have a child, first you should ask yourself if you have enough means and if you have the capacity to have a child. More importantly, you should ask yourself if you really deserve to have a child. Not only should you learn how to bring up a child, you should also prepare yourself to deserve a child. This requires a long physical, mental, and spiritual preparation. Some of the child's *samskaras* come from the behavior, teaching, and understanding of their parents. If the mother is very emotional, the child will also go through that emotional strain. The child of a man who has no control over his temper will also have that weakness.

It is not wise to have a child unless you are fully prepared to raise the child with the understanding that you can also learn from the child, rather than always forcing your ideas onto him. Children want to know things for themselves without any interference and they do not want anything to be forced on them. Your children can teach you many things if you are prepared to learn something from them. From your children you can learn renunciation, charity, and selfless service. Many times you will have to renounce your joys for the sake of your children. For example, you may have plans to go out to a holiday resort but at the last moment you have to cancel because the children are not feeling well. You have to wait for them to come from school; you have to wait for them to go to bed. When you have a child, you will learn to become selfless.

We bank much on the education that is imparted by colleges and universities, but the home is the highest of training grounds. Homes are actually schools for children to learn to play, to love, and to interact with others. At home the different personalities the child encounters help to create the subtle impressions that contribute to building the child's own personality.

Reprinted from Let the Bud of Life Bloom by Swami Rama

17th Annual Mahasamadhi Function of Swami Rama



Hon'ble Chief Minister of Uttarakhand, Shri Vijay Bahuguna inaugurated the new Emergency Block of the Hospital



Swami Rama Humanitarian Award was awarded to Dr. Shiv Kumar Sarin, Director, Institute of Liver and Biliary Sciences, New Delhi.



Over 7,000 people attended prasad distribution at the bhandara



Bhajan Sandhya by Smt. Sudha Singh and Sh. Vijay Singh

The Himalayan Institute Hospital Trust observed the 17th Mahasamadhi Day Anniversary of its founder, H.H. Dr. Swami Rama on 13th November 2013. A commemorative function was organized wherein the Hon'ble Chief Minister of Uttarakhand, Shri Vijay Bahuguna graced the occasion as the Chief Guest. The Hon'ble Chief Guest inaugurated the new Emergency Block of the Hospital on the occasion.

In his welcome speech, Dr. Vijay Dhasmana, Member Presidential Body (HIHT) said that although Swamiji is always remembered by his disciples/devotees both individually and collectively, on this particular day we all gather together to pay our obeisance to our beloved founder and Gurudev H.H. Dr. Swami Rama. Dr. Dhasmana said that he always follows Swamiji's teachings of "be practical, do what is right" and said that the Institute has also been treading the path shown by Swamiji and has progressed quite well in the past 20 years, from a two-roomed tin shed OPD to a 750-bed multi-specialty hospital, and the Deemed and the State Private Universities themselves speak about the growth of the Institute. He described the Institute as a Karm-bhoomi and appraised the audience about its various humanitarian works.

The Swami Rama Humanitarian Award for the year 2013

was awarded to Dr. Shiv Kumar Sarin, Director, Institute of Liver and Biliary Sciences, New Delhi. Dr. Prakash Keshaviah, Director Nephrology read the citation of the award and the Hon'ble Chief Guest presented a memento, citation and a cash award of rupees five lakhs to the awardee.

During the function Swami Rama Scholarships worth Rs.1.70 crores were distributed to the financially needy and meritorious students of Uttarakhand. Nineteen members of the faculty and non-clinical employees of the Institute were felicitated with the "Best Employee Award 2013" in recognition of their excellence of services and contributions to the Institute.

On the occasion, a book on the life of Dr. Swami Rama *At the Feet of a Himalayan Master, Volume 4* and Desk Calendar 2014 were released by Mahamadeleshwar Swami Veda Bharatiji and Dr. Ramesh Pokhariyal Nishank, former Chief Minister of Uttarakhand. The program concluded with the vote of thanks by Dr. Vijendra D. Chauhan, Member Presidential Body.

A bhandara was held in the park where over 7,000 people partook. The Mahasamadhi celebration finally came to an end after a mesmerizing Bhajan Sandhya by Smt. Sudha Singh and Sh. Vijay Singh in the evening which echoed with Swamiji's teachings of *Love, Serve, Remember*.

Children's Day



On 14th Nov. "Children's Day" was celebrated by nursing students under the auspices of the Pediatric Nursing Dept. of [Himalayan College of Nursing](#). Chief Guest, Dr. Vipan Chandra, HOD, Pediatric Dept. inaugurated the function. Children admitted in the ward actively participated in the function and took part in the painting competition, and prizes were distributed to the winners. There was also dancing, singing and poem recitations. A movie was shown in the ward and small gifts and sweets were distributed. All efforts were made to bring a change in daily routine of hospitalized children by students and faculty of HCN.

Pulmonary Medicine & Critical Care



Departments of Pulmonary Medicine and Critical Care Medicine organized a 3-day CME "HIHT-Pulmo-Crit 2013," Nov. 8-10. Dr. Girish Sindhvani, Head of Department Pulmonary Medicine and Dr. Vikas Kesarwani, In-charge Critical Care Medicine were Organizing Chairman and Secretary respectively.

Day one of CME was dedicated to the Bronchoscopy workshop in which participants were trained in skills of basics of Bronchoscopy through lectures, demonstration on live case and hands on sessions.

Day two and three comprised of Fundamental Critical Care Support (FCCS) course, which is an internationally renowned course for training critical care practioners, non-intensivists, and nurses in managing critically ill patients.

Eminent national faculty were invited for both workshops. Some of them were Dr. Deepak Talwar (Metro Hospital Noida), Dr. Afzal Azim (SGPGI, Lucknow) and Dr. Anil Kashyap (Dayanand Medical College & Hospital Ludhiana) among others.

Conference on Sleep Medicine



Department of Psychiatry and Sleep Clinic organized an international conference on Sleep Medicine 15-16 November at Himalayan Institute of Medical Sciences. Prof. Rajkumar, Director, AIIMS, Rishikesh was the Chief Guest and Dr. Vijay Dhasmana, VC, Swami Rama Himalayan University was the Guest of Honor. The conference was attended by nearly 125 delegates from various parts of India and abroad. Experts in the field of sleep medicine delivered their lectures. The program and the Institute were appreciated by all the delegates and speakers.

Accreditation of Sleep Clinic

Indian Society for Sleep Research has recognized the clinical services and research work of the Sleep Clinic of our Institute and accredited it as the 7th Indian training center for sleep physicians who wish to take the International Certification Examination.

This online examination is conducted by the World Sleep Federation and organized in India by Indian Transitional Board of Sleep Medicine. Physicians who clear this examination are recognized as Certified Sleep Physicians by World Sleep Federation.

World Mental Health Day

The World Mental Health Day (October 10th) was celebrated by the Dept. of Neurosciences and Psychiatry. A day camp at HIHT outreach centers (Doiwala and Rishikesh) in collaboration with Community Medicine Dept. was organized to generate awareness among people for the stigmas, taboos, and cultural practices related to mental health. More than 120 patients received expert consultancy and primary intervention. Dr. Malini Srivastava organized an interactive workshop on mental health issues related to students' affairs. Near about 350 students participated and profited. M.Sc. (Psychiatry) Nursing students provided Psycho-education regarding stigmas and mental health issues at the main reception areas of HIMS and CRI.

Yoga Programs



Bhumi puja of new Guest House on 15th November

The office of yoga science that was opened in September 2013 has facilitated further planning and development of a future Yoga Science Department. The yoga programs aim to promote holistic health and peace as taught by Swami Rama, so that the benefits of traditional yoga philosophy and practices can be integrated with our present modern lifestyle, scientific research, and education curriculums.

In keeping with the above aims, yoga science sessions are now included in the medical and paramedical curriculums, in addition to the nursing curriculum that began in 2012. From mid-September 2013, over 490 students, faculty, staff and patients were taught the practices that included postures, breathing exercises (pranayama) and meditation.

Pre-natal classes are also being taught to pregnant women in conjunction with the Department of OB/GYN in the HIHT Hospital utilizing the nursing faculty and PG nursing students. At the beginning of 2014, engineering and management faculty and students will join in the yoga science program.



HIHT conveys its heartfelt “thanks” to State Bank of India for donating an ambulance to Himalayan Hospital.

Letter to the Editor

Dear Sir,

I am delighted to read the HIHT News, vol. 7, especially the news on “Post Disaster Relief & Rehabilitation” item on page 5. How heart-warming to learn that 355 disaster victims were treated, free of cost, at our “Temple of Service”—the Himalayan Hospital.

I must particularly mention the news that Rs. 4.5 lakhs was the cost of treatment of a single patient. I am fortunate to have been right in Swami Ram Nagar during the last fortnight of June when devastation struck the Kedarnath area. I gave my humble services at the hospital in translating the problems of only Telugu knowing pilgrim patients. I know the case of this particular pilgrim/patient, Mrs. Sreedevi (from Mantralaya, Andhra Pradesh), who was in ICU in a very critical condition after severe head injury and lying in coma for a number of days. I am beholden to the team of specialists and staff who have relentlessly worked in reviving her for a long time—around 80 days. What a news it was, that she was discharged from the hospital after 86 days with full recovery and that she flew back to Hyderabad, along with her joyous family and then to Mantralaya, the pilgrim town in Andhra Pradesh (her home town)!!!

The happy family phoned me up expressing their gratitude to the Presidential Body, specialists, nursing staff and technicians and the Himalayan Hospital, requesting me to convey this message. I will be happy if you can kindly, through your newsletter, convey their gratitude to everyone of the Himalayan Hospital.

With regards,

B.V. Sreenivasa Rao, Visakhapathanam

Rural Development Institute

Empanelment

Rural Development Institute-HIHT has been empaneled as a Training Site for Training in the ASHA and Community Processes Program by National Health System Resource Center, under the National Rural Health Mission, Government of India.

Medical Camp at Nagthath

A one-day medical camp was organized at Nagthath Clinic on August 31 and October 17. Ninety-six patients from the nearby villages were clinically examined and treated. Besides clinical screening, individual patients were given health education on relevant issues, behavioral change communication was encouraged in cases of substance abuse like smoking and gutka chewing, pregnant women were advised on antenatal care including nutrition and immunization and ANC kits were distributed.

State ASHA Resource Center

Three days' training of trainers was conducted for 28 Deputy CMO, District Program Manager and District Community Mobilizers from each of the 9 districts (Tehri Garhwal, Pauri Garhwal, Dehradun, Haridwar, Almora, Bageshwar, Nanital, Champawat and Udham Singh Nagar) on "Handbook for ASHAs on Disaster Management" on October 9-11 at SARC, RDI-HIHT. The objective of the training held in partnership with National Health System Resource Center, Govt. of India and Health and Family Welfare Department, Govt. of Uttarakhand was to develop the capacity of the selected Master Trainers on handbook for ASHAs on Disaster Management.

Nutrition Rehabilitation Center

RDI-HIHT organized NRC orientation workshop on 21st and 26th October in which 23 Aangan Waadi Workers (AWW) and 7 Accredited Social Health Activists (ASHAs) were given



3-day Training of Trainers Workshop on Disaster Management

orientation on anemia, malnutrition and nutritional needs of infants and mother, counselling and NRC Program. Thirty-one children with severe acute malnutrition were treated at the NRC.

Nutrition Week was celebrated September 1-7 at NRC in which 40 women including ASHAs and AWWs from nearby areas participated. They were oriented towards nutritional diet especially during pregnancy and lactating stages and its implication on infant and women health.

Education

For the academic year 2013-14, fee, hygiene kits and dictionary were distributed to 67 scholars. Chief Guest, Dr. Kiran Bedi interacted with the scholars and motivated them for studies. She shared the concept of "3 H" (Hand, Head and Heart) to be applied in whatever we do; and should continue to study till these three are involved. A movie on a prominent sportsman was screened as well.

Disaster Relief Activities

Rural Development Institute has been facilitating services to several disaster affected villages of districts Rudraprayag, Chamoli, Tehri, Pithoragarh and Dehradun since June 2013. So far 112 family cooking utensil kits, 10 cooking utensils for community kitchen, 28 food kit, 120 family hygiene kits, 241 pregnancy kits, 30 first aid kits, 6 cooking utensils for school kitchens, 2 mats, 90 special kits (comprising of folding bed, torch, raincoat, mat, blanket and tirpal), scholarships to 64 children (orphans) including other benefits as personal clothing to 5 students, hygiene kits to 5 students, school fee for 2 students, and blankets to 2 students have been distributed. To support livelihood activities 2 sewing machines, 30 farming tool kits, 218 pea seeds have been distributed along with 70 family safety kits and 122 child kits; 33 basic health camps have been conducted in those areas.

RDI is going to launch and conduct training on first aid and support for taxi drivers of char dham routes of Uttarakhand. In Rudraprayag district a survey of 800 disaster affected families is being carried out. The children of those families will be supported with scholarship, school and higher education. Integrated

development program has been launched in the 7 disaster affected villages of Jaunpur region. The community will be supported for healthcare, education and livelihood needs.

Uttarakhand Government Awards Certificate of Appreciation to HIHT

The Hon'ble Union Minister for Health and Family Welfare – Sh. Gulam Nabi Azad, presented a certificate of appreciation to Himalayan Institute Hospital Trust on 30th October 2013 in recognition of the outstanding contribution made by HIHT in relief and rehabilitation activities in the flashflood disaster affected region.

The Hon'ble Chief Minister Uttarakhand – Sh. Vijay Bahuguna, Hon'ble Union Minister for Water Resources – Sh. Harish Rawat and Hon'ble Minister for Health, Govt. of Uttarakhand – Sh. Surender Singh Negi were also present on the occasion.

National Education Day



National Education Day of India was observed 11th November by [Swami Rama Himalayan University](http://www.hiitindia.org). The University buzzed with activities based on the theme for this year, “Science and Society.” The celebrations commenced with Saraswati Vandana followed by a Debate Competition on the topic “Impact of Science on Society.” and a Collage Making Competition for students under the heads of “SocioTech” and “Ecotech.” It was an amazing sight to witness students from the MBA, MCA, BCA, BBA and BTech streams to work together in small groups of 4 students each and create their own special creative masterpieces.

The National Education Day of India was celebrated on 11th November at Himalayan College of Nursing to commemorate the anniversary of Maulana Abul Kalam Azad, a great freedom fighter, an eminent educationist and the first Education Minister of India. On the occasion, Student Nurses Association of HCN conducted a debate and quiz program on the theme “Science and Society.” Seven teams from B.Sc., GNM and M.Sc. Nursing course participated in quiz. Individual participants debated for or against the topic. The winners of the event were awarded by Student Nurses Association.

Uttarakhand Diwas

It feels like yesterday when our Devbhoomi attained the status of a separate state thirteen years ago. To commemorate the achievements of its founders, [Swami Rama Himalayan University](http://www.hiitindia.org) family celebrated this special day on the 9th of November in the College premises. On this occasion, a cultural show was put up by the students whereby they displayed their talents in dancing and singing. The focus of the program was on the presentation of folk dances and songs from the remote areas of Kumaon and Garhwal. The celebrations made everybody feel proud of being a resident of Uttarakhand.



Fresher Party



Students line up to welcome Prince Charles on 7th November as he visits India

The Freshers’ Party thrown by our seniors was very entertaining. It served as a great platform for bringing to fore the hidden talents of the new students. Our seniors did a really good job in a short notice. The anchoring was really impressive. Some performances, like the rap from one of our seniors, were very mesmerizing. And the song sung by some of the faculty members cannot be erased from our memories. The seniors were looking fab in their outfits. Also the words of wisdom delivered by our Vice Chancellor were very motivating and inspiring. Overall it was a great memorable event and it helped to strengthen the bond between the seniors and the juniors.

Gaurav Manglam Pandey, Batch 2013

The Ayurvedic Centre

Plants in Campus

Sadabahar (Vinca rosea)



Sadabahar is also known as Sadasuhagin in Hindi and Sadanpushpa in Sanskrit language. It belongs to family Apocynaceae and to Raktarbuda Nashan group in Ayurveda

Plant Description: The plant is annual or perennial and 1-3 feet high. Leaves are 1-2 inches long, oval, glossy, and dark green in colour. Flowers are purple pink or white with a purple eye in the centre. Fruits are cylindrical with many seeds. Flowers and fruits can be seen whole year. It is a plant from Madagascar originally but is found all over India now.

Active Chemical Constituents: The plant especially bark of the root contains many alkaloids like serpentine, reserpine, virosine, and vindolin. Leaves have a volatile oil, oily resin, glycosides, carotenoids, sterols and tannins. Purple flowers have anthocyanin.

Properties According to Ayurveda: Guna- Laghu, Ruksha Rasa- Kashaya, Vipak- Katu, Virya- Ushna

Therapeutically useful Parts: Whole plant, root, leaves, seed and oil.

Uses: Alkaloids of this plant are used as anticancer medicine. Paste of the plant is used locally for scorpion bite and wasp stings. Juice is used for the dressing of abscesses. Leaves are used in diabetes, hypertension and dysentery and also as tranquilizer.

Dr. Pratibha Mamgain, Dept. of Ayurvedic Medicine

Dhanvantri Puja



Dhanvantri Jayanthi was celebrated at the Ayurvedic Centre on 1st November. Dhanvantri Jayanthi is the day Lord Dhanvantri, who is the Lord of Ayurveda, emerged from the ocean carrying a kaalash of Amruth in his hands, when the Asuras and the Devas were performing the samudra manthan. The function was attended by a large number of hospital staff.

Homeopathy & Trauma

Cantharis



Prepared from the Spanish fly insect.

Uses: Cantharis is the ultimate remedy for minor scalds and burns. If given soon enough it will prevent blister formation. Also useful for minor sunburn.

Dosage: Give one dose as soon as possible after the burn has occurred; give another dose after 10 minutes, followed by another after 10 more minutes. When the pain has subsided, give one dose 3 times daily, reducing to once a day as healing occurs.

Dr. Barbara Bova, HOD Dept. of Homeopathy

Diwali Mela



Diwali mela was organized at the Institute's sports grounds by the HIHT Recreation Club on 26th Oct. Stalls put up by the most popular eateries of Jolly Grant and Rishikesh churned out delectable dishes, including cakes, pastries, pastas, chaat-tikki, burgers, fries, pav bhaji, biryani, a variety of sweets and soft-drinks.

A stall of DJ organized by students of batch 2009, HIMS, played the latest tracks from Bollywood. Many games and joy rides were organized. A lucky draw was also organized followed by distribution of prizes to lucky winners.

Multiple stalls had been put up by various companies like Maruti Suzuki, Honda, Titan, and river-rafters. A photo studio was set up by enterprising students from the medical college.

An exhibit of fire-crackers exploding into the sky like a million stars lighting up the sky was enjoyed by all.

Kids' Corner



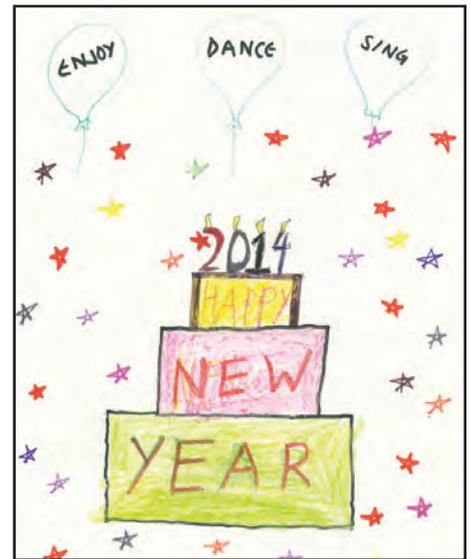
Vidya School Celebrated Diwali 31st Oct.



Vidya School Annual Sports Day 14th Nov.



Diwali Cultural Program 31st Oct.



“Happy New Year”
by Arnav Maitreya
Class II Sunbird, Brightlands School
Dehradun



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