



The Triangle of Life and Pursuit of Harmony *by Swami Rama*

Our life, from standpoint of sadhana, is like a triangle having, so to say, its three angles A, B, C. Here A indicates the whole of man and his inner being. B stands for practical life which we pass in the midst of our family, our neighborhood, society and all the creatures of the world. The third angle C shows that aspect of life which is related to the forces of nature. Man cannot consider himself perfect merely on the strength of a successful practical life nor can he exist merely on the basis of his body and inner being. Life is impossible without the harmonious cooperation of the elements of creation. If the elements of creation were to withdraw their support, no creature can maintain any existence in this world. If the sun stopped emanating light, water ceased to quench thirst and air put an end to its movement, man's existence would be impossible. It is, therefore, essential for man to learn the art of maintaining right relationship between his inner being, his life of action in this world and the elements of nature.

We often exhaust all our energies in seeking to develop only one aspect or one angle of the triangle of life. Examine the life of any individual belonging to any section of society. You will find there is no equanimity in anyone's life. Those who are gifted with extraordinary genius remain physically sick. They consider the perfection of their inner being as the sole aim of their life. Others, who are physically robust, are lacking in spiritual advancement. If a few achieve both physical robustness and spiritual progress, we find them sadly wanting in their dealings with others or in the wisdom of practical behavior. Thus we hardly see human beings fully developed and perfected in every way. The development of only one aspect of life or one angle of the triangle of life is not enough. The age in which we live is the age of human beings lost in the hustle and bustle of the noisy world and engulfed in the darkness and restlessness of their minds. We search in vain, a model before us, a wholly perfected being, invested with the power to rouse the consciousness of the individual, society and the country by rousing the consciousness of humanity as a whole.

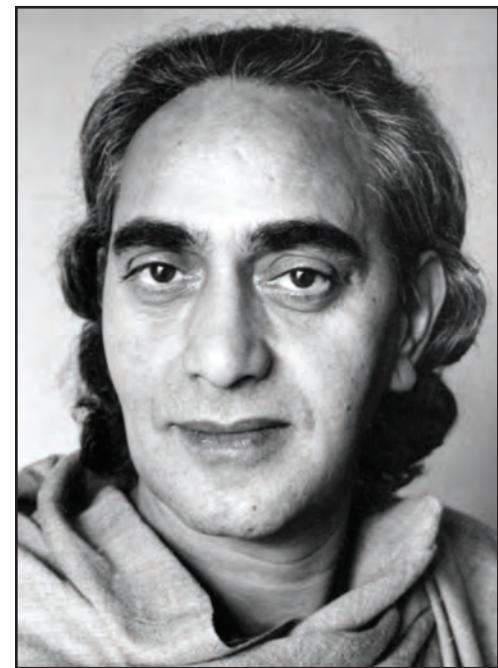
An enduring human life is possible only on the strong foundation of its ideals and principles. We can build right kind of man and society only when the principles of individual life are directed towards the welfare of mankind and the country and our social ideals are meant for the progress and well being of individuals. From time immemorial man has made manifold experiments and explorations in the quest of establishing a harmonious balance in the relationship between his inner being, his life of action and nature (creation). The history of man's culture and civilization, in its narration of the consecutive stories of human evolution is still tirelessly groping to find how man can attain the state of perfection. It is also the call of our age. A careful consideration shows that unless we succeed in establishing harmonious balance between the diversities of our inner and outer life, realization of perfect peace will, ever and ever, elude our grasp.

The absolute necessity of establishing harmony and balance between the three ends of life's triangle must be recognized. Can there

be any who does not inevitably feel the need of harmony in life? It is the peculiar feature of Indian philosophy, religion and spiritual practice that presenting before various means of achievement, it propounds a distinguished way leading to the establishment of harmony among various directions of life. Consider, for instance, the highest maxim of Gita, "*samatwam yoga uchyate*" (equanimity is called yoga). When, on the battlefield of life, Arjuna wavered under delusion as to what was right and what was wrong, Lord Krishna in his great mercy, had satisfied all the yearning queries of Arjuna by expounding the theory of "*yoga karmasu kaushalam*"—(the skill of action is yoga). Is not the query of Arjuna and answer provided by Bhagwan Krishna quite suitable and applicable to all of us? Arjuna was a bold inquisitor, a seeker of Truth. His *jijnasa* (query) is similar to that of ours.

Not once, but a thousand times we are caught in such a whirlpool of circumstances that we lose the clear vision of what is wrong. We are all like Arjunas on occasions. Our queries are then the queries of Arjuna.

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World AIDS Day



The Dept. of Community Medicine, HIMS, organized **World AIDS Day** program on 2nd December 2013.

The theme for World AIDS Day from 2011 to 2015 is: "Getting to Zero": Zero New HIV Infections, Zero Discrimination, Zero AIDS Related Deaths

Prof. and HOD Dr. Jayanti Semwal, Prof. S. D. Kandpal, Prof. D. Roy and other faculty members expressed their views for prevention, support, care and treatment of people living with HIV. Special emphasis was given on stigma and discrimination associated with HIV/AIDS and also PG students were updated about the progress being made so far. A seminar was presented by Dr. Shivashish (Resident 1st Yr) focussing on NACP Phase IV strategies being undertaken to combat the situation.

At Rajeev Nagar Rural Health Training Centre a focus group discussion was organized by Dr. Deep Shikha and Dr. Gagandeep (1st Yr PG) regarding basics of HIV spread and its prevention. They explained about confidential testing of HIV infection at ICTCs and how to take care of HIV/AIDS cases at community level.

Dr. Deep Shikha and Dr. Richa Sinha (PG 3rd Yr) along with UG students organized a talk among the girl students of class IX and school teachers of Arya Kanya Inter College, Doiwala on how to prevent spread of HIV and some myths and misconceptions were also discussed.

A CME was conducted by the Dept. of Medical Education on World AIDS Day which was co-presented by Dept. of Community Medicine and Medicine on 7th December.

Red ribbons were distributed to all the faculty members and post graduate students to express solidarity, compassion, care and concern to people living with HIV/AIDS and to their caregivers.

AIDS is a deadly disease that doesn't choose its victims. It affects each and every person that comes its way—be it infants, teenagers or adults. In fact, lack of proper knowledge is the main reason why many innocent people are becoming affected by the HIV virus. Spreading awareness of the causes and symptoms of the disease is the best way to check its spread.

The Swami Rama Himalayan University organized an AIDS Awareness Program for its Engineering, Management and Nursing students on 30th November 2013. On this occasion an informative talk was delivered by Dr. Anita Sharma and Dr. Anurag Bhargava from HIHT Medical College. At the end of the session the students' queries were answered and a slogan writing competition was also conducted for the students.

World Cancer Day



The theme of **World Cancer Day 2014** (4th February) focused on reducing stigma and dispelling damaging myths and misconceptions about cancer under the tagline "Debunk the Myths."

Dept. of Community Medicine organized World Cancer Day on 4th Feb. in the field practice area of the Dept. of Community Medicine, at RHTC Rajeev Nagar, and in villages of RHTC in collaboration with Cancer Research Institute. The key objective was to generate awareness for early detection and treatment of cancer.

The Following activities were held on 4th Feb. by the Department:

- **RHTC Rajeev Nagar:** Focus group discussion was conducted and health education was given by Dr. Rakesh Kakkar and Dr. Shivashish Gupta among community members regarding preventive and precautionary aspects of cancer. Awareness regarding myths and misconceptions were also imparted.

- **At village level:** Dr. Ruchi Juyal, Dr. Deep Shikha and Dr. Shaili Vyas organized FGD with ASHA, ANM, and AWW. They were made aware about the warning signs of cancer for early detection in the community. Dr. Mushtaq Ahmad, CRI, also conducted an awareness session about the general aspects of cancer and discussed some of the common myths about cancer with the village community.

Cultural Evening



Faculty and staff participated in the Cultural Evening held on 25th January 2014

Himalayan College of Nursing



Annual Sports Meet

Annual Sports Meet was organized by HCN on December 13-14, 2013. Sports Meet was inaugurated by Dr. Renu Dhasmana, Director Nursing. On the first day all athletic events and indoor games including 100 mt, 200 mt, 400 mt, high jump, long jump, chess, carom and table tennis were played. Second day events included volleyball, basketball, kho-kho and kabaddi. All students participated with great enthusiasm. Valedictory ceremony was led by the Chief Guest Dr. Prakash Keshaviah, Director Dialysis Unit of Himalayan Hospital. Dr. Vineet Mehrotra, Deputy Dean, Dr. Kathy and Dr. Sanchita Pugazhendi, Principal, HCN also were present.

Nurses Visit from Wisconsin

A group of 27 students and 3 faculty from University of Wisconsin visited HCN from 8th January as part of their curricular requirement. Two days of clinical visits in different community areas



were arranged. Students from both the Universities participated in imparting health education on various areas such as dental hygiene, deep breathing exercises, hand washing, and personal hygiene.

Freshers' Party

Freshers' party was organized for 8th batch of B.Sc. Nursing and 18th batch of GNM students on 13th January. Principal, Dr. Sanchita Pugazhendi inaugurated the event with lighting the ceremonial lamp along with Vice Principal Mrs. Kamli Prakash. Ms. Joy Craighead graced the event as special guest. It was a fun filled evening in which the freshers' got an opportunity not only to showcase their talents but also to interact with the seniors.

World Cancer Day

Medical and Surgical Nursing Dept., HCN observed World Cancer Day on 6th February. The theme of the day was "Debunk the Myths." Many events were organized to create awareness among the public regarding cancer. The students of HCN actively participated and organized an exhibition on the lawn of main hospital and at the entrance of CRI on different aspects of cancer including risk factors.

Neonatal Resuscitation Program

All over the world, approximately one million babies die in a year due to asphyxia. A single intervention—resuscitation—deals with the problem of birth asphyxia as it occurs.

The aim of "Neonatal Resuscitation Program" is to teach the steps necessary to ventilate a new born baby that is not breathing and protect the life of baby.

Indian Academy of Paediatrics (IAP), National Neonatal Forum (NNF) in collaboration with some other agencies have launched a nationwide program, **Neonatal Resuscitation: First Golden Minute (FGM) Project**. The aim is to train health care providers engaged in delivery of new born in basic steps of resuscitation. This program is being carried out at HCN since August 2012. Till date 401 personnel (doctors, staff nurses and nursing students of various courses) have received training and earned the certificate of Basic Neonatal Resuscitation Provider. More programs will be held in coming months to train health care providers.

*Dr. B. P. Kalra, Prof., Dept. of Paediatrics &
Regional Trainer IAP-NRP FGM*

The Central Council of India Public Health Association (IPHA), having its Headquarters Secretariate at Chittaranjan Avenue, Kolkata has accorded its approval for the formation of Uttarakhand State Branch of Indian Public Health Association. The State branch office will be in the Department of Community Medicine, Himalayan Institute of Medical Sciences, HIHT University. Dr. S. D. Kandpal has been nominated as the President and Dr. Pradeep Aggarwal as the Honorary Secretary of this branch. Presently there are 52 members in the Uttarakhand State Branch of IPHA.

The first certificate course on **Contraception in Clinical Practice** was held at HIMS from August - November 2013 by United Nations Population Fund (UNFPA), Federation of Obstetric and Gynaecological Societies of India (FOGSI) and Public Health Foundation of India (PHFI). The objective was to enhance knowledge and core skills of primary care physicians on evidence based contraceptive practice.

This certificate course covered family planning services and contraceptive methods. Regional faculty was Dr. Anu Dhir and participants were from Dept. of Community Medicine and Obst & Gynaecology.

Cancer Research Institute



An informative poster at "World Cancer Day" celebration



Art by cancer patients: exhibition at CRI

World Cancer Day Celebration: Continuing the trend of past years CRI celebrated World Cancer Day on 4th February. Faculty and staff of CRI actively participated in the program. A public lecture was held at MKP College in Dehradun where Dr. Meenu Gupta led the team that educated 600 students about prevention and early detection of common cancers. Dr. Saini, Director CRI through visual media (Doordarshan television) educated public of this region about "debunking the myths" regarding cancer. This is also the theme of the World Cancer Day this year.

A poster competition was held at CRI where students from HIHT participated whole heartedly. Prizes for the best poster were distributed to the best three. There were street plays depicting common causes of cancer and its prevention.

Medical Physics Expertise is the Need of the Hour: Commencement of the MSc. Medical Physics at CRI

Qualified medical physicists are mandatory for treatment planning and radiation safety in radiotherapy, nuclear medicine as well as in diagnostic radiological establishments. Over the last two decades there has been a manifold advancement in technology for use of radiation in diagnostic and therapeutic medical fields. The AERB (Atomic Energy Regulatory Board) which is the governing body for radiation safety in our country have set guidelines over the requirement of these personnel in these establishments. There is a paucity of qualified medical physicists thereby restricting the growth of these technologies in our country. CRI having all the resources to impart such training is starting a 2-year post graduate course in Medical Physics (MSc.) under the Swami Rama Himalayan University commencing from July 2014. The students taking up this course will be professional medical physicists well versed with all latest technologies. This will give a boost to the technological development in medical field be it patient care, research or education, especially for this region.

The BSc. Radiation Technology Course at CRI has been running for past five years. Students passing out from our Institute have reported to get 100% placements at reputed institutes all over the country.

CRI Becomes a Makeshift Art Gallery!

There was a large gathering of people on the morning of 21st December at the entrance of Cancer Research Institute. On a closer look one could see a nice arrangement of vases, paintings, cards, and other gift items laid on tables and vertical boards. One needed to see twice to believe that patients in pain and difficulties could

be so creative! This display was inaugurated in a small ceremony at CRI and all faculty, staff, patients and their relatives were present to appreciate each piece. It was even more wonderful to see that much of the artwork was by children and some were also made by the relatives of patients who felt equally enthusiastic! These



Continued multidisciplinary cancer care at CRI :
Tumor Board in progress

activities help patients to bond with each other, and cope with their illness in a better way. The efforts of the palliative oncology team are a prime force to channelize the positive thoughts and ideas into real works of art.

CRI Welcomes: Dr. Manisa Pattanayak joined Department of Surgical Oncology at CRI. She has specialized training in Cancer Surgery and her area of interest is head and neck oncology.

Achievements in Extracurricular Activities: Mr. Deep C. Lohani, research fellow at CRI secured 2nd place silver medal in Mr. Uttarakhand State Championship in 75 weight category and 3rd place bronze medal in Mr. Rishikesh State Championship in open weight category held at Rishikesh on 1st January.



New Year's celebrated with cake at the Medical College on 1st January

Rural Development Institute



Education

A winter workshop was organized for 55 scholars from 27 - 31 December 2013 at RDI. Scholars chose an activity of their own interest. The activities conducted were meditation walking, yoga, reading, competition (on handicraft, dance, fashion show, painting and general knowledge competition) picnic, sports (badminton, cricket, volleyball and carom) and movie show. **National Youth Day** was also celebrated on 12 January with 40 scholars.

Formulating a Training Manual for Adolescent Health Counselors

RDI was mandated by WHO to formulate a training manual for Government of India program for adolescent health counselors to enhance their knowledge, skills and practices in dealing effectively with adolescents. The document covers issues like nutrition, reproductive health and substance abuse, among other issues for adolescent counselling. The complete set of manual covers 6-days' training program. The manual includes a set of resource books and facilitator's guide.

The training manual was launched under the Rashtriya Kishore Swasthya Karyakram for 343 million adolescents (21% of the country's population) by Union Minister of Health and Family Welfare, Ghulam Nabi Azad on 7 January followed by a National Level Consultation for 3 days in which RDI participated.

Relief Activities

Thatiyud block is one of the disaster affected areas of district Tehri Garhwal where we are working for post disaster rehabilitation in 15 villages. Six health camps were conducted in December in which 890 people including children were screened. Health education at schools and intercollege was provided on School and Adolescent Health. Kits on Shishu Surakhsha (Child Care) and Matr Surakhsha (Maternal Care) to children and

pregnant mothers were also distributed. Mrs. Sushumna Aggarwal (President, Hindu Society, Minneapolis, U.S.A.) and Mr. Ashish Aggarwal visited Thatiyud to monitor the on-going relief activities in the region.

Nutrition Rehabilitation Center

By the end of December, 87 children with severe acute malnutrition of age 0-5 years were treated at the Nutrition Rehabilitation Center, UHTC, Himalayan Hospital, Rishikesh. Children and mothers were served with clinical facilities along with meal supplement. Also, 291 grassroot level service providers including ICDS Supervisors, Aanganwaadi Workers and ASHAs (Accredited Social Health Activist) were oriented towards mobilization and treatment of malnourished children.

HIHT Limb Center

Man Bahdur, a 44-year-old field worker, lost his right leg due to an accident at his workplace. One year after the accident and one year after amputation, he came to HIHT for fine tuning of his new plastic leg. His neighbour accompanied him from Duagadda Kotdwara which is situated 100 km away from the hospital: "There is no closer place providing exactly these facilities and the other hospitals around Dehradun charge you more for the same service." ... "He is a good worker. I want him to continue working for me and I am confident that he will successfully adapt to the new leg," he added.

Pilot Project on Solar Pumping

An innovative solar pumping scheme has been implemented in the village Chureddhar in Chamba block, Tehri district successfully by the water unit under its "Himothan" project funded by SRTT (Sri Ratan Tata Trust). The project will benefit about 40 households with a population of 225 individuals.

The natural water source is a spring named Chor Gadna having lean discharge of more than 12 liters per minute (lpm). After its collection in the source collection chamber and a 3-step filtration process, the water is being pumped against gravity at a vertical height of 182 meters at the rate of 38 LPM. For this, a 700 meter long pipeline has been laid. Two solar grids have been installed in the beneficiary village, Chureddhar comprising of 50 solar panels, generating 77.5 watts per panel power. The water will be collected in a clear water reservoir tank of 6kl capacity at the rate of 20 lpm.

The project will operate on a self-sustenance model as the villagers have pooled in for annual maintenance and upkeep.

Annual Sports Day



MBBS students Annual Sports Day, 12-13 December 2013



Paramedical students Annual Sports Day, 19 December 2013

65th Republic Day



HIHT celebrated the nation's 65th Republic Day with patriotic fervor on 26th January. Cultural programs of dance, song and poetry recitals were presented by the staff and students of medical, paramedical, nursing, engineering and management colleges arousing a feeling of patriotism and unity amongst the audience.

The Chief Guest, Dr. Vijay Dhasmana hoisted the national flag and took the salute of the marching contingent comprised of CRI, Medical, Paramedical, Nursing, Engineering and Management Colleges, Nursing staff and the security personnel.

Dr. Dhasmana spoke about the direction for future growth of the Institute. He said there is no other organization like ours in the whole of Uttarakhand offering diverse courses viz. Medical, Paramedical, Nursing, Engineering and Technology, and Management under a common umbrella. He informed that the Governing Body of the Society has taken a decision to bring all the Colleges under one University hence, the HIHT University (HIHTU) shall merge with the Swami Rama Himalayan University (SRHU) w.e.f. 1st June 2014.

Keeping in mind the interest of Uttarakhand domicile, SRHU has reserved 40% seats and a concession of 26% on tuition fees for them in all its programs. All appointments under the C & D category employees shall be filled exclusively with the permanent residents of the State.

HIHT has always laid a strong emphasis on quality and this has resulted in achieving an impressive growth of over 100% each year in the past five years. In this direction, a Cadaveric Lab has become functional in the Medical College in 2013, a new OT Block with emergency facilities had come up, a new PG Hostel is under completion, foundations were laid for a new Guest House and a Working Nurses Hostel and construction of new residential quarters is in the pipeline.

Dr. Dhasmana stated that Dr. Swami Rama, Founder HIHT, had promised to establish an engineering college at his native village Toli in Pauri Garhwal provided the villagers were willing to donate land for the same. It is a matter of great joy that SRHU is going to start a branch of its Engineering College at Toli from the academic session 2015-16. Extending its healthcare facilities to the mountainous regions further, a hospital has been set-up at Rudraprayag this year.

He informed that HIHT will be celebrating its Silver Jubilee Year in 2014 from 29th May to 1st June and urged the students and staff to participate whole-heartedly in the celebrations.

In Memorium

With profound grief we inform you that Dr. V. Anand Swami passed away on 8th January 2014.

Anand Swami was born in 1954 and at the tender age of 9 left the comfort of his family to seek spiritual learning. In 1972 on the banks of holy Ganges in Rishikesh, he first met his master, the great guru Swami Rama. He became his disciple and began studying Ayurveda at his Guru's behest.



He acquired his Ayurveda Acharya, Vaidyavisharad and Ayurved Ratna degree from Varanasi. Under Swami Rama's guidance he practiced meditation for 15 years at places such as Gangotri, Kali Math, Hemkunt, Dronagiri, Nanda Devi, Yamunotri, Tungnath, and Madhmasheshwar in the highest altitudes of the Himalayas. Swami Rama ordained him a monk in the dandi-swami tradition of Shankarcharya and gave him the highest initiation in Sri Vidya. During these years Dr. V. Anand Swami acquired an intensive knowledge of rare plants and herbs deepening his knowledge as an Ayurvedacharya.

Swamiji widely traveled and lectured in 25 countries on yoga, meditation, philosophy and Vedic literature. Anand Swami founded the Swami Rama Foundation Trust to serve the weakest and most deserved members of society—the orphans, the infirm, and the old.

Condolences

With profound grief, we inform you that Mr. Sultan Singh, who had been serving HIHT as Assistant Supervisor, Nursing, expired on 7th December 2013.



JJSR Trust

Keeping with the vision of HIHT's founder, Dr. Swami Rama, to serve the health needs of the Garhwal people, HIHT entered into an agreement with Jyotees Peetatheeswar Jagat Guru Sankaracharya Swamy Madhav Ashram Charitable Trust (JJSR Trust) to operate their 60-bedded hospital at Koteswar. The hospital is well furnished with 60 in-patient beds, CT Scan, X-Ray and full laboratory facilities. HIHT started operating the OPD in February with Medicine, Paediatrics and Gynaecology facility.

The Ayurvedic Centre

Plants in Campus

Lajwanti (Mimosa pudica)



Lajjalu is a diffused undershrub, sensitive to touch, 2-4 feet high, found nearly throughout hotter and moist regions of the country. It belongs to family fabaceae and is described under sandhaniya and purishsangrahaniya group

in Ayurveda. This sensitive plant is also known as humble plant, touch me not, sleeping grass, may hont, dorme and by many other names. Sanskrit and Hindi names are Namskari and Lajwanti respectively.

Plant description: Mimosa is usually a short prickly plant with its branches growing close to ground. The stem of mimosa is erect, slender, prickly and well branched. Leaves are bipinnate, fern like and pale green in color with a tendency of closing when disturbed. Flowers of this plant are axillary in position and lilac pink in color usually occurring in globose heads. Flowering occurs from August to October in Indian conditions. Fruits of mimosa are pods and 1.5 to 2.5 cm long.

Parts used: All the five parts of the plant, leaves, flowers, stems, roots, and fruits are used.

Ayurvedic pharmacology of Lajjalu: Rasa- Tikta, Katu, Guna- Laghu, Ruksha, Virya- sheeta, Vipaka- Katu

Active chemical constituents: *M. pudica* contains Mimosine, which is a toxic alkaloid. Adrenalin like substance has been identified in the extract of its leaves. Roots contain tannin up to 10 per cent. The preliminary phytochemical screening of the *M. pudica* leaf extract showed the presence of bioactive components such as terpenoids, flavonoids, glycosides, alkaloids, quinines, phenols, tannins, saponins, and coumarins.

Therapeutic uses: Used in Ayurveda for treatment of skin disorders, dysentery, vaginal and uterine complaints, inflammations, burning sensation, asthma, leucoderma and fatigue. It is very useful in diarrhea, amoebic dysentery, bleeding piles and urinary infections. It arrests bleeding and hastens the wound healing process.

Dr. Ravindra K. Mamgain, Dept. of Ayurvedic Medicine

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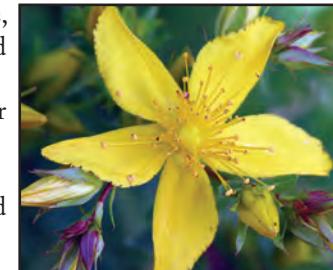
Homeopathy & Trauma

Hypericum perforatum

(St. John's Wort) Prepared from the whole fresh plant.

Uses:

- Ailments after injections
- Back and spinal injury, injuries to coccyx
- Bites of insects and animals with injured nerves
- Crush injuries to fingers, toes, nails
- Exhaustion from prolonged labour and difficult delivery
- Injuries to nerves or parts rich in nerves
- Nervous shock, from fright or fall
- Post-dental work when pain is severe
- Prevents tetanus
- Punctured wounds, wounds from pointed instruments, needles
- Relieves pain after surgery
- Sciatica
- Severe pain associated with injuries



Dosage: One dose once daily until pain is no longer present.

Dr. Barbara Bova, HOD Dept. of Homeopathy

Music Concert by Hiroshi Miyamoto



A musical evening was organized on the evening of 17th January in the Combined Therapy Hall of HIHT. Japanese musician Hiroshi Miyamoto with his wife Tamiko Miyamoto graced the occasion and played swar mandal instrument and flute. It was a truly memorable evening of beautiful music and spiritual gathering. Everyone enjoyed the music and appreciated the dedication of Hiroshi Miyamoto for music.

Cochlear Implantees Support Club

Dr. S. S. Bist, Prof. & Head, Dept. of E.N.T. has recently started the cochlear implantees support club for addressing various issues related with cochlear implant. The implantees and their families are called regularly at 3-month intervals in the rehabilitation unit of speech and hearing (R.U.S.H.) under the guidance of Mr. Vivek Kumar Jha (Speech Pathologist). This provides the platform for all the implant recipients along with their families to interact with each other and share their experiences, difficulties and progress.

Bhumi Puja



Bhumi Pujan for the construction of hostels for male and female nurses was held on 24th January 2014. There will be 99 rooms constructed.

HIHT News is the in-house news bulletin of the Himalayan Institute Hospital Trust, Dehradun, India, a nonprofit organization founded in 1989 by H.H. Swami Rama of the Himalayas. Readers are requested to write to the Editor expressing their views about the bulletin. Printed and published by Dr. Vijay Dhasmana for and on behalf of the Himalayan Institute Hospital Trust at New Art Press, Dehradun-248001, Uttarakhand (India). Editor: Dr. Vijay Dhasmana, phone: 0135-2471133, pb@hihtindia.org

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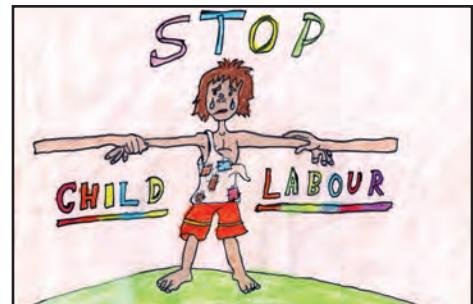
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Kids' Corner



“Ignite”
by Vidipt Dhasmana
Class VII, St. Joseph’s School
Dehradun



“Stop Child Labour”
by Abhay Dutt Dhasmana
Class VI, Gayatri Vidyapeeth School,
Haridwar

Basic Medical Education

The Department of Medical Education at HIMS organized a 3-day workshop for faculty training from 10th-12th December 2013. The workshop focused on various principles of basic teaching like curriculum, Bloom's taxonomy, group work, small and large group teaching, systems approach, principles of learning, and art of viva-voce. It also involved group activities on the appropriate use of media in teaching and various methods of assessment.

Disability Program

Two HIHT Staff, Dinesh Tewari s/o Mast Ram Uniyal from village Thano, and Ravindra Sindhwal s/o Mr. Puran Singh, have been working for last 5 years in Department of Kalptaru. They were awarded by State Social Welfare Department for their best efforts even with disability on **International Disability Day** celebrated on 3rd December 2013.



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