



Master of Myself, *Interview with Swami Rama*

"I am not after attaining any God. I see God in every human being; to serve him is worship for me," says Swami Rama. For the 55-year-old Swami, it has been a long journey, from his Himalayan village home in north Uttar Pradesh to the Himalayan International Institute of Yoga Science and Philosophy at Pennsylvania in the United States.

Sitting alone in Delhi's Claridges Hotel the tall and well-built Swami in a red robe, looked relaxed despite the late hour—midnight—of the appointment. "Only three hours of sleep is sufficient for me," he says. Now a resident of the US, the Swami was en route to Japan last week after a short trip to Nepal to meet his aging guru.

This unconventional Swami does not sell the mumbo-jumbo of religion. Nor is he trying to peddle any cult. Then why does he call himself a Swami? In chaste Hindi with a smattering of heavily accented English, he admits, "The Sanskrit meaning of the word is master of myself, and that is what I am."

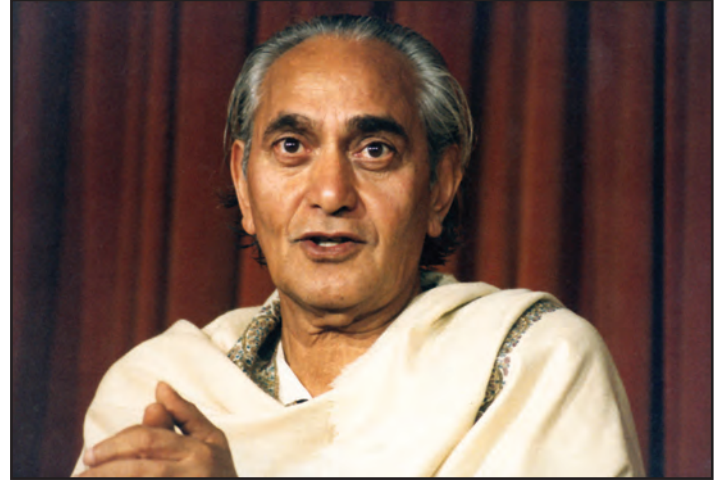
The Swami does not pretend to have attained godhead. He explains, "I believe in realizing one's self at all levels, freeing myself from miseries, pain, bondages of karma to attain the final enlightenment."

A hatha yogi, the Swami has performed some remarkable feats. Under laboratory conditions, he amazed scientists with his control over his heartbeat and brain waves. At the Menninger Clinic in 1970, observed by psychologists Elmer and Alyce Green, he made a 35 cm long aluminum knitting needle mounted on a shaft 1.5 metres away, rotate. Since his mouth and nose were covered by a plastic mask he could not have spun the needle by the force of his breath.

He demonstrated his yogic powers by stopping his heartbeat for 17 seconds. He is also said to have produced a 10 degree C difference in temperature on different parts of his palm. Many scientific firsts are credited to Swami Rama who is mentioned in the Britannica Yearbook of Science and the Future.

His life's mission is to bridge the gap between Oriental mysticism and western skepticism and to inspire scientists in the US to study seriously the benefits to mind and physique through yoga and meditation. "All human beings have the inner potential and skill to be completely healthy," says the Swami. Counselors and therapists at his Institute in the US provide intensive instruction in holistic therapeutic techniques, meditation as self-therapy, biofeedback methods and homeopathy.

Born in 1925 in a Brahmin household, he was ordained at the age of three by Baba Saraswati, his father's Bengali guru. At 12, Rama began his scholastic wanderings in the Himalayas which he says is "my spiritual parent." Two years later he was teaching the Upanishads and Buddhist scriptures in schools and monasteries. In 1946, he got interested in Tibetan mysticism, pursued his study



of the scriptures and refined his meditation practices. At 24, he was appointed the Shankaracharya of Karvirpitham in south India. He renounced this high office in 1952. "I was not cut out for it. I did not like being carried in a palki (palanquin) with people offering me coconuts and washing my feet." And he did seem embarrassed at the thought. He meditates for eight hours daily and for exercise he plays volleyball.

His ashram in Rishikesh has been converted into an eye hospital run through a charitable trust. He provides scholarships to needy children in Garhwal region of Uttar Pradesh. During his present trip, he finalized plans to send abroad two Indian doctors for advanced research work in leprosy. Swami Rama plans to open a leprosy research institute in India after the doctors complete their course.

Each month thousands of American students attend classes at his Institute. There are courses ranging from vegetarian cooking to Jung and Yoga. Special therapy centres are run for those needing treatment for stress and strain. Research is being conducted on eating habits and scientific breathing techniques to cure diseases are being developed.

"In the US, there is a burning desire to know, understand and acquire more knowledge." He says, adding that "only serious-minded and educated people are taken. But not the hippies."

Swami Rama says that in the East everyone talks of detachment, but they are most attached. "Mother and son. These bonds are loosening in the West. But I don't say renounce the world. When nothing belongs to us how can we renounce?"

"It is the ego which is to be controlled and subjugated, and the importance of service realized. Believe me, once you get going on this path you will get addicted."

*Reprinted from "Master of Myself—Swami Rama,"
Contour, 6 April 1980, by Vichitra Sharma*

World TB Day



World TB Day 2014 was organized on 24th March by the Dept. of Community Medicine. The theme this year was “Reach the Three Million.” The day was celebrated in the Medical College (HIHT), RHTC (Rajeev Nagar), RHTC (Thano) and UHTC Rishikesh as an opportunity to raise public awareness regarding tuberculosis (TB) and to get their efforts in order to totally eradicate this disease. At RHTC, Rajeev Nagar the program started with an organized talk among general community collected at RHTC premises along with the faculty members Dr. Shaali Vyas and Dr. Deepshikha, and Postgraduates Dr. Amit and Dr. Gagandeep for spreading awareness regarding treatment strategies and prevention of tuberculosis. The general public was informed about the basic and essential knowledge of tuberculosis, causes, signs and symptoms, its prevention and treatment (DOTS therapy). People were also made aware that it is a completely curable disease at free of cost treatment through DOTS therapy and that its treatment and diagnostic tests are easily accessible at RHTC, Rajeev Nagar, HIMS and CHC (Doiwala).

Environmental Field Trip

As per the UGC guidelines and curriculum of B.Tech. program of [Himalayan School of Engineering and Technology](#), an educational trip was organized for the Environmental Science students to Neer Jharna near Rishikesh. The main objective of the trip was to study the ecosystem of Neer waterfall track. The students started for their destination on 30th March under the guidance of Dr. Nanda Nautiyal, Dr. Sudhanshu P. Singh and Mr. Tarun Parashar.

On reaching, all the students and faculty members started trekking to Neer Jharna. Along the way, various plant and animal species were introduced to the students. Being a region rich in natural and biological diversity, it is a place of attraction for tourists. As a result of tourist activities and due to some natural reasons also, various signs of disturbed ecosystem were brought to the notice of the students. Hence, they were able to practically observe the kind of activities that lead to the destruction of balanced natural ecosystem. Students learned the importance of theoretical concepts

Live Thyroid Surgical Workshop



The Department of ENT and Head-Neck surgery, HIMS under the guidance of Dr. S.S. Bist (Prof. & Head and Organizing Secretary) organized a workshop on “Live Thyroid Surgical Workshop and Hands-on Cadaveric Dissection, February 22-23.” Around 110 delegates attended this workshop from various parts of the country. Eminent national thyroid surgeon Dr. Madan Kapre from Nagpur, Maharashtra and Dr. Satish Jain from Jaipur, Rajasthan were invited for the thyroid surgical workshop. The workshop started with the inaugural function in which Dr. Vijay Dhasmana (Vice Chancellor, SRHU) was the Chief Guest and Dr. V. Chauhan (Vice Chancellor, HIHT University) was the Guest of Honor. A “Souvenir” on thyroid disorders was released at the inauguration ceremony. This was followed by “Demonstration of Cadaver Dissection” by Dr. Madan Kapre and five live surgery sessions by Dr. Satish Jain and Dr. Madan Kapre on the first day. These surgeries were telecasted live from the operation theatre into the Nursing Auditorium and the delegates were given the facility to interact with the operating surgeons during surgery by two-way audio-visual communication. The second day comprised of cadaveric hands-on dissection in which the delegates were given a real time feel of the hands-on cadaveric dissection and they performed the surgical steps on cadaver thyroid gland under the guidance of instructors. One panel discussion was also held on the second day in which the surgeons shared their experiences and discussed the latest trends in thyroid surgery. Dr. S.S. Bist also shared the profile of 103 thyroid surgeries performed in HIHT in past 1-1/2 years. The panel was on “Various Aspects of Thyroid Surgery” and was moderated by Dr. Satish Jain and chaired by Dr. R.K. Saxena and the two lectures were also held on second day. The first lecture was on “Learning Curve in Thyroid Surgery” by Dr. Madan Kapre and second lecture was on “How to Work-up a Patient for Thyroid Surgery” by Dr. Satish Jain. The demonstration of live thyroid surgery and the hands-on cadaveric dissection were appreciated by all the delegates and speakers. According to Dr. S.S. Bist, Dept. of ENT is routinely performing all types of thyroid surgeries in the department.

Himalayan College of Nursing

Psychological First-Aid



World Cancer Day

The outreach program to create awareness regarding myths and misconceptions of cancer was organized on 11th February by the Department of Medical Surgical Nursing and Community Health Nursing in the Community Health Centre, Doiwala. The outreach program was inaugurated by Dr. Arjun Singh, CMO, CHC, Doiwala accompanied by Principal and team of faculty of Nursing from Himalayan College of Nursing. The community people were informed about the different aspects of cancer including risk factors, myths and misconceptions and prevention of common cancers such as breast, lung, head, neck and prostate through display of charts and posters. Students also performed role play to disseminate the information regarding cancer.

Free Health Camp

Community Health Nursing Department of Himalayan College of Nursing organized a free health camp in Govt. Primary School, Bhopal Pani village on 7th March in collaboration with Community Medicine Department, HIMS. Inauguration of health camp was done by the Chief Guest Dr. Sanchita Pugazhendi, Principal College of Nursing accompanied by Dr. A.K. Shrivastav, Dr. Ruchi Juyal from Dept. of Community Medicine, Mrs. Kamli Prakash, Vice-Principal and faculty of HCN. The purpose of the camp was to provide more benefit of health services in rural areas and create health awareness. Doctors from Medicine, Gynecology, Pediatric and Eye Dept. supported the team of nursing students and faculty in providing health checkup, investigation and free medicine to village people. A total of 178 people received free health checkup and medicines, 10 cases were referred for eye surgery, 12 cases were referred to tertiary hospital after initial assessment and treatment. Health awareness was created among villagers regarding different health aspects of health through role play, display of charts, models and posters. Community Health Department of HIMS, HIHT University and Himalayan Hospital, served as a backbone to start and sustain such participatory programs and health camps in community.



In June 2013, a multi-day cloudburst centered on the North Indian state of Uttarakhand caused devastating floods and landslides. Many Uttarakhand disaster survivors are suffering with deep psychological shock and acute stress reaction or psychotic breakdown. They may have escaped death but witnessed hundreds, including their loved ones, die in front of their eyes. In the weeks and months to come, many survivors will continue to experience mental distress which is a challenge to the mental health community. Realizing the need for immediate mental health intervention for the victims, Department of Neurosciences (unit of psychology) and Holistic Medicine has prepared a training package on “psychological first aid and psychological counseling for natural disaster fatalities.” This training package will be helpful in, 1) practicing preventive measures (for health workers’ own health and for the affected people), b) initiating psychological first aid including counseling techniques in reference to PTSD and, c) making appropriate expert referrals after screening the psychological or behavioral problem related to the disaster trauma.

A training manual for the same has been developed by Dr. Malini Srivastava and reviewed by a team of 16 experts. The very first training workshop of this series was conducted at HIHT between February 24-26. In this 3-day state level workshop, 40 community health workers and NGO workers from four districts (Uttarkashi, Tehri, Pauri, Rudraprayag) of Uttarakhand state have received training from a team of 13 experts. Participants have been awarded the certificate by the Hon’ble Vice Chancellor of [Swami Rama Himalayan University](http://www.hihtuniversity.edu.in).

The trainings will be continued in the respective districts from March 5th to April 5th, followed by the mental health camps in June and September. Around 330 community workers will be receiving the psychological first aid training and serve in 441 villages with a population of 25,172.

This program has been financed by CBM International and supported by the health and disaster management sectors of Uttarakhand government.

Cancer Research Institute



Cancer patients being felicitated with gifts

Pediatric Cancer Day Celebrations:

Cancer Research Institute celebrated pediatric cancer day on 15th February. It is a ceremony held every year and an opportunity to encourage children suffering from cancer as well as to spread awareness about pediatric cancers amongst public. The celebrations were held with patients and their families who were specially invited by the Institute. They were felicitated with gifts, toys and biscuits. All faculty, staff and students of CRI participated in the celebrations. Enthusiastic students of BRT decorated the seminar room with balloons and everyone felt very cheerful. Dr. B.P. Kalra, Head of Pediatric Hemato Oncology unit spoke about pediatric cancers. He gave the message that children's cancers are common but they are the most curable ones if proper and timely treatment is administered. He encouraged every parent to participate in proper treatment especially now with various government schemes funding is not a constraint and parents should be very hopeful. Dr. Sunil Saini, Director CRI took the opportunity to convey that CRI has always been encouraging towards treating children's cancers. CRI would always continue to prioritize and support them and their families in all possible ways. He also thanked Dr. B.P. Kalra for taking up the pediatric oncology services under his wings and dedicating his full professional time towards serving children with cancers. Dr. Mushtaq Ahmad, Head, Radiation Oncology, CRI, gave an example of children with cancer who were treated many years ago and grew up to be doctors, IAS officers and many

more leading healthy and successful lives. Children sang songs and danced to nursery rhymes. Everybody left with a smile on their faces and in their hearts!



Electronic Record Maintenance in all areas of CRI

HIS (Hospital Information System) at CRI:

In the current times technical advances are important for any area to function optimally. In every sphere of work we find the omnipresence of technology. In hospitals the hospital information system forms a basis of organized working. CRI plans to completely computerize its working mechanism by introduction of the HIS over the past few months. CRI has developed a strong backup of computers in all working areas of CRI. Entire records of working would be maintained electronically (EMR) eg. indoor and outdoor patient records, appointments, cross consultations, tumour board records, diagnostic reports, discharge summary, various inventories would be through the HIS. HIHT already has a preexisting model for HIS in various areas but CRI would be taking this a step further and include complete clinical records as well. The HIS would also have mechanisms which would facilitate and ensure that every cancer patient receives multidisciplinary consultation and tumour board approval for treatment.

This would help in manifold ways: Helps us to be more organized in day to day functioning, helps us record our work and retrieve it repeated number of times and tells us about our progress on day to day basis, saves patients' time. These technologies initially appear time consuming but in the long run become a time saving mechanism.

CRI being an independent model of working can serve as an example of electronic record maintenance and this could form a firm basis for further development for other similar areas in the Hospital.

Medical Education Technologies



Department of Medical Education, organized a 3-day workshop on Basic Medical Education Technologies, as per the guidelines of MCI, from 26th-28th March. The various technical sessions on teaching learning methodologies were conducted by the faculty members of DME.

Dr. Anumeha Bhagat, Asst. Professor, Physiology Dept., Government Medical College, Chandigarh was present as the Observer from MCI for this workshop. The workshop was attended by 19 faculty members from various departments at HIMS, as well as one faculty member from College of Nursing.

Rural Development Institute



RDI organized **adolescent health training** for 83 (47 female and 36 male) adolescents in 2 schools of Garud-Bajjnath area of Bageshwar district from 6-10 March in collaboration with Himalaya Trust. They were oriented on adolescent health issues like nutrition, hygiene and sanitation, and HIV/AIDS. Personality development and important life skills like decision making, communication and relationship building, self-awareness were also imparted. Issues of menstrual cycle and hygiene were shared with girls. Participants enjoyed training sessions and mentioned that this training was very knowledgeable, interesting and joyful.

State Asha Resource Center facilitated selection and participation of 7 State trainers in consultation with State Health System Resource Centre for 5-Days Training of Trainers on ASHA 4th and 7th module training that was organized from March 3-7 by National Health System Resource Center. The skills of participant State trainers were updated on communicable diseases, tuberculosis, malaria, malnutrition and violence against women. State trainers will further train all 13 district trainers of Uttarakhand on same.

35 children with malnourishment received follow-up treatment at **Nutrition Rehabilitation Center (NRC)**, Himalayan Hospital, Rishikesh. Parents were motivated for practicing dietary schedule and provided counseling on health, hygiene and nutrition to ensure growth of child. They were provided age-specific diet charts of children and emphasized for regular health checkups.

RDI organized **health camp** at Nagthat, Dehradun in March in which 42 village people; 7 male, 28 female including 9 pregnant women and 7 children, were provided healthcare services, checkups and counselling. Free medicines were provided. Health education was also imparted to local school students during camps.

Two days **First Aid Training** was conducted for 104 taxi drivers and conductors during February and March. 44 participants from Rudraprayag and 60 from Dehradun were trained on essential healthcare services in case of accident or catastrophe. Participants were oriented towards safety measures during transportation, common illness, common medical emergencies, fracture, dressings, splinting and cardiopulmonary resuscitation. All successful participants were provided first aid box and certificate.

Industry Interface Lecture Series



The [School of Management Studies](#) conducted its first Industry Interface Lecture series on 11th April at Nursing Auditorium.

Mr. A.C. Joshi, Additional General Manager at Tehri Hydro Development Corporation was the Guest Speaker. The audience included the students of Business Management and Engineering programs. The program was formally inaugurated by lighting of lamp by the Guest Speaker along with other dignitaries. Dr. Vijendra Chauhan, VC HIHT University, in his address appreciated the efforts of initiating the industry linkage initiative which is essential for functionality and competitive edge of any management and technical program. Dr. Prakash Keshaviah in his address acknowledged the prominence of industry linkages and how it should be continually harboured to make management and engineering programs contemporary, relevant and industry focused.

Mr. A.C. Joshi in his address exemplified the essential skills any student should inculcate for better acceptability in industry and career prospects. Communication, leadership, team cohesiveness, social and personal skills need to be groomed for holistic and overall development of an individual. This adds not only to his personal growth but also addresses the professional requirements and abilities. Mr. Joshi also addressed the faculty by asking them to mentor students and let the students they teach evolve beyond academics by exploring the creative talent sets he possesses. For domain knowledge, Mr. Joshi asked students to study not for the purpose of examination and qualifying the program they are enrolled in, but for practical application and professional utility. This can be enriched by focusing on specific projects, working in teams with industry and research organizations. The students showed keen interest in the lecture and put forth several questions to the speaker for better understanding and clarity of the subject. Ms. Piyali Mitra of the department conducted the question and answer session.

Mr. S.D. Thapliyal, in his address confirmed the views and showed his concern on the subject. He stressed the need to develop industry related curriculum and linkages for harbouring resourceful talent. The program ended by vote of thanks by Mr. Syed Aalin.

Editorial: The Modern Indian Woman

On the eve of the International Women's Day, I sit here giving a thought to the life of Indian women around me. A mild grin builds up on my face by the minute as I see how every woman today is changing in her way—she is actually being the change she wants! From sisters, wives and daughters bringing their near and dear ones to the clinic by themselves rather than waiting for their fathers, brothers or uncles to do so; or women driving on highways; being active on social media and speaking out loud about issues including politics, I see a big change. Looking around I see our maids who are the women of rural India dress up well, walk with their heads held high, making sure to include a few English words like “yes,” “thank you” and “ok madam” very commonly to their lingo impressing upon all their modern thinking, I feel a touch of elevation in women's spirits everywhere! Seldom have I heard about women sulking of their states these days; I hear them speaking, learning, questioning and reasoning everything that comes their way. The teenagers on the road do not fear walking freely, laughing and enjoying their chaat on the road donning a pair of jeans and a smart tank top with a smartphone up their sleeves. They are riding scooties going for nights out, studying, aspiring to be everything they want to and more. Of course leering men and trouble makers exist in every society and ours is not any different but that doesn't seem to stop the generation of modern women. Having lived the majority of my life in cosmopolitan Mumbai I have no second thoughts in saying that women all over India are changing irrespective of their cities and cultures. I genuinely regard the parents of today's youth who are actually responsible for allowing this change.

Without doubt the Indian woman has always been quintessential; a role model of strength and tolerance hardly matched by any other in most societies. She is the quiet strength of every household, holding together the beads of the family members. While the children play and study, the youngsters work and the men go about their jobs and elderly relax, these women hold the household so well that the others are practically unaware that the machinery of the household is running like clockwork! Women's liberation is highly overrated and the western world too is realizing the failing family values of extremes. Liberation for me is not getting out of home and working. Running a household well, providing food, clothing and presence to your family whenever they need it, being a pillar for them is not for the faint hearted. I really feel the women holding together the lives of their families so beautifully are truly liberated. Being a working woman I realize that we may also in fact lack the strength it takes to give wings to everyone around us. Enjoying what we do, doing it to the fullest, living each moment of our lives doing what we truly want to do is actual liberation.

Burning issues like female infanticide, dowry deaths and rapes do exist but this cannot overshadow the huge change that has come over the past two decades. My dream is the day when our society will be praying for a daughter instead of sons only!

I already feel another smile on my face.

Dr. Vandana Dhingra, Dept. of Nuclear Medicine, CRI

Talent Hunt



The newly established [Colleges of Engineering and Management \(HSET & HSMS\)](#) organized a “Talent Hunt Competition” for their students on 27th March in the College Auditorium. Students actively participated under the categories of singing, dancing and skit presentation.

The boys from B.Tech. walked away with first prize in the “Skit Category” for their comic take on the issue of corruption that has pervaded every aspect of daily life. The second prize went to the boys of BBA who tried to generate awareness about the importance of every vote through their skit titled “Har ek vote zaroori hota hai.”

Ashish Kukreti from B.Tech. won first prize for his solo song “Doorie,” and in the dance category the BCA girls from HSET walked away with the first prize for their dance on “Dhol Nagada.”

The program concluded with a guest performance on the guitar by the faculty of HSMS, Mr. Syed Aalin, a faculty at HSMS. It was a great success and was thoroughly enjoyed by one and all.

The Ayurvedic Centre Plants in Campus

Doorva (Cynodon dactylon)

Doorva is known as shatparva in Sanskrit, doob ghas in Hindi and conch grass in English language. It belongs to family Graminae. It is commonly found all over India.

Plant Description: It is a perennial plant, which is creeping in nature; stem has many nodes. Rooting takes place from the nodes and plant makes a mat-like structure on the ground. Branches are directed upward, leaves are 0.5-4 in. long, linear in shape. Inflorescence is 0.5-3.5 in. long and green or violet in color. Seed heads are produced in a cluster of 2-6 spikes together at top of the stem.



A y u r v e d i c

Pharmacology:

Guna Laghu, Rasa-Kashaya, Vipak-Madhur, Virya-Sheet Dasha, Karma-Kaphapitta shamak

Chemical Composition: Green grass contains 10.47% protein, 28.17% fiber and 11.7% ash. Ash contains 0.77% calcium, 0.59% phosphorus, 0.34% Magnesium, 0.23% sodium, and 2.08% potassium. It also contains some alkaloids and glycosides.

Therapeutically Useful Parts: Whole plant, juice of the plant.

Therapeutic Uses: Externally used in skin diseases, ulcers, conjunctivitis, piles and urticaria. Internally used for schizophrenia, epilepsy, vomiting, diarrhea, dysentery, piles, habitual abortions and bleeding disorders.

Dr. Pratibha Mamgain, Dept. of Ayurvedic Medicine

Homeopathy & Trauma Ledum palustre (Marsh tea)



Prepared from the whole fresh plant after flowering begins.

Uses: Bites and stings of insects, animals
Mosquito bites
Punctured wounds
Sensitivity to insect bites

Dosage: One dose as needed. If bite or sting causes swelling and redness, give 4 doses in one day, then one dose as needed. Higher potency may be needed if you have a tendency to allergic reaction to insect bites. For this, consult a homeopathic doctor.

Ledum ointment: Apply locally for itching caused by mosquito and other bites. Causes no pain or irritation or burning.

Dr. Barbara Bova, HOD, Dept. of Homeopathy

Volleyball Tournament



“Ben 10” team of Himalayan Hospital Reference Lab won the finals of volleyball tournament on 19th March. The team members were Sachin Sharma (Captain), Rajan Dev, Sushil, Pankaj Bahuguna, Youdhveer, Mukul Mohan, Sarvesh, Pankaj Nautiyal, Abhishek Solanki and Amit Bhatt. Heartiest congratulations to all the winners!



Bhumi puja for new studio apartments held on March 30

Notice from the Editor

HIHT News has decided to print a limited number of paper newsletters, available free of cost to interested persons. If you would like to remain on the paper mailing list, please notify HIHT News by post or email, at Swami Rama Centre, HIHT, Jolly Grant, PO Doiwala, Dehradun 248140, Uttarakhand, or src@hihtindia.org. If we don't hear from you, your name will be deleted from the mailing list. To receive the digital version of HIHT News via email, simply send a blank email to gml-subscribe@hihtindia.org.

Silver Jubilee Celebration

HIHT was established on 1st June, 1989 by H.H. Dr. Swami Rama, with a dream to provide affordable healthcare and educational facilities to the underprivileged people of the hill regions of Garhwal and Kumaon. HIHT will be celebrating its 25-year anniversary from 30th May to 1st June 2014. A number of activities, cultural and musical programs have been scheduled for the commemoration function.

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

The views expressed in the signed articles do not necessarily reflect the official views of the Trust. To receive the HIHT News via e-mail, send a blank e-mail to:

gml-subscribe@hihtindia.org

© 2014 Himalayan Institute Hospital Trust.

All rights reserved. www.hihtindia.org

www.hihtuniversity.edu.in (HIHT

University), www.hcn.edu.in (Himalayan

College of Nursing) www.srhu.edu.in

(Swami Rama Himalayan University)

RNI-UTTBIL/2003/11409

Kids' Corner



“Eat Healthy”
by Ishan Dhingra
Class III, DPS Ranipur



“Eco Friendly”
by Alishiba Sorte
Class II, Presidency School
Bhaniyawala



Flag off of new vehicle for
Smile Train on 12th April



PRINTED MATTER

If undelivered please return to: Himalayan Institute Hospital Trust, Swami Ram Nagar, P.O. Doiwala, Jolly Grant, Dehradun 248140, Uttarakhand, India.