



Internal Practices of Raja Yoga, by Swami Rama

The four steps of hatha yoga prepare the student for the four internal practices of raja yoga. These internal practices are pratyahara, dharana, dhyana, and samadhi.

The fifth step of raja yoga is pratyahara or withdrawal and control of the senses. While we are awake, the mind becomes involved with the events, experiences, and objects of the external world through the five senses of sight, hearing, touch, taste, and smell. The mind constantly gathers sensations from the external world through these senses and our mind reacts to them. To attain inner calmness, the student of yoga will want to develop the ability to voluntarily remove the distractions of the world outside. This is not a physical process but a voluntary, mental process of letting go of our involvement with external sensations.

Our sensory impressions distract the mind when we want it to become aware of serenity within. Thus, it is useful to learn dharana, or concentration, the sixth step in raja yoga. In concentration, the scattered power of the mind is coordinated and focused on an object of concentration through continued voluntary attention. This voluntary attention uses a conscious effort of the will, and it is developed through consistent practice. Through concentration, a scattered, weak mind is focused and made more powerful.

The seventh step in raja yoga is dhyana, or meditation. Meditation is the result of continued, unbroken concentration. Concentration makes the mind one-pointed, calm, and serene. Meditation then expands the one-pointed mind to the superconscious state. Meditation is the uninterrupted flow of the mind toward one object or concept. When the mind expands beyond conscious and subconscious levels and assumes this superconscious flow, then intuitive knowledge dawns. All the methods of yoga prepare us to eventually reach this stage of meditation and thus attain peace, perfection, and tranquility.

In our daily lives, meditation can be very helpful in eliminating many physical and psychological problems. A significant amount of the disease we experience is actually either directly or indirectly the result of conflicts, repression, or emotional distress arising in the conscious or unconscious mind. Meditation helps us to become aware of these conflicts and to resolve them, establishing tranquility and peace. In this way, meditation becomes a powerful resource for facing the challenges of daily life.

If we really consider how we learn in the modern world, we realize that despite all our emphasis on education, our education is one-sided and shallow. We may learn to memorize equations and facts, but we do not really learn to understand and develop our own inner life. Our minds remain scattered and our emotions persist as negative, conflicting forces. We are able to use only a small portion of our mental abilities, because we are preoccupied with confusion, fear, and inner conflict. Meditation helps us to



Swami Rama

overcome these limitations; it helps us to become aware of the subtler and more positive powers within. In gaining this awareness, we become creative and dynamic. Abilities such as intuition, which many consider unusual or rare, are actually within the potential of all human beings who meditate. Such gifts are available to those who make contact with the deeper aspects within themselves.

Prolonged and intense meditation leads to the last step of raja yoga—the state of samadhi, the superconscious state. In this state we become one with the higher Self and transcend all imperfections and limitations. The state of samadhi is the fourth state of consciousness, which transcends the three normal states of waking, dreaming, and dreamless sleep.

A person who attains samadhi becomes a gift to his or her society. **If humanity is ever to achieve a more evolved civilization, it will be possible only because of our growth and evolution as human beings.** A person who is established in samadhi lives his or her whole life as a spontaneous expression of the unhindered flow of supreme consciousness. This superconscious level is our human essence; it is universal and transcends all the divisions of culture, creed, gender or age. When we become aware of this state within, our whole life is transformed. When we transform ourselves and experience serenity, peace, and freedom, we also transform our societies and all of human civilization. This awareness of the infinite consciousness is the practical and real goal of yoga.

Excerpted from "The Meaning and Purpose of Yoga," by Swami Rama.

Himalayan College of Nursing

B.Sc. Nursing 4th year students of Psychiatric Nursing Dept., organized an exhibition and role play on “**Drug Abuse**” in Jolly Grant village on 7th May. The program was graced by the Zilla Adhayaksh, Mr. Rajkumar, Principal, and faculty of HCN and school teachers of Jolly Grant school. Children from school actively participated in this program. Mrs. Grace Singh, HOD, Mental Health Nursing Dept., conducted a lively interactive session for the school children on the theme.

Students also put up a puppet show to create awareness about schizophrenia on the theme “**Stand Up Against Stigma: No Health Without Mental Health**” on 15th May in the back lawn of Himalayan Hospital for patients and relatives. Program was inaugurated by Dr. Kathy, Nursing Advisor, Dr. Sanchita Pugazhendi, Principal College of Nursing, Dr. Ravi Gupta, HOD Psychiatric Department and his team members. Both programs were conceptualized by Ms. Anjana Williams, faculty, HCN. She guided the student nurses to impart health education to the people about schizophrenia and its care and management.

Mental health awareness programs were conducted in Rishikesh hospital on 9th and 16th May on two themes “**Mental Retardation**” and “**Spread Knowledge, Save Life**” which were to bring awareness among public about postpartum psychosis and depression, and mental retardation. Program was inaugurated and graced by the presence of Dr. Dass, HOD Rishikesh Hospital and HOD of Psychiatry Department Mrs. Grace Singh and other faculty members of College of Nursing. On this occasion Dr. Pranati Dass addressed the people and emphasized on the importance of antenatal care and regular check-ups and follow-ups of pregnant women.



A workshop on the **Science of Joyful Living** was organized by HCN for all nursing students in July, 2014. The speakers were Dr. Vijay Dhasmana, Dr. Renu Dhasmana, Dr. Kathy, and Dr. Manju Talekar who spent quality time with all participants of the workshop for two days. A small group discussion on stress management was also conducted led by Dr. Kathy and mentors of respective batches of students. Students and faculty opined that there should be ongoing workshops on stress management and

science of joyful living throughout the year for various batches of students.

A one-day state level workshop on “**Methods of Assessment and Evaluation in Nursing Education**” was organized by M.Sc.



Nursing 1st year students of Himalayan College of Nursing on 6th August 2014 in nursing college auditorium. Mr. Rajesh Kumar Sharma, coordinator of the workshop welcomed the gathering and stated that the workshop would offer an opportunity to enhance the knowledge and competency for nursing academicians, faculty and post graduate nursing students across the Uttarakhand state. A total of 98 participants from HCN, CIMS, State College of Nursing, Nancy College of Nursing of Uttarakhand state participated in the workshop. The workshop was inaugurated by Dr. Vijendra Chauhan, Advisor to Hon'ble VC of SRHU. He emphasized on importance of fair assessment and evaluation systems in nursing



education to prepare quality nurses. The workshop provided an overview and hands-on experience in different methods of assessment and evaluation of students' performance. Dr. Sanchita Pugazhendi, Dr. Manju Talekar, Dr. Sanjoy Das, Dr. Gita Negi, Dr. Kathy, Mrs. Kamli Prakash and Mr. Muthuvenkatachalam were the resource persons of the workshop.

World Breastfeeding Week



World Breastfeeding week was celebrated by Department of Community Medicine from 1st to 7th August 2014. This year the theme was "**Breastfeeding: A Winning Goal for Life.**" It asserts the importance of increasing and sustaining the support for breastfeeding. The broad objectives were to inform and motivate people regarding breastfeeding and how it can help towards the achievement of millennium development goals (MDGs), to protect and promote breastfeeding as a key intervention in the MDGs and in post 2015 era, and lastly to stimulate interest amongst young people of both genders to understand the relevance of breastfeeding in today's changing scenario.

Breastfeeding week was celebrated at the Anganwadi centers of rural field practice area of the Department i.e., Rajeev Nagar, Thano and Ghamandpur and at UHTC, Rishikesh. It was also celebrated and observed at Arya Kanya Vidyalaya, Doiwala. In Anganwadi centres of RHTC and UHTC, health education was imparted to Anganwadi workers, pregnant and lactating women along with ASHAs and local leaders in form of lecture, posters and role play. Prof. A. K. Srivastava, Dr. Deepshikha and Dr. Gagandeep Kaur delivered a series of talks on protection and promotion of breastfeeding and its advantages to newborns, infants and mothers. The mothers were motivated to exclusively breastfeed their newborn for the first six months as it protects their infant from various communicable diseases including respiratory infections and diarrheal diseases. They were also motivated to give colostrum (pre-milk produced during first 24-48 hours) as it has perfect combination of vitamins and minerals necessary for health, vitality and growth of the newborn. Since good moral values are inculcated at an early age easily, so a role play by MBBS undergraduate was organized in Arya Kanya Vidyalaya (Doiwala) for adolescent girls of class 11 and 12 to explain the relevance of breastfeeding in the changing scenario of today's world. The ultimate goal for observing the week was to have a healthy future for a young newborn and infant through key breastfeeding interventions and good nutrition.

World Population Day

The Department of Community Medicine celebrated World Population Day on 11th July, at RHTC, Rajeev Nagar, UHTC, Rishikesh and RHTC, Thano. The theme of 2014 was "**A time to reflect on population trends and related issues.**"

Departmental PG activity started with presentation on the current year theme, followed by discussion.

At RHTC Rajeev Nagar, an awareness camp was organized in the community related to need of family planning for sustainable development. Crucial issues such as the importance of family



planning, including gender equality, poverty, maternal health and human rights were discussed.

A rally comprised of undergraduate and postgraduate students, interns and faculty members was organized at Rajeev Nagar and Keshavpuri slums for wide awareness of the importance of family planning.

At UHTC, Rishikesh, focus group discussion was held as well as awareness related to family planning imparted to the patients coming to the OPD. Banners, informative posters and pamphlets were displayed at RHTC Rajeev Nagar, UHTC, Rishikesh and RHC, Thano.



Rural Development Institute



RDI is launching a healthcare project in August 2014 in collaboration with Wipro Cares in five villages of Bahadrabad Block in Haridwar District. The project is intended to deliver school health education for children, adolescent health education and healthcare services mainly for pregnant, neo natal and lactating mothers of rural areas.

RDI-HIHT empaneled as National Training Site and National Health System Resource Center, Ministry of Health



and Family Welfare, New Delhi organized a Training of Trainers (TOT) for the 33 State Trainers from Haryana (18) and Rajasthan (15) on ASHA 6th-7th Module (Round-II) from June 16-21, 2014 under National Health Mission. The training module was based on Home Based Newborn Care (HBNC).

The topics covered were high risk assessment and management of low birth weight/preterm baby, how to identify an asphyxiated baby at birth, managing asphyxia using mucus extractor, diagnosis and management of neonatal sepsis, family planning, safe abortion, RTI/STI and form filling and monitoring.

One month skill based workshop was conducted at RDI with 60 scholars in June. The workshop was designed to support their academics as well as creative skills. Sessions were conducted on general duty assistant, fashion designing and English language; yoga classes were conducted regularly. To enhance their creative skills, sessions on paper bag making, mehandi, art and painting, jewelry designing, and tie and dye were held. Half yearly fee and set of books by eminent writers on various subjects were distributed. To support their personality development adolescent health training and diet counseling was also provided to the scholars. Career counselling was offered to the scholars; among them 4 have cleared the entrance examination for B.Sc. General and Nursing, B. Tech. and Polytechnic.



Taking disaster relief and rehabilitation work forward, RDI visited six villages to work on community managed disaster risk reduction. The process of recording their village history vis-à-vis hazards/disasters gave the community a unique opportunity to understand their past events and the process of how they overcame these events to bounce back.

To all our teachers, 5th September
Happy Teacher's Day

"It is the supreme art of the teacher to awaken joy in creative expression and knowledge." *Albert Einstein*

MCI Regional Centre in Medical Education Technologies



Department of Medical Education, HIMS, was established in 1996, and has through the years collaborated with reputed academicians from Department of Medical Education, Kasturba Medical College, Manipal, and K. L. Wig Centre for Medical Education and Technology, AIIMS, New Delhi. The Department also functioned independently, holding one workshop in Medical Education Technologies yearly, with the aim of enhancing the teaching-learning and assessment skills of the faculty. In 2010, the Medical Council of India formulated guidelines for such workshops and designated a few medical colleges across India as nodal centres for Medical Education Technologies. The members of the Department of Medical Education, HIMS, also received further training at these centres, and continued to conduct workshops to facilitate inculcation of the advanced teaching-learning technologies in other faculty members at HIMS. So far, a total of 504 faculty have received such training at HIMS.

In recognition of the good work done at HIMS, the Medical Council of India has recognized and designated Himalayan Institute of Medical Sciences as an MCI Regional Centre for imparting training in Medical Education Technologies. Sixteen

medical colleges from the states of Jammu and Kashmir, Himachal Pradesh, Uttar Pradesh and Uttarakhand, have been allocated to the care of this regional centre, and it now takes on the onus of training the nominated faculty from these sixteen colleges in addition to our own faculty. The inauguration of this regional centre was done on 2nd August 2014 by Dr. Ved Prakash Mishra, Chairman, Academic Committee, Medical Council of India. He delivered a thought-provoking and mesmerizing address at the ceremony. Dr. Vijay Dhasmana, Hon'ble Vice Chancellor SRHU, Dr. Vijendra Chauhan, Advisor Academics SRHU, and Dr. Tejinder Singh, Observer from MCI Nodal Centre CMC, Ludhiana, also exhorted the department to continue the good work. Dr. S. L. Jethani, Dean Faculty of Medicine, and Dr. D. C. Dhasmana, Principal HIMS, were also present. The inauguration ceremony was attended by the participants of the first basic course workshop along with guest principals from the 16 associated colleges. Following the inauguration a three-day workshop on Medical Education Technologies was conducted and was attended by 29 faculty participants. The workshop was openly appreciated by all who attended it.



Workshop on initiating small businesses and entrepreneurship was held 18-19 June 2014



Pediatric Quiz was held on 9th August 2014

Independence Day



At HIHT, medical and nursing students, faculty and staff enthusiastically gathered to celebrate the 68th Independence Day on 15th August 2014. Vice Chancellor Dr. Vijay Dhasmana hoisted the flag. The security guards paraded and saluted the flag while

the national anthem was sung. The program commenced with a patriotic song performed by the Vidya School children. Nursing students, and children of faculty also sang patriotic songs. The celebration was followed by distribution of sweets.

Himalayan Premiere League



Himalayan Premier League was organized in HIHT campus by the Recreation Club of HIHT, from June 2014 onwards. It was an interdepartmental tennis ball cricket tournament in which 24 internal teams of HIHT participated. Faculty members, officials, staff members, and children of the campus participated. The final match was played between the Spartan team and OT Royals team. SNA Spartans team defeated the OT Royals team and was declared as champion. Best Batsman Award was received by Mohan Krishali. Naresh was declared Best Bowler. The champions received a cash award of Rs.15,001/- and the best bowler and best batsman received a cash award of Rs.1,000/- each, while the runner ups received Rs.11,001/-.

The Ayurvedic Centre

Plants in Campus

Ghrit Kumari (Aloe vera)



Ghrit Kumari is commonly known as Kumari or Gvar Patha in Hindi and Indian Aloe or burn plant in English. It belongs to the family Liliaceae or Rasona Kula in Ayurveda and is found all over India. Ghrit Kumari is frequently cited as being used in herbal medicine since the beginning of the first century A.D.

Plant description: Aloe vera has a very short stem (looks almost stemless) and is growing 60 to 100 cm tall. The leaves are thick and fleshy, green to grey-green, with some varieties showing white flecks on the stem surface. The margin of the leaf is serrated and has small white teeth like structures. The flowers are produced in summer on a spike up to 90 cm tall. Flower is pendulous, with a yellow tubular corolla 2 to 3 cm long.

Ayurvedic pharmacology: Guna-Guru, Snigdha, Picchila, Rasa-Katu, Vipaka-Tikta Virya-Sheetta, Doshakarma-Kaphapittahar

Chemical composition: It mainly contains a glucoside group known as aloin. The main constituent of aloin is a light yellow colored crystalline glucoside known as barbaloin. Other phytochemicals are mannans, anthrones, emodin and lectins.

Therapeutically useful part: Leaf (the gel obtained from the leaf)

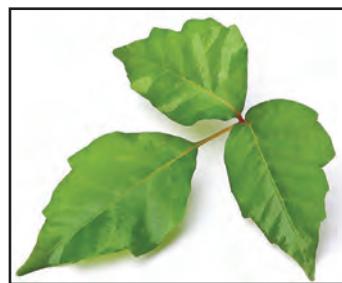
Therapeutic uses: Extracts from aloe vera are widely used in the cosmetics and being marketed as having rejuvenating properties. In Ayurveda externally it is used for various swellings, pain and for chronic ulcers. Internally used for constipation, thread worm infestation, Hepato-splenomegaly, oligomenorrhea and for general weakness in females.

Doses: Aloe gel liquid—10 to 20 ml, dried powder—100 mg to 300 mg. Excess amount may cause diarrhea.

Dr. Pratibha Mangain,
Department of Ayurvedic Medicine.

Homeopathy & Trauma

Rhus Toxicodendron (Poison Ivy)



The source of this remedy (**rhus tox**) is well known to those who are sensitive to the toxins of poison ivy. This plant prefers to grow in damp, shady places and its toxins are more potent in damp, rainy weather.

The remedy is prepared from the fresh leaves gathered at sunset. Although it is particularly useful in conditions that have come on or are aggravated after exposure to cold, dampness and rainy conditions, Rhus tox is included in the trauma kit because it is especially helpful in minor back injuries, disc prolapse and sprains and strains.

Uses:

- Back injury
- Back pain from strain or overexertion
- Inflammation of tendons from strain
- Muscle strain from overexertion
- Sciatica
- Sprains involving ligaments and tendons

Dosage: Rhus tox 30, 1 dose daily or as needed until pain has subsided.

Dr. Barbara Bova, HOD, Dept. of Homeopathy



Blood Bank and EQUAS training for blood bank technicians from all over Uttarakhand from 19th to 22nd August in association with USACS (Uttarakhand State AIDS Control Society) organised by Blood Bank and Microbiology Department.

Welcome to Students

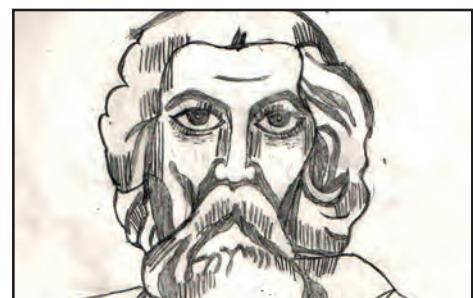
Dear New MBBS, Nursing and Paramedical Students,

Congratulations on your joining the HIHT Family! You are now a member of a distinguished community of scholars and the Institute feels pleased to welcome you and we wish to express our joy at your having chosen to study here at this inspiring University. We expect you to be achievers, world champions, trend setters in whatever endeavors you undertake during and after your studies here and most of all we expect you to be really good human beings. Transition from school to college is often very difficult and painful—we will try to make it pleasurable and this change will transform all of you into someone that your parents will be proud of! We wish you good health, good luck and a lot of fun in your forthcoming years of college.

Kids' Corner



"HIHT Scenery"
by Arnav Maitreya
Class III, Dolphin
Brightlands School, Dehradun



"Swami Rabindra Nath Tagore"
by Abhay Dutt Dhasmana
Class VII, Gayatri Vidyapeeth, Haridwar



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. Sign up on our website to receive the HIHT News via e-mail.

© 2014 Himalayan Institute Hospital Trust.
All rights reserved. www.hihtindia.org
www.srhu.edu.in (Swami Rama Himalayan University), www.hcn.edu.in (Himalayan College of Nursing)
RNI-UTTBIL/2003/11409



PRINTED MATTER

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