



# HIHT News

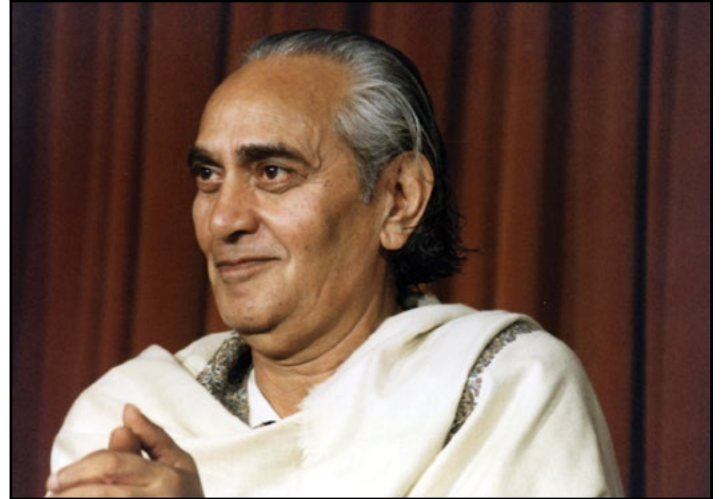
## Education by Swami Rama

Actually, what we call education is basically nothing but memorization. When children go to school and are exposed to such education, how can they grow properly? Modern education creates merely a superficial coating on the conscious mind. The focus of modern education is on memorizing facts of the external world; it ignores the growth and development of the inner being. Such education creates internal conflict and often, a serious barrier to the faculty of discrimination. It thus hinders the child's ability to make decisions and blocks the progress of the child's growth.

Modern education in both the East and the West shares the same tragic flaw; education helps one to understand and to be successful in the external world, the world of means. It doesn't help one to know oneself. It presents only the means to stimulate the child's external life and fails to explore the child's inner library of knowledge. Thus the child is given the impression that anything that comes from within himself is not valuable, and that the key to all of life's questions comes from the external world. He becomes dependent on other people's thoughts and creativity, rather than developing his own inner kingdom of unique creativity and imagination. The real purpose of education is self-mastery of one's physical, emotional, and mental levels. But today, educators and parents treat the mind as a mere collecting agent or computerized storehouse of unrelated facts that are never directly experienced by the child.

From the very beginning our mistakes are pointed out to us. When we go to school, there also the teacher keeps saying to us, "This is wrong, this is wrong, and this is wrong." The teacher forgets to point out what we may have done correctly. In this way we learn that we make mistakes. When we are brought up in so much negativity, we naturally apply the same thing and form the habit of thinking negatively. We constantly repeat to the conscious mind: I am full of mistakes, I am hopeless, I cannot do anything. In school my teachers always used to correct my mistakes, but they rarely pointed out that I had done something good or had written something good. When a teacher corrects a student's mistakes, she could also tell the student, "Look, this is a good thing. Your writing is good and your punctuation is good. You are wonderful; you are really a good student. Now come on." Children do not receive that sort of education. Everybody is prepared to correct their mistakes, but nobody tells them about their good qualities. On the other hand, teachers and parents should also be cautious not to make the child dependent on them for praise and approval.

Teaching is a skill that cannot be taught by any training program. Discipline is an important part of education, but teachers are too often influenced by their own authoritarianism and egotism. Some teachers let out their frustrations on their students in the classroom and impose their authority in an overly rigid way. Teachers should never forget that children learn through love, rather than by rigid disciplines imposed on them. A teacher



Swami Rama

can be a positive influence by being kind and by being an example, not by beating or forcing the child. When the teacher becomes an example for the students, only then will they naturally start to learn. The teacher should prepare stimulating lessons that provide hands-on experience and then observe and verify the child's experience, just as a scientist verifies the results of an experiment. After having given a simple, clear demonstration of what is to be done, the teacher should then remain silent so that the experience remains the child's alone.

Not all children develop at the same pace, but parents and teachers expect them to grow in a uniform way. From the ages of five to seven years, children start to show signs of being unable to cope with the pressure to conform. Unfortunately, those children who are unable to keep up with their peers are often mislabeled as slow learners. Actually, except for those few children who suffer from mental disabilities due to a brain injury or a congenital defect, many of these children are not slow at all. When we introduce a curriculum that does not suit the needs of such children, we perceive them as being unintelligent and as failures, whereas actually it is the educational system that is failing the child. The educational system in India has not developed an adequate method for teaching children with learning problems. Such children are simply looked upon as inferior to their peers. This is not a fair attitude because each child has talents of his own; no two children share the same talents and abilities. There are many other ways for these children to develop their skills and to express themselves in a creative way. Parents and teachers should study each child's individual talents and help him to develop his own special gifts. They should understand that many children can accomplish more with their hands than with academic studies.

*Reprinted from Let the Bud of Life Bloom, by Swami Rama*

## The Hon'ble President of India Delivers the Convocation Address



Dignitaries lighting the inaugural lamp



Dignitaries on the dais



Hon'ble President of India bestowing Swami Rama Award for Best Graduate to Mitali Verma



Hon'ble Governor of Uttarakhand Dr. K.K. Paul addressing the assembly

The 1<sup>st</sup> Convocation of the Swami Rama Himalayan University was held on 1<sup>st</sup> April 2016 in the University premises. The Hon'ble President of India Dr. Pranab Mukherjee, graced the occasion as the Chief Guest while Dr. K.K. Paul, the Hon'ble Governor of Uttarakhand, presided over the function as the Visitor. The President bestowed Gold Medals and Certificates of Merit to the 30 Toppers of the University. A total of 288 Undergraduate and Postgraduate students were conferred with their degrees during the Convocation ceremony.

The program commenced with the Hon'ble Guests paying homage to HH Sri Swami Rama, Founder - HIHT with the lighting of the lamp. Dr. Vijay Dhasmana, Hon'ble Vice Chancellor of the University, declared the "Convocation Open" and extended a heartiest welcome to all the dignitaries and guests. This was followed by the University Kulgeet sung melodiously by the students of the University.

When the Hon'ble Governor of Uttarakhand, Dr. K.K. Paul addressed the students, he congratulated the students on their

achievements on the occasion of the 1<sup>st</sup> Convocation ceremony of the Swami Rama Himalayan University.

He urged the students to be ethical and always remember the wisdom and affection bestowed on them by their teachers. Emphasizing on the need of making the higher education employable he said that the students pursuing higher education should also become employment providers instead of employment seekers. Addressing the mammoth gathering of dignitaries, guests, faculty, parents and students he reiterated that the universities should become knowledge centers where innovation, experiments and research should flourish.

Delivering his keynote address, the Hon'ble Chief Guest Dr. Pranab Mukherjee, congratulated the medical, nursing, paramedical and management students on being conferred with their degrees at the Convocation ceremony.

"The motto 'Love, Serve, Remember,' takes on an even greater meaning when one witnesses the healing and health-care system in our country, must always stand high on moral grounds.

## at the 1<sup>st</sup> Convocation of [Swami Rama Himalayan University](http://www.hiitindia.org)



Hon'ble President of India Dr. Pranab Mukherjee addressing the assembly



Convocation Hall



Dignitaries with the 30 Gold Medal Toppers of SRHU



Army Band

Though Dr. Swami Rama was appointed as the Shankaracharya of Karvirpitham at a young age, he renounced this high spiritual post in order to pursue his yogic meditative lifestyle. He established holistic health as a new discipline that had much to offer to allopathic medicine," he said.

He stressed upon the importance of amalgamating the wisdom of the East with the modern technologies of the West and advised the students not to be anxious about their future but learn to live in the present. He said that it is the creativity of the students that can usher in change and exhorted them to proceed in the journey of life with an attitude to learn and an aptitude to think new.

The ceremony ended with the Hon'ble Chancellor Tan Sri Datuk Dr. Mohan Swami, JP declaring the "Convocation Closed." The grand 1<sup>st</sup> Convocation ceremony came to an end with playing of the National Anthem by the Army Band.

The Convocation saw the presence of many ex-chief ministers, sitting M.P.s and M.L.A.s, senior government officials, politicians, senior defense officials, distinguished businessmen, etc., gracing the occasion along with many more dignitaries.



Graduating students

## Rural Development Institute



### Maternal & Child Health Camp

A Maternal and Child Health camp was conducted at Bongla, Haridwar for 300 patients. A team of specialists from the departments of Gynecology, Pediatrics and General Medicine SRHU provided their services. Besides basic medical investigation services like X-Ray, ECG, USG, blood sugar and hemoglobin test was provided to patients with common diseases, pregnant women and children.

### Women's Day Celebration

RDI celebrated Women's Day at Aurangabad on March 8 with local health care providers and women. An initiative was taken by motivating women towards the importance of girls and promoting them to stop discrimination amongst them. As part of celebration women prepared traditional dishes which are common within their families.

### National Training of Trainers

National Health System Resource Center and RDI organized Training of Trainers on ASHA 6<sup>th</sup> and 7<sup>th</sup> Module, Round - II from 21 to 28 February 2016 at RDI. The purpose of the training was to train the 22 State Trainers of Uttar Pradesh on high risk assessment and management of low birth weight term/preterm baby. These trained participants would further train the district trainers and ensure capacity building of ASHA and ASHA facilitators in their respective areas.

### Ensuring Accessibility for All

A well-designed environment which is safe, comfortable and readily accessible is recognized as a basic necessity, and there are attempts to ensure the same. Department of Persons with Disabilities, Ministry of Social Justice and Empowerment has launched the Accessible India Campaign (Sugamya Bharat Abhiyan), as a nationwide flagship campaign for achieving universal accessibility for persons with disabilities.

RDI conducted training from March 28 to 30 at Hotel Pacific Dehradun with CBM. The workshop oriented the participants on the concept of "Universal Design" through Accessibility Audit. Universal Design means developing infrastructure, resources and practices that would be accessible by all including people with disability, pregnant women, elderly, patients and people at large. The training included both theory and practical sessions.

### Achievements

Dr. V.D. Semwal was nominated as a State Trainer for National Accreditation of Accredited Social Health Activist. He will be part of the National Resource Pool as well. Three states, West Bengal, Jharkhand and Uttarakhand have been identified in the first round of this activity.

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