



# HIHT News

## The Waking Consciousness: Vaishnavara by Swami Rama

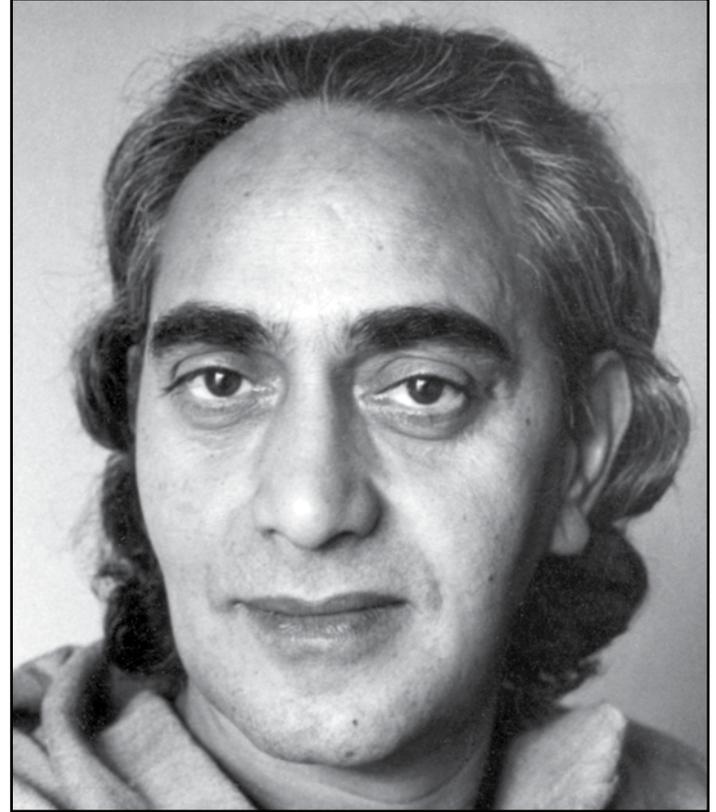
The Upanishads say that first you will have to face the external world. You will have to learn the technique of doing your duties in the external world. If you know how to live in the external world, perhaps the external world will not create any barriers on the path of unfoldment. Can the external world help you in attaining the goal of life? Yes and no, both. If the external world does not create problems for you, then it is helpful. If external world creates problems for you, then it's impossible for you to progress on the path of unfoldment. I am here, now. If you all decide that Swamiji should not meditate, I cannot, for you will kick me from this side, give me a blow from the other side, creating hindrances for me. How can I meditate? So, external world can create barriers for you. If the barriers are not there, it is a great help.

When Alexander the Great invaded India, his teacher asked him to bring back two things: the flute and the scripture called the Bhagavad Gita. So after conquering a part of India, he told his prime minister, "I want to meet a swami, a wise man, because the flute and Gita will be of no use if there is no swami." The minister went in search of a wise man. He asked the people around and someone said, "Such and such a person, sitting on that mountain is a wise man and he will help you, sir." That wise man was sitting on a rock. Alexander approached him and said, "What can I do for you, sir?" He smiled, but did not look at Alexander. So the prime minister said, "He's Alexander the Great. Perhaps you do not know that he's a very great man of the world, a very famous warrior who conquered the whole world." The wise man would not look at him. So again Alexander asked, "What can I do for you, sir?" He replied, "Just remove yourself, let the sunlight shine on me. That's what you can do."

What can you do for others? If you do not create any barrier, any hindrance, any problem for others, that is a great help. This is my point. When you go out to help somebody, perhaps your selfishness and ego are mingled, and that will not help. Don't create barriers, hindrances and obstacles for others; let them grow. Let them unfold; let them tread the path of light. That is the greatest help that you can give. It's called minding your own business!

All the things in the world have a name and form. Is there any form that does not go through change, death and decay? So name and form are temporary aspects of that something which goes on changing. There is one word in Sanskrit for this world, samsara. It continues, goes on, like a river that goes on flowing. One mass of water passes, yet another mass comes, fills that gap and there is no gap at all. There is continuity. We will all go away, others will come. There will be continuity. This world will always remain crowded, over-crowded. So, this is the world, this is samsara. Now this external aspect of samsara, of this universe, is called Vaishnavara.

Herein lies a secret for the sadhaka, the aspirant. To turn the consciousness within, you will have to use a method of withdrawing the senses from the external world. That is called sparsa yoga, yoga



Swami Rama

of touch. If you analyze two things in your life, one called pain and another called pleasure, you will come to know that pain and pleasure, these two stimuli, are received when your senses contact matter. The Gita explains it this way, *matra sparshastu kaunteya sheetoshna sukha dukha da*. You feel pain and pleasure, heat and cold because your senses contact the objects of the external world. If you can stop doing this, you will not feel pain or pleasure; you will not feel heat or cold. So all the time, with the help of your senses, you are in contact with the objects of the external world. You do not know how to withdraw your senses. That is why on the eight rung ladder of yoga, ashtanga yoga, the fifth rung, pratyahara or sensory withdrawal, is very important. There are no books on the subject of pratyahara. There are books on concentration, there are books on meditation, there are books on samadhi, but there are no books on pratyahara, because it's a practical technique. You should learn to withdraw your senses, to turn inward, because the senses make you contact the external world and that's why you feel pain and pleasure. You have to be free from pain and pleasure; you can be free!

*Reprinted from Om the Eternal Witness, by Swami Rama, an HIHT publication.*

## 21<sup>st</sup> Mahasamadhi Anniversary Commemorative Function



“Wall of Heroes” inaugurated on November 13<sup>th</sup>



Reference Laboratory inaugurated on November 13<sup>th</sup>



Inauguration of the Mahasamadhi Anniversary Function



Swami Rama Humanitarian Award



Bhandara



Bhajan Sandhya

The 21<sup>st</sup> Mahasamadhi Anniversary Commemorative Function of H.H. Dr. Swami Rama was held on 13<sup>th</sup> November 2017 at Himalayan Institute Hospital Trust (HIHT). The Chief Minister of Uttarakhand, Shri Trivendra Singh Rawat was the Chief Guest. The new hi-tech Reference Laboratory with ultra-modern pathological facilities was inaugurated by Chief Minister and Dr. Ramesh Pokriyal Member of Parliament Haridwar, and Dr. Dhan Singh Rawat Minister of State for Higher Education Uttarakhand, and the Vice Chancellor of Swami Rama Himalayan University (SRHU) Dr. Vijay Dhasmana.

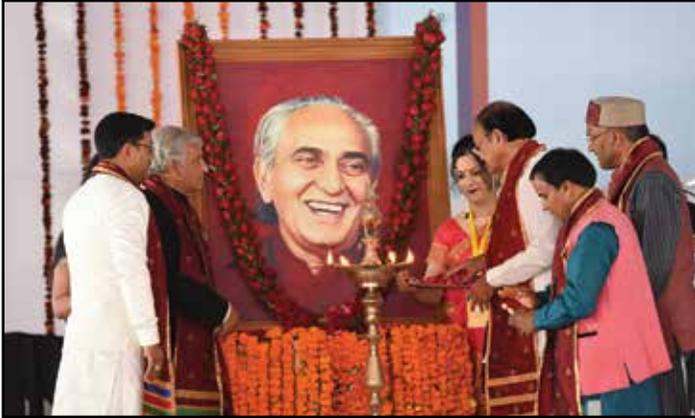
To remind the young generation of the sacrifice made by our soldiers, a “Wall of Heroes” with photographs of 21 Paramvir Chakra awardees was also inaugurated at the entrance of the University. Nineteen employees of SRHU were awarded for their

exemplary services in the category of Best Teacher, Para Clinical, and Non Clinical Employee Award.

Every year Swami Rama Humanitarian Award is dedicated in honor of its founder, H.H. Dr. Swami Rama. This year it was given to Sewa Rural, a voluntary development organization involved in health and development activities in rural tribal areas of Gujarat working since 1980. Dr. Pankaj Shah, Managing Trustee of Sewa Rural was awarded Rs. 5 lakhs, a gold medal and a citation.

368 students from 8 districts of Uttarakhand were awarded scholarships worth Rs. 70 lakhs. Over 7,000 people partook of the bhandara that day. In the evening Bhajan Sandhya “Ek Shaam Sanha Ke Naam” by Sh Pawan Godiyal from Badrinath Dham and Ms. Kavita Godiyal, (T-series fame), Mumbai, was enjoyed by all.

## Second Convocation of Swami Rama Himalayan University



Lighting the lamp



Dignitaries on the dias



Hon'ble Vice President of India Shri M. Venkaiah Naidu, Chief Guest



Hon'ble Vice President of India presented awards to graduates

The Second Convocation of Swami Rama Himalayan University was held December 5, 2017. In all 802 students were awarded degrees out of which 6 students were awarded gold medals. The convocation was graced by the Hon'ble Vice President of India Shri M. Venkaiah Naidu who was the Chief Guest on this occasion. He was welcomed by the Vice Chancellor of SRHU Dr. Vijay Dhasmana. Governor of Uttarakhand Dr. K. K. Paul, the Chief Minister Shri Trivendra Singh Rawat, and the Minister of State for Higher Education Dr. Dhan Singh Rawat were also present at the convocation.

Addressing students on this occasion Vice President M. Venkaiah Naidu said mother tongue is like eyes and foreign language is like spectacles. He advised people not to forget their motherland, mother tongue and country. The feeling which can be expressed in mother tongue cannot be expressed in foreign language. Citing that the medical profession is very noble, he urged the students to keep the fact in mind that service of human beings is paramount. Vice President talked about the Beti Bachao Beti Padhao, Make in India, Swachh Bharat Mission and Digital India campaigns saying that they were aimed at nation building. The Vice President advocated late former vice president Dr. A.P.J. Abdul Kalam's model of providing urban facilities in rural areas. The model can help in developing rural areas.

Speaking on the occasion Uttarakhand Governor Dr. Krishna Kant Paul said the present age is the age of knowledge and the universities would have to become centers of learning and give impetus to original research. The Governor congratulated Swami Rama Himalayan University for adopting 1,200 villages for making them smart villages.

Uttarakhand Chief Minister Trivendra Singh Rawat congratulated students at the convocation. On this occasion he said Swami Rama was born in a small village and on the basis of his talent and ability he had set up such a great institution which was serving the state. Talking about the migration problem, Chief Minister said Uttarakhand faces problems due to remote geographical conditions. The government is taking steps to curb migration from the state and the result would be visible in the coming years. He appreciated dignitaries and students of Swami Rama Himalayan University attending the convocation in traditional Indian dress.

Higher Education Minister Dr. Dhan Singh Rawat said the government would select 100 students for research on various topics.

The University Vice Chancellor Dr. Vijay Dhasmana gave details of the courses being run at the University.

## Rural Development Institute

### Children's Day Celebrations

The Rural Development Institute (RDI) celebrated National Education Day November 11<sup>th</sup>, National Children's Day Nov. 14<sup>th</sup> and Universal Children's Day on Nov. 20<sup>th</sup>.

From November 1<sup>st</sup> for a period of three weeks, many interactive activities were conducted with children such as self-expression sessions through art, craft and painting, along with screening camps and trainings on school health modules. The children's school education was supported by the distribution of scholarships, furniture, education kits, sweaters and hygiene kits.

To promote inclusive education RDI facilitated the publication of braille books for adolescent girls on menstrual health management. Girls from the National Institute for the Visually Handicapped were given these braille books and received such orientation for the first time in their lives. Other books distributed in different areas were *Bhole* and *Swasthya aur Sadachar*.

Activities were conducted with 411 children from Flying Birds School at HIHT campus, Gujjar Basti, Gumaniwala, Khel School and National Institute for the Visually Handicapped Dehradun, Ghansali, Malethi and Rudraprayag. Using social media, RDI highlighted a few of its special videos featuring children's opinions and support extended to them. A special documentary highlighting dreams, hopes, aspirations and likings of children was also developed by the in-house video unit of RDI.



2018  
Happy New Year!

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