



HIHT News

Guru Purnima by Swami Rama

We forget the true aim of our life and get involved—"This is mine, this is not mine." Have everything. Don't deny yourself. But don't forget the ultimate Reality, your goal. Then, whatever you have, you'll enjoy those things. You'll make them as means. So teacher says, "You should know how to live in the world. Learn to enjoy the world. World is not enjoyed by cowards. *Vira bhogya vasundhara*." The world is enjoyed only by one who is brave, who can face life. Life is not a bed of roses. And if you think it is a bed of roses, remember roses have thorns, too. A good competent teacher prepares his student, keeps that fire alive, makes him aware that the aim of life should not be forgotten. Enjoy all the things of the world, make them means. Nothing is an end in itself, not wealth, not beauty, not name and fame, not even learning. The true goal is that peace and happiness which is everlasting. "It is not limited to the senses, my son," the teacher says. He leads you and introduces you to the path of light which is inward. He makes you aware that there is a light within you. That light is higher than sun, moon, and stars. That light is mingled with consciousness. It is not a dumb light. It's not the light of the bulb. It's not the light of the sun, moon, or stars. It is the light of inner intelligence and brilliance. And where is it? Is it outside you? No. It's within you. So he makes you aware of this fact. He leads you on the path of contemplation, meditation and prayer. The knowledge that flows through the guru, does not belong to him. But he is only a transmitter and receiver. That someone who has become receiver and transmitter, is also called guru. But actually, Guru, highest of all truths, is within you, from where the source of brilliance and intelligence flows on various degrees and grades. This outer guru, a competent teacher guides you through his scriptural knowledge and experience and makes you aware of the Guru within you. He helps you, and always forgives you, no matter what you do.

I was asked to go the West, first to Germany. All the swamis from our cave, those swamis who used to beat me up and were not happy with my behavior because I used to tease them and trouble them, started crying that day, saying, "Our kid is leaving." I too missed them. And after seven days I could not remain without them and went back. My master said, "He is returning." The swamis asked, "What shall we do? Shall we receive him?" He said, "No. Nobody should talk to him." He turned towards the wall and wouldn't see me, wouldn't talk to me. "I told you to go to Germany and start doing my mission, serving others. And you have come back because you are attached to us." Without water or food they kicked me out of that place. And they said, "We love you! But you are not supposed to be attached to us. You are supposed to do your work and serve others."

I left that Garden of Eden, in the Himalayas, where I used to converse with the snowy blanketed mountains, cross the glacial streams, and talk to the wonderful cool breezes. My master told me, "All the mistakes that you commit, they are yours; you reap



Swami Rama

their fruits. All the good that you give is from the tradition. You are not allowed to reap these fruits. When I am teaching you something, I assure you, I am not obliging you. I am doing my duty as a messenger, as a spokesman, as a transmitter. So you are not obliged to me in any way. Never feel that way. But you have right to take the best I have and leave the rest which is not useful for you." With this understanding, if you learn anything from your teacher, you'll never be deceived. Best student is he who takes from the teacher—not he who gives. The scripture also tells you what you should give to your teacher. It is never said that you should give a large check, your entire bank balance. No! You give dry twigs—a bundle of dry twigs to your teacher. That's the symbol that "I have nothing to give you. You don't need anything for yourself. I know I cannot do anything for you. These dry twigs represent my karmas. There are some samskaras which are very hard on me, trouble me, torture me. Will you please burn them?" Has he got power to do this? Yes. But it's not his power. He uses the power of the tradition to help the student. It's not his power.

What I mean to say, I have nothing to give you on this day except that love which was given to me.

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Founder's Day



HIHT, the Promoting Society of Swami Rama Himalayan University celebrated its Founder's Day on Wednesday, 1 June 2022. Dr. Vijay Dhasmana, Hon'ble Vice Chancellor of the University unveiled the portrait of HH Swami Rama and lighted the lamp on the occasion.

In the morning, Dr. Dhasmana launched the National Service Scheme Unit by flagging it off. Later in the day, at a function in the new auditorium, the winners of the Value Education Contest on the "Bhagwad Gita" were bestowed with cash prizes and certificate of merit.



In his address to the faculty, staff and employees of SRHU, Dr. Vijay Dhasmana said that HIHT has a legacy of over 30 years in service to the public and highlighted the achievements and activities of the Institute. Laying emphasis on the motto – योगः कर्मसु कौशलम् Dr. Dhasmana said that efficiency in action is yoga which is paramount in human life. The Secretary of ISKCON, Sh. Harikrishan Das said that the Bhagavad Gita is like an ideal guru in motivating anyone in the right direction. The program concluded with distribution of laddoos in the form of prasad.



The Career and Counselling Cell of the University in association with the IAF Selection Board, Dehradun organized an interaction with the students on "The Career Opportunities in the Indian Air Force" on 26 May 2022.



SRHU inked an MoU with IIT, Roorkee on 27 May 2022 for research collaboration under IITR@175 Partnerships commemorating the completion of 175 years of IIT, Roorkee.



Swami Rama Himalayan University observed World Environment Day on 5 June 2022.



A guest lecture was organized at SRHU on 3 June for the students. Dr. Deepak Vohra, an Indian diplomat, delivered a talk on "Our World at 2025."

Turmeric

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It has anti microbial properties. Susruta the father of Ayurvedic surgery recommends it for wound healing. For centuries it has been used for wound healing. It has also been found to be very effective against eye infections. Traditionally a paste made by mixing turmeric, besan or chick pea flour and warm ghee is applied on boils which have not ripened. This is then bandaged overnight. By the next day that boil would have ruptured.

Turmeric also promotes the growth of good intestinal bacteria and strengthens digestion. It also is a carminative and prevents gas formation and bloating. It is shown to have an effect on irritable bowel syndrome. In experimental studies it was shown that turmeric if taken regularly for a few weeks reduced the symptoms. It is considered to be hearty and helps improve the digestive fire. It also helps to repair mucous membranes and is found to heal digestive ulcers.

It also fortifies the joints and ligaments. A paste made of turmeric, lime and salt heals sprains and inflamed joints.

Turmeric promotes clear glowing skin. It has become one of the ingredients of face masks. In South India women usually apply a paste of it over the face. It not only gives a glow but also clears blemishes. It is a belief in India that if a pregnant lady consumes turmeric throughout her pregnancy then the baby will have a glowing blemish-free skin. Brides are traditionally given a haldi bath for a glowing skin and also to invoke the blessings of the Divine Mother.

Turmeric's anti oxidative properties have also been very effective against congestion. Also smokers who take turmeric regularly have been found to have better lungs. Milk boiled with turmeric is found to be effective against colds.

Turmeric is also a very good hepatic tonic. It not only helps in regeneration of liver cells but also increases the production of bile and its transport. To boost the effect on the liver it should be taken in the mornings and evenings along with whey (the clear fluid generated after paneer is separated).

Turmeric is a very good insect repellent. If sprinkled all around the house it keeps ants away.

From an Ayurvedic perspective it helps to balance all the three dhoshas. It also has an effect on rakta (blood) and rasa (lymph and plasma) dhatus.

As Dr. David Frawley, one of the renowned Ayurvedic scholars, puts it—if I had only a single herb to depend upon for all possible health and dietary needs I would without hesitation choose the Indian spice turmeric.

Mrs. Mira Swami, Department of Ayurveda

The Theory of the Chronic Miasms of Homeopathy

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We have acknowledged in the previous article that it is the interaction between host and virus that leads to disease. To elaborate on this concept, we can say the miasms, particularly sycosis, are fundamental to the interaction between host and virus. The acceptance of the theory of the chronic miasms requires a shifting of perspective regarding infection. Rather than viewing the symptoms of illness as the result of invasion by microorganisms, it needs to be considered that internal disorder creates the appropriate soil for replication of endogenous retroviral agents and other so-called infectious agents.

Though viruses have been the object of a tremendous amount of research, there still is no specific treatment for the multitude of viral diseases that plague humanity, and the question of the origin of viruses continues to be debated. There were those who maintained that viruses descended from microorganisms that had gradually become more dependent on their hosts; others were of the opinion that viruses were originally components of cellular organelles that had evolved toward greater independence from the cell. Based on the hypothesis that it is the miasms that are ultimately responsible for control of genetic expression and thus are the factors that set in motion retroviral replication, the idea of spontaneous generation, which was shunned by science years ago, needs to be reconsidered.

In the late nineteenth century an area of scientific concern was the controversy over the spontaneous generation of microorganisms, a question dating back to classical times. The belief that microorganisms were generated only by microorganisms had to be established before the germ theory and the related doctrine of specificity of infection could be accepted. However, if microorganisms arose spontaneously, they could possibly be by-products of the disease, rather than the causes of the diseases with which they were associated. It was the proponents of spontaneous generation who provided the main opposition to the germ theory. In the late 1850s and 1860s, Pasteur demonstrated that microorganisms did not appear in sterile media and therefore did not arise spontaneously under normal lab conditions. Therefore, the theory of spontaneous generation was discarded as being non-scientific.

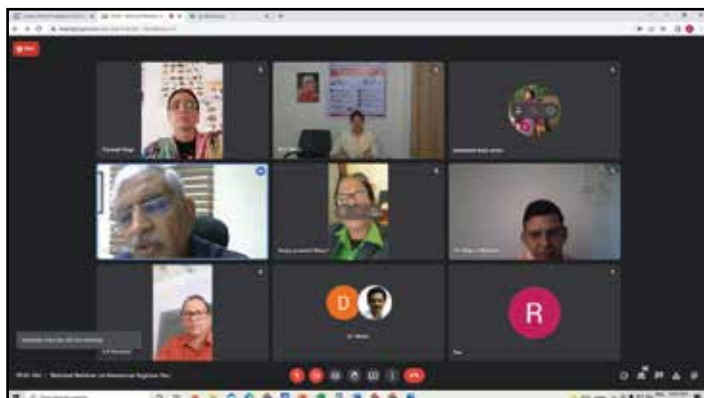
The idea of spontaneous generation has been repeatedly alluded to in homeopathic literature by several of the great homeopaths of the nineteenth and twentieth centuries, although little notice is given to it by homeopaths of today.

I will quote a few. Kent: "Changes in the blood, when health is disturbed, prepare the blood for the spontaneous development of various forms to correspond to every change in bodily disorders. There is spontaneous development of sepsis in the blood. Sepsis comes first, then, the germs appear." Banerjee: "In phthisis . . . the degenerative condition of the lung and the bacilli are only the effect and expression of the disease. The bacilli appear when the lung has degenerated to a certain degree. . . . The cause of phthisis is subtler than that, and you can see it only with the eye of reason."

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Dr. Barbara Bova, HOD, Dept of Homeopathy.

National Webinar on Menstrual Hygiene Day



National Webinar on Menstrual Hygiene Day was virtually celebrated on May 28th by RDI in collaboration with SRHU. The celebration was based on the theme “Translating Increased Attention for Menstrual Hygiene into Measurable Action and Investment.”

The event saw virtual participation of over 500 people. The participant profile included teachers of the State Government schools of Uttarakhand as well as many stakeholders of development sector. The objective was to initiate relationship with State Education Department on academics, research, training and rolling out of specific regional strategies to handle the challenges of MHM among the school-going adolescents.

The event saw a wide range of eminent speakers such as Dr. Chauhan (Pro. VC, SRHU), Padma Shri S. Damodaran, Dr. Sushma Dureja (Ministry of Family Welfare, Government of India), Ms. Vandana Garbyal (Director, Elementary Education, Uttarakhand), Mr. Anurag Chauhan (Founder, Human for Humanity, Dehradun and recipient of Karamveer Chakra by United Nations, Mahatma Puraskar, 2021 for Social Impact), Ms. Mridu Kamal (Executive Director, Avaazein Foundation, New Delhi), Ms. Suman (National Chief, National Human Rights Organization, New Delhi and

oscar winner for her documentary on menstruation), Dr. Enas Mushtaq (Assistant Professor, HIMS, SRHU) and Ms. Neelam Pandey (Project Coordinator, RDI) & Dr. Rajeev Bijalwan (Dy. Director-Health RDI).

All the speakers spoke of the pressing need to address the issues of menstruation and women health more effectively, elaborately and accessibly.

Padma Shri S. Damodaran spoke on the importance of managing the alternatives of menstrual care keeping the environment in mind by promoting production of eco-friendly, innovative, washable, reusable safe and hygienic sanitary napkins to be adopted at larger scale.

Dr. Sushma Dureja emphasized on cleanliness and hygiene. She mentioned that in today's time the management of menstruation requires three key things: awareness, access (mainly in rural setup) and disposal of used sanitary napkin in an environment friendly manner. Ms. Vandana Garbyal gave perspective about education department's preparation at state level. RDI has ensured collaboration with the department across Uttarakhand to train the school-going adolescent girls, engaging the teachers.

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