



# HIHT News

## *Ahimsa by Swami Rama*

### **Love bears all things and endures all things.**

Nowhere will you find a true definition of love except in yoga science. In yoga science ahimsa means love. A means “no,” himsa means “killing, hurting, harming or injuring with mind, action and speech.” If you follow these rules you will be practicing love.

If you initiate the practice of ahimsa at home, the family can be a training center for learning to love others. But if you fail to love your family, you will also fail in other relationships. Husband and wife and other family members should never hurt each other. If married persons were to truly practice ahimsa, they would never quarrel. There should be an understanding in relationships that no matter what happens you will not become violent. You cannot hurt someone and at the same time say I love you.

### **Love is more powerful than animosity.**

When animosity controls your mind, it leads your mind toward negativity. It is the defense mechanism that creates many of the problems in communication. If you are afraid of me and I am afraid of you, there can be no communication between us. Then we both become defensive and we fight. This is what happens between two nations, and that is why the whole world is fighting. You have forgotten that we are all human beings and there is only one source that is supplying the life force to everyone, no matter which community, religion or culture one comes from. We are all the children of one eternity, therefore you have no right to hate or harm anyone. It is not okay to love some people and hate others. If you could learn to love your enemies, they would no longer be enemies to you. Your love should travel toward expansion, not contraction. Mao Tse Tung asked, “If hundreds of varieties of flowers can grow in one garden, why can’t we all flourish together in one universe?”

The practical approach to ahimsa is to practice non-violence in speech, action and thought. Gandhi, the father of the Indian nation, was completely nonviolent. He was able to get freedom from alien rule through nonviolence, without the use of guns. He exhibited the power of love to the whole of the nation and to the whole world. Somebody asked him if he believed in God, and if so what type of god did he believe in. He replied, “I believe God is truth. And to know the truth there should be truth in mind, action and speech.”

Violence in speech or in action is almost always preceded by violent thoughts, which have serious repercussions on the mind and body. When you hurt someone or you think about somebody negatively, not only are you wasting time and energy, you are hurting yourself. When you hate others, it is you who suffers, not the rest of the world. All negativity can be washed away and the mind can be purified if you learn to forgive others. You also have many weaknesses and perhaps you are projecting those weaknesses onto others.

I do not understand the law that prompts mortal beings to



**Swami Rama**

injure each other. From where does this violence arise? What is that power that instigates people to annihilate each other’s existence? I return back to my silence without any reply and with a simple conclusion that human beings have not yet really found out the art of living harmoniously. The evil that forces one to commit heinous crimes is because of himsa, the absence of love, consideration, kindness and awareness that we all belong to One. By killing others we are cutting the roots of the same tree whose limbs we are. This modern world is creating hell for everyone. You cannot say God is responsible for that.

Thought power is very important. Negative thoughts, emotions and violent behavior come when your reason is not functioning. Never allow your reason to retire or waste your energy on violence and negativity. Violence and anger diminish the power of love and gentleness. It is important to make effort to redirect negativity toward positive thinking. Patanjali, the codifier of yoga science, says constant contemplation on the opposite is the way to get freedom from hatred and violence. For example, if somebody hates you or if you have negative feelings toward someone, try to think of that person in a loving way.

Reprinted from *The Ancient Traveler: Writings on Love*, by Swami Rama

## Humble Beginnings

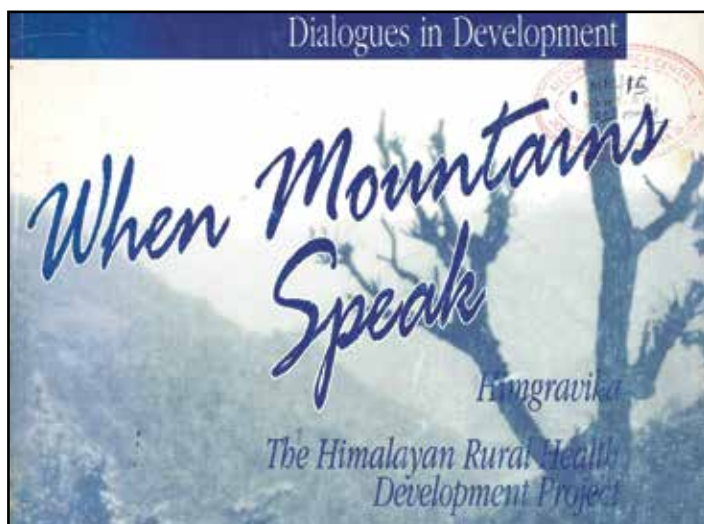


February 1990, the foundation stone of the Himalayan Institute Hospital Trust (HIHT) was laid. Speaking on the occasion, Swami Rama said, "I pray to the divinity in you. I am only a humble server. I have nothing of my own within me. By the grace of my Gurudev, based on whatever I have got, I want to serve all of you. I just want to say this much—that you allow me to do my service. I understand the word seva in a simple way—to have joy. The pleasure/joy that you have in this, you don't have it in anything else. Tulsidas has said it in a very simple language, 'It is not sufficient to work for others O brother, what is necessary to be is to serve others in love.' With the help of the grace of God and all of you, I want to make this hi-tech hospital India's best hospital. And this I am not talking out of arrogance, it will be done only because of the grace of God, of Gurudev and support of all of you.

"I have the means, I have the team, I have traveled within and outside the country, am getting architects to also serve. By the end of March mobile vans will be going in the mountains, in the villages. Now, I have not been able to prepare the team which I need—the way I am able to do abroad—of foot doctors, to walk and serve the people in the villages. I have seen that our doctors have become money minded because it is coming down as a sort of tradition, don't know from where it has entered our blood. The way there are about ½ billion fake operations every year, there must be at least 3 billion in our country. It is not necessary. So it is necessary to have preventive medicine from time to time, this is my prayer."

Thus in March began the mobile vans, i.e ambulance with a doctor and a pharmacist, going to rural areas of Dehradun, Pauri and Tehri. A post card would be posted to the village heads two weeks in advance on the route to be taken. Swamiji's volunteer doctors would go on this with a pharmacist and medicines. On their return after a short gap, the next route would be taken. Today 30 years down the line, modern hi-tech vans with complete diagnostics and a complete health team offers its services in various outreach areas of Uttarakhand and surrounding areas.

Swamiji's medical city was set up as a center for comprehensive, regionwide health care and social development programs incorporating medical care, education and research over three phases. The following were enabled: 500-bedded referral hospital with modern diagnostic and treatment facilities offering inpatient/outpatient services and emergency services; nursing college with hostel facilities, medical college, technician program (for lab and



radiology), library; Ayurveda and homeopathy clinics; residential facilities for staff and various other campus services.

Simultaneously, the rural activities were strengthened through a primary health care grant for five years with support of Canadian International Development Agency (CIDA) in Pauri, Tehri and Dehradun districts. The project was a self-reliant, participatory, community-based primary health care program, including preventive health promotion activities. A devastating earthquake midway during the project paved the way for relief and reconstruction to be a part of the Trust since then. With men migrating out, focus was on women and children being served through health services, be it "Innovative Family Planning Program" in select blocks of Tehri district (through USAID) or reproductive health through Gov't. of India programs or funding through grants by Bill and Melinda Gates (through Management Science of Health). Also, within a decade, we were able to reach across Uttarkahand and parts of Uttar Pradesh and Himachal. Large scale community-led water programs were also started in the early 90s. If the first decade went in serving women and children, the next decade went into serving the adolescents, and the focus this decade has been on the differently abled. All along, the integrated model of health, water and sanitation, education and livelihood continues to be used to serve the rural masses.

*Ms. B. Maitihili, Director, Rural Development Institute*



## Republic Day



SRHU Republic Day celebration January 26, 2020

## The Theory of Chronic Miasms of Homeopathy

... continued from November/December 2019 issue

The etiology of miasmatic weaknesses at the embryonic stage of development could be: habitual tendencies or energy patterns carried as samskaras from one birth to another; interaction of the miasmatically affected energy field of the mother with that of the early embryo may result in altered genetic expression; the miasms may be transmitted from generation to generation through the genes; teratogenic agents such as drugs taken during the early weeks of pregnancy; infection as teratogenic agent.

The weaknesses that are present in the underlying energy fields within are transmitted to the developing embryo may not initially be obvious in the physical body at birth. Depending on which stage of the miasm is transmitted to the developing embryo, the signs and symptoms of the infecting miasm(s) will express in the same stage. According to the severity of the weakness(es) transmitted, the miasm may remain latent for some time, even many years, until some stressful event or shock to the organism (mental, emotional, physical trauma, chemical insult, etc.) awakens it from its slumber.

Because of these miasmatic infections or changes in the soil, the biofield becomes susceptible to invasion or interaction with morbid energy fields during embryogenesis. For example, the presence of sycosis may allow a viral energy field more easy access than one that is not under its miasmatic influence. Congenital infections, such as cytomegalovirus (CMV) and rubella, frequently result from viral infection during critical stages of organogenesis and organ maturation in the developing host. Persistent infection established by some viruses may have serious pathological effect months to years after birth. The fact that the fetus can be infected through the placenta only by viruses that produce a maternal viremia brings to mind the possibility that the maternal viremia is the result of awakening and activation of a latent miasm by the weakening of the immune system due to the stress of pregnancy. As the miasm is an energy field, it could be the interaction of this activated miasmatic force with the vulnerable field of the growing fetus that is responsible for the congenital defects associated with intrauterine viral infection. The maternal viremia can thus be explained as an effect of a weakened immune system. The infection may be acquired because of the close physical contact between mother and fetus that facilitates interaction between the subtler energy levels of the two individuals.

The outcome of such an infection depends on many factors and it can be powerful enough to bring to a halt all development if it takes place in the earliest stages of gestation. The embryo may die, followed by spontaneous abortion. There may be interference with development of particular organs or systems, resulting in congenital physical deformities or complete absence or failure of development of particular organs. If the infection occurs later in pregnancy there may be intrauterine growth retardation, stillbirth or premature labor and delivery.

*to be continued . . . .*

*Dr. Barbara Bova, HOD, Department of Homeopathy*

## Himalayan School of Science and Technology Annual Sports Meet



Athletics and sports have always been an integral part of education at Himalayan School of Science & Technology (HSST). Keeping up the tradition, this year too, HSST organized its 7<sup>th</sup> Annual Athletics & Sports Meet 2020 with the same flamboyant spirit. Students displayed their skills, enthusiasm and competence in sports such as chess, badminton, table tennis, volley ball, cricket, football, carrom, basket ball, kho-kho and athletics. Congratulations to all the participating students and winners.

## Medical Imaging Using Deep Learning Guest Lecture



For improved medical diagnosis and prognosis, Deep Learning, part of a broader family of machine learning, is developing at a rapid pace in healthcare. To keep our students abreast, Dr. Arnav Bhavsar, Professor, IIT Mandi delivered a guest lecture at the Department of Community Medicine, SRHU on “Medical Imaging Using Deep Learning.”



Saraswati Pooja observed on SRHU campus January 29, 2020

We express our condolences for the untimely demise of Ms. Usha, Staff Nurse at Himalayan Hospital. Ms. Usha had passed GNM Course in the year 2017 from Himalayan College of Nursing (a constituent college of Swami Rama Himalayan University) and later she joined as Staff Nurse at Himalayan Hospital on 05.10.2018. During the period she was posted at Male Medicine ward. She expired on 16.01.2020.



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