



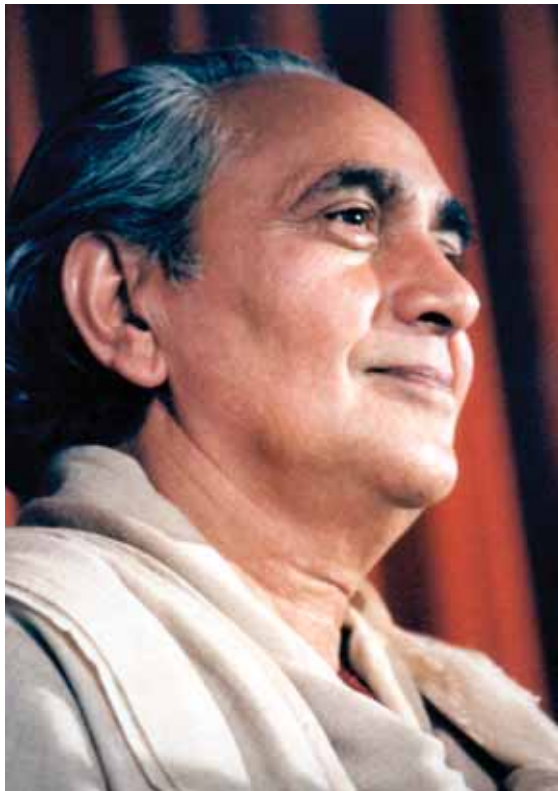
# HIHT NEWS

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## HIHT Current



### Discipline by Swami Rama

If children today are wild, it is not because of their own mistakes, but because they have not been given proper love and care; they have not been taught by example. The problems which we see in the younger generation today have come from us. Their emotional problems are not their emotional problems; they are our emotional problems.

Parents create emotional problems in their children because children learn through imitation. They learn from their parents and receive their thought forms;

they imitate how their parents behave, talk, and think. Instead of teaching their children, parents give them their problems. As parents, you should sacrifice for your children and give more time to them so that instead of growing wildly they find some interest in life. You look after your children because you think they are your possessions, not because they are good children. You say, "You are my child. You have to listen to me and obey me." This concept should be changed. Otherwise you will find that the family system will slowly fall apart, and it will take a long time to reconstruct it again. They are your children and they need your help and support. You cannot teach children by will; you can teach them by example. They need example and they need love. Unfortunately they don't get these two things. When parents remain selfishly busy in their own affairs and ignore their children, the children inevitably suffer.

In the West children are allowed to grow like little weeds without discipline. Though they are provided with many material things—fine clothes, a room filled with toys, and many modern amenities—the parents do not have time to attend to them. From the very beginning even the best of parents leave their children with a babysitter. Both parents think they have to work because their lives are controlled by the modern economy. Even if the mother is free, she remains busy with her hobbies and her shopping. It is a trend of the modern mind to leave the children with babysitters, and mothers think they are doing a superb job of raising their children when they do so. The parents are so busy that they don't have time for their children. They give everything to their children but love. As a result, when the children grow older, they kick their parents. I am talking to you like this because I have studied these things so deeply. My heart is with the younger generation. When I find them rebellious and wild, I don't blame them. If children do not believe in discipline, it is because there is no example of discipline in their lives. The

wisdom that is helpful for the growth and unfoldment of the child is missing; the experience and knowledge that parents should impart is not there. Children know that their parents are wise and more experienced, but the parents do not know how to impart their wisdom to them. Consequently, the children do not communicate with their parents and they do not revere their parents. Some children become very self-centered and don't want to hear anything from their parents or from anyone else. They say they are afraid of talking to their parents because they are very much afraid of being hurt; they say they are afraid of all who are in authority. They become very obstinate and don't want to listen to anyone; they want to experience everything for themselves. When they start to experience in this way, they may go through many serious problems. Sometimes they become victims of certain things that they are never able to come out of throughout their whole life.

On the other hand, parents expect too much from their children and complain that their children do not communicate with them. They put all the blame for the lack of communication on the younger generation. But something has happened to the older generation. The father intellectualizes everything and cannot bring himself down to a child's level; thus he cannot communicate with his children. The mother remains in a state of emotions; she thinks that her children should do whatever she wants them to do. I have seen many women let out their frustrations on their children. The day the mother has fought with her husband, the children will get a scolding or spanking. This happens with the father also. Parents project their personal problems onto their children. When the children say they are hungry, the mother says, "You shut up! I fed you just now. Your father is never nice to me, why should I be nice to you?" This happens so often in our society.

From *Let the Bud of Life Bloom*

## 13th Annual Mahasamadhi Function of H.H. Dr. Swami Rama



CM Uttarakhand Dr. Ramesh Pokhariyal and VC HIHT University paying respects at Swami Rama Centre

Devotees and students of Swami Rama came from all corners of the world to pay their obeisance and share their feelings on 13th November 2009, the 13-year anniversary of Swami Rama's Mahasamadhi. Hon'ble Dr. Ramesh Pokhariyal 'Nishank' ji, Chief Minister of Uttarakhand was the Chief Guest. Chancellor Mahamandaleshwara Swami Veda Bharatiji, Vice Chancellor Sh. Vijay Dhasmana, Sri Premchand Aggarwal, MLA Rishikesh, Sh. Deshav Deshiraju, Principal Secretary, Health, Mr. Idris, Ambassador of Burkino Faso, Dr. Mohan Challappa, Sh. T.S Sairam and his wife Smt. Aruna Sairam, Swami Jnaneshwara, Dr. John Clarke along with other dignitaries graced the occasion and participated in the lamp lighting ceremony.

The Chief Minister inaugurated the first phase of the Cancer Research Institute (CRI). Later he unveiled the statue of Dhanvantri at the Ayurvedic Center of the Institute and flagged off the Mobile Satellite Van which provides Tele-Medicine facility in the rural and hilly areas of Uttarakhand. He teleconferenced with the health workers of Naghat through this van.

The programme at the auditorium started with Guru Vandana. Hon'ble Chancellor of HIHT University, gave away Swami Rama Scholarships to approximately 300 students. Some children of the employees, 15-20 students of professional education



CM Uttarakhand inaugurating first phase of CRI



CM Uttarakhand inaugurating Dhanvantri statue



CM Uttarakhand flagged off the Mobile Satellite van

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## 13th Annual Mahasamadhi Function of H.H. Dr. Swami Rama



Dr. Sanjoy Das receiving Best Teacher Award



Sh. Roshan Lal Kanodia being felicitated



Dr. S.K. Verma receiving Best Clinician Award



Dr. V. Rajesh being felicitated



CM Uttarakhand presenting the Swami Rama Humanitarian Award



People enjoying bhandara



Sh. Dada Doulatram being felicitated



Smt. Aruna Sairam performing bhajans

(medical, nursing, paramedical, and engineering) were also the beneficiaries.

The Swami Rama Humanitarian Award 2009 was given to Thutak Nunpuitu Team (TNT), Mizoram. Mr. Alex, Secretary of the organization received the award which consisted of cash, gold medal, and citation. This nonprofit, voluntary organization works for the downtrodden and marginalized members of the populations of Mizoram and neighboring states by running centers like de-addiction center, mental asylum and orphanage.

The Best Teacher Award was given to Dr. Sanjoy Das, Prof. and HOD, Dept. of Forensic Medicine. Best

Clinician Award was given to Dr. S.K. Verma, Prof., Dept. of General Medicine. Best Paraclinical Award to Mr. Pankaj Jakhmola, Lab. Technician, Ref. Laboratory, Mr. Anukul Mandal, Anaesthesia Technician; Best Nonclinical Award to Mr. I.M. Kukreti, Office Assistant, Mr. Mohan Singh, Attendant, Principal Office, Mr. Prakash, Driver, MT; Best RDI Employee Award was given to Mr. B.P. Bhatt, Field Supervisor. On this occasion, Swamiji's senior disciples, Dr. V. Rajesh, Sh. Roshan Lal Kanodia, and Sh. Dada Doulatram were felicitated for their selfless service as founders of the Trust. Over 7,000 people participated in the bhandara.

The Hon'ble Chief Minister, Dr. Ramesh Pokhariyal, 'Nishank'ji in his speech expressed his happiness and appreciated the Vice Chancellor and other office bearers in their endeavor to make the dreams of the founder come true.

Bhajan sandhya was organized in the evening. Smt. Aruna Sairam, one of the best voices to emerge from the South Indian musical tradition, enthralled the audience with her music. She rendered compositions of the spiritual masters of bhakti tradition from all over India.

## Golden Rules to Prevent Newborn Baby Infections

The common infections related to newborn babies, or at the time of delivery, are very prevalent in our country. The following rules of perinatal care can help in reducing the chances of infection.

**1. Tetanus Immunisation** - All the pregnant mothers must get themselves immunised against tetanus during antenatal period.

**2. Asepsis During Delivery** - The delivery, even if conducted at home must be done under clean and aseptic environment. The bed sheet used must be clean, preferably sterile. Before conducting delivery, the health professional must make her hands sterile by thorough hand washing with soap and dry them in air or with a sterile cloth, towel or paper. Mother's perineum should be cleaned with the antiseptic

solution. Vaginal examinations during acting labour must be avoided unless sterile disposable gloves are available.

**3. Clean Cord Care** - The umbilical cord must be tied with a clean sterile thread and cut with a new sterile disposable blade. Clean the umbilical stump with alcohol twice a day or apply thrice daily.

**4. Baby Bath** - The baby should be bathed daily at home with soap and warm water in a warm draught-free room. (Community bathing of babies in the same bath tub can promote rather than prevent infections).

While wiping the baby after bath, only dab dry and do not rub the skin with a rough towel especially over neck, axillae and groin.

**5. Eye Care** - Clean the eyes of the baby everyday with clean warm water during bathing.

**6. More Handlers Mean More Infections** - The baby should be kissed and handled by as few persons as possible. No person having fever, cough, cold, diarrhea or skin infection should handle the baby.

**7. Breast Milk Protects** - Breast feeding must be initiated soon after birth. The colostrums (first milk) must be fed to the baby and not discarded. The baby must be completely breast fed.

*Dr. Deepak Seth  
HOD, Pediatrics, HIHT University*

Continuation of Nov/Dec Issue...

## Passage to India: Nursing School in the Himalayas Part of International Exchange

### Faculty benefits

Surprisingly, faculty members seem, at times, to benefit even more than students from these international exchanges. Faculty members from the Himalayan College of Nursing see hierarchical barriers between students and teachers from abroad soften as they witness India's less formal communication patterns. Faculty members from India are exposed to the commitments that their counterparts from abroad have to continually update their clinical expertise and how this affects their teaching, in both the classroom and clinical realm. As a result, Indian faculty members often broaden what they expect of themselves and their students in clinical areas and are enthusiastic about enhancing their own professional endeavors.

The former principal of the Himalayan College of Nursing and the nursing superintendent of the Himalayan Institute Hospital had the opportunity to spend a month in England to witness nursing education and health care delivery in that country. This experience gave them firsthand exposure to interdisciplinary communication and teamwork that emphasized equality and respect among multiple disciplines.

Faculty members from abroad are mesmerized by the complementary approaches to health care they observe in India and are surprised by the successful results achieved in many situations. They eagerly take part in yoga workshops and early morning hatha yoga classes to enhance their own personal health. Some faculty members take advantage of meeting with holistic health care physicians to discuss treatment of their personal health problems.

### Institutional benefits

The greatest benefit for our institute, as well as for schools from abroad, is the opportunity for long-term collaboration and support. This collaboration can take many forms. Over the years, support for HIHT has included donations of textbooks and audio/video aids. In the early 1990s, California State University, Dominguez Hills, donated several thousand books that the World Bank arranged to ship by sea. Many publishing companies in the United States also donated books. The University of Wisconsin

Oshkosh donated two full manikins and four manikin arms that were shipped—duty-free—to enhance our nursing arts laboratory.

HIHT and institutions abroad have discussed future collaborative research opportunities for both faculty members and graduate students. Multiple international agencies—the Bill and Melinda Gates Foundation, USAID, World Bank, World Health Organization and Tata Ratan Foundation, to name a few—have provided funding for HIHT. Curriculum development continues to be enhanced through consultation with various schools from abroad, such as Alverno College in Milwaukee, Wisconsin. In addition, expert library services are available to us through the generosity of personnel at the Alverno College Library. There is not enough room to name all of the individuals and institutions that have helped HIHT survive and grow to the deemed university status it has achieved. Our mission will always be to “serve the underserved,” and it appears that international arms will always be reaching out to help us along the way.

Most foreign visitors have never been exposed to an institution that has a strong spiritual base without attachment to any formal, organized religion. Individuals from all creeds are equally welcome at HIHT as patients, students, staff and faculty members, as voiced in the morning prayer that is sung daily (except Sundays) in front of the hospital, with speakers inside the building to reach patients and their families.

In expanding its horizons, the HIHT International Program has proved that health care professionals are indeed part of a global family that has the potential to solve many problems if its members continue to work together and pool knowledge, experience and resources. Solutions to the problems of inequality of world resources are available. We just need to reach out and touch one another. We are grateful to those who have touched us and pray that the experiences they have with us will enhance their ability to touch others.

*By Dr. Renu Dhasmana and Kamili Prakash  
Reprinted with permission from Reflections on  
Nursing Leadership, vol. 35, no. 3*

## Regional Workshop on Initiatives Towards Making Health Care Toxic Free

A regional workshop on Initiatives Towards Making Health Care Toxic Free was held by Toxic Links, a Delhi-based NGO, in collaboration with Government of Uttarakhand in Dehradun on 25<sup>th</sup> November 2009.

Dr. Kathy McKeehan, Nursing Advisor, Dr. Pratima Gupta, Chairperson Hospital Infection Control Committee, Dr. Yogesh Saxena, Assistant Professor Physiology, and Mr. P.S. Pundir, Hospital Infection Control Nurse, delivered guest lectures on “Experiences in Biomedical Waste Management at a Rural Tertiary Care Center” and steps towards the mercury-free setup at HIHT.

An interactive session took place with participants from all over Uttarakhand on various aspects of safe biomedical waste management and phasing out mercury-based equipment at HIHT.

Dr. H.C. Bhatt, Director Medical and Health Services Uttarakhand, delivered the inaugural speech, while Dr. G.C. Bounthiyal, CMO Dehradun, was the keynote speaker of this workshop.



Dr. Pratima Gupta addressing the workshop

*Dr. Pratima Gupta  
Head of Department  
Microbiology  
HIHT University*

## HIHT Update Nov-Dec 2009

### Super Speciality Health Camps held:

Date	Place
13 & 27/11	Government Hospital, Haridwar
26/11/09	Kalagarh, Pauri Garhwal
28/11/09	Dwarikesh Sugar Mill, Bijnor
29/11/09	Kothdwar, with Rotary Club
8/12/09	Behat, Saharanpur
11/12/09	Government Hospital, Haridwar
12/12/09	Dwarikesh Sugar Mill, Bijnor
22-23/12/09	THDC Koteswar, Tehri Garhwal
20/12/09	Village Balkumar, near Lal Tappad, Haridwar

### Voluntary Blood Donation Camp held:

03/11/09	Manish Cable, Bhaniyawala where 17 units were collected
20/11/09	SMJN Degree College, Haridwar where 34 units were collected, camp organized in association with Red Cross Society
08/12/09	Behat, Saharanpur, where 21 units were collected
12/12/09	Dwarikesh Sugar Mill, Binjor where 14 units were collected
23/12/09	THDC Koteswar, Tehri Garhwal, where 10 units were collected

### Eye Camps held:

9/11/09	Morna Bijnor
11/11/09	Nagthat, Chakrata, Dehradun
12/11/09	Lakhamandal, Chakrata
16/11/09	Bhawasi Pokhal, Pauri Garhwal
17/11/09	Padamarani Charitable Hospital, Mandawali UP
20/11/09	Kirathpur, Bijnor
22/11/09	Chandpur, Bijnor
29/11/09	Bikrukhal, Yamkeshwar, Pauri Garhwal
1/12/09	Riknikhal, Kothwar
7/12/09	Panisen, Pauri Garhwal
10/12/09	Sherkot, Bijnor
11/12/09	Nagthat
12/12/09	Lakhamandal
18/12/09	Kirathpur, Bijnor
20/12/09	Androli, Dhumakot, Pauri Garhwal
24/12/09	Kwanu, Chakrata

### HIHT-Orbis Camps held:

7-24/11/09	Barat Mandir Inter College (Follow-up Camp)
23/11/09	KV Raiwala (Follow-up Camp)
24/12/09	Canttary School, Lacchiwala, Doiwala
29/12/09	Rajeev Nagar, Doiwala

HIHT completed 3930 cases of Cleft Lip and Cleft Palate corrections under SMILE TRAIN project till November 2009. Free Smile Camp was organized on 15/11/09 at Panipath(13) & 29/11/09 Muzaffarnagar (17).

HIHT provided 14 days training programme to 5 batches of Ayurvedic Medical Officers of Uttarakhand in Emergency Medicine in Nov. and 2 batches in Dec.

18- weeks training programme on Short Term Life Saving Anesthesia Skill to Gov. Medical Officers at HIHT completed in November 2009.

“BLS & ACLS Training” was provided to various faculty members and staff on 25/11/09 & 5,16,17/12/09.

TIFAC mobile hospital completed its 54<sup>th</sup> visit from 19-26 December 2009.

World AIDs Day was celebrated on 1<sup>st</sup> December 2009 and World Disability day was celebrated on 3<sup>rd</sup> December 2009

## Literary Events 09



Best collage on the topic—Education Over the Years



Students with mehendi hands

A committee of HIHT University organized literary events 9- 11 November 2009. MBBS and paramedical students enthusiastically participated in various literary activities like essay and story writing, face-painting, collage, rangoli, mehendi, and card-making. Topics for each event revolved around education as 11 November was Education Day. Winners were announced and awarded on Annual Day (18 December 2009).

## Vidya School Activities



Children participating in Sports Day



Christmas party celebrated at Vidya School

## Sports Day 2009



Batch 2005—winners with trophy



The inauguration of Sports Day

On 14-16 December 2009 annual sports were organized by the sports committee of HIHT University. MBBS students of all batches participated. On 16<sup>th</sup> evening the award ceremony was conducted in the presence of Vice Chancellor Mr. Vijay Dhasmana, Dean Dr. V. Chauhan, and Chairperson Sports Committee Dr. D. C. Dhasmana. Vikrant Panwar of 2005 batch and Shubhreet Randhawa of 2006 batch were declared as best athletes of the year 2009. All praise was given to the 2005 batch on Awards Night, as they were declared the best team of the year 2009.

## Himotsav 2009



Best group dance



Best play (Gandhi Chowk)



A cycle repairman resuscitating the patient in a play



Nitin Garg (batch 2003) receiving Best Graduate Award

On Founders Day, 18<sup>th</sup> December, Himotsav 09 was celebrated in the chairmanship of Dr. Anita Sharma. Lamp lighting was done by Dean of the University Dr. V. Chauhan and Deputy Deans. Students of MBBS and Paramedical courses enthusiastically participated. The programme started with Guru Vandana. Group and solo dances, singing, and skits were performed. Staff, faculty and their children enjoyed the evening. Awards were distributed at the end by Dr. P. Upadhayay, Dr. V. Chauhan, Dr. S.L. Jethani, Dr. D. C. Dhasmana, and Dr. S. Varshney.



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