

# HIHT UNIVERSITY

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Blessed are those who have the opportunity to serve humanity. At HIHT University, we groom young minds to not only be thorough professionals but to also be good human beings with moral and ethical values.

Our founder’s philosophy is embodied in his golden words “Love, Serve, Remember”. He believed that one must learn to work lovingly and selflessly. One can, through rigorous practice become skillful, but working lovingly and selflessly is what we need to learn.

It is this philosophy that the institute strives to incorporate in its system of education as well as in the treatment of the sick. Swami Rama did not teach any particular religious doctrine but his teachings aimed at transforming individuals by inspiring them to take charge of their own lives through discipline and strong will power.

His principle of compassion and selfless service is evident in patient care at the hospital and other in the outreach services offered by our medical professionals. We also see a reflection of his philosophy and teachings in the free care provided to very poor patients in our hospital through the Sewa Fund, scholarships for needy and meritorious students and other voluntary health services.

“All of the body is in the mind, but not all of the mind is in the body.” Swami Rama strongly emphasized that a majority of diseases have a psychosomatic basis and that these diseases could be ameliorated by harmonizing the body, breath, mind and emotions simultaneously.

Swami Rama’s pioneering work on the use of biofeedback as a therapeutic modality has laid the foundation for stress management and holistic health programs. The Department of Holistic Medicine in the Hospital integrates the spiritual basis of life with traditional and modern medicine. His basic teachings emphasized correct breathing techniques, healthy eating habits and various yogic and meditative practices.

The science of Joyful Living /Stress Management programme for students and faculty is a reflection of his nonsectarian and universal approach to life.