

DEPARTMENT OF PEDIATRICS

Himalayan Institute of Medical Sciences

Swami Rama Himalayan University

Swami Ram Nagar, Jolly Grant

Dehradun, Uttarakhand-248140

Activity Report: Guest Lecture

Topic: “Is Spirituality Scientific? Why the Answer Matters”

Date: 18/3/2026

Guest Speaker: Dr Ramesh Bijlani (MD Physiology)

The Department of Pediatrics organized a guest lecture on 18th March 2026 at 8:30 AM for postgraduate students (PGs) and faculty members at the institute. The session was delivered by Dr. Ramesh Bijlani, MD (Physiology), former Head of the Department of Physiology at AIIMS and associated with Sri Aurobindo Ashram. He is a renowned expert in physiology, lifestyle medicine, and the integration of yoga and spirituality with modern healthcare. The topic of the lecture was “Is Spirituality Scientific? Why the Answer Matters.” The speaker shared deep insights into the scientific basis of spirituality and its importance in medical practice. He emphasized the role of mind-body connection, holistic healing, and the integration of spirituality in improving patient care and overall well-being. All faculty members and resident doctors of the Department of Pediatrics actively attended the session. The lecture was highly engaging and thought-provoking, encouraging participants to reflect on the importance of addressing not only physical but also emotional and spiritual dimensions of health. During the session, the speaker also highlighted teachings inspired by Sri Aurobindo and The Mother, emphasizing the importance of purpose and higher consciousness in life and medical practice. The lecture concluded with an interactive discussion and question-answer session, where participants actively engaged with the speaker. The guest lecture was successfully conducted with full attendance from faculty members and residents. It provided valuable insights into the scientific relevance of spirituality and encouraged a more holistic and compassionate approach to patient care.



Dr Anil Rawat
Professor & Head
Dept. of Pediatrics