

**Himalayan Central Diagnostic and Research Laboratory  
(HCDRL)**

# ACTIVITY REPORT

**2024-2025**



# Himalayan Central Diagnostic and Research Laboratory (HCDRL)

The Himalayan Central Diagnostic and Research Laboratory (HCDRL) at the Swami Rama Himalayan University (SRHU), Jolly Grant, Dehradun, stands as a cornerstone of the University's commitment to excellence in healthcare, diagnostics, and translational research. Established as part of the broader vision of the Himalayan Institute Hospital Trust (HIHT) founded in 1989 by H.H. Dr. Swami Rama, a world-renowned yogi, philosopher, and humanitarian. The HCDRL reflects the founder's enduring mission of integrating education, research, and service for the benefit of humanity.

## Conceptualization and Foundation

The concept of the Central Research Laboratory (CRL) at SRHU evolved around the HCDRL functioning under the Himalayan Institute of Medical Sciences (HIMS). The vision was to create a unified center that could simultaneously support clinical diagnostics and research-based innovation. The foundation stone for the present facility was laid in 2017, marking a major milestone in SRHU's journey toward scientific advancement.

An area of approximately 5000 square meter was demarcated, and a blueprint was developed for constructing a four-storied facility designed in accordance with best global practices for clinical diagnostics, biosafety, and research infrastructure. The university made an initial investment of about ₹1000 lakh, to create the appropriate infrastructure and through its internal resources, including seed projects sanctioned to various faculty members continues to contribute approximately ₹500 lakh annually to sustain diagnostic operations and foster innovation in emerging research domains.

A notable technological feature of the laboratory is its pneumatic-chute system, enabling the instant transfer of blood samples from different wards of the Himalayan Hospital to the central reference laboratory. This innovation has significantly improved turnaround time and efficiency in diagnostic reporting. The CDRL is NABL accredited and meets all guidelines as released by the MNC from time to time. The SIRO certification issued by the DSIR is applicable to all R & D carried out in various labs.

The Board of management decision for the establishment of HCDRL is given at [Click Here](#)

## Genesis and Evolution

The roots of the HCDRL trace back to the establishment of HIHT in 1989, under the visionary leadership of H.H. Dr. Swami Rama, who sought to make quality healthcare and education accessible to the people of Uttarakhand and in the greater Himalayan region. In 1994, HIHT established the Himalayan Hospital- a multi-specialty teaching unit that integrated modern medical science with traditional healing systems. During the same period, the Central Diagnostic and Research Laboratory was initiated as a reference laboratory within the hospital premises.

This pioneering initiative was led by Dr. Diorio and Mrs. Diorio, whose efforts laid the foundation for core laboratory disciplines. Dr. Diorio established the Biochemistry Laboratory, while Mrs. Diorio set up the Microbiology Laboratory. Over the years, the facility expanded its scope to become an essential support system for clinical diagnostics, research investigations, and medical education.

Under the able leadership of Dr. Vinita Kalra, followed by Dr. Dushyant Singh Gaur, the laboratory functioned within the hospital building from 1994 to 2016, offering high-quality diagnostic services and serving as a teaching and research resource for the Himalayan Institute of Medical Sciences and Himalayan College of Nursing.

## Expansion and Modernization

With the establishment of Swami Rama Himalayan University (SRHU) in 2013, and the continued expansion of its healthcare and academic ecosystem, the need for a more advanced, centralized diagnostic and research facility became evident. Accordingly, in 2016, a dedicated site was allocated for constructing the Himalayan Central Diagnostic and Research Laboratory (HCDRL), symbolizing a new era of integrated research and diagnostics.

On 13th November 2017, the newly constructed HCDRL building was inaugurated. This multi-story, state-of-the-art complex houses advanced infrastructure and equipment across four specialized floors:

- Ground Floor: OPD & IPD Sample Collection and Procedures
- 1st Floor: Biochemistry Laboratories

- 2nd Floor: Microbiology Laboratories
- 3rd Floor: Hematology and Clinical Pathology Laboratories
- 4th Floor: Histopathology and Cytopathology Laboratories

This restructuring transformed HCDRL into a fully operational diagnostic and research hub, catering not only to Himalayan Hospital but also to external healthcare and academic institutions. It is designed to promote interdisciplinary collaboration, clinical investigations, and the training of postgraduate and doctoral scholars in biomedical and allied sciences.

#### *Team members of HCDRL*



#### **Role and Impact**

Today, the HCDRL embodies the integration of clinical excellence, research innovation, and academic rigor. It plays a pivotal role in supporting the diagnostic needs of thousands of patients annually while serving as a center for:

- Advanced biochemical, microbiological, and molecular diagnostics
- Collaborative and translational research across medical and life science domains
- Mentoring and training of postgraduate, doctoral, and postdoctoral researchers
- Continuous quality assurance, standardization, and innovation in diagnostic methodologies

Through its sustained growth and alignment with the guiding philosophy of H.H. Dr. Swami Rama, the HCDRL continues to uphold SRHU's mission of *"Service to Humanity through Science and Compassion."*

#### **Focus of R & D at CDRL**

The R & D in the CDRL primarily comes out from the investigations of patient's samples who visit various OPDs of the attached Himalayan Hospital. Three core areas with well-structure labs and appropriate manpower are stationed at different floors of the CDRL. These are:

1. Biochemistry
2. Microbiology
3. Pathology

The investigations in these laboratories include: Hematology, Clinical Biochemistry, Serology, Virology, Mycology, Bacteriology, Parasitology, Immunology, Histopathology, Cytopathology, Immuno-histochemistry etc. Advanced investigations like Flow cytometry, RT-PCR along with high-tech Molecular Lab tests are done routinely while raising research questions on the samples received in the laboratory. A novel facility as part of CDRL was created for "Plasma Therapy for COVID-19" patients during COVID outbreak. This lab continues to providing learning to the students. The sub-areas under CDRL include: Clinical Biochemistry, Serology, Cytopathology, Histopathology, Hematology, Metabolic disorders, Toxicology, Transfusion Medicine and Cancer.

CDRL is housed with state-of-the art equipment and latest technology for processing and investigating samples of Blood, Urine, Feces, Cerebrospinal fluid (CSF), Peritoneal fluid (Ascitic fluid), Synovial fluid, Sputum & sweat, operated part of the body, Biopsy materials, Bone marrow and Renal calculi. All samples are collected through laid down procedures and investigated for effective diagnosis of diseases and posing research questions.

CDRL with its state-of-the-art laboratories is NABL accredited and a regular quality check is done by the NMC as the third party.



National Accreditation Board for  
Testing and Calibration Laboratories

**CERTIFICATE OF ACCREDITATION**

**HIMALAYAN CENTRAL DIAGNOSTIC AND RESEARCH  
LABORATORY**

has been assessed and accredited in accordance with the standard

**ISO 15189:2012**

**"Medical laboratories - Requirements for quality and  
competence"**

for its facilities at

HIMALAYAN INSTITUTE OF MEDICAL SCIENCES, JOLLY GRANT, DEHRADUN, UTTARAKHAND, INDIA

in the field of

**Medical Testing**

Certificate Number: MC-2370

Issue Date: 15/12/2023

Valid Until:

14/12/2025

This certificate remains valid for the Scope of Accreditation as specified in the annexure subject to continued satisfactory compliance to the above standard & the relevant requirements of NABL.  
(To see the scope of accreditation of this laboratory, you may also visit NABL website [www.nabl-india.org](http://www.nabl-india.org))

Name of Legal Entity: Himalayan Institute Hospital Trust

Signed for and on behalf of NABL



N. Venkateswaran  
Chief Executive Officer

*NABL Accreditation Certificate*

# National Accreditation Board for Hospitals & Healthcare Providers

(Constituent Board of Quality Council of India)

## CERTIFICATE OF ACCREDITATION

**Himalayan Hospital**  
(A Constituent Unit of Swami Rama Himalayan University)  
Swami Ram Nagar, Jolly Grant, Doiwala  
Dehradun - 248016, Uttarakhand

has been assessed and found to comply with NABH Accreditation Standards for Hospitals, 5<sup>th</sup> Edition. This certificate is valid for the Scope as specified in the annexure subject to continued compliance with the accreditation requirements.

Date of Best Certification: April 15, 2020

Date of Previous Cycle:  
April 17, 2020 to April 16, 2020

Valid from : April 17, 2023

Valid thru : April 16, 2027



Certificate No.  
H-2020-0698

**Dr. Atul Mohan Kochhar**  
Chief Executive Officer

National Accreditation Board for Hospitals & Healthcare Providers, 30<sup>th</sup> Floor, 17<sup>th</sup> Building, A-1, Ring Road, 4<sup>th</sup> Phase, New Delhi 110 002, India  
Phone: +91 11 42202020, Fax: +91 11 4222 3415, Email: [nab@nabhi.org](mailto:nab@nabhi.org), Website: [www.nabh.in](http://www.nabh.in)



SI No. 013237



NABH and the NABH Accreditation Standards for Hospitals are ISO 9001 Accredited.

*NABH Accreditation Certificate*



सुचना का  
अधिकार  
RIGHT TO  
INFORMATION

दूरभाष/TEL : 26962819, 26567373  
(EPABX) : 26565694, 26562133  
: 26565687, 26562144  
: 26562134, 26562122  
फैक्स/FAX : 26960629, 26529745  
Website : <http://www.dsir.gov.in>  
(आईएसओ 9001:2008 प्रमाणित विभाग)  
(AN ISO 9001:2008 CERTIFIED DEPARTMENT)



सत्यमेव जयते

भारत सरकार  
विज्ञान और प्रौद्योगिकी मंत्रालय  
वैज्ञानिक और औद्योगिक अनुसंधान विभाग  
टेक्नोलॉजी भवन, नया महरौली मार्ग,  
नई दिल्ली - 110016  
GOVERNMENT OF INDIA  
MINISTRY OF SCIENCE AND TECHNOLOGY  
Department of Scientific and Industrial Research  
Technology Bhavan, New Mehrauli Road,  
New Delhi - 110016



F.No. 14/134/1999-TU-V

Date: 27<sup>th</sup> April 2023

**The Registrar**  
**Swami Rama Himalayan University**  
**Swami Ram Nagar, Jolly Grant,**  
**Dehradun – 248140, Uttarakhand**

**Subject: Renewal of Recognition of Scientific and Industrial Research Organisations (SIROs).**

Dear Sir,

This has reference to your application for renewal of recognition of **Swami Rama Himalayan University, Dehradun, Uttarakhand** as a Scientific and Industrial Research Organisation (SIRO) by the Department of Scientific and Industrial Research under the Scheme on Recognition of Scientific and Industrial Research Organisations (SIROs), 1988.

2. This is to inform you that it has been decided to accord renewal of recognition to **Swami Rama Himalayan University, Dehradun, Uttarakhand** from **01.04.2023 to 31.03.2026**. The recognition is subject to terms and conditions mentioned overleaf.
3. Receipt of this letter may kindly be acknowledged.

Yours faithfully,

**(Dr. P.K. Dutta)**  
**Scientist - 'G'**

*SIRO Certificate*

## **Monitoring and Governance Structure of HCDRL**

The Governance structure of HCDRL comes out through leadership of the President, Dr Vijay Dhasmana, the Vice Chancellor, Dr Rajendra Dobhal, Faculty In-charge Dr Dushyant Gaur and HODs of three core facilities i.e. Biochemistry, Microbiology and Pathology. The current faculty include:

1. Prof. Dushyant Gaur, Professor and In-charge of CDRL
2. Prof. Aarti Kotwal, Professor, Microbiology
3. Prof. Garima Mittal, Professor, Microbiology
4. Prof. Kiran Bhat, Professor, Biochemistry
5. Dr Rajendra Kumar, Associate Professor
6. Prof. Smita Chandra, Professor, Pathology
7. Prof. Mansi Kala, Professor Pathology

## **Institutional Research Committee (IRC)**

The Institutional Research Committee of HCDRL is the same as that of the Himalayan Institute of Medical Sciences (HIMS).

The constitution along with the Terms of Reference are at [Click Here](#)

## **Research & Development Activities at CDRL**

R & D portfolio at HCDRL includes both Infectious Diseases Biology (IDB) and Chronic Diseases Biology (CDB). TB, MDR TB, AMR, COVID 19, Viral infections etc. are the areas of research under IDB while Cancer, Diabetes, Neuro, autoimmune disorders predominate CDB. The projects funded during the year as seed grants towards research facilities under HCDRL infrastructure strengthened include the following:

## **Role of HCDRL as the Nodal center for MDR TB**

SRHU through its Department of Pulmonary Medicine operates as the Nodal Centre for MDR TB in the state of Uttarakhand. The Department is equipped to provide comprehensive care for various lung diseases, including both standard DOTS, Short-course and DOTD Plus for drug-resistant strains. SRHU actively participates in the National Tuberculosis Elimination Programme working in collaboration with the Government of Uttarakhand's Health department. The MoU on this is placed at [Click Here](#)

**The Department of Pathology** has been in existence for over 25 years and has accomplished faculty trained at various premier institutes of India; many of whom have been awarded International and National Fellowships from various premise scientific bodies. It offers a wide range of investigations in Histopathology, Cytopathology, Immunochemistry, Hematology, Flow-cytometry, Tissue Banking and Clinical Pathology. All the laboratories are equipped with state-of-the-art equipment and are NABL accredited. In year 2024, more than 2000 samples were processed. The faculty is deeply engaged in research activities and have presented research work based on largely unexplored population of Uttarakhand, in various international and national conferences. The department has a wealth of sophisticated equipment, instruments, teaching material and a specimen museum which houses common and rare cases operated in our institute. The lab provides hands-on training to UG and PG students and encourage development of a scientific vision amongst the students. We have a rich library with hundreds of specialized books and subscription to various international/national journals.

The department has good infrastructure in terms of advance equipment, holds regular training, publishes well and receive internal funds to carry out good R & D in pathology. The list of FDP training etc. are available at [Click here](#)

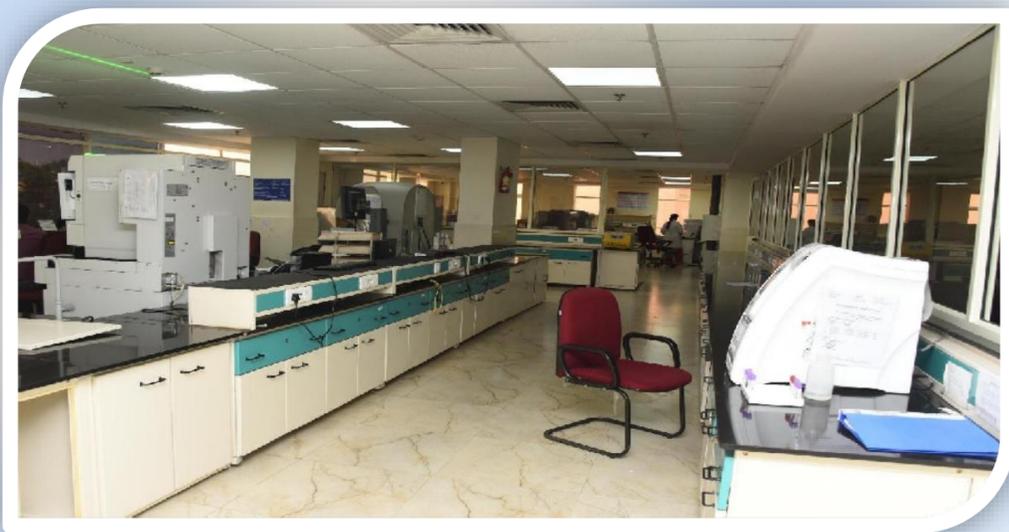
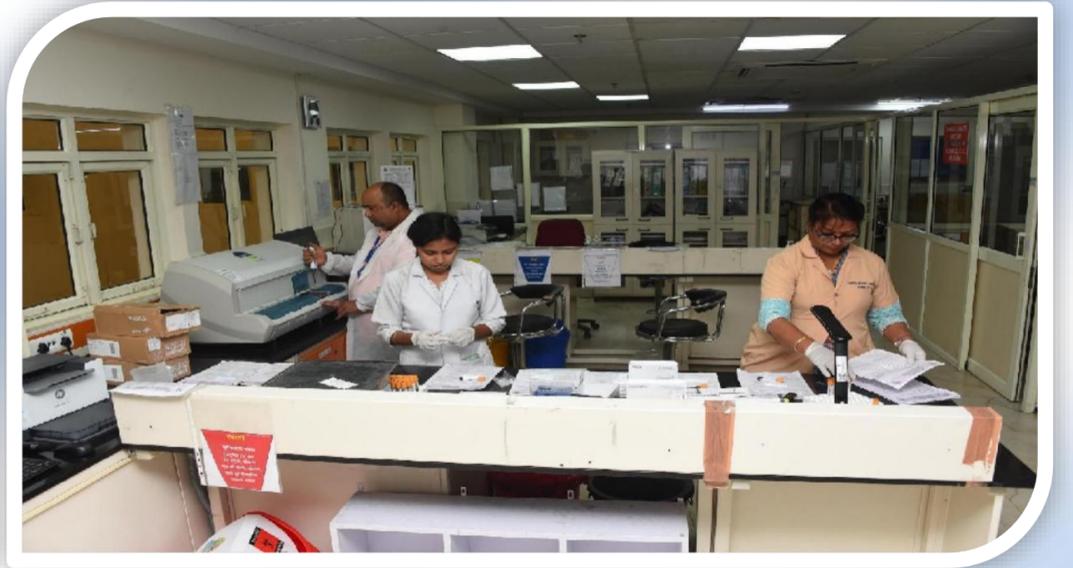
## **About Biochemistry lab**

**Microbiology Lab:** The institution houses state-of-the-art laboratories across multiple disciplines including Bacteriology, Serology, Immunology, Molecular Biology, Mycology, Parasitology, and Mycobacteriology, all designed in compliance with Biosafety Level-2 (BSL-2) standards. Each laboratory section is equipped with advanced automated systems such as BacT-Alert, VITEK-2, VIDAS, VITROS 2000, and ELISA platforms, which enhance precision, accuracy, and efficiency in diagnostic and research procedures. Both manual and automated testing processes are carried out by qualified and well-trained technicians, following clearly defined section-wise Standard Operating Procedures (SOPs) to ensure reliability and reproducibility of results. The institution also emphasizes stringent Biomedical Waste Management practices in accordance with regulatory norms to ensure environmental safety and infection control.

The Molecular Diagnostics section is highly advanced, incorporating technologies such as Biofire Film Array, Real-Time PCR (RT-PCR), Truenat, and line-probe assays for rapid and sensitive detection of pathogens. Collectively, these laboratories serve as a comprehensive diagnostic and research facility, upholding the highest standards of innovation, biosafety, and technical excellence in clinical and molecular diagnostics.

There is a long list of equipment in microbiology for Diagnosis and R & D. Some of the expensive infrastructure developed through the seed grants projects used for diagnostics and research purposes are given below:

<b>Central Diagnostics and Research Centre</b>					
1	To study the early detection of blood cancer through advanced diagnostic, genomic, and biomarker-based approaches	Dr. Dushyant Gaur	HIMS	24 Months	60.00
2	Microbiological Insights into the Pathogenesis of Type 2 Diabetes Mellitus: A Gut Microbiome Approach	Dr Barnali kakati	HIMS	24 Months	25.03
3	To establish a Medical Education Centre (MEC) dedicated to advancing innovative pedagogy, faculty development, and educational research in medical and health sciences	Dr Juhi Kalra	HIMS	24 Months	60.80
4	To study the microbiological aspects of Tuberculosis (TB) with a focus on rapid detection, antimicrobial resistance mechanisms, and molecular characterization of Mycobacterium tuberculosis strains	Dr Arti Kotwal	HIMS	24 Months	40.20
5	To study the pathology of cancer using high-level molecular and serum biomarkers for improved understanding of tumor biology, early detection, prognosis, and personalized therapy	Dr Smita Chandra	HIMS	24 Months	17.00
6	To study the role of hospital waste as a source and vector for hospital-acquired infections (HAIs) through microbiological surveillance, pathogen isolation, and antimicrobial resistance profiling	Dr Garima Mittal	HIMS	24 Months	18.00
7	Role of tumour markers in cancer diagnostics and prognostics	Dr.Kiran Bhatt	HIMS	24 Months	29.00
<b>Total</b>					<b>250.03</b>



*Laboratory Workstations*



*Laboratory Exposure to the*

**Swami Rama Himalayan University**

**Publication Detail -2024**

**Himalayan Institute of Medical Sciences**

Year	Title of the paper	Author Name (First Author or Corresponding Author)	Name of Academic Unit	Name of the Journal	Date of Publication (dd-mmm-yyyy) e.g. 20-Aug-2024	ISSN No.	Digital Object Identifier (DOI) No. / Weblink
2025	Beyond Royalty: Unraveling The Mystery Of Bluish Discolouration In The Blood Transfusion Set	Raturi, M.; Nautiyal, R.; Kumar, V.; Dhiman, Y.; Singh Gaur, D.; Chandra, H.	HIMS	Elsevier Masson s.r.l.			10.1016/j.traccli.2024.1 0.005
2025	Blood Group Misinformation Impacting The Attendant'S Decision- Making For A Timely Blood Transfusion To Their Patient: An Ethical Dilemma	Raturi, M.; Bhatt, S.; Dhiman, Y.; Gaur, D.S.; Bathla, G.	HIMS	Elsevier Masson s.r.l.			10.1016/j.traccli.2024.1 2.003
2025	Burden And Trend Of Drug Resistant Tuberculosis: Is The Onus On Isoniazid Monoresistant Tb Now	Sethi, V.; Kotwal, A.; Jethani, V.; Pathe, C.; Maurya, A.K.	HIMS	Indian J. Tuberculosis	21 June 2025	Print ISSN: 0019-5707 Online ISSN: 2589- 1278	<a href="https://doi.org/10.1016/j.ijtb.2025.06.015">https://doi.org/10.1016/j.ijtb.2025.06.015</a>
2025	Prevalence Of Tuberculosis/Covid 19 Co- Infection Among Active Tuberculosis Patients At A Tertiary Care Hospital In Uttarakhand, India	Jethani, V.; Khanduri, R.; Jethani, S.; Singh, S.K.; Srivastava, A.K.; Kotwal, A.; Goyal, M.	HIMS	Razi Vaccine and Serum Research Institute			10.32592/ARI.2025.80. 3.775
2025	Elizabethkingia Meningoseptica With Targeted Environmental Surveillance In A Tertiary Care Hospital: A Retrospective Cohort Study	Dr. Garima Mittal, Dr. Saikat Patra	HIMS	Cureus	01 July 2025	2168-8184	10.7759/cureus.87095
2025	Invasive Pulmonary Aspergillosis (Ipa)- A Study Of Risk Factors, Diagnostic Modalities And Role Of Galactomannan Antigen Detection	Dr. Garima Mittal Dr Rakhee Khanduri	HIMS	Indian Journal of Medical Microbiology	27-Sep-2025 (Online)	Print ISSN: 0255-0857  Online ISSN: 1998- 3646	DOI: 10.1016/j.ijmmb.2025. 100982
2025	Analysis Of Kidney And Liver Exchange Transplantation In India (2000–2025): A Multicentre, Retrospective Cohort Study	Kute, V.B.; Patel, H.V.; Banerjee, S.; Aziz, F.; Godara, S.M.; Bansal, S.B.; Bhalla, A.K.; Modi, P.; Sharma, A.; Billa, V.; Narayanan, S.; Ranjan, P.; Singla, M.; Soin, A.S.; Gupta, S.; Guleria, S.; Bhangui, P.; Gupta, A.; Ray, D.S.; Engineer, D.P.; Rizvi, J.; Parmar, V.; Bahadur, M.M.; Singh, S.; Shingare, A.P.; Shah, B.V.; Hafeeq, B.; Aboobacker, I.N.; Barnela, S.; Chauhan, M.; Varughese, S.; Khullar, D.; Rela, M.; Kothari, J.; Bichu, S.; Kumar, D.; Das, P.; Gopinathan, J.C.; Eapen, J.J.; Das, S.S.; Prakash, S.; Kumar Bt, A.; Ambike, S.; Angral, R.; Saxena, S.; Bavikar, S.; Tripathi, V.; Srinivasa, S.; Hegde, U.; Siddini, V.;	HIMS	Elsevier Ltd			10.1016/j.lansea.2025. 100597

		Mohanty, N.; Mammen, K.J.; Abraham M, A.; Bajpai, D.; Chauhan, S.; Kumar, A.; Balwani, M.R.; Meshram, H.S.; Mohanka, R.; Sudhindran, S.; Chaubal, G.; Srinivasan, T.; Rammohan, A.; Mishra, V.; Thukral, S.; Bavikar, P.; Jamale, T.; Kriplani, J.; Girish, N.S.; Parikh, K.; Jeloka, T.; Sreekumar, V.; Aslam, S.; Guptha, V.; Agarwal, D.; Gulati, S.; Gupta, A.; Kiran, M.K.; Anandh, U.; Gumber, M.; Chowdhary, P.K.; Khetan, P.; Nayak, K.S.; Deshpande, R.; Godhani, U.; Pattewar, S.; Mehta, K.; Inamdar, N.; Yadav, R.K.; Shrimali, J.; Goswami, J.; Garsa, R.; Balasubramaniam, R.; Mukkavilli, K.K.; Sharma, R.K.; Soni, S.; Wani, I.; Kakde, S.; Prasad, N.; Singh, G.					
2025	Evaluation Of Measurement Uncertainty In Clinical Chemistry And Its Comparison With Analytical Performance Specifications	Dr. Nishtha Wadhwa, Dr. Kiran Bhat, Ms.Mansi Kalsi, Ms. Tushita Sadhu	HIMS	Cureus	15 February 2025	DOI: 10.7759/cu reus.79043	<a href="https://drive.google.com/file/d/1v7ddBoF5100CWPA--2gaszDj1xrDwh4c/view?usp=sharing">https://drive.google.com/file/d/1v7ddBoF5100CWPA--2gaszDj1xrDwh4c/view?usp=sharing</a>
2025	Nt-Pro-Bnp: A Biochemical Marker For Predication Of Adverse Outcomes In Pre- Eclampsia	Bhat, Kiran.; Wadhwa, N.; Kala, A.M.; Sharma, P.; Nautiyal, R.	HIMS	Springer	01 October 2025	https://doi. org/10.100 7/s12291- 025-01356- 7	10.1007/s12291-025- 01356-7
2025	Waist To Height Ratio As A Low Cost Tool For Identifying Cardiovascular Risk In Metabolically Dysfunctional Associated Fatty Liver Disease	Dr. Kiran Bhat	HIMS	Acta Medica International	14 November 2025	Acta Med Int . 2025;12 (3)(3) :776- 781.	<a href="https://drive.google.com/file/d/1eE9h4YgnoqH5fXeagJN0elbPEkqK19rN/view?usp=sharing">https://drive.google.com/file/d/1eE9h4YgnoqH5fXeagJN0elbPEkqK19rN/view?usp=sharing</a>
2025	Comparing The Effect Of Self Plantar Fascia Release And Self Hamstring Stretching On Hamstring And Lumbar Spiane Flexibility	Deepshikha Bisht, Praveen Rawat, Abhay Srivastava, Vaibhav Agarwal, Rajender Singh, Dr. Abhay Srivastava	HIMS	Journal of lifestyle Medicine	31 August 2025	2288-1517	<a href="https://doi.org/10.15280/jlm.2025.15.2.80">https://doi.org/10.15280/jlm.2025.15.2.80</a>
2025	Comparison Of Conventional And Molecular Methods For Testing Of Neisseria Gonorrhoeae And Determination Of Fluoroquinolone Resistance In Patients With Sexually Transmitted Infections	Rajender Singh	HIMS	Journal of Laboratory Physicians	01 January 2025	0974-2727	
2025	Multiplex Pcr For Lower Respiratory Tract Infection Diagnosis In Icu And Non- Icu Settings: Enhancing Diagnostic Stewardship In Indian Tertiary	Dr. Rajender Singh	HIMS	Iranian Journal of Microbiology	01 December 2025	pISSN: 2008-3289 eISSN: 2008-4447	DOI: <a href="http://doi.org/10.18502/ijm.v17i6.20360">http://doi.org/10.18502/ijm.v17i6.20360</a>

	Care						
2025	National Program on containment of Anti-microbial Resistance	Dr. Rajender Singh	HIMS		05 April 2025	9.78937E+12	
2025	Trends And Characteristics Of Candidemia In Patients With Suspected Sepsis: A Two-Year Retrospective Study From A Tertiary Hospital In Uttarakhand	Dr. Rajender Singh	HIMS	Cureus	17 June 2025	2168-8184	DOI: 10.7759/cureus.86241
2025	Diagnostic Utility Of Fine Needle Aspiration Cytology In A Case Of Pulmonary Hydatid Cyst Masquerading As Tuberculosis	Dr Smita Chandra, Dr Varuna Jethani	HIMS	Journal of Cytology	29 August 2025	0970-9371	<a href="https://drive.google.com/file/d/1BQNAjUYRVXFIFzcbRPiqKSbgdaVgof/view?usp=sharing">https://drive.google.com/file/d/1BQNAjUYRVXFIFzcbRPiqKSbgdaVgof/view?usp=sharing</a>
2025	Er Negative Pr Positive Breast Cancer: Revisiting A Rare And Controversial Molecular Subtype	Dr Smita Chandra	HIMS	J Breast Cancer Res	01 September 2025	2769-2418	<a href="https://drive.google.com/file/d/1QpUI8-halrhQoAPDe_N2XrGb0krS6e2j/view?usp=sharing">https://drive.google.com/file/d/1QpUI8-halrhQoAPDe_N2XrGb0krS6e2j/view?usp=sharing</a>
2025	Evaluation Of Measurement Uncertainty In Clinical Chemistry And Its Comparison With Analytical Performance Specifications	Dr. Nishtha Wadhwa, Dr. Kiran Bhat, Ms.Mansi Kalsi, Ms. Tushita Sadhu	HIMS	Cureus	15 February 2025	DOI: 10.7759/cureus.79043	<a href="https://drive.google.com/file/d/1v7ddBoF510OCWPA--2gaszDj1xrDwh4c/view?usp=sharing">https://drive.google.com/file/d/1v7ddBoF510OCWPA--2gaszDj1xrDwh4c/view?usp=sharing</a>
2024	Hattrick of H-deficient phenotypes at a tertiary care health center in India	Dhiman, Yashaswi; Khatiwada, Basanta; Raturi, Manish; Gaur, Dushyant Singh; Nautiyal, Rolika; Rawat, Himanshu	HIMS	Iraqi Journal of Hematology	2024	10.4103/ijh.ijh_53_24	2543-2702
2024	Icepack-Induced transient vasospasm leading to acrocyanosis in an Indian blood donor: A rare occurrence	M., Raturi, Manish; Y., Dhiman, Yashaswi; D.S., Gaur, Dushyant Singh; R., Nautiyal, Rolika; T., Bhardwaj, Tushar	HIMS	Transfusion Clinique et Biologique	2024	10.1016/j.t racli.2024.06.003	
2024	Manual red cell exchange (RBCXm) in acute sickle cell crisis: A feasible modality in resource limited settings	Y., Dhiman, Yashaswi; B., Khatiwada, Basanta; K., Das, Kunal; M., Raturi, Manish; D.S., Gaur, Dushyant Singh	HIMS	Transfusion Clinique et Biologique	2024	10.1016/j.t racli.2024.01.006	
2024	Motivating tomorrow's blood donors: Impact of college-driven blood grouping initiatives	Raturi, Manish; Dhiman, Yashaswi; Gaur, Dushyant Singh; Vashisth, Priyank; Sahrawat, Adityaveer	HIMS	Transfusion Clinique et Biologique	2024	10.1016/j.t racli.2024.06.010	ISSN 1246-7820
2024	Naturally occurring clinically significant anti-M alloantibodies with wide thermal range: A series of three cases	Raturi, Manish; Khatiwada, Basanta; Dhiman, Yashaswi; Gaur, Dushyant Singh; Adhikari, Bhawana	HIMS	Iraqi Journal of Hematology	2024	10.4103/ijh.ijh_4_24	ISSN: 2072-8069 Online ISSN: 2543-2702
2024	Telemedicine in transfusion medicine: Bridging gaps in access, compliance, and expertise in the remote high-altitude hilly regions of Uttarakhand, India	Raturi, Manish; Dhiman, Yashaswi; Gaur, Dushyant Singh; Sahrawat, Adityaveer	HIMS	Transfusion Clinique et Biologique	2024	10.1016/j.t racli.2024.08.001	1246-7820
2024	Comparative performance of biofire pneumonia panel and standard culture-based methods for	B., Kakati, Barnali; R., Singh, Rajender; G., Mittal, Garima; N., Koul, Nupur	HIMS	Indian Journal of Medical Microbiology	2024	10.1016/j.ij mmb.2024.100668	

	diagnosing pneumonia in critically ill patients: Impact on antibiotic stewardship						
2024	Role of IgM/ IgG Ratio in Distinguishing Primary and Secondary Dengue Viral Infections: A Cross-Sectional Study.	Dr. Garima Mittal	HIMS	Cureus	2024	DOI 10.7759/cureus.66714	
2024	A Study Of Vitamin D Levels In Newly Diagnosed Cases Of Childhood Tuberculosis In The Sub Himalayan Region	Debajyoti Banerjee, Brahm Prakash Kalra, Varuna Jethani, Kiran Bhat	HIMS	International Journal of Academic Medicine and Pharmacy	2024	DOI: 10.47009/jamp.2024.6 .5.105	
2024	The Relationship of Immune Markers with Severity and Heritability of Depressive Disorder: A Cross-Sectional Hospital-Based Study from North India	A., Prasad, Anshu; P., Avinash, Priyaranjan; R., Victor, Robin; K., Bhat, Kiran	HIMS	Indian Journal of Psychological Medicine	2024	10.1177/02537176241275537	
2024	Vitamin B12 Deficiency Induced Hyperhomocysteinemia Leading to Myocardial Infarction	Tushan Kumar, Dr Kiran Bhat	HIMS	Afr.J.Bio.Sc	2024	<a href="https://doi.org/10.48047/AJBS.6.7.2024.1669-1679">https://doi.org/10.48047/AJBS.6.7.2024.1669-1679</a>	
2024	Comparative performance of biofire pneumonia panel and standard culture-based methods for diagnosing pneumonia in critically ill patients: Impact on antibiotic stewardship	B., Kakati, Barnali; R., Singh, Rajender; G., Mittal, Garima; N., Koul, Nupur	HIMS	Indian Journal of Medical Microbiology	2024	10.1016/j.ijmmb.2024.100668	
2024	Pindborg Tumor— Calcifying Epithelial Odontogenic Tumor: A Rare Clinical Entity	H.K., Mittal, Himanshu Kumar; S., Chandra, Smita	HIMS	Otorhinolaryngology Clinics	2024	10.5005/jp-journals-10003-1527	
2024	Study of tumor budding and its association with clinicopathological parameters in breast carcinoma	Kaundiyal, Suresh; Chandra, Smita; Arora, Anshika	HIMS	Revista da Associacao Medica Brasileira	2024	10.1590/1806-9282.2024.0173 ISSN 39166665	

## Patents

S. No.	Inventors	School	Title of the Invention	Date of Filing	Patent No.
1.	Dr. Kunal Das, Dr. Nitika Agrawal, Dr. Vipul Nautiyal	HIMS	Cervical Range of Movement Instrument	25-Nov-20	202011051239
2.	Dr. Kunal Das, Dr. Nitika Agrawal	HIMS	Stylet Retaining Lumbar Puncture Needle	12-Aug-20	202011053351
3.	Dr. Neeraj Gupta	HIMS	Wearable Mindfulness Enhancing Device For Relieving Stress Induced Anxiety	29-Dec-20	202011056809
4.	Dr. Kunal Das, Dr. Nitika Agrawal, Mr. Shubham Agrawal, Ms. Vedika Agrawal, Dr. Vipul Nautiyal, Dr. Manish Raturi, Dr. Anshika Arora	HIMS	Vertex Perimetry Device	18-Feb-21	202111006746
5.	Dr. Vijendra Chauhan Dr. Chandra Shekhar Nautiyal,	HIMS	Bone Cement Injecting Device With Air And Body Fluids Removal Mechanism	18-Mar-21	202111011479
6.	Dr. Garima Mittal, Dr. Rajendra Singh, Dr. Naresh Khanduri, Dr. Chandra Shekhar Nautiyal	HIMS	Antimicrobial Sanitizing Formulation	22-Dec-21	202111059956
7.	Mr. Ravi Kant, Dr. Meenu Gupta, Dr. Satish Uniyal, Dr. Vipul Nautiyal, Dr. Jyoti Bisht, Mr. Rishabh Dobhal, Dr. Sunil Saini, Dr. Mushtaq Ahamad	HIMS	Intraluminal Dosimetry Slab Phantom	06-Apr-23	202311025908
8.	Dr. Neeraj Gupta	HIMS	A urinal prototype for cancer screening by quantitation of native nucleic acids in urine using UV spectroscopy	9-May-22	202211026749
9.	Dr. Nikku Yadav, Dr. Yogesh Saxena, Mr. Dilip Kumar J Saini, Dr. Mansi Kala, Dr. Anita Sharma, Dr. Saurabh Singh, Ms. Nidhi Yadav	HIMS	A Smart System or Non-Invasively Determining Level of Bilirubin, Haemoglobin and Hematocrit in Blood Using Artificial Intelligence	7-Jul-22	202211039179
10.	Dr. Girish Gupta, Dr. Garima Goyal	HIMS	Peritoneal dialysis training simulator for neonates	1-Oct-22	202211056500
11.	Dr. Tanmay Singh, Dr. Saurabh Bansla, , Dr. Sunil Saini, , Dr. Mushtaq Ahmad, Dr. Meenu Gupta, Dr. Nadia Shirazi	HIMS	Treatment Process of HPV infection and mutation of p53 gene in esophageal squamous cell carcinoma	1-Oct-22	202211056510
12.	Dr. Anshika Arora, Dr. Sunil Saini, Dr. Vipul Nautiyal, Dr. S.K. Verma, Dr. Meenu Gupta, Dr. B.P. Kalra, Dr. Mushtaq Ahmad	HIMS	Process for prevalence of pain, anxiety, and depression in admitted cancer patients	1-Oct-22	202211056511
13.	Dr. Manjot S. Arora, Dr. Reshma Kaushik, Dr. Shahbaj Ahmad, Dr. Rajeev Mohan Kaushik	HIMS	Prediction process for acute kidney injury in patients with decompensated cirrhosis	1-Oct-22	202211056514
14.	Dr. Gagandeep Acharya, Dr. Rajeev Mohan Kaushik, Dr. Rohit Gupta, Dr. Reshma Kaushik	HIMS	Scoring method for predictors of 3-month mortality among end-stage liver disease patients	1-Oct-22	202211056512
15.	Dr. Rakhee Sodhi Khanduri, Dr. Varuna Jethani, Dr. Rashmi Jindal, Dr. Nadia Shirazi	HIMS	Rare Etiology of Drug Rash in a Patient Receiving AntiTuberculosis Treatment	5-Nov-22	202211063281
16.	Dr. Laxmi Kumar, Dr. Kanchan Bala, Dr. Himani Bora	HIMS	Study on the Knowledge and Practice regarding Prevention of Postpartum Complications among Post Natal Mothers	7-Nov-22	202211063501
17.	Dr. Deepak Oberoi, Dr. Vinit Mehrotra, Dr. Tarun Chaudhary	HIMS	Comparison of Immediate Postoperative Complications in Using Left Internal Mammary Artery Vein Versus Only Vein	7-Nov-22	202211063510
18.	Dr. Rashmi Jindal, Dr. Payal Chauhan	HIMS	Systematic Review of Cutaneous Manifestations of Coronavirus Disease	7-Nov-22	202211063514
19.	Dr. S.S. Bist, Dr. Lovneesh Kumar, Dr. Saurabh Saini	HIMS	Prevalence and Etiological Factor of Hearing Impairment among School Going Children in Rural Area	8-Nov-22	202211063560
20.	Dr. Ruchi Juyal, Dr. Jayanti Semwal, Dr. Ashok Kumar Srivastava, Dr. Deep Shikha, Dr. Vidisha Vallabh, Dr. Sunil Dutt Kandpal	HIMS	Community-Based Study on Barriers to Utilization of Antenatal Care Services by Currently Married Women	8-Nov-22	202211063577

21.	Dr. Deepa Singh, Dr. Aksh Dubey, Dr. SL Jethani, Dr. Nadia Ahmad	HIMS	Morphometric analysis of proximal end of the tibia	5-Nov-22	202211063250
22.	Dr. Smita Chandra, Dr. Anuradha Kusum, Dr. Vipul Nautiyal, Dr. Manveer Kour Raina, Dr. Sushil Kumar Shukla	HIMS	Diagnostic Rescue of Silent Scalp Swelling by Fine-Needle Aspiration	5-Nov-22	202211063252
23.	Dr. Anshika Arora, Dr. Sunil Saini, Dr. Nishish Vishwakarma, Dr. Tanvi Luthra	HIMS	Role of Frozen Section of a Sentinel Lymph Node in Patients with Early Breast Cancer for the Management of the Axilla in India	5-Nov-22	202211063285
24.	Dr. Veena Asthana, Dr. Rohan Bhatia, Dr. Medha Bhardwaj	HIMS	Anaesthetic management Method in guillain-barré syndrome undergoing total hip replacement	5-Nov-22	202211063245
25.	Dr. Nand Kishore, Dr. Sushant Khanduri, Dr. Barnali	HIMS	Method of finding patterns of microorganisms of urinary tract infection and its outcomes in diabetic patients	4-Nov-22	202211063244
26.	Dr. Varuna Jethani, Dr. Rakhee Sodhi Khanduri, Dr. Ankit Aggarwal, Dr. Suchita Pant	HIMS	Uncommon Etiology of Chronic Wheeze	5-Nov-22	202211063266
27.	Dr. Yogesh Saxena, Dr. Nimish Jindal	HIMS	Acute effect of slow abdominal breathing on heart rate variability in pre-hypertensive	5-Nov-22	202211063263
28.	Dr. Taruna Sharma, Dr. Sohaib Ahmad, Dr. Suman Bala, Dr. Juhi Kalra, Dr. Aalia Tausif	HIMS	Study of Awareness and Adherence in Patients Receiving Anti-Hypertensive Drugs	5-Nov-22	202211063259
29.	Dr. Manju Saini, Dr. M. Goel, Dr. A. Kusum, Dr. S. Raghuvanshi, Dr. Asmita Chugh	HIMS	Evaluation process for ADC Values in Probably Benign and Suspicious Malignant Breast Lesions	16-Nov-22	202211065635
30.	Dr. Garima Mittal, Dr. Rajender Singh, Dr. Manish Mittal, Dr. Barnali Kakati, Dr. Shagufta Jahoor, Dr. Madhuri Tripathi	HIMS	Diagnosis method for VAP based on clinical and microbiological criteria	16-Nov-22	202211065849
31.	Dr. Ruchi Juyal, Dr. Deep Shikha, Dr. Sunil Saini, Dr. Jayanti Semwal, Dr. Amita Mason, Dr. Sai Chandan Das	HIMS	Method for finding prevalence of psychological distress among cancer patients	16-Nov-22	202211065648
32.	Dr. Jayanti Semwal, Dr. Deep Shikha, Dr. Yashpal Singh, Dr. Sudip Bhattacharya, Dr. Sumit Kumar Singh	HIMS	Case control method for Diabetes mellitus as a risk factor for ischemic stroke	16-Nov-22	202211065664
33.	Dr. Mamta Goyal, Dr. DN Awasthy, Dr. Shailendra Raghuvanshi, Dr. Sakshi Tomar	HIMS	Triple Phase Multidetector Computed Tomography of Hepatic Masses with Cytopathological Correlation	16-Nov-22	202211065866
34.	Dr. Neha Sharma, Dr. Shaili Vyas, Dr. Jayanti Semwal, Dr. Swati Sharma	HIMS	Study to Assess Knowledge, Attitude, and Practices Toward Road Traffic Safety Regulations Among Students	16-Nov-22	202211065871
35.	Dr. Renu Dhasmana, Dr. Amit, Dr. Harsh Badahur	HIMS	Corneal transplants surgical method	24-Nov-22	202211067648
36.	Dr. Harsh Bahadur	HIMS	Method of tarsorrhaphy and amniotic membrane transplantation in the healing of persistent corneal epithelial defects	24-Nov-22	202211067654
37.	Dr. Renu Dhasmana, Dr. Ranjit Kumar,	HIMS	Traumatic Optic Neuropathy in Head Injury	24-Nov-22	202211067659
38.	Dr. Abhishek Kandwal, Dr. Sanjeeva Kumar, Dr. Nidhi Kundra	HIMS	Cross-Sectional Study on Oral Health Knowledge and Beliefs Assessment in Adult Population	24-Nov-22	202211067667
39.	Dr. Sampan Singh Bist, Dr. Lovneesh Kumar, Dr. Vinish Kumar Agarwal, Dr. Himanshu Kumar Mittal, Dr. Shiraz Syed,	HIMS	Cross-Sectional Observational Study on Clinico-Aetiological Profile of Patients with Vertigo	24-Nov-22	202211067675

40.	Nisha Bhatia	HIMS	Process to calculate the Tc-99m pertechnetate thyroid uptake using Thyroid Uptake Probe	10-Dec-22	202211071329
41.	Dr. Sunil Saini, Dr. Anshika Arora, Dr. Sourabh Nandi, Dr. Chandra Shekhar Nautiyal	HIMS	An abdominal collapsible multi-position retractor device with a variable adjustable lockable mechanism	28-Apr-23	202311030701
42.	Dr. Jyoti Bisht, Dr. Satish Uniyal, Dr. Sunil Saini, Dr. Mushtaq Ahmed, Dr. Vipul Nautiyal, Mr. Ravi Kant, Dr. Meenu Gupta	HIMS	Intravaginal Slab Phantom With Air-Pockets	28-Aug-23	202311057667
43.	Dr. Talha Rehman, Dr. Girish Gupta	HIMS	"HimGiriTal" is an innovative tool for measuring forehead pulse oximetry using peripheral placed transmittance pulse sensor in newborns in low middle-income countries		
44.	Dr. Chandra Shekhar Nautiyal, Dr. Vijendra Devisingh Chauhan	HIMS	Bone Fixation Device	6-Sep-23	202311059944
45.	Dr. Satish Chandra Uniyal, Mr. Vikram Singh	HIMS	Radioprotection handcart for radiographic examinations in neonatal intensive care unit (NICU)".	30-Nov-23	202311081305
46.	Dr. Chandra Shekhar Nautiyal, Dr. Vijendra Devisingh Chauhan, Mr. Sandeep Kumar	HIMS	Adjustable Footrest for Squatting Posture on Toilets	9-Feb-24	202411008825
47.	Dr. Manish Kumar Jha, Dr. Amit Sharma, Vishal Rajput	HIMS and HSBS	Exteroceptive Stockings for neurological Stimulation in Lower limb	27-Jul-24	202411057184
48.	Nikita Vaid, Dr. Manish Kumar Jha	HIMS	Tilted Visual Feedback by Convex Mirror to Improve Outcomes in Lateropulsive Pusher Syndrome	27-Jul-24	202411057192
49.	Dr. Manish Kumar Jha, Dr. Amit Sharma, Vishal Rajput	HIMS	Mechanoceptive Gloves for Vibratory Stimulation in Upper Limb	12-Aug-24	202411060764
50.	Dr. Ravi Kant	HIMS	Intracavitary Brachytherapy Applicator Immobilization Device	27-Aug-24	202411064789
51.	Dr. Ravi Kant	HIMS	External body fiducial marker belt	2-Sep-24	202411066348
52.	Alluri Deepthi, Charu Sharma, Amit Sharma, Manish Kumar Jha, Bhawana Dani	HIMS	Assessment Tool for Sensory Integration Therapy for Upper Limb	16-Sep-24	202411069851
53.	Arun Pathak, Manish Kumar Jha, Amit Sharma, Bhawana Dani, Charu Sharma	HIMS	Wrist Exerciser	27-Sep-24	202411073161
54.	Amit Sharma, Manish Kumar Jha, Charu Sharma, Bhawana Dani	HIMS	Biofeedback strap for knee osteoarthritis	27-Sep-24	202411073152
55.	Dr. Jyoti Bisht	HIMS	Adjustable Radiation Brassiere	19-Nov-24	202411089482
56.	Mansi Kala, Manish Raturi, Avriti Baveja, Monika Singh, Smita Chandra, Bhawana Adhikari	HIMS	System to Control Pre-Analytical variables in platelet count estimation in hematology laboratories	21-Nov-24	202411090343
57.	Dr. Vijendra Chauhan, Mr. Sandeep Kumar, Dr. Vivek Kumar, Dr. Chandra Shekhar Nautiyal,	HIMS	Adjustable Seat for Enhanced Accessibility and Safety in Residential and Healthcare Settings	4-Dec-24	202411095473
58.	Dr. Kunal Das, Dr. Nitika Agarwal	HIMS	Needle enabled with Nano-Coated Stellate Assembly	17-Dec-24	202411099971

59.	Dr. Manish Kumar Jha, Dr. Deepak Goel, Dr. Ashwini Bhatt	HIMS	Vibrator strap for chest physiotherapy	26-Dec-24	202411103162
60.	Dr. Kunal Das, Dr. Nitika Agarwal, Vinay Kumar, Sonu Tomar	HIMS	Bladder assistance for radiotherapy	22-Jan-25	202511005226
61.	Yashaswi Dhiman, Saikat Patra, Manish Raturi, Chinmay Chetan, Dushyant Singh Gaur	HIMS	Process for producing High yield, volume depleted single donor apheresis platelet (SDAP) product for neonates	26-Mar-25	202511028482
62.	Dr. Amborish Nath, Dr. Manu Rajan, Dr. Sanjay Dwivedi	HIMS	Surgical instrument for atraumatic handling and extraction of clots from blood vessels	21-Apr-25	202511038209
63.	Vijendra Devisingh Chauhan, Sandeep Kumar, Dr. Vivek Kumar, Dr. C.S. Nautiyal	HIMS	Ergonomic adjustable load carriage system	7-May-25	202511044327

### Conferences and workshops under the Aegis of HCDRL

- Conference Report on Antimicrobial resistance (AMR) Research Priorities & Action Plan - Journal of Laboratory Physicians [Click Here](#)
- International Conference on Spiritual Neuroscience 2024 [Click Here](#)
- 51 State Level Activities: CME Death Review [Click Here](#)
- Upcoming Events [Click Here](#)

#### International Conference:



**Report**  
**International Conference Spiritual Neuroscience 2024**

**Organized by**  
**Himalayan Central Diagnosis & Research Lab, HIMS**  
**Swami Rama Himalayan University, Dehradun-248016**

**Sponsored by**  
**Swami Rama Himalayan University, Dehradun- 248016**  
**&**  
**National Academy of Sciences, INDIA UK Chapter, Dehradun**

***Organizing & Scientific session Committee for the International conference on Spiritual Neuroscience on 16-17 November 2024:***

Dr Deepak Goel (Organizing Chairman), Dr Ashwani Bhat (Organizing Secretary), Dr Manish Mittal (Treasurer), Dr Nikku Yadav (Coordinator), Dr Ranjeet Kumar, Dr Avinash Priyaranjan, Dr Brijesh Tiwari, Dr Sanjeev Pandey, Dr Robin Victor, Dr Kaushik Sharma, Dr Kanchan Bisht, Dr Malini Srivastav, Dr Ruchi Juyal, Dr Deep shikha, Dr Deepika Khanduja, Dr Priya Singh, Dr Avni, Dr Shweta Samanth, Dr Geeta Bhandari, Dr Nupur Joshi and Mr Manoj Singh

***List for Volunteers (MBBS Students/Interns):***

Mr Romil Yadav, Mr Areez, Ms Shraya, Ms Pinki, Dr Rohan Garg, Dr Smriti Sharma, Dr Shreya, Dr Harshita Aswal, Dr Arjun Kumar

**Report Prepared By:** Dr Geeta Bhandari, Dr Nupur Joshi & Dr Nikku Yadav

***Media Gallery:***

[Pictures](#)

## Session 1 on spiritual practices and Current Neurosciences

**Chairperson:** *Dr Renu Dhasmana, Dr Mahesh Kuriyal, Dr Deepa Singh and Dr Ashok Srivastava*

**Moderator:** *Dr Naveen K Visweswaraiyah*

**Speaker 1: Dr Rajesh Manik, Kalinga University, Naya Raipur Topic: Neural Anatomy and Physiology of Human Chakra**

Dr Rajesh Manik of Kalinga University discussed the anatomical and physiological aspects of human chakras. He explored their association with functional chakras and various nerve plexuses, including the Muladhara, Swadhisthana, Manipura (solar plexus), Anahata (cardiac plexus), Vishuddha (brachial plexus), and Ajna chakras. He also discussed how these energy centres, described in ancient traditions, could potentially intersect with scientific understandings of neural activity and physiological processes. He explored how functional chakras might influence endocrine systems, stress responses, and overall human well-being, opening avenues for integrative research between spiritual concepts and medical science.



**Speaker 2: Dr Shobit Garg, SGRR University Topic: Neurobiology of Stress: The PNIE Axis**

Dr Garg, delved into the historical evolution of stress concepts and its neurobiological underpinnings. He explained how chronic psychological stress activates the HPA axis, which remains hyperactive, leading to prolonged fight-or-flight responses. This has significant implications for immune health, as stress increases susceptibility to viral infections via the CTRA pathway. He highlighted stress management practices like transcendental meditation, Hatha yoga, Vipassana, and mindfulness, which have been shown to reduce CTRA scores, thereby enhancing resilience against stress-induced health issues.



**Speaker 3: Dr Swami Dayadhipananda, Ramakrishna Mission Hospital, Mumbai Topic: Levels of consciousness: Spiritual and Neuroscience Concept**

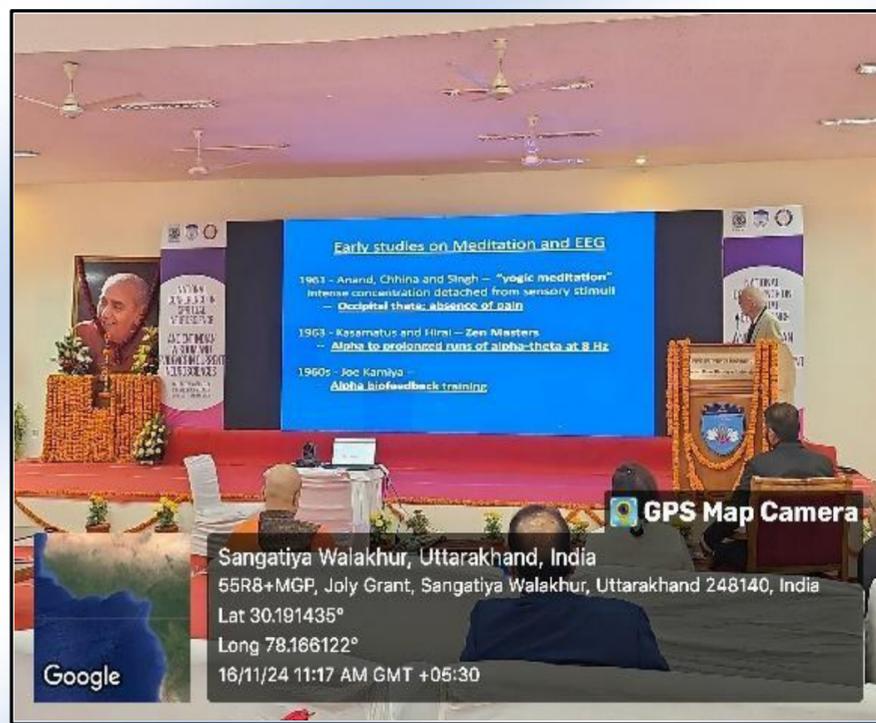
Dr Swami Dayadhipananda emphasized on the interplay between ancient wisdom and neuroscience in understanding consciousness. He discussed three levels of consciousness— conscious, subconscious, and unconscious—aligning them with traditional concepts of Sat (existence), Chit (awareness), and Anandam (bliss). Through case studies, he demonstrated how conventional treatments are insufficient for holistic well-being. He advocated for integrated approaches involving yoga and ancient knowledge to elevate consciousness and self-management, even for conditions like Type 1 diabetes.



**Speaker 4: Dr John Clark, USA**

**Topic: QEEG: Role in Spiritual Practices**

Dr John Clark explained how advanced imaging techniques like qEEG, EEG, and fMRI have deepened our understanding of brain activity during meditation. He traced the history of meditation research and described how tools like LORETA can analyse brainwave changes associated with spiritual practices. He discussed how meditation enhances brainwave stability, breathing patterns, and HRV. These findings highlight meditation’s transformative effects on neural functioning and its potential for biofeedback therapy



## Session 2: Plenary Lectures

*Chairperson: Dr VD Chauhan, Dr Ashok Deorari, Dr Hem Chandra, Dr Dayadhipananda and Dr A K Singh*

### Speaker 1: Prof. B N Gangadhar

**Chairperson, National Medical Commission (NMC) Topic: Spirituality & Integrative care in Mental Health**

Prof. B.N. Gangadhar, Chairperson of the National Medical Commission, addressed the integration of spirituality into mental health care. He emphasized Ayurveda's holistic approach to health, which includes spiritual well-being, and underscored the growing evidence linking yoga and spirituality to improved mental health outcomes. He called for developing integrative healthcare models that combine traditional and evidence-based practices, leveraging complementary and alternative medicine (CAM) to empower patients. He highlighted research showing how yoga improves mental coherence and advocated for spiritual lifestyles to achieve total health.



**Speaker 2: Dr Prakash Keshaviah, SRHU, Dehradun**

**Topic: Swami Rama Messages: Wilful control of Autonomic Nervous System (Voluntary Control Over Involuntary States)**

Dr Prakash Keshaviah shared groundbreaking insights from Swami Rama’s work at the Menninger Foundation. Swami Rama demonstrated remarkable control over physiological processes, such as regulating blood flow and stopping his heart for 10 seconds. These experiments, supported by scientific evidence, showed his ability to generate specific brainwave patterns, such as delta, theta, and alpha waves, at will. Dr Keshaviah also introduced Swami Rama’s body-breath-mind-soul model, illustrating the profound connection between spiritual practices and physiological states.



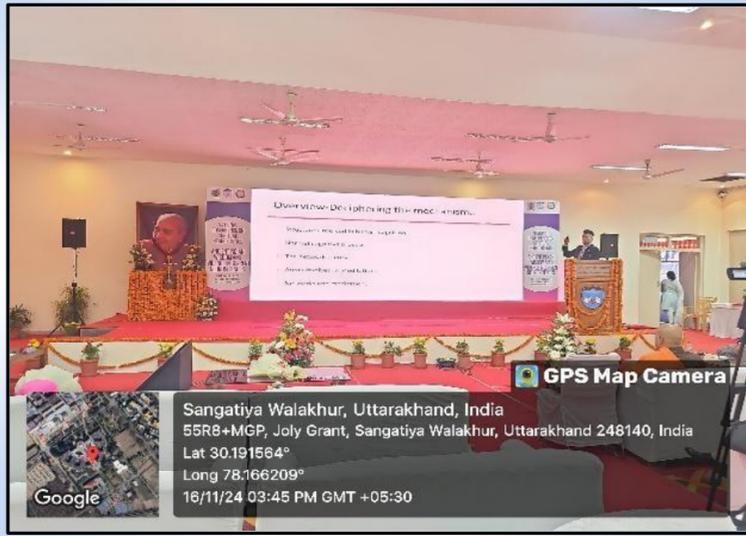
**Session 3: Neural Networks and Evaluation technique for Spiritual Practices**

**Chairperson: Dr Taruna Sharma, Dr Sanjay Gupta, Dr Manish Mittal and Dr Subodh Singh**

**Moderator: Dr Yogesh Saxena**

**Speaker- 1: Dr Ashwani Bhat, SRHU, Dehradun Topic: Neural Networks Involved in Meditation**

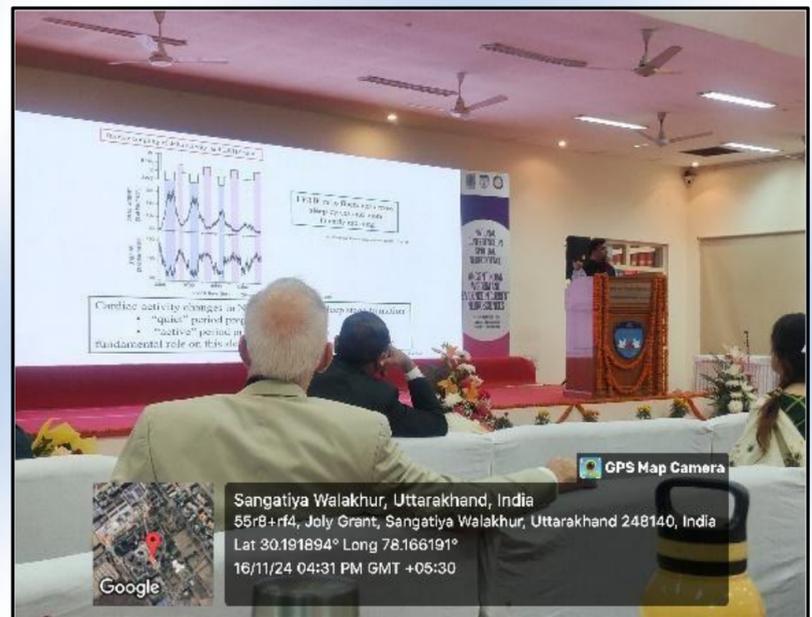
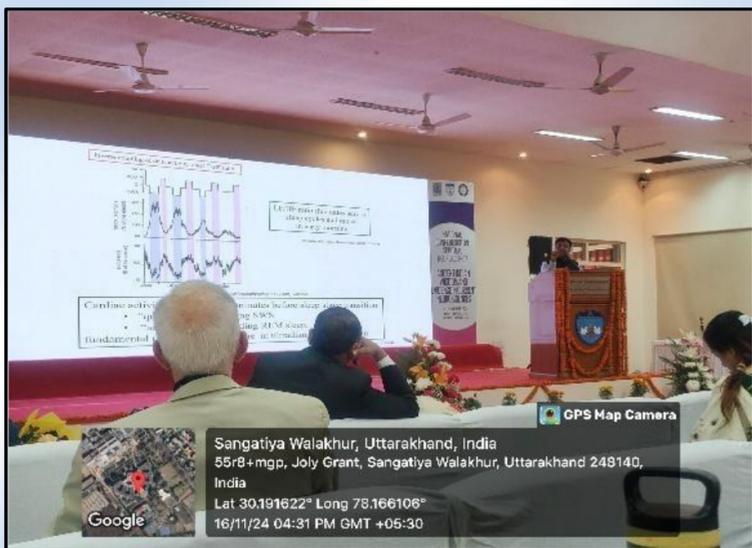
Dr Ashwani Bhat from SRHU explored the neural mechanisms underlying meditation, focusing on attention as a fundamental cognitive domain. He explained the roles of key neural networks, such as the default mode, frontoparietal, and salience networks, in regulating attention. By transitioning between focused attention and open monitoring states, meditation alters brain activity to enhance selective attention. He provided evidence on the cortical and subcortical regions involved in meditation, emphasizing the active role of these processes in reducing default mode network activity.



**Speaker- 2: Dr Ravindra P.N., NIMHANS, Bangalore Topic: Ageing and Sleep: Impact of Meditation**

**(Meditation and Sleep: Exploring sleep consciousness)**

Dr Ashwani Bhat explored the neural mechanisms underlying meditation, focusing on attention as a fundamental cognitive domain. He explained the roles of key neural networks, such as the default mode, frontoparietal, and salience networks, in regulating attention. By transitioning between focused attention and open monitoring states, meditation alters brain activity to enhance selective attention. He provided evidence on the cortical and subcortical regions involved in meditation, emphasizing the active role of these processes in reducing default mode network activity.



**Speaker- 3: Dr Binny Sareen, Peace Ambassador, Mount Abu Topic: Cognitive Reserve and Meditation**

Dr Binny Sareen highlighted how meditation strengthens cognitive reserve, the brain’s ability to adapt and find alternative ways of performing tasks. She explained how meditation fosters neuroplasticity, enhances self-awareness, and boosts working memory. Combining spiritual practices like music with meditation was shown to have profound benefits for brain health and cognitive resilience.



**Speaker- 4: Dr Naveen K.V., University of Sydney**

**Topic: Role of Integrated medicine in current medical practice (Functional Integration: An Operational Model)**

Dr Naveen differentiated between alternative, complementary, and integrative medicine, emphasizing the need to incorporate traditional practices into evidence-based frameworks. He envisioned a future where integrative medicine becomes the foundation of medical specialties, advocating for India’s leadership in preserving and advancing traditional knowledge within global healthcare systems.



**DAY 2: 17 November 2024**

The National Conference on Spiritual Neurosciences 2024, organized on 16th-17th November by the Department of Neurology, Himalayan Institute of Medical Sciences, Swami Rama Himalayan University, brought together experts to explore the intersection of spirituality and neuroscience. The sessions on 17th November were held at the serene Sadhaka Gram Ashram

in Rishikesh, fostering an atmosphere of introspection and learning. The day commenced with a serene guided meditation session led by Swami Ritavan Bharati Ji. His gentle guidance helped participants connect with their inner selves, fostering a sense of mindfulness, calm, and spiritual awakening. The session created a harmonious atmosphere, setting the tone for the day's enriching discussions and activities.

The Scientific session on "Occult Sciences" followed, featuring an expert panel comprising Dr. R K Verma, Professor of Surgery at SGRR University, Dr. Sanjeev Kumar Pandey, Professor, SRHU, Dr. Avinash P. Ranjan, Professor at SRHU, and Dr. Malini Srivastava, Associate Professor at SRHU. The keynote presentation, delivered by Professor Manjari Tripathi from Head of Department Neurology, AIIMS New Delhi, focused on "Yoga Nidra: Current Understanding." Professor Tripathi discussed the integration of Yoga Nidra with cognitive behavioral therapy, highlighting its effectiveness in promoting restorative sleep and improving N3 (deep) sleep for individuals with chronic sleep disorders. She elaborated on the inverse relationship between stigma and quality of life in epilepsy patients and emphasized the role of Yoga in reducing stigma and enhancing well-being. Additionally, she explored the therapeutic potential of the ketogenic diet as a complementary treatment for epilepsy, alongside Yoga Nidra. Her insightful talk underscored the growing recognition of Yoga Nidra as a powerful, non-pharmacological approach for managing sleep disorders and neurological conditions, blending ancient wisdom with modern scientific evidence. The second topic, "Perspectives on Hypnosis in Current Medical Practice," was presented by Professor R.M. Kaushik from SRHU. He explained hypnosis as an altered state of consciousness, akin to Yoga Nidra, and discussed its physiological effects and the brain areas affected by hypnosis. Professor Kaushik highlighted the application of hypnotherapy in stress reduction, allergy response modification, and hypnoanalysis. He also conducted a live session on a systematic relaxation technique for inducing a hypnotic trance, focusing on the 61-point relaxation method. The next keynote presentation, "Plant-Based Diet and Health," was presented by Professor P. Sarat Chandra from Head of Department Neurosurgery AIIMS, New Delhi. He discussed the benefits of a vegan diet and plant-based proteins, noting that plant-based eaters consume 70% more protein than average. He highlighted the impact of plant-based diets on gut microbiome health and the risks of cancer induction associated with processed meat-based diets. Professor Chandra emphasized the antioxidant-rich nature of plants and their role in reducing inflammation. Dr. Prasanna Deshpande's session on Current Scope of Medical Astrology offered an in-depth exploration of the intersection between astrology and human health. He began by introducing the core concepts of astrology, including the use of horoscopes, and how the alignment and movement of celestial bodies influence various aspects of life, including physical well-being. Dr. Deshpande explained the importance of the 12 Rashis (zodiac signs), each of which is believed to correspond to different organ systems within the body. The alignment of the planets and stars in a person's Kundli can provide insights into their predispositions to certain health conditions, potential strengths and weaknesses, and even predict future health challenges. This ancient practice, he suggested, could be a complementary tool in modern healthcare, offering a holistic view of an individual's health based on both physical and metaphysical factors. The session concluded with a ceremonial felicitation of the expert panel and keynote speakers, recognizing their valuable contributions to the conference. Dr. Deepak Goel and Dr. Ashwani Bhat from SRHU presented tokens of appreciation to the speakers, celebrating the knowledge shared during this insightful discussion on the scope of medical astrology. Together, these sessions provided a comprehensive exploration of ancient and modern approaches to health and wellness, blending Yoga, hypnosis, plant-based nutrition and astrology with cutting-edge scientific research for promoting holistic well-being.

## Minister Ganesh Joshi continues campaign for Kedarnath BJP candidate

By OUR STAFF REPORTER RUDRAPRAYAG, 16 Nov: Cabinet Minister Ganesh Joshi today carried out public outreach in Maniguha village as part of the campaign for the Kedarnath Assembly by-election. He appealed to the voters to support BJP candidate Asha Nautiyal.

During his address, Joshi spoke to the women of the area, stating, "Prime Minister Narendra Modi's affection for Baba Kedarnath is well-known. From the holy land of Kedarnath, he declared that this decade belongs to Uttarakhand, and the Dharm government is working in alignment with Prime Minister Modi's vision for the reconstruction of Kedarnath."

Minister Joshi expressed confidence that the people of Kedarnath would vote for the BJP, based on the party's welfare policies and development initiatives. He assured that the BJP would secure a resounding victory in the Kedarnath Assembly by-election. He added that the people's trust in Prime Minister Modi and the Dharm government clearly indicates



that the BJP will win with a significant majority in the upcoming Assembly elections. The meeting was attended by Village Head Jot Singh, Vikram Singh, Gudi Devi, Parmila Devi, and hundreds of women from the area.

## Conference on spiritual Neuroscience begins at SRHU



By RADHIKA NAGRATH

DEHRADUN, 16 Nov: The two-day international conference on spiritual Neuroscience discussing the evidences in the current field of neuroscience with the amalgamation of the Indian Vedic wisdom kicked off today at Swami Rama Himalayan University, Jolly Grant. Over 200 research papers are being presented in the conference by researchers, clinicians, neuroscientists etc.

The conference was inaugurated by Professor Meenu

Singh, AIIMS Director Rishikesh, Dr Vijay Dhasmana, President SRHU, Dr Dayadhipananda, Ramakrishna Mission Mumbai, Dr Rajendra Dobhal, Dr VD Chauhan and Dr Deepak Goel. A souvenir on the research papers was released on the occasion.

Dr Dayadhipananda said diseases are many but the solution is one and that is adopting yoga as a way of life.

Professor Meenu Singh, presiding as Guest of Honour said that Raj Yoga is said to be changing brain circuits, the flow of thoughts. The Himalayan master Swamiji

Rama realised this long ago and built this university on the basis of integrating our ancient wisdom with medical science.

Dr Vijay Dhasmana, President SRHU quoted from Bhagwad Gita saying mind is one's enemy and mind alone is one's friend, the need is to balance it and our ancient wisdom gives the solution to this.

Dr VD Chauhan, director general Academics gave the background of how the hospital was started in 1994 amalgamating the spiritual groundings in providing healthcare. Dr Deepak

Goel, chairman of the conference said the conference was meant to de-code the wisdom hidden in our scriptures in common man's language with evidences from medical science for the youth of the country so that they remain connected to our bhasha and Sanskriti (language and culture).

Dr BN Gangadhar who was instrumental in developing functional integrated medical centre in NIMHANS Bangalore and is chairman of National Medical Commission New Delhi gave his presentation on clinical applications and spirituality.

He stressed on the need of linking spirituality with clinical healthcare. He said living yogic lifestyle one can move from illness to wellness.

Dr John Clark who is a Harvard University graduate discussed the new concept of using QEEG as analytics tool in measuring internal brain activity.

Dr Ashwani Bhat, associate professor of Neurology department delivered the vote of thanks.

Dr Binni Sareen from Mount Abu, Dr Naveen KV, Dr Prakash Keshaviah, Dr Shobit Garg amongst other dignitaries were present on the occasion.

## स्वामी राम हिमालयन यूनिवर्सिटी में जुड़ेंगे 200 न्यूरो और अध्यात्म विशेषज्ञ

16-17 नवंबर को होगा दो दिवसीय अंतरराष्ट्रीय कॉन्फ्रेंस का आयोजन।

**देहरादून** ■ **डेस्क**  
स्वामी राम हिमालयन यूनिवर्सिटी, जॉली ग्रांट (देहरादून) में 16 और 17 नवंबर को दो दिवसीय स्मिथसोनियन न्यूरोसाइंस पर अंतरराष्ट्रीय सम्मेलन आयोजित किया जा रहा है। जिसमें पुरातन भारतीय ज्ञान विज्ञान और वर्तमान न्यूरोसाइंस में प्रमाणिकता के विषय पर शोध पत्र प्रस्तुत किए जाएंगे। देश और दुनिया से 200 से अधिक न्यूरो विज्ञान तथा अध्यात्म से जुड़ी हुई हस्तियां एक साथ एक मंच पर एकत्र होंगी। देश में पहली बार इस तरह की कॉन्फ्रेंस आयोजित की जा रही है जिसमें भारतीय पुरातन ज्ञान



और आधुनिक मेडिकल साइंस का अद्भुत संगम होगा। कॉन्फ्रेंस में प्रमुख वक्ता के रूप में प्रोफेसर योगेश गंगाधर, पूर्व अध्यक्ष, निमहंस बेगलूर एवं अध्यक्ष नेशनल मेडिकल कॉमिशन नई दिल्ली, डॉ स्वामी

मानिक आदि रहेंगे। स्वामी राम हिमालयन यूनिवर्सिटी द्वारा संचालित हिमालयन इंस्टिट्यूट ऑफ मेडिकल साइंसेज के न्यूरोलॉजी विभाग (तंत्रिका विज्ञान) के अध्यक्ष न्यूरोलॉजी के जाने माने न्यूरो फिजियन डॉक्टर दीपक गoyal ने यह जानकारी देते हुए बताया कि इस सम्मेलन में साइको न्यूरो इम्यूनोलॉजी, मेडिकल एस्ट्रोलॉजी, चंद्रमा और सूर्य का मन और मानसिक रोगों पर प्रभाव, ऐसे अनेक महत्वपूर्ण विषयों पर जो आम आदमी से जुड़े हैं उन पर व्याख्यान होंगे। भारतीय चिकित्सा पद्धति जिसमें योग, ध्यान, योग निद्रा द्वारा किस तरह ब्रेन के सर्किट पर सकारात्मक प्रभाव डाला जा सकता है, इन सब पर वैज्ञानिक तथ्यों और डाटा के साथ मत विरोध अपना वक्तव्य देंगे।

11/12

## Experts discuss healing aspects of spirituality and Yoga at SRHU

PNS ■ DEHRADUN

A two-day international conference on spiritual neuroscience started at Swami Rama Himalayan University, Jolly Grant on Saturday. The conference was jointly inaugurated by All India Institute of Medical Sciences (AIIMS) Rishikesh director Dr Meenu Singh, president of SRHU Vijay

has amalgamated spirituality with healthcare. He said that while science helps in meeting one's physical needs, spirituality caters to mental health. The professor and head department of neurology and organising chairman of the conference Dr Deepak Goel said that the objective of the conference is to decode



Dhasmana and Swami Dayadhipananda from Ramakrishna Mission Mumbai. AIIMS director Dr Meenu Singh said practicing Raj Yoga is known to change brain circuits and the flow of thoughts. She said that the late Swami Rama realised this long ago and built this university on the basis of integrating India's ancient wisdom with modern medical science. In his address Swami Dayadhipananda said that by adopting a healthy lifestyle and practicing Yoga one can get rid of many diseases. Quoting from the Bhagwad Geeta, the SRHU president Vijay Dhasmana said that the mind is one's enemy and also one's friend. There is a need to balance it and India's ancient wisdom provides a solution for it. The director general of academics at SRHU, VD Chauhan said the SRHU

the wisdom hidden in our scriptures in the common man's language with evidence from medical science. Addressing the plenary session in virtual mode the chairman of the National Medical Council (NMC) Dr BN Gangadhar stressed on the need for linking spirituality with clinical healthcare. He said that by observing a yogic lifestyle one can move from illness to wellness.

### THE PIONEER CLASSIFIEDS PUBLIC NOTICE

In military records my father's name is Ram Laot Chaurasia which is wrong correct name is Ram Laut, Aadhaar Number is 887239884418 F/o Army Number is 18021963P SPR Suraj Kumar Chaurasiya Village Sarai Majra Post Haritonganj District Ayodhya Uttar Pradesh 224208

## 200 neuro & spiritual experts to attend International Conference at SRHU

**By OUR STAFF REPORTER DEHRADUN, 15 Nov:** A two-day international conference on Spiritual Neuroscience is being organized on 16 and 17 November at Swami Ram Himalayan University, Jolly Grant, here. More than 200 neuro specialists from the country and the world will participate in the conference.

Personalities related to spirituality and modern science will gather together on one platform. For the first time in the country, such a conference is being organized in which there will be a unique amalgamation of ancient Indian knowledge and modern medical science.

The key speakers at the conference will be Professor BN Gangadhar, former Chairman, NIMHANS Bangalore and Chairman National Medical Commission, New Delhi, Dr Swami Dayadhipananda, Ramakrishna Mission, Mumbai, Professor Manjari Tripathi, Head, Neurology, AIIMS New Delhi, Professor John Clerk from America, Professor Prakash Keshavaya, Dr PN Ravindra, Dr Binny Sarin, Dr Prasanna Deshpande, Dr Rajesh K Manik, etc.

While giving this information, neuro physician Dr Deepak Goyal,



Chairman of Department of Neurology, Himalayan Institute of Medical Sciences, said that, in this conference, lectures will be held on many important topics related to common people like psycho neuro immunology, medical astrology, effect of moon and sun on mind and mental disorders. Experts will give their presentations with scientific facts and data on how Indian medical system can have a positive effect on the circuit of the brain through yoga, meditation, yoga nidra. He said that more than 200 neuro specialists from India and abroad

will participate in the two-day International Neuro Conference. There will be four sessions in the two-day conference. The conference will be inaugurated tomorrow by the Chief Guest, Dr Vijay Dhasmana, President of Swami Ram Himalayan University, Dr M Srinivas, Director AIIMS Delhi, Dr Meenu Singh, Director AIIMS Rishikesh will also be present. The inaugural ceremony will be held in the university campus and the closing ceremony will be held in Sadhak Gram Ashram in Rishikesh. There will be a special session

by Swami Dayadhipananda of Ramakrishna Mission, Mumbai, in the role of organising president who will deliver a speech on universal yoga therapy. Dr Goyal said that he himself has been studying medical astrology in depth for 3 years and despite being an allopathic doctor, he is finding the study of astrology very beneficial in providing medical benefits to patients suffering from mental ailments. He can predict what kind of challenges and at what age an epilepsy patient will face so that they can be diagnosed

correctly at the right time.

Many interesting facts which are given in the ancient scriptures and Vedas like the form of Shilving, trigunatmak prakriti, scientific basis of all these, Sat Chit Anand form of soul, why 7 hours of sleep is necessary for every person will be presented. Doctors, clinicians, scientists, researchers from India and abroad will present their research papers on these topics. This conference will be beneficial for young scientists and common youth.

Dr Deepak Goyal, chief coordinator of the programme, said that in the first session, conscious mind, in the second session, the effect of yoga meditation on the mind, in the third session, the effect of eastern and western culture on human life and, in the final fourth session, the subject of medical astrology will be discussed.

Dr Ashwani Bhatt, Dr Manish Mittal, Dr Nikku Yadav, Dr Ranjit Kumar, Dr Avinash, Dr Brijesh Tiwari, Dr Sanjay Pandey and others were present in the organising team of Swami Ram Himalayan University.

In this conference, research papers will be presented on the subject of authenticity in ancient Indian knowledge science and current neuroscience.

**Wedding Bells**

The wedding reception of Nandini, daughter of Neetu & Vimal Kapoor, with Kshitij, son of Sangeta & Rojeev Sharma, was held in Doon on 15 November 2024. The Garhwal Post Family wishes the newly-weds a happy married life!

**Wedding Bells**

The wedding reception of Abhimanyu, son of Sanjya & RS Meena (retired IPS), with Bahaar, daughter of Durga Rattan & Narendra Singh, was held in Doon on 15 November 2024. The Garhwal Post Family wishes the newly-weds a happy married life!



## Some Glimpse of the Events

*Link to gallery:*













GPS Map Camera



Sangatiya Walakhur, Uttarakhand, India  
55R8+MGP, Joly Grant, Sangatiya Walakhur, Uttarakhand 248140, India  
Lat 30.191435°  
Long 78.166122°  
16/11/24 01:46 PM GMT +05:30

Google

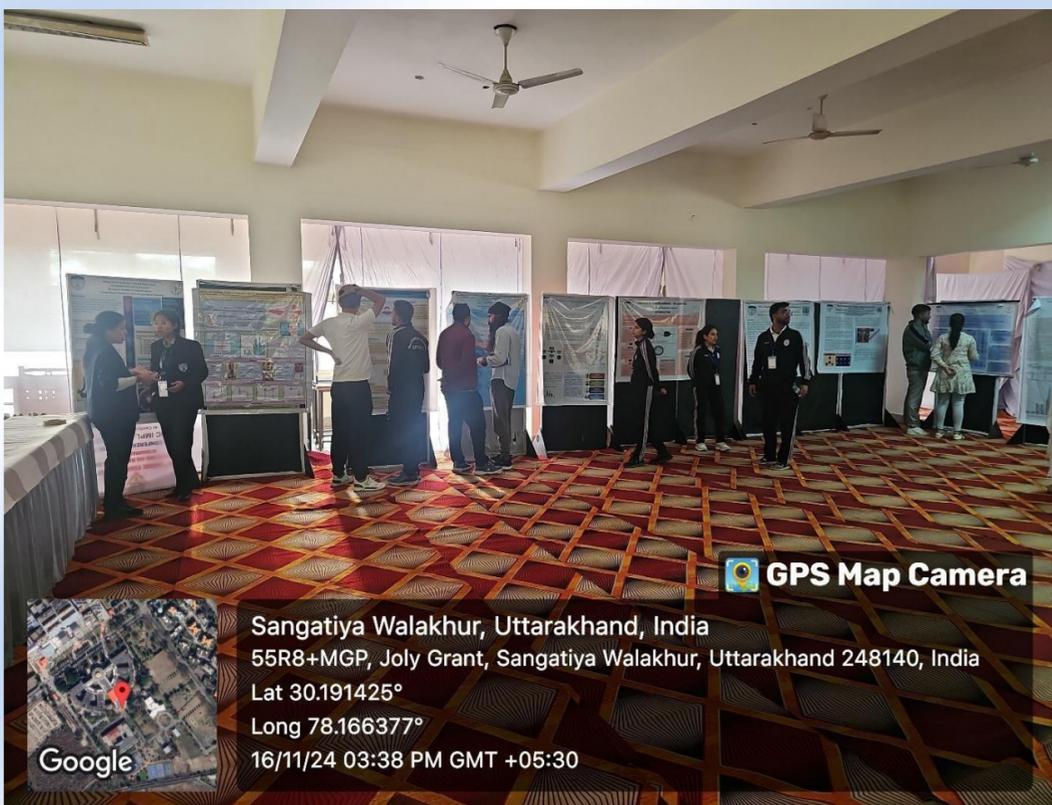


GPS Map Camera



Rishikesh, Uttarakhand, India  
37CJ+R5R, Barrage Colony, Rishikesh, Veerbhadra, Uttarakhand 249202, India  
Lat 30.071535°  
Long 78.279443°  
17/11/24 10:01 AM GMT +05:30

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55R8+MGP, Joly Grant, Sangatiya Walakhur, Uttarakhand 248140, India  
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Long 78.166377°  
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Thank You all...