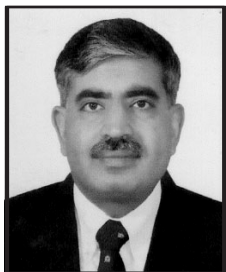




CMA - 2



## Self Transformation Programme of Himalayan Tradition

**Dr. V. Chauhan**

Professor & Head, Dept. of Orthopaedics &  
Trustee, Himalayan Institute of Medical Sciences, Dehradun

---

*Dr. Vijendra Chauhan, Professor & Head of Orthopaedics, Himalayan Institute of Medical Sciences, Dehradun. His interests are in the area of Traumatology, spine & joint replacement and Holistic Medicine. He did MBBS and MS in Orthopedics from MGIMS, Sevagram. He has been working in Himalayan Institute in different executive positions since 1995, as Member, Secretary, Member of the Presidential Board, Chairman of Executive Council etc. He also headed and has a membership of different positions in Scientific bodies including President of Uttaranchal Chapter of Indian Orthopedic Association 2006-07. He has several publications in the field of Orthopedics. He is recipient of different awards including Dr. A.K. Talwalkar Award of Bombay Orthopaedic Society for best scientific paper of the year 1988 at Western India Regional Orthopaedic Conference, Bombay Hospital; MP Chapter Gold Medal for best paper at the Annual Conference of the Central Zone, 2004 of Indian Orthopaedics Association; Citizen Forum Award, for rendering special and distinguished medical services for the district of Saharanpur, in 1993; Award by SANKALP for rendering special services to polio patients in year 2002; Appreciation Award of Indian Orthopaedic Association December 2005. He also organized conference and workshops at Himalayan Institute and delivered guest lectures in different parts of India and USA on Orthopedics and Yoga.*

---

### Abstract :

Health & happiness is an inherent desire of every living being. But are we really happy?

Happiness is a relative perception and its parameter changes from person to person and in the same person from time to time.

Change is the law of nature. Everything changes every minute. The change may be apparent or hidden. It may be for progress or deterioration; it may be for health or disease and it may be for life or death. When the change is for progress, health and life we all become happy but when the change is for deterioration, disease and death we all become sad.

Technological advances have increased dramatically in the last decade and each passing year brings a revolutionary surgical procedure or a new wonder drug. Yet despite all these discoveries the attainment of physical health still eludes our grasp. Advancement in electronics and computers have revolutionized every sphere. A robot and rocket can be manipulated on Mars. Sheep clone has been produced and human clone is a possibility. All this development and materialism in life should have made life very comfortable and happy. But the fact remains that even those who are at the top in any field are seldom satisfied and happy.

A new epidemics is fast engulfing the whole world. The incidence of Coronary artery disease, hypertension and diabetes mellitus is on the rise. We blame the deteriorating state of our health and society to external factors-stress. But the truth is 'All suffering that afflicts the mind or the body has its cause, and all happiness has its basis in clear, scientific knowledge.'

---



Although we are alive, the majority of us experience only the art of existing. Very few of us have really cultivated the art of living. It is to this specific issue I shall make an attempt to address on the guidelines laid down by H. H. Dr. Swami Rama, by integrating western science with the traditional wisdom of the sages-Self Transformation Programme of Himalayan Tradition-A Holistic Health Programme. I call it 'Science of Joyful Living'.

Holistic Health is more than Mental or Physical fitness. It is a state where one understands the purpose of life. The goal of each of us is to realize, Who are we ? Why are we here? To reach these answers we must go on a journey of exploration and seeking; the terrain is tough but not impossible. You can live in the world and yet be spiritual. It is not necessary for you to renounce the world.

Self-Transformation of an individual, can be achieved if one learns to integrate between body, mind and soul.

### **Body**

One needs to treat body as a temple of His creation by taking care of (1) Diet: Food is of course necessary for our physical well-being. But it has subtle effects on our minds, since the essence of food forms the mind. Hence one needs to differentiate between Satvic, Rajasic & Tamasic foods (2) Doing regular combination of aerobic and yogic exercises after understanding advantages and precautions to be taken while doing them.

### **Mind**

Prana is the first unit of vital energy of the universe and Breath is the vehicle of Prana. If we can learn to control the breath we can control our Prana and finally our mind. The mind is fastened to Prana like a kite to its string. When the string is held skillfully, the mind is controlled. This can be achieved by learning science of diaphragmatic breathing and art of meditation.

And thus rediscover everlasting peace by harmonizing breath, proper diet and exercise, controlling emotions, regular meditation and doing meditation in action.

It's a privilege of a human being that he has the power of choice to transform his personality; he can build a new destiny and he can exercise his birthright: freedom from all pains & miseries. Hence, Arise! Awake! and Attain knowledge!

