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To
The Director
AIIMS, Ansari Nagar,
New Delhi

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Due to some reasons, unknown to me, I developed the nefarious Oral Cancer. I chose AIIMS. The professionally competent staff and the serving people of AIIMS did their best. The name of Prof. S.V.S. Deo needs special mention. While at AIIMS I noted the institutional motto:

शरीर माध्यम खलु धर्म साधनम्

One marvels at the depth of expression contained only in five words. It is a comprehensive statement that needs critical reflection.

The **first word** Shareer (शरीर) is not the physical structure but a body mind complex - combining thought, speech and action (विचार वचन कर्म). The **second word** *Madhyam* (माध्यम) means Body is an instrument, a tool of what *Sanatan Dharm* calls as पुरुषार्थ चतुस्तय (धर्म अर्थ काम मोक्ष). We achieve these objectives with the help of body; healthy strong and active. The **third and the fourth words** are खलु धर्म. Religion is a poor and clumsy translation of the word *Dharma* (धर्म). *Dharma* is doing one's assigned functions that include:

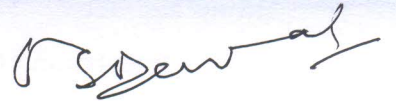
- Understanding and discharging ones assigned duties (धर्म).
- Earning money by honest means (अर्थ)
- Satisfying sensual pleasures (काम) unopposed to dharma; what the *Gita* calls as: धर्म अविरोद्ध कामोस्मि
- Seeking *Moksha* (मोक्ष), which has two meanings. One meaning is getting established in *Brahma* (ब्रह्म). The second meaning is overcoming and eradicating negative behaviours, what the *Gita* calls आसुरी सम्पद like greed, fear, envy, lust, pride etc.

This point of body mind complex often goes unnoticed in hundreds of hospitals in India. They treat only body not mind. The book by Dr. Alexis Carrel (a Nobel Laureate) namely 'Man the Unknown' holds that "mind and body both have to be treated in an ailment as the two are an integrated whole". Treating a disease and not re-engineering the mind is an inadequate effort.

We must feel proud that in 5 words a sea of knowledge has been put on the palm of hand. This body is a means, a tool, an instrument to achieve power and position. This body is an instrument for achieving prosperity and progress. This body is a means to achieve outer affluence and inner power. This body is a means to develop outer and inner resources.

Along with four aims of life we ought to remember Ten Fundamental Duties contained in Indian Constitution 51A. Executing Fundamental Duties and पुरुषार्थ चतुष्टय ought to be the goal of every Indian irrespective of class, creed, region or religion. A detailed note on the motto of AIIMS must become part of the Prospectus to educate the newcomers on the mega vision of AIIMS.

This motto must make us proud of our ancient wisdom and will make all workers of AIIMS to serve the diseased and the needy with a smiling face.



(O. S. Dewal)

Former Professor of NCERT and

One of the innumerable grateful and satisfied patients of AIIMS

Copy to

- Hon'ble Minister of Health, Govt. of India
- Hon'ble Prime Minister of India