

ALL INDIA INSTITUTE OF MEDICAL SCIENCES

RISHIKESH



**Guide to Global Health
Program Elective in
India**

IMPORTANT INFORMATION

All India Institute of Medical sciences Rishikesh (AIIMS Rishikesh) is one of the apex health care institutes, established by the Ministry of Health and Family welfare, Government of India as an act of Parliament in the year 2012 with the aim of correcting regional imbalances in quality tertiary level healthcare in the country and attaining self-sufficiency in graduate and post-graduate medical education and training in the country.

Vision: The Government of India has launched the Pradhan Mantri Swasthya Suraksha Yojana (PMSSY) under the Ministry of Health and Family Welfare, New Delhi with the objective of correcting regional imbalances in the availability of affordable and reliable tertiary healthcare services and also to augment facilities for quality medical education creating a critical mass of doctors and conduct research in the country relevant to the area.

To establish a centre of excellence in medical education, training, health care and research imbued with scientific culture, compassion for the sick and commitment to serve the under-served.

Mission: The Institute will absorb talent, provide highly trained medical and paramedical manpower for the country and conduct research in national and regional health problems.

The Institute, which is outside the purview of the Medical Council of India, shall be allowed to experiment with innovations in medical education and serve as advisory body for making government health policies.

The Institute will create an excellent academic and educational milieu for providing a platform for development of quality training and research. Other objectives are to achieve an epitome of quality in medical education delivery and training system and to render international standard quality patient care and health care development system.



Fully equipped smart classrooms

Undergraduate, post-graduate medical and nursing courses are now functional in all clinical and Basic Sciences departments

AIIMS Rishikesh also provides Specialty Courses (DM/MCH) in 15 different subjects and Ph.D. courses are being run in multiple departments. The institute also enrolls students in post-doctoral certificate courses (PDCC) in some departments.

The teaching hospital is a 1000 bedded multi-specialty facility. The hospital is providing quality services at affordable cost to patients who are coming from different parts of Uttarakhand and neighboring states such as Uttar Pradesh, Himachal Pradesh and Haryana. The hospital has witnessed an average daily outpatient footfall of more than 3000 patient. More than 1.3 million patients have attended outpatients department until June 2018 and inpatients admission has reached more than forty two thousand.

The teaching hospital also provides a tertiary trauma care facility of 120 beds with 8 operating rooms.

The Indian System of Medicine, AYUSH (Ayurvedic, Yoga and Naturopathy, Unani, Siddha and Homeopathy) Services are also provided at AIIMS Rishikesh in order to develop and propagate the Indian systems of medicine and Homeopathy.

The Specialty services currently provided in the teaching hospital includes

- State-of-the-art Digital Subtraction angiography (DSA) lab.
- Linear accelerator for good quality cancer radiotherapy
- Conventional bronchoscopy services, Endobronchial Ultrasound and a Sleep Laboratory.
- Robotic Surgery services are provided to patients by the General Surgery, Obstetrics & Gynaecology, Urology, Cardiac Surgery, Cancer Surgery and Orthopedics departments.
- State of art simulation lab and Medical Education.
- Cardiac Cath Lab

At present more than 80 special clinics are functional such as Breast clinic, Bronchial Asthma clinic, Diabetes clinic, Colorectal surgery, Geriatric clinic, Lung Cancer, Interstitial Lung Disease, Sleep Clinic, Tuberculosis clinic, Infertility clinic, Pediatric Orthopedic clinic, Pain and Vertigo clinic.

The basic sciences departments also provide crucial hospital services such as embalming, pulmonary function lab, plethysmography, drug monitoring laboratory, high end genomics, proteomics and metabolomics and biotechnology.

AIIMS Rishikesh has a dedicated nursing college within the campus which provides for graduate, post-graduate and doctorate (PhD) level programs in different nursing specialties.

Description of the geography

Rishikesh, is a city in the Dehradun district of the Indian state of Uttarakhand. It is located in the foothills of the Himalayas in northern India, and is known as the "*Gateway to the Garhwal Himalayas*" and the "*Yoga Capital of the World*". It lies approximately 25 km (16 mi) north of the city of Haridwar and 43 km (27 mi) south-east of the state capital Dehradun.

It is a well-known pilgrimage town and regarded as one of the holy places. The city hosts the Annual International Yoga Festival in the first week of March.

Area in square kilometers: 11.5km²

Terrain: Rishikesh mostly has a hilly terrain.

Temperature: Winter temperatures range from 5-20⁰C while in summers it ranges from 25-40⁰C

Food: Vegetarian, traditional Indian

Things to know

How to reach Rishikesh

Nearest railway station is Haridwar, which is well connected with all major north Indian cities and especially New Delhi. It is also connected to nearby cities such as Chandigarh, Meerut, Ludhiana by bus.

Rishikesh has air connectivity with New Delhi, Mumbai, Bangalore, Lucknow, Jaipur. The nearest airport is Jolly Grant (Dehradun) airport, which is about 20 km from AIIMS.

Currency and Financial Matters

State Bank of India, HDFC bank, ICICI bank ATMs are widely available. They will provide Indian currency. Apart from these, foreign exchange facility is available at a number of outlets in the city. Most hotels will inform about currency exchange.



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Accommodation and Campus Facilities

Hostels are available to rotating learners in campus. The campus is green, calm and quiet. Hostels are provided with mess facilities. Cafeteria is available in Hospital campus with 24 hour facility of wide range of meals. The meals are hygienic, nutritious and vegetarian.



AIIMS Rishikesh Hostel



Aerial view of the campus

The campus houses basketball, volleyball, tennis and badminton courts and cricket and football ground.

Restaurants/Hotels

Affordable and clean restaurants are available in Rishikesh.

Thrifty hotels/ Affordable lodging available near campus:

- **Hotel Amaris:** (within 5 kilometers) Situated near the city Bus station.
- **Hotel Natraj:** (within 5 kilometers) Situated near the city Bus station
- **Hotel Holiday Hill:** (within 1 kilometer) Situated on Barrage Road nearby AIIMS.
- **Hotel Heritage:** (within 1 kilometer) Situated on Barrage Road nearby AIIMS.

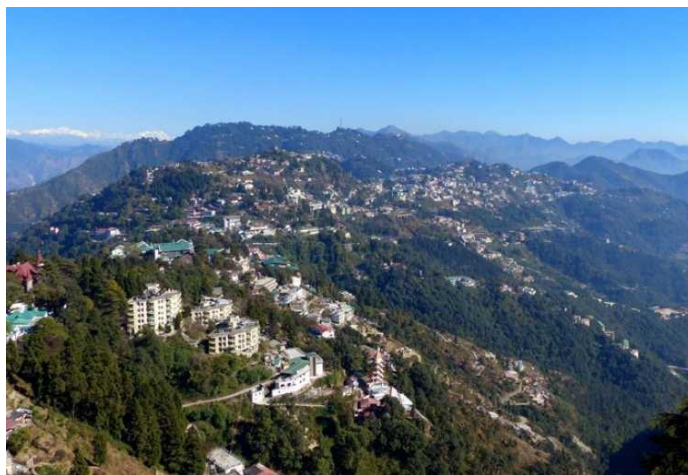
Midlevel hotels near campus:

- **Ganga Kinare:** (within 1 kilometer) provides vegetarian food that specializes in Indian cuisines.
- **Ell- Bee Restaurant:** (within 1 kilometer) Also has a coffee shop in the same complex.

Places to visit around Rishikesh:

1. Haridwar : Haridwar is a pilgrimage city where the river Ganges after flowing from its source at Gaumukh enters the Indo-Gangetic plains of North India for the first time, which gave the city its ancient name, Gangadwara.

2. Mussoorie: Also known as the Proverbial Queen of Hill Stations. Mussoorie, with its green hills and varied flora and fauna, is a fascinating hill resort. Commanding snow ranges to the north-east, and glittering views of the Doon Valley and Shiwalik ranges in the south, the town was once said to present a 'fairyland' atmosphere to tourists. The highest point is Lal Tibba with a height of over 2,290 metres.



3. Corbett National Park: Largest tiger populated reserve in the world, is known to house a population of more than 200 tigers.



Things to do in and around Rishikesh

1. Adventure

- Rafting is the most popular adventure sport in Uttarakhand. It is perfectly safe for non-swimmers to go rafting in Uttarakhand.



- Bungee jumping: India's highest fixed platform in Rishikesh. A Cantilever platform built over an iron cliff overlooking a rocky river HYUL, a tributary of River Ganga. Jump with rubber cords tied to your ankles and feel the adrenaline rush like never before.
- Camping is possibly the finest way to spend time in the lap of nature and forget the mundane affairs of an otherwise hectic life. It also provides an opportunity to spend quality time with the loved ones.



- The hilly terrain of Uttarakhand provides plenty of opportunities for mountaineering, trekking and rock climbing. The Garhwal region also offers several thrilling treks, some of them being the Panch Kedar trek, Kedarnath – Vasuki Tal trek, Gangotri – Kedarnath trek and the Gangotri – Gaumukh – Nandanvan – Tapovan trek.



2. **Yoga** The ancient science of yoga helps maintain a healthy mind and body, and is at the forefront of disciplines that people the world over are turning to in order to become focused individuals. Yoga is knowledge of the self. It encompasses knowledge related to the gross and subtle sheaths of the self that have to be purified and perfected by uninterrupted practice and devotion.



3. Raja Ji National Park: Rajaji National Park is distinct for its pristine scenic beauty and rich bio-diversity. A paradise for nature lovers and wildlife enthusiasts, the wildlife of the park is blessed with elephants, tigers, leopards, deer and gorals as its best known life forms. Three sanctuaries in the Uttarakhand, Shivaliks – Rajaji, Motichur and Chilla were amalgamated into a large protected area and named Rajaji National Park



Language

Hindi is widely spoken. English is understood by most.

List of Annexures

1. Department of General Medicine
2. Department of General Surgery
3. Department of Pulmonary medicine
4. Department of Obstetrics and Gynaecology
5. Department of Pediatrics
6. Department of General Medicine/Division of Infectious Diseases.
7. Department of General Medicine/Division of Diabetology.



