

FEBRUARY 2021



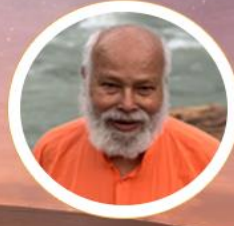
सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti REGD.

sivanandsevasamiti.org

सेवा समाचार



SWAMI SIVANAND SEVA SAMITI, CHIDANANDA KASHI, GANESHPUR,
UTTARKASHI, UTTARAKHAND, INDIA.

Thought for the month

by Swami Premanand

नववर्ष तुम्हारा स्वागत है।

तुम्हारा पहला स्वागत हो, ओ शुभमुहूर्त! ओ "वर्तमान"!

फिर स्वागत-घड़ी, दिवस, पक्ष, मास, अरु "वर्ष नूतन"।

पहले बन्दू तव चरण रज, पश्चात करूँ पूजा अर्चन!

ओ नववर्ष! दो वरदान, पदरज-सुन्दर सन्धीमान।

चंचल कालचक्र का-चपल चरण! चला जाता बिनु रुके एक क्षण,

चलते रहे हम, पग पग साथ, बिनु तजि पद-पंकज नित नुतन।

हे नविन! क्या उपहार, हम धरावासीओं के लिये?" वर्तमान!! ?

बहुत अच्छा! - इसीका ही हमारा सदा अभिनंदन!

हे कालातीत पारावर, परात्पर, परमपिता! सदा वर्तमान रहे-"वर्तमान"!

हम करते है तुम्हारी ही अर्चन, तुम्हारी ही स्मरण, मनन, निदिध्यासन, संकिर्तन।

यही है हमारा उपहार, करो स्वीकार।

हे जीवन का जीवन, परम आधार!

तुम खुश हो अगर -- आशीवाद दो, हम तुम्हारा विश्व परिवार,

नारी, नर, सब होंगे सुखी अपार, हे कृपा सागर!

एक बूँद दया का...एक नजर...हे नित्य नूतन नित्य पुरातन!

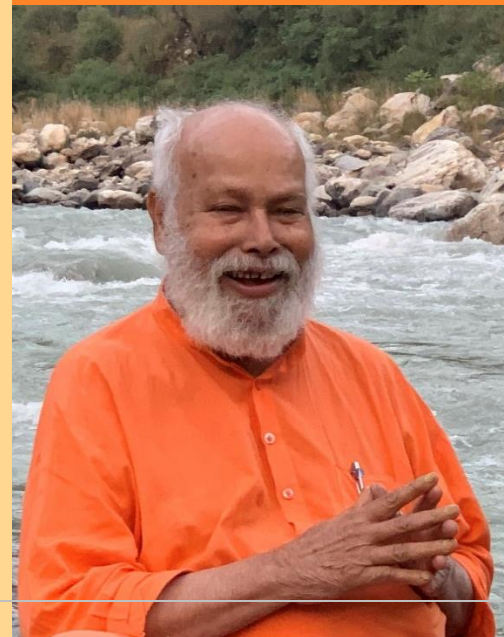
तुम्हारा परम पवित्र-मुख मनोहर,

निराकार वर्तमान हो साकार!

तुम्हे नमस्कार! नमस्कार!! नमस्कार!!!

SEVA SAMACHAR

- Thought for the month
- Foundation of Yoga
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- Spiritual Activities
- Dharmarth Chikitsalay
- Vidyarthi Sahayata
- Other Activities
- Become a Member
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Foundation of Yoga

BY SWAMI SIVANANDA

Develop virtues like generosity, forgiveness and love. Mere Yogic Kriyas alone will not help you much. Do self-analysis daily and eradicate your faults and evil, slavish habits. Rectify your defects such as selfishness, pride, jealousy and hatred. You must cultivate a compassionate and loving heart first. At all times you must share what you have with others and practice selfless service. Then only will you get purity of heart.

Yoga is unity, identity, homogeneity, oneness and sameness with God. Many aspirants neglect these preliminaries and jump, out of curiosity, to Yogic Kriyas for getting psychic powers. It is really a serious blunder. They will have a hopeless downfall. Therefore, be careful. Mere Yogic Kriyas cannot bring about the desired results. The purification of the heart is of paramount importance. The aspirant must free himself from lust, anger, greed, jealousy, hatred, egoism, vanity, attachment, pride and delusion. This is more difficult than control of breath or the practice of Yoga Asanas.

Virtuous qualities such as mercy, tolerance, adaptability, courage, patience, balance state of mind and cosmic love should be assiduously cultivated. Sages have always laid great stress on selfless service, generous charity, purity and simple living. With firm faith, application, perseverance, careful attention to even small details, and fortitude in trials, you must set foot and proceed on the path of Sadhana.



Yoga is not hidden in caves, not sequestered in thick Himalayan forests. It is not in taking mountain herbs. God is not a coward to run away from towns, cities and villages. Practice Yoga in your own home. When the desire to practice Yoga comes, it means that liberation is near at hand. Now, take the plunge. It is a blessing to be a Yogi. Practice Yoga and preach. Hatha Yoga ensures good physical and mental health. You must utilize this to the best advantage by deep meditation on the Atman or inner Self. Self-realization should be your goal. This should be achieved by the constant remembrance of God, by righteousness, by a life of virtue and by the practice of Yoga.

Becoming a Yogi does not involve the abandonment of anyone or neglect of any duties. It means switching over from a life of purpose-lessness to the path of God. It entails a change of your attitude towards life and in the methods pursued for liberating yourself. True and lasting renunciation is, after all, a matter of the attitude of the mind. It is a blessing to be a Yogi. Practice Yoga and preach. Hatha Yoga ensures good physical and mental health. You must utilize this to the best advantage by deep meditation on the Atman or inner Self. Self-realization should be your goal. This should be achieved by the constant remembrance of God, by righteousness, by a life of virtue and by the practice of Yoga.

Do not look upon Yoga as something beyond you or as calling for any extraordinary efforts. You can remain in your station of life, carry on your work and at the same time embark on the Yogic path. Do Japa, prayer, Kirtan, meditation and Asanas regularly. Any effort in the direction of Yoga never goes in vain. You will realize thereby the fruits of even a little Yogic practice. Yes, there is a popular notion that Yoga is only for the intelligentsia. It is not so. Yoga is for all. Everyone can and should practice Yoga from their station of life. Every activity - from the rearing of children to the management of the home - can be readily converted into Yoga. Kindly study the first six chapters of the Gita again and again. Merely running away from crowds is not a sign of Yoga. The performance of all actions as an instrument in His hands, and with the consciousness that this world is pervaded by Him, the Supreme Spirit, is called Yoga.

सेवा समाचार



BY SWAMI CHIDANANDA

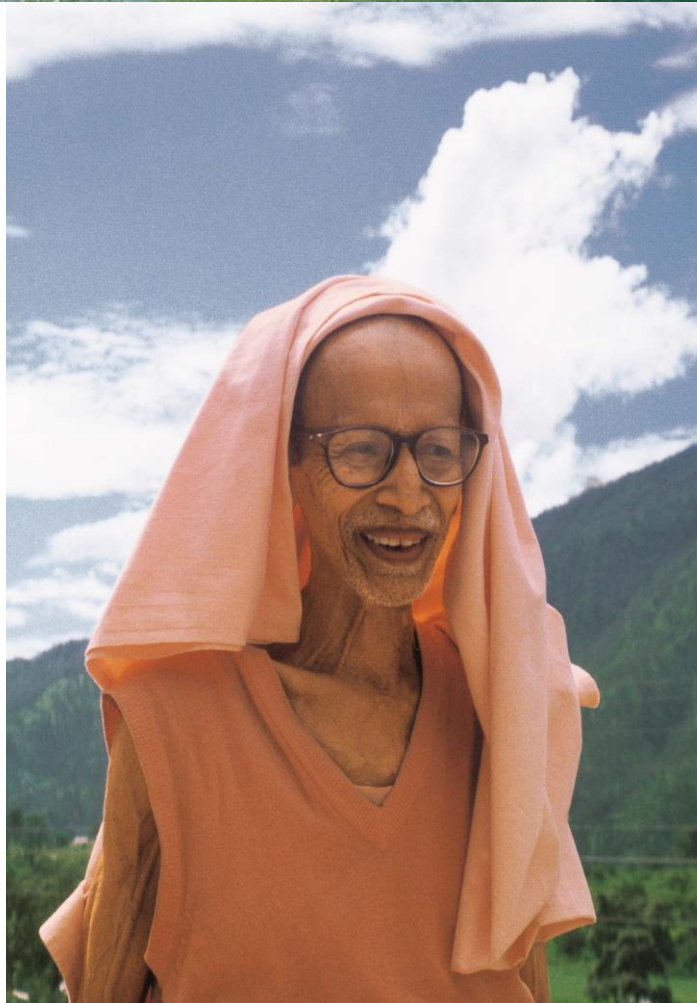


Yoga Explained

Worshipful homage to that supreme, eternal, universal Being who revealed Himself in a glorious personal form comprising total Divinity as the world teacher, Lord Krishna. And what is His main teaching? What is His main method of attaining the supreme human experience of our essential non-differentiation from Him, which experience liberates us forever from all sorrow, all confusion and delusion, and liberates us once and for all from a return to successive birth, death and rebirth in this mortal world? What is this method?

We all know that classical Indian spiritual tradition speaks of four yogas—channelising our action potential through karma yoga for God-realisation, channelising our sentiment and emotion potential for realising God through bhakti yoga, channelising our mind's power of concentration for attaining God-realisation through raja yoga, through meditation, and channelising our intellectual potential of analysis, logic, discrimination and reasoning to attain illumination through jnana yoga. But in the Gita we witness a strange phenomenon where 18 yogas are mentioned, one for each chapter. It speaks only about yoga. What is this strange phenomenon? There are four classical yogas and here we have 18 yogas. Everything is yoga. He covers the whole of human life in His teaching.

What is that central teaching? The central teaching is that, in fact, all life is yoga. Life is to be lived as the great sadhana, the great yoga. All actions constitute yoga. Everything that you think is yoga. Everything that you speak is yoga. Everything that you do is yoga. That is why everything that you think should be thought of as yoga. That is why everything that you utter should be regarded as yoga. That is why everything that you do must be done as yoga.



THEME OF THE MONTH—Teachings of Bhagavad Gita.

There is nothing else in life except yoga and yoga alone. All of life is yoga. Life is the great sadhana. Life is the supreme yoga, every part of it. Life is to be lived as such. That is why it was given. Each and every one of our actions from morning till evening should have a Godward thrust; they are to be engaged in for attaining illumination. Everything in our life is and ought to be enlightenment oriented. Breathing, sitting, standing, running, resting, working, lying, waking, dreaming, sleeping, all constitute that one single process—yoga.

So there are not merely 18 yogas. There are innumerable yogas every moment. Everything is to be regarded as yoga; it is not just eighteen. The number of yogas is legion. This is to be grasped. This is the great truth about you, about each and every one of us. May the grace of the Supreme and the benedictions of revered and beloved Holy Master Gurudev Swami Sivanandaji enable us to fully recognise this truth, fully assimilate this truth, fully live in the light of this truth, and thus become the Truth. May God bless us all!

सेवा समाचार

Samiti Activities

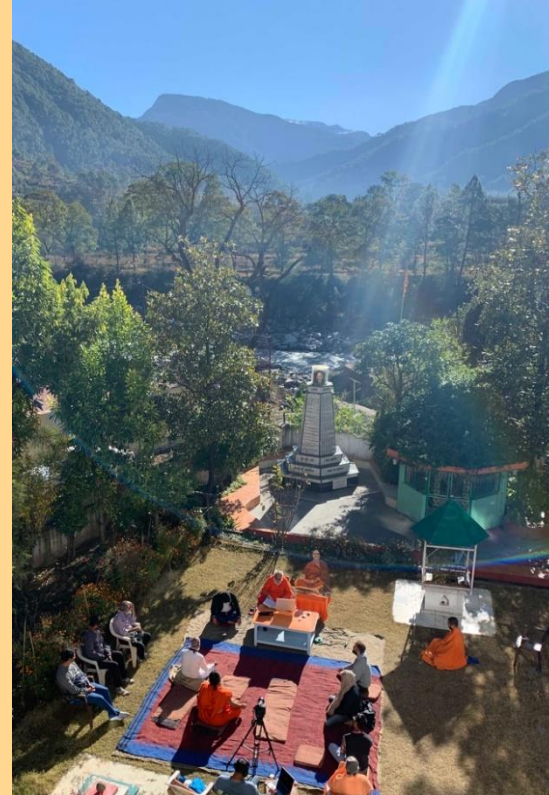


Spiritual Activities

- Day starts early at 5 am with Vishnu Sahashranama and Saraswati Upanishad Recitation with prayers.
- Daily rituals of Mother River Ganga, Gangadhar Mahadev, Radha Krishna & Gurudeva are performed in the Temple
- Evening Satsang is performed with enchanting prayers offered to all Lords by Reciting Mahimna Paath, Hanuman Chalisa, Ramayan Paath and Bhajans. Every Saturday of the week, Ramayana especially Sundarkand is recited with full fervor encompassing nearby Villagers, Students and Sadhakas.
- Daily discourse of Yoga Vasishta, unfolding its essence word by word is being taught by His Holiness Swami Premanand. Session is also streamed live on Youtube. Approximately 100 devotees from different parts of the globe join the online discourse and question answer session through google meet.
- All festivals of its type starting with Janmashtami, Navratri, Diwali, are celebrated with all pomp and glory, with everyone contributing wholeheartedly towards putting service in organizing those.
- Narayan Seva is providing an indispensable support to the Wandering sadhus, Pilgrims, and to underprivileged people living in the Uttarkashi Himalayan villages. Support is offered by means of Dry Ration, Money, Medical/ambulance and help to the poor people for houses, marriages and daily needs, etc.

The answer is first. Then comes the question.

The answer is hidden in question itself!



सेवा समाचार

HEALTHCARE ACTIVITIES

Sivanand Dharmarth Chikitsalay

The current running departments of Sivanand Dharmarth Chikitsalay are **General OPD, Eye, Dental, Physiotherapy, Pathology Lab, Ayurveda, Homeopathy, Veterinary and Ambulance Services** for referral or emergency cases. Due to covid-19 the **mobile camp** program is on hold.

Panchkarma building is functioning well for male and female. The **Tele Medicine** facility having connectivity with **AIIMS Rishikesh** serves many chronic patients.

During Corona lockdown only emergency cases were attended. From September first week the hospital started working regularly with all mandatory precautions.

The Entire Dispensary works on **HIMS (Hospital Information Management System)** helping in maintenance of Electronic Medical Record, Pharmacy stock & Issue details and quick generation of patient Data. This is the only hospital in the entire Uttarkashi region offering this automated service.

Patients Attended to in Hospital OPD	:	543
Eye patients	:	275
Dental patients	:	143
Mobile camp patients	:	92
Panchkarma	:	72
Physiotherapy patients	:	235
Veterinary medicines distributed	:	0
Pathology Tests	:	16
Ambulance Seva to patients	:	10
Homeopathy patients	:	18



All the problems of the life are due to the idea of dualism! There is no problem in the ONE.

सेवा समाचार

Eye Camp



Swami Sivanand Seva Samiti conducts frequent free Eye-camps. Doctors and specialists from India as well as abroad are involved in providing the necessary consultancy during the camps. All medical aids are distributed to the needy patients free of cost.

These Eye camps are an endeavour from Swami Premanand ji on a philanthropic ground towards welfare of rural communities around Uttarkashi hilly villages. Eye camp has become a monthly activity and jovial selfless service which is actively taken by all ashram inmates, Doctors, residents, students to make it a success.

On the 9th January 2021 in the leadership of Dr. Brij Bhushan, MBBS, MS (ophthalmology) such a camp was conducted.

No. Patients : 65

Cataract Surgery done for 43

1. All patients detected with cataract during routine checkup are being out called by our Doctor Suresh Aswal and informed about Eye camp.
2. Eye camp starts with blood test for Sugar, reading of eye lens with A-SCAN, with its necessary evaluation and investigation.
3. Post approval from our Surgeon, eyes are dilated and made ready for surgery.
4. SCIS technique, modern technology PHACO machines are being used for the surgery.
5. Patients are bandaged with eye patch and kept overnight and given free food, Night stay, with free Blanket.
6. Subsequent Day, patients are treated with Eye Drops, Eye Glass and Medicines.



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Vidyarthi Sahayata



The students needing support were identified on the basis of their educational performance, family background and annual family income. They were provided educational support in terms of fees, school uniforms, school bags, books, stationary etc.

Total No. of Students Supported	:	50
Total No. of Tabs distributed	:	90

Computer education: Computer classes remained closed due to corona virus lock down. But after 17th may computer class is reopened, adhering all the preventing measures of corona virus. Due to covid-19 Yoga class was closed but since 18th of May again we have started the yoga class with all the anti-measures of corona virus.

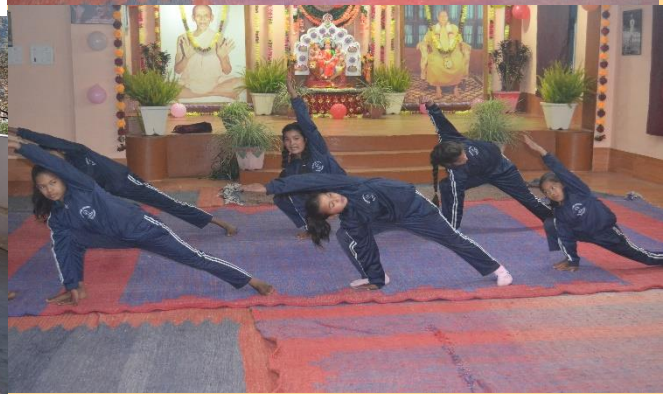
Number of students in Yoga class	:	45
Number of students in Computer class	:	22

(in 2 batches)

Hostel

The Hostel wing of the ashram is providing free accommodation, food and necessary educational aids to the identified needy students and seekers.

No. of students staying in the Ashram	:	06
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सेवा समाचार

Project Supported under CSR Scheme

During this financial year Aavas Financiers Limited, Jaipur has Supported under CSR Scheme the following projects:

1. Provision of 45 KVA 3Ph Kirloskar iGreen Silent Diesel Generator as back up support for the Swami Sivanand Seva Samiti's Electrical system.
2. 5/10 KW Solar Photo Voltaic System for partial support of Electrical generation through Solar Energy.
3. Provision of Hydraulic Patient Lift for Cataract Surgery Patients of Sivanand Dharmarth Chikitsalay (under execution).

Mohit Minerals Limited, New Delhi has extended continuous support to Carry on the Free Eye Care activities (Eye Camp for Cataract Surgery) of Sivanand Dharmarth Chikitsalay.

Swami Sivanand Seva Samiti is grateful to **Aavas Financiers** and **Mohit Minerals** for their gracious support!





सेवा समाचार

Other Activities

Hospitality

Due to Covid 19, Char Dham yatra was not allowed. Only local people were allowed to visit Gangotri temple. So ashram also received almost no Padyatri Mahatmas & needy Padyatris of Chardham Yatra are given privilege of rest in the Ashram for a few days, along with food and medicines. Foreign spiritual seekers are also allowed to stay in the ashram and are given guidance to their spiritual practices. Ashram provides free food and accommodations to all these guests.

Indian guests	:	05
Foreign visitors	:	01
Ashram inmates	:	12

Annakshetra

A daily routine of free food facility of breakfast, lunch, evening tea, and dinner is served in the Annakshetra to guests, visitors and hospital patients etc. whosoever is present in the Ashram.

Total No. of People fed	:	60
approximately per day		

Goshala

A team of Ashramites and workers are dedicated to the care of the cows and calves to cater to their needs. Also a regular check-up and medical support is being provided by the Veterinary Department of our Hospital Wing.

Total No. Of Cows	:	6
Total No. Of Calves	:	2



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New Year Celebration



Celebration for new year eve and welcoming the new year 2021, was done with full pump and galore. Lot of entertainment activities were done by the nearby village kids and ashram inmates. Delicious food was prepared and served to all visitors. Due to corona scare proper guide lines were followed. The Evening was blessed with a blessing prayer by Premanand Swamiji Maharaj and the new year was welcomed with a blessing by Atmananda Swamiji Maharaj with a Durga stuti.

सेवा समाचार

Makar Sankranti

Makar Sankranti was celebrated as usual on January 14th. Many local villagers come at early morning to take a holy dip in Ganga ji and for special prayers. The village deity also comes on his cradle. So entire arrangement for the program was done by the Ashram—bonfires near Ganga ji, arranging tea for the people coming for early bath. Special puja at Gangadhar Mahadeva temple was Conducted.





Republic Day Celebrations

We Celebrated 26th January as “Republic Day” in the Ashram with great joy & enthusiasm. Celebration is not only to hoist the “Tiranga” with slogans—Bharat Mata Ki Jai—Vande Mataram—enjoying some programs, distributing sweets etc. but also, to think over our duties towards one’s ownself and for others as a citizen of this republic country—the great India. We have to feel proud to be the children of India, to be a part and parcel of Free India.

Because, India has specific strange, unique qualities which is not found elsewhere. All the limits of differences and diversities in geographical conditions, cultures, languages, food and dress-style, religious life style, traditions, faiths, etc. are seen here in India with an unique feeling of unity in diversity and brotherhood also! We have to keep up this quality of Unity in diversities by the cost of selfishness!

Bharat Mata is not only a figure or a flag but also a solid composition of all the above said qualities and the soil, water, air, sky, different types of lives like human life, plant life, animal life, insect life etc. and life of all these lives. All these aspects are related & co-dependent with each other. One will not survive without the other. We have to pay attention on each and every point here and lead a co-operative life by having positive relationship with each and every aspect. Then only we can glorify India our Mother & be happy.



So to say we will be happy if only we keep others happy; Individual happiness lies in the happiness of whole totality. This is also the true meaning of Freedom. Freedom means to be in our limits. If you cross your limit, others will be forced to cross their limits. So others will be forced to enter your limit. Then where is your freedom?

‘Ganatantra’ is individual partnership in the Governance. The republic government is by the people, of the people, for the people and from the people. Each & every individual takes part in the Government by casting his vote to elect his choicest representative to form the Government. So the individual holds his rights in all respects by participation. The Government is formed by the constitution and also it reforms the constitution at the time of need by amendments.

This constitution is really the life of the Government. We got this constitutional Govt on January 26th, 1950, after two and half years of Independence on 15th August 1947 by hard struggle and sacrifice. Considering all these points we come to the conclusion that every individual can enjoy his own rights only when he keeps up others rights. If one has right for existence, then others also have the same right. Therefore, our duty is to allow not only other human beings but also the air, water, the climate, the vegetations, the animals, birds and all other beings to enjoy their right for existence.

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Republic Day Celebration

We call it sarva-bhuta-hite-rata (ever engaged in doing good to others). Then only you are eligible to be called as the unique citizen of Free India. Glory unto thee! Glory unto India the great! Vande Mataram!



सेवा समाचार

तुम चलाओ मैं चला

BECOME A MEMBER

One who follows the principles of Gurudev Swami Sivanandaji—Serve, Love, Give—is welcome to become a member of Swami Sivanand Seva Samiti. We are extending our family to all those who will selflessly serve the philanthropic and humanitarian cause and pursuit of Swami Sivanand Seva Samiti.

MEMBERSHIP DETAILS

I am privileged to be a part of Swami Sivanand Seva Samiti, Chidananda Kashi, Ganeshpur, Uttarkashi.

My details:

Name :

AGE:

OCCUPATION:

ADDRESS:

PHONE NUMBER:

EMAIL:

Please send us the above information by email to:
swami.premananda@gmail.com

MEMBERSHIP PLANS

- **LIFE MEMBERSHIP:**
RS. 25000/ for corpus fund
- **REGULAR MEMBERSHIP:**
RS. 200 PER MONTH OR
RS. 2000 PER YEAR
- **NO PRIVILEGES—WE ARE ALL DEVOTEES. ACCESS TO STAY IN THE ASHRAM IS A SADHANA**

HOW TO DONATE

ANNA DANAM	Rs. 3, 100 for 100 people per day
VASTRA DANAM	Rs. 2, 100 for 1 person for Blanket, Sweaters and clothes
CHIKITSA DANAM	Rs. 1, 100 for 1 week and Rs. 5001 for 1 month per person
VIDYA DANAM	Rs. 5, 001 for 1 student per year
GAU SEVA	Rs. 5, 100 for 1 Cow per month
BHANDARA	Contact us for details

PLEASE SEND ALL DETAILS TO - swami.premananda@gmail.com

Teachings of Yoga Vashisht

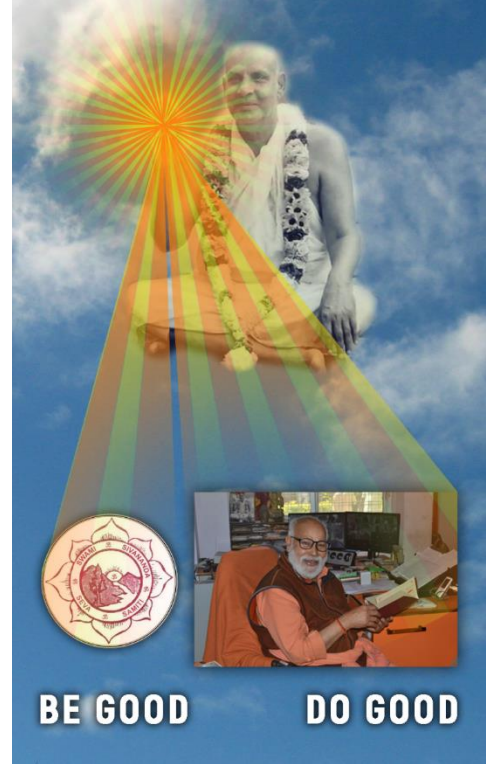
BY SWAMI PREMANAND

Existence of sky

Substratum of all Existence are - Pancha Mahabhutas—The five elements—Prithvi (earth), Apas (water), Vayu (air), Agni (fire), Akash (Sky) – As the substratum of tree is seed likewise all Bhutas has a substratum in line with its subtlety quotient. Which goes as 'Substratum of earth is water'- 'Fire is Substratum of water, Air is of Fire 'and 'Sky is of Air'". Sky (Akash) - is omnipresent, Ubiquitous, and infinite. Substratum of which is impossible to find.

The sky is unimaginable, beyond imagination. It is indeed an imagination, 'When the sky is moving -we call it air and with same most subtle vibrations are we able to hear 'Sound'. So it can be said that 'Movement of Sky is Air'. The feel of the sky (by imagination) we try to know the sky. If that is not imaginary then where is the sky?

Just like we cannot see the power within a human being permanently—when the person becomes active and mind becomes Subtle, are we able to see the energy, in the same way, we cannot fathom the nature of the sky.



Welcome New Year

Welcome Thee, O Auspicious Moment! O Presence, Pure and True.

Then only welcome to you O' hours, days, weeks, months and New Year So we may worship you.

Let us worship at your feet first, O' auspicious moment, and then only let us worship you O' New Year!

Bless us with a touch of thy feet, adoring the beautifully present, gap between the two.

O New Year! Where from did you come? And where is it you will go? Can you sit for a moment on this seat, and show your face at least once? You Always come, then always go, leaving a space within our hearts!

Bless us to run step-by-step with you, without giving up any pace, so we can always celebrate with you, throughout our yearly race. O' New One, what Gift for us the earthly beings, that you bring?

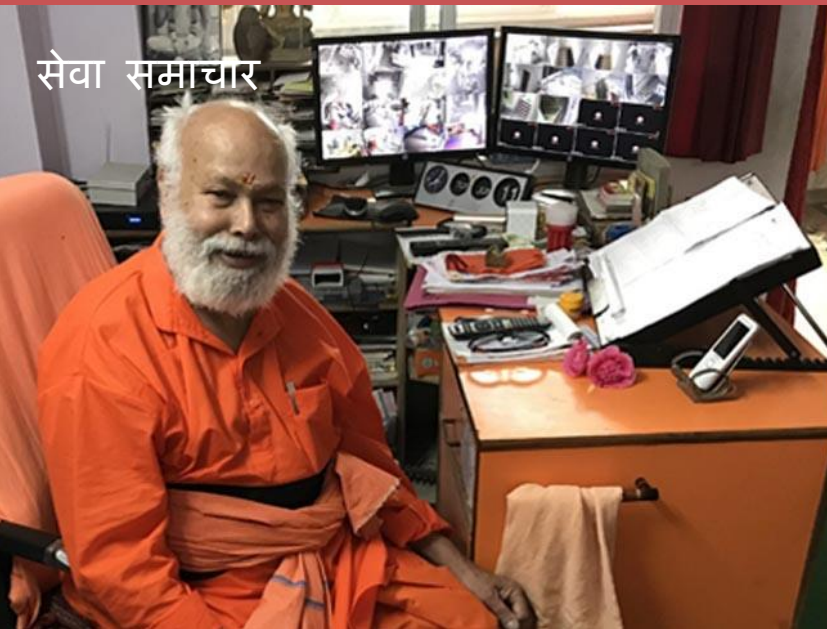
Please let it be the PRESENCE, we always welcome His auspicious form-our Father, the lord in heaven.

And may His Presence forever be PRESENT, Whatever this New Year may bring.

We shall continuously serve thee, worship thee, In continuous remembrance, heartfelt loving contemplation, and sincere meditation. This will be our precious gift for thee, please accept. If this makes you happy, satisfied, content, Then please bless us—thy earthly family of human beings, So we all may be blessed!

-Swami Premanand-

सेवा समाचार



SWAMI SIVANAND SEVA SAMITI

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WE ARE ON THE WEB!

www.sivanandsevasamiti.org

[click here for our Youtube Channel](#)

[click here for our Facebook Page](#)

Swami Sivanand Seva Samiti is rendering one of the greatest services to humanity and mankind through **Sivanand Dharmarth Chikitsalay**. Keeping healthcare as an emerging need and responsibility to address, Samiti would extend its philanthropic medical arm to more and more people and connect for longer period. In the wake of it, there is a need of Corpus Fund to spearhead the cause.

Like-minded people are welcome to support this endeavour towards the noble cause of healthcare. The interest generated out of the Corpus Fund is being used for the medical help in the rural areas.

SUPPORT US:

SWAMI SIVANAND SEVA SAMITI supports needy people through various seva, right from education to health in many ways. Everybody is welcome to support the Samiti by being a part of these various SEVAS. For all Donations and **Fund transfer from India or Abroad**, reach us at swami.premananda@gmail.com. All donations should be sent with full name, address, and PAN Card Details.

