

MARCH 2021



सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti REGD.

sivanandsevasamiti.org

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

Thought for the month

by Swami Premanand

Yajna acts as a bridge between the Gods and the earthly beings, to write each other, to co-operate with each other, for an integrated all-round progress in the path of life's journey. Among the five basic elements of the creation, **the fire** plays the role of transforming the subtle into gross and gross into subtle. The medium. Yajna means sacrifice or charity, offerings etc. We have to give something to get something and we have some thing to give it only...

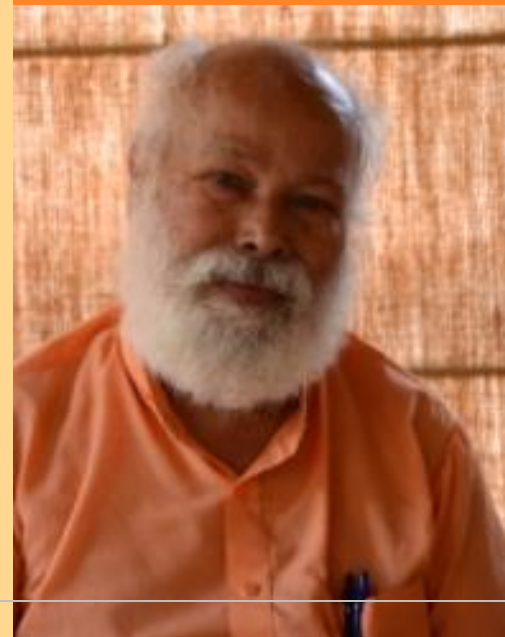
Selfishness is against the law of nature and punishable. You are called a thief sinner! Whatever you have is not acquired by your single effort. For one occurrence of any event the whole world has to take part directly or indirectly, for world is, but a totality, where you are a part of it. If a car moves all the parts of the car have to get together in the movement. So, as a part of the whole total world, you have to act as per the law of nature (Action and reaction, cause and effect or give and take). This is an unavoidable law of relativity. There lies your allowed progress in the path of evolution.

Be aware! Don't try to harm yourself by selfishness! Try to help others in all conditions. Don't miss a chance to share with others. May lord bless you to be **Sarva bhuta hite ratah.**

May Gurudev guide on the path!

SEVA SAMACHAR

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Foundation of Yoga

BY SWAMI SIVANANDA

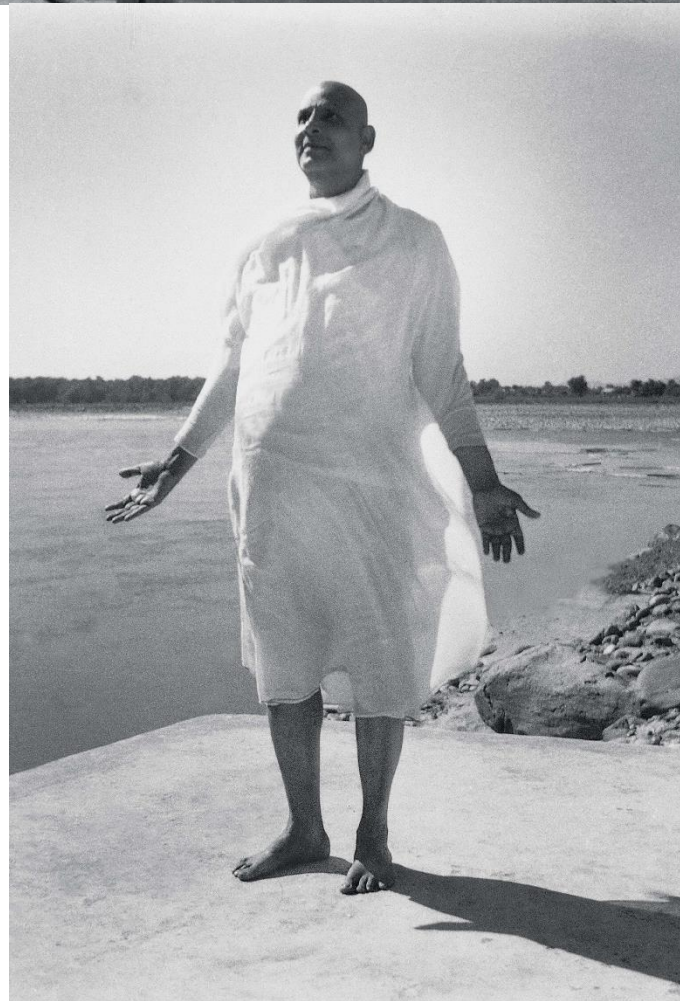
Inspired Life: a message from Swami Sivananda

"You are the architect of your own fate. You are the master of your own destiny. You can do and undo things. You sow an action and reap a tendency. You sow a tendency and reap a habit. You sow a habit and reap your character. You sow your character and reap your destiny. Therefore, destiny is your own creation. You can undo it, if you like. Destiny is a bundle of habits.

Purushartha is self-exertion. Purushartha can give you anything. Change your habits, change your mode of thinking, and you will conquer your destiny. You are now thinking 'I am the body'. Start a spiritual anti-current and think 'I am immortal, diseaseless, sexless Atman'. By virtuous deeds and right thoughts you can disarm destiny. You have a free will to act. By self-exertion, Ratnakar became Valmiki. By self-exertion, Markandeya conquered death. By self-exertion alone did Uddalaka attain Nirvikalpa Samadhi.

Do not yield to fatalism. Do not become impotent. STAND like a lion! Exert and attain independence. There is a magazine of power within you! There is a vast ocean of knowledge within you! All faculties are latent in you.

Unfold them and become a Jivanmukta." - Swami Sivananda Saraswati



Yoga is derived from tantra, which began over 7000 years ago. Tantra means to liberate (*tra*) from bondage (*tan*). The first known teacher who systematized tantra was Shiva, who lived about 7,000 years ago. Tantra is based on a focused, concerted struggle to develop insight and power to overcome all obstacles, internal and external, in individual and collective life. One of its main scriptures, the *Bhagavad Gita*, contains instructions on an ancient Indian battlefield—which represents all of life, everywhere—to Arjuna, an outstanding warrior—representing every spiritual aspirant—from Krishna—the voice of compassion and reason. Arjuna falls down in utter dejection and confusion when he sees the cost of the battle that he is about to enter, and Krishna then instructs him that he must fight, how he must fight, and the costs to him and society if he does not fight.

All practitioners of yoga must be adept at handling conflict, internal as well as external. They must know at the outset that there are five conflict strategies that can be used in various circumstances. These strategies are as follows: 1) to avoid conflict, 2) to yield—to give all away, 3) to compromise—give part part and to receive part, 4) to collaborate, and 5) to fight to win, or die in the attempt. The very difficult message of the *Bhagavad Gita* is that conflict is inescapable and that one must fight to uphold dharama or righteousness at any cost. Krishna assures Arjuna that those who uphold dharma will be upheld by it and be. If this message is not taught in a yoga class, it is not a yoga class worth its name.

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BY SWAMI CHIDANANDA

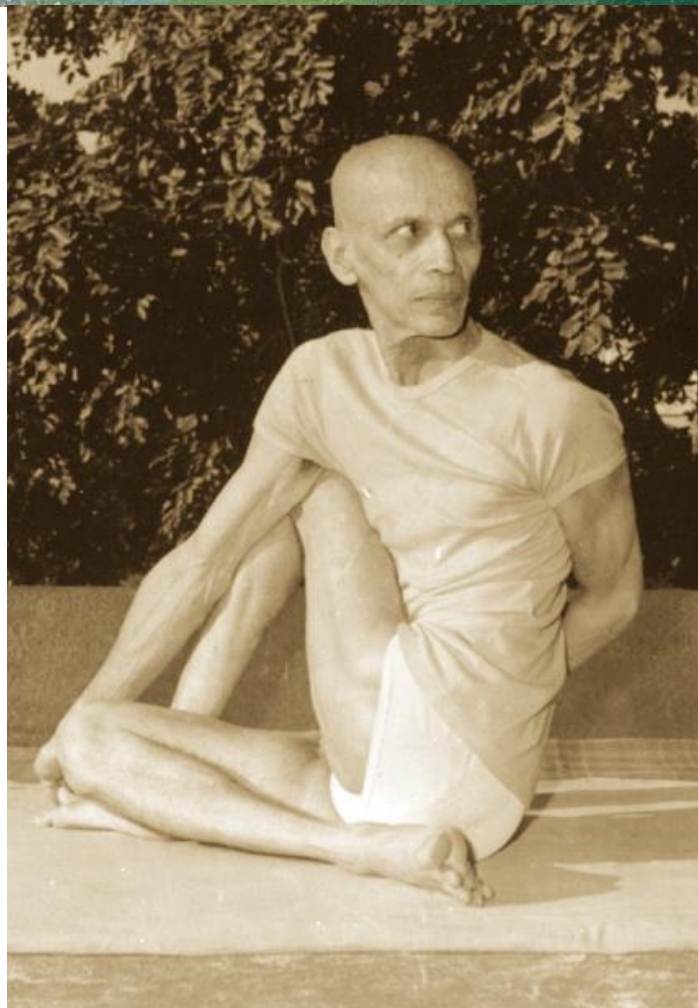


Yoga Explained

The mind is but a reflected consciousness. The seeming intelligence, power and perception of the conscious mind are only a borrowed light. The real source is Atman, not the mind. Just as the body is inert, the mind is also inert. The mind is highly subtle matter; nevertheless, it is matter as distinct from spirit. Ultimately all wisdom, knowledge and power derive from spirit. A mirror catches the direct light of the sun shining in the sky, and the mirror becomes so powerful with light that it can brighten a darkened room. Seemingly the light comes from the mirror, and yet there is in reality no light in it. The same is the case with the mind.

Whatever power the mind is manifesting, it does not ultimately belong to the mind as such, but the Atman that is beyond the mind. That is the true source of light and wisdom. Vedanta has the term "reflected consciousness," so mind is understood as only shining with borrowed luminosity. You are a radiant centre of pure spiritual consciousness, and that is your "true face," as they say in Zen. What was your face before you were born? What was that faceless face when this face did not exist? You are a mass of radiance, and that is your eternal countenance when no name, no body, no form and no face existed.

How then can one invoke these deeper powers beyond the mind? The most important insight we get from Vedanta in this matter of tapping the inner source of strength, power and peace is what is called *atma-bhav*. This term means "to abide in the Self, to be aware of yourself as the Self"



THEME OF THE MONTH—Teachings of Bhagavad Gita.

Krishna's Nature

As a sacred text, much of *The Bhagavad Gita* is devoted to Krishna explaining his true nature. **One of the most difficult, yet most important things to understand is all of the various forms that Krishna takes.**

He says that his truest, highest self is *Brahman*, the ultimate truth and power in the universe. However, Brahman isn't usually thought of as an entity. Rather, he's thought of more like an abstract force that pervades the universe and guides everything in it.

Vishnu, who is one of many aspects of Brahman, is the supreme deity in the universe. Though commonly depicted as a blue-skinned, four-armed being, he is in everything that exists, and everything that exists is part of him.

Finally, Krishna is an avatar, or incarnation of Vishnu. Like Arjuna, Vishnu has been born into many different bodies throughout history; however, unlike Arjuna, Vishnu controls his own reincarnations and remembers his past lives. So Krishna, Vishnu, and Brahman are all separate entities, and yet all the same divine being.

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!



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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	:	521
Eye patients	:	178
Dental patients	:	132
Mobile camp patients	:	140
Panchkarma	:	117
Physiotherapy patients	:	154
Veterinary medicines distributed	:	0
Pathology Tests	:	34
Ambulance Seva to patients	:	12
Homeopathy patients	:	16



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

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Eye Camp

BE GOOD
SIVANANDA DHARMARTH CHIKITSALAYA
DO GOOD
REG. NO. 14
SIVANANDA ASHRAM GANESHPUR

भला करो भला बना
निःशुल्क नेत्र जाँच शिविर
शिवानन्द आश्रम
गणेशपुर उत्तरकाशी

Sivanand Seva samiti conducted Eye camp under National programme to control blindness and visual. Impairment by performing cataract surgeries to all needful patients.

Our Optometrist out called all the patients, and invited them to go through the surgery on mentioned date .Patients from various place like, Dunda , Bhatwari , Nagaun, Badkot, Chinyalisaur spanning in a radius of 75 to 100 kilometres arrived ,and were provided dinner and a night stay as a part of operational process .

Sivanand Seva samiti had been volunteering in such noble gesture from. Past 3 years and everyone in Hospital along with inmates participate with **great** zeal and enthusiasm as to see the fruitful and successful completion of programme.

Eye camp has become a noble practice and philanthropic support to all financial deprived people, where emotional quotient are at its fullness.

Swami Premananda ji under his noble guidance executes the entire process very meticulously and personally reach out to all patients during Pre and Post process of surgery.

All hygiene, and essentials in terms of medicines, glasses, lenses are provided by the ashram in cohesiveness..

Sivanand seva samiti organises camp very meticulously following all diligence right from Registration till Discharge of the patient in a standard structured format.



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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 : 60

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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New Activities

Sivananda Seva Samiti on its pursuit of mission towards Humanitarian cause is introducing an extended support towards all patients who are kept on wheelchair in line with medicinal advices by constructing a passage to them directly from their Room to the dispensary.

Swami Premananda has taken this noble cause of patient's plight and predicament by constructing this overhead passage, construction took not more than a month to get in completion mode. Our inmates, labor, including Sevaks participated wholeheartedly in aligning necessary resources towards its making. This overhead passage is an epitome of emotional addressal and bridging of it with utmost love and Joy.

Construction activities for installation of Hydraulic Patient Lift for Cataract surgery patients of Dharmarth Chikitsalay has begun and should be operational by mid March 2021.



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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	:	09
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



VASANTA PANCHAMI



Vasanth Panchami was celebrated on February 16th in Ashram, On this Occasion Mata Saraswati puja was Conducted. Let mother bless the world with abundance of Knowledge.

Bhajan Kirtan in praise of Maa Saraswati was performed by inmates of Ashram

A Bhandara was organised, where lot of school children came to have the prasad

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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

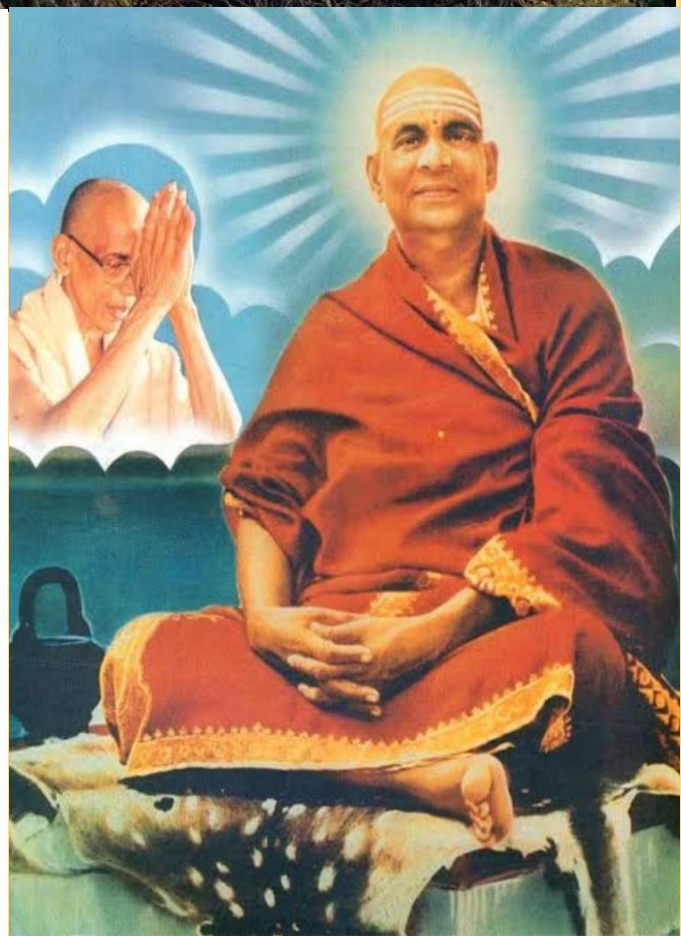
Is it not a contradiction to see God in Brahma Satya, Jagan Mithya and every object?

Answer lies in the point of view, the way we look and perceive the object and its objectitude. One who will be, and the one who does not change – and remain same is 'TRUTH', rest which changes is false.

QUOTE, which say 'EKO HUM-BAHUSHYAMI' speaks of the INTENTION where one wants to see itself by multiplying oneself.

From one gets changed to two, two to three such manifolds increase increases (changes) but the Basis and substratum of all this is one, which is always stable and that which is unchangeable is 'TRUTH'

For example : When one see the solar eclipse, many of one and many of those see the reflection of the sun in the turmeric water. Reflections merges and can be seen in thousands, but question to ponder is 'Are sun present in thousand', and thus we arrive at fact that the sun (not having thousands) is the same. Though analysing from this point of view, even when looking at thousands of suns (reflection), the same sun (image) is known. So only and only if the object (truth) is present then only the reflection (false) will be in many shapes (changing).



This is nothing but same basis of relativity. God is in the world and the world is inside God. Therefore, we can conclude that wherever may be Observer's point of view, he sees (in the unknown) only one (truth). In this way the world is (relative truth) and its basic basis is God (truth). The person who realizes (accepts) it, become Silent (Maun) automatically. This is what is called WORLD and its components are created.

When a sadhak matures in his penance, he see himself in all sentient and insentient being and feel the interconnectivity and thus emerged with UNITY CONSCIOUSNESS. Like the thousand reflections of sun are being pierced, and realised with its true essence of 'Many in body-One in Mind', same way a sadhak realises its own substratum discarding all false identity.



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.

