

JANUARY 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.

New Year Message

from Swami Premanand

HAPPY NEW YEAR to you all! May God bless you with health, long life peace and prosperity! May our Gurudev bless you and guide you with spiritual progress to attain the goal of life in this very New Year.

Time is an ever-changing process and it is the basic principle of nature. In reality, every moment is new for us. Time is an unending growth. Time is a continuous repetition. Time repeats in cycle. It is ever new and ever old. Time is Past, Present and Future.

Who has seen the Past? Who has seen the Future? Have you seen the Present? Is it not only an imagination?

Time is an illusory idea only. It is an everchanging phenomenon. Time is an eternal flow which is named as "World". Time is an unending-journey. Time is **"Pastless and Futureless Present"**. Time is all controller. Time is God. Let us welcome it, accept it, worship it, live on it and enjoy it as the Ever-beautiful, Ever-true, Ever-peaceful present.

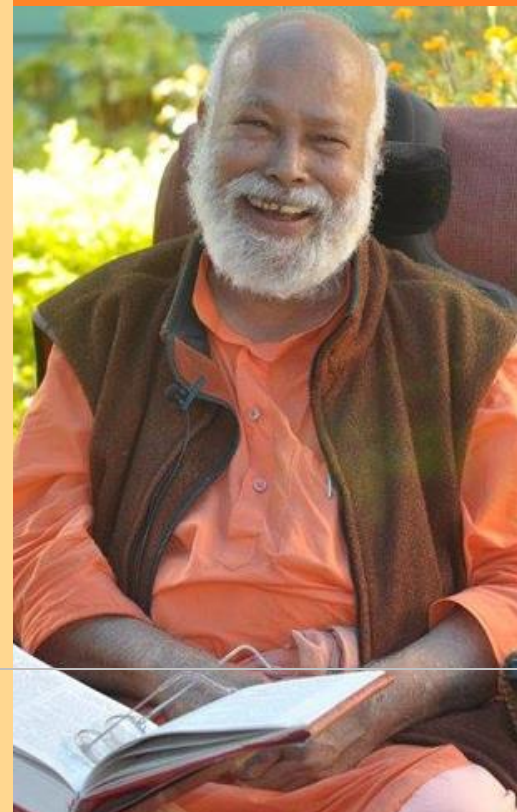
O ! Ever-sweet, Ever-peaceful, Ever-beautiful, Ever-new and Ever-blissful **Present**, Salutations and Prostrations unto Thee! Thou art, the moment, the hour, the day, the week, the month and the year. Thou art centuries, millenniums and endless-eras. Glory unto Thee! Pray, Be with us for ever and ever.

Is there something which is beyond time, which is all silence, peace and absolute equilibrium, which is unchanging-continuous-constancy, which is beauties of beauties and eternal abode of bliss?

Should we not achieve it? Oh! But wonder! What to achieve? Is it not there ever with us!

SEVA SAMACHAR

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Object of Seva

BY SWAMI SIVANANDA

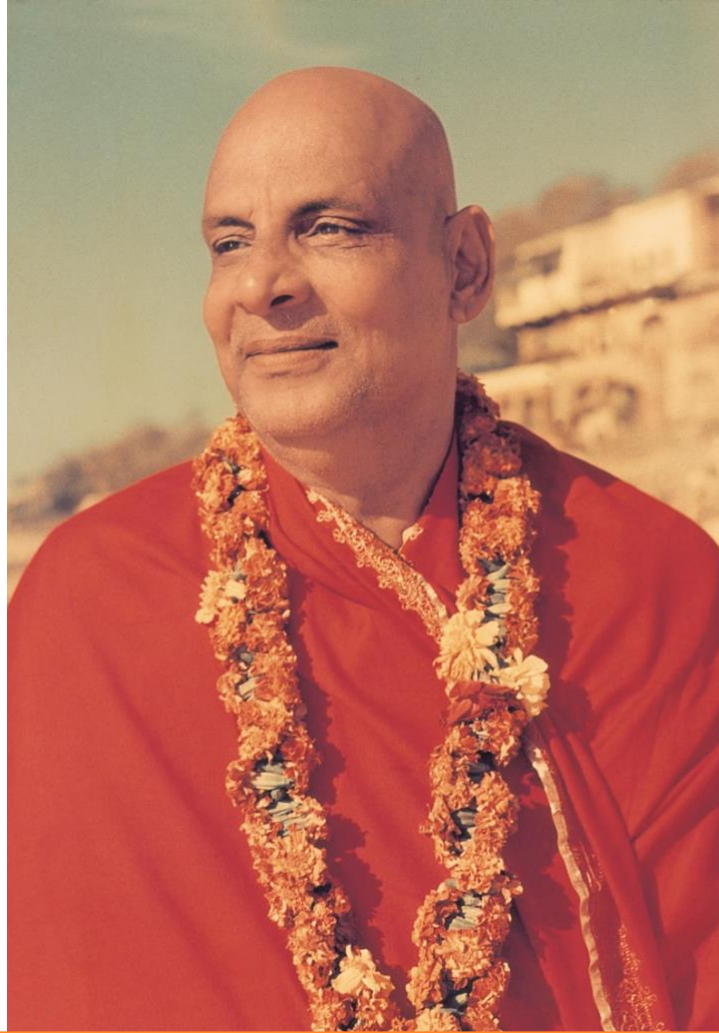
What is the object of Seva or service? Why do you serve the poor and the needy and the suffering humanity at large? Why do you serve society and the country?

Yes, by doing service you purify your heart. Egoism, hatred, jealousy, the idea of superiority and all the kindred negative qualities will vanish. Humility, pure love, sympathy, tolerance and mercy will be developed.

The sense of separateness will be annihilated. Selfishness will be eradicated. You will get a broad and liberal outlook on life. You will begin to feel oneness and unity. Eventually you will obtain knowledge of the Self. You will realise "One in all" and "all in One".

You will feel unbounded joy. What is society after all? It is nothing but a collection of units or individuals. The world is nothing but a manifestation of God. Service of humanity and the country is, in fact, nothing short of service of God. Service is worship. But one should serve with Bhava. Then alone one can have quick realisation and purification of the heart.

Actions which are of a binding nature lose that nature when you do them with equanimity or evenness of mind through the help of pure reason, which has lost all attachment to sensual objects and which is resting in the Self. You will have to cultivate and develop this pure reason and equanimity of mind.



QUOTE OF THE MONTH

God has given this marvellous machine to man for service of humanity and thereby attaining an immortal life. If he uses this body for satisfaction of petty desires and selfish ends, he becomes an object of pity and condemnation. He is caught up in the wheel of birth and death.

Rest the mind in the Self or Ishvara when you perform any action. He who has developed pure poised reason and who is resting in the Self, is quite aware that all actions are done by the Divine Actor within (Antaryamin). He is perfectly conscious that God really operates in this body-machine and moves this machine.

This Yogi of equanimity or evenness of mind now understands fully the fundamental principles that govern all bodily actions. He performs all actions for God's sake in fulfilment of His purpose without desire for fruit and eventually attains the everlasting peace.

Seva as Yajna

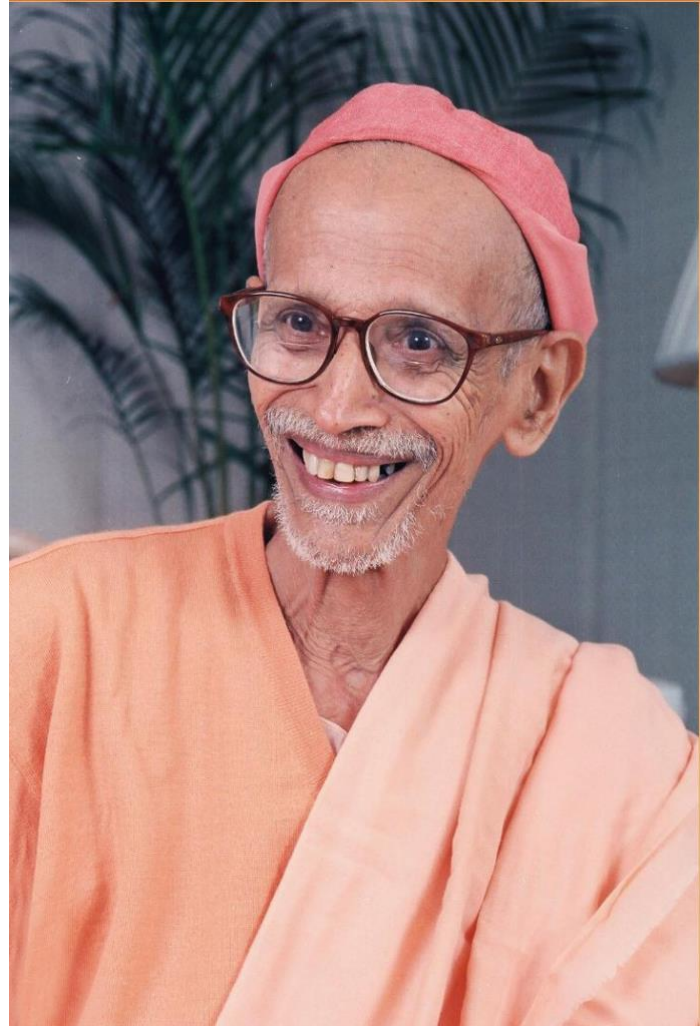
BY SWAMI CHIDANANDA

All actions—mental, verbal and physical—constitute *Yajna*. They should not be for mere selfish acquisition. This will only fatten your ego-sense and tighten your bondage to *Samsara* and sorrow. All life and activity is to be a self-offering or a giving of oneself for the service of and benefit and happiness of all beings.

Paropakara is the *Mula Mantra* of this life. *Yajna* or self-giving is the fundamental principle behind this life. The more you give yourself, the more you will succeed in casting aside this illusory egoism and the petty selfishness. The more you do this, the greater will become your awareness of your higher divine nature.

You will become spiritually aware of your true inner Self. The more your life becomes an active manifestation of dynamic expression of *Yajna*, *Paropakara* and *Nisvartha Seva*, the greater will be your conquest over sorrows and sufferings and your ascent into peace and higher bliss into life.

Our Scriptures, says: "This body has been given to you, O mortal, for the well-being of others, for the service of others, for doing good unto others." The awareness of this supreme purpose of life has to be a source of happiness and helpfulness to others. This education, the right education of the soul to grow into the awareness of these principles, would be the factor to ensure lasting human unity, true human unity.



THEME OF THE MONTH—What is the spirit of real religion?

By religion it is not meant the institutional religions, because that again has created many dissensions, riots and wars. In the institutional religion, the real ideal of the religion is forgotten, the spirit of religion is lost and only a poor external structure remains, from which the great religion is lost.

Be pure. Be humble. Do selfless service. Let the welfare of 'the other man' be your first concern. If you want to make life happy and comfortable for yourself, try to make life comfortable and happy for others. If you want to get honour, give honour. Do not give pain or dishonour to others. Regard others as your own self.

The common consciousness that enlightens all souls is one. This is the Truth which is Eternal—which can never change. Therefore, unity based on this consciousness alone can be real and lasting. The awakening of this consciousness is the purpose of all religions. This is the pure spirit of religion.

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

"You may cheat the whole world and be saved but
If you cheat yourself, nobody can save you".



Sivanand Dharmarth Chikitsalay

HEALTHCARE ACTIVITIES

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	:	569
Eye patients	:	201
Dental patients	:	120
Mobile camp patients	:	0
Panchkarma	:	139
Physiotherapy patients	:	195
Veterinary medicines distributed	:	03
Pathology Tests	:	12
Ambulance Seva to patients	:	05
Homeopathy patients	:	26



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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 5th & 6th December in the leadership of Dr. Brij Bhushan, MBBS, MS (ophthalmology) such a camp was conducted.

No. Patients : 60

Cataract Surgery done for 54

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.



Vidyarthi Sahayata

The samiti purchased 100 tablets and distributed to students. Some students were helped with money to purchase mobile phone, for online education purpose. 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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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	:	07
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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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

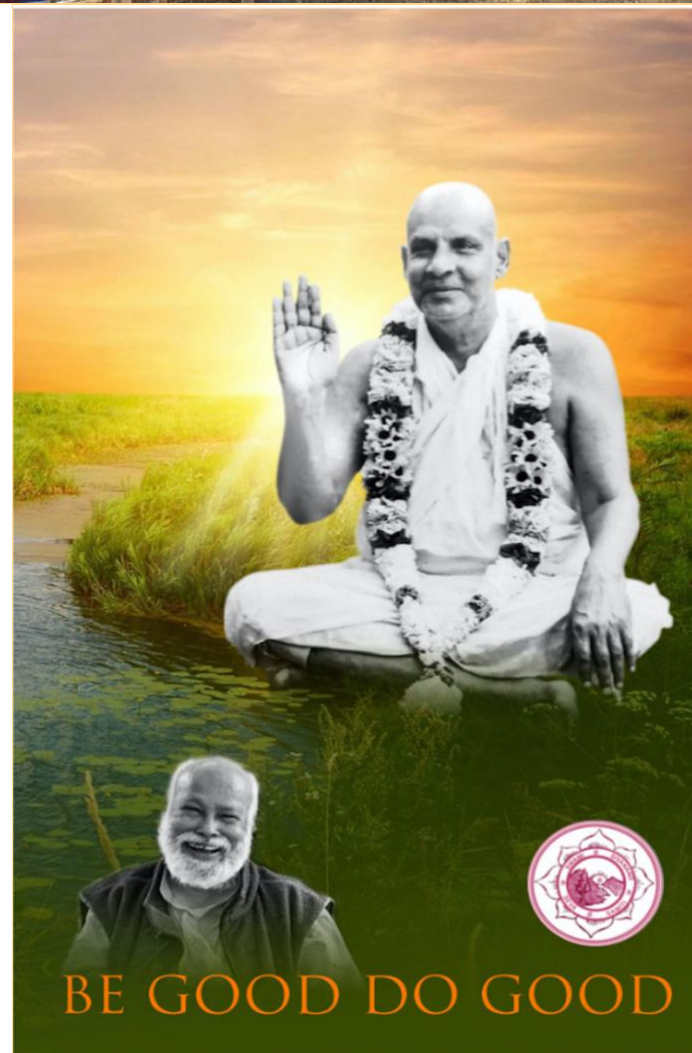
Teachings of Yoga Vashisht

BY SWAMI PREMANAND

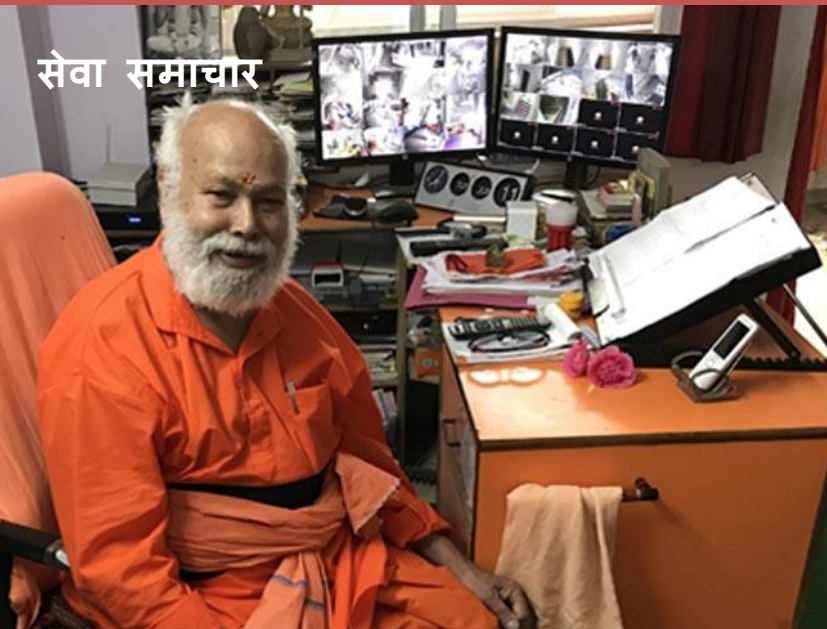
All the living and non-living beings have mind. But the mind functions in different degrees in different beings. The human mind works more efficient than the mind of other beings. Every mind works basically on four aspects of life, i.e. food, rest (sleep), fear of death and propagation; whereas human mind can decide what is perishable and what is imperishable. This faculty is known as discrimination which, only human being is endowed with.

So if you claim your superiority over other beings you have to prove it by applying your discriminative power. Otherwise a human being no more than an animal or bird! Oh Ram! Act like a human-being. Do not give more value to the mundane objects, which are momentary. Pay your whole attention towards the one imperishable homogenous truth. Chant the name of lord, remember him at every moment. He is with you all the time. Save yourself by yourself. May lord bless you to be a real human!

Service is the only way to a happy and prosperous life which everybody wants to have. Service is the spontaneous feeling towards others around you to help as per the need of the hour. Service brings oneness with others. Service is love to others. Service is worship of the all-pervading lord in different names and forms. Service purifies the heart. Service destroys the ego. Service helps you to enter to meditative zone. Service leads to God realization. So, *SERVE, SERVE, and SERVE* one and all, at all the situation, at all times, at all conditions.



वो छबिल छबी की झलकें झलक जब मन कभी समाहित हो जावे,
वो अनोखा आनंद रोमांच भर, नयन नीर तब थलकावे ।
गुरु आशीष शीश धरि, बन बूँद जाऊँ मिलूँ महा सिंधु से,
जहां से फिर न फिरते कोई, जाऊँ टकराऊँ उन लहरों से ।
ओ रसिक ! रस-सागर में, समाजाओ जैसे प्रभाति तारा,
उषा सुषमा, मिट जाते हैं, सूर्योदय पर हो बेसहारा ।
मिटानो निज नाम निशाना, सदा के लिए ओ मेरे प्यारे !
दिल का उद्गार नव वर्ष का, जो देश काल वाणी मन पारे ।



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.

