

April 2025



सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti REGD.

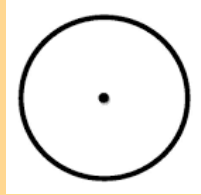
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SWAMI SIVANAND SEVA SAMITI, CHIDANANDA KASHI, GANESHPUR,
UTTARKASHI, UTTARAKHAND, INDIA.

Thought for the Month: *The body of Brahma*
-Swami Premananda



Please find a geometrical figure above and try to answer the following questions:

1. What is it?
2. How is it?
3. By what is it?
4. For what is it?
5. Of what is it?
6. Whose is it (from what is it)?
7. Where is it?
8. When is it?

Now write something within it and see and read it

1. Where from these visible figures came in this figure?
2. Were these figures there in it before?
3. What was there in it before in place of these figures?
4. Was there any figure in the white paper before the figure appeared?

.....

Please think seriously and try to answer the questions above

Helplines:

The white paper without any figure or spot or qualities was there.

The white paper represents something. The first figure without any marks also represents something and the figures in the previous figure also represents something. Whatever is seen on the white paper, which was not before existing may disappear also. What does it mean?

Where will the new comers disappear on the white paper?

This process of appearance and disappearance is continued again and again repeatedly, which is called the creation.

Analyze every point deeply, sincerely and logically. You will realize the truth, and you will understand the body of Brahma, the creator and the secret of creation, and your own identity. You will understand the meaning of relativity and life.

Try it again and again. May Lord bless you to find out the secrets.

Seva Samachar

- Thought for the Month
- You can also Realise
- Ponder this cycle!
- Daily Programme
- Healthcare Activities
- Ashram News
- Teachings from Yoga Vasistha
- BECOME A MEMBER





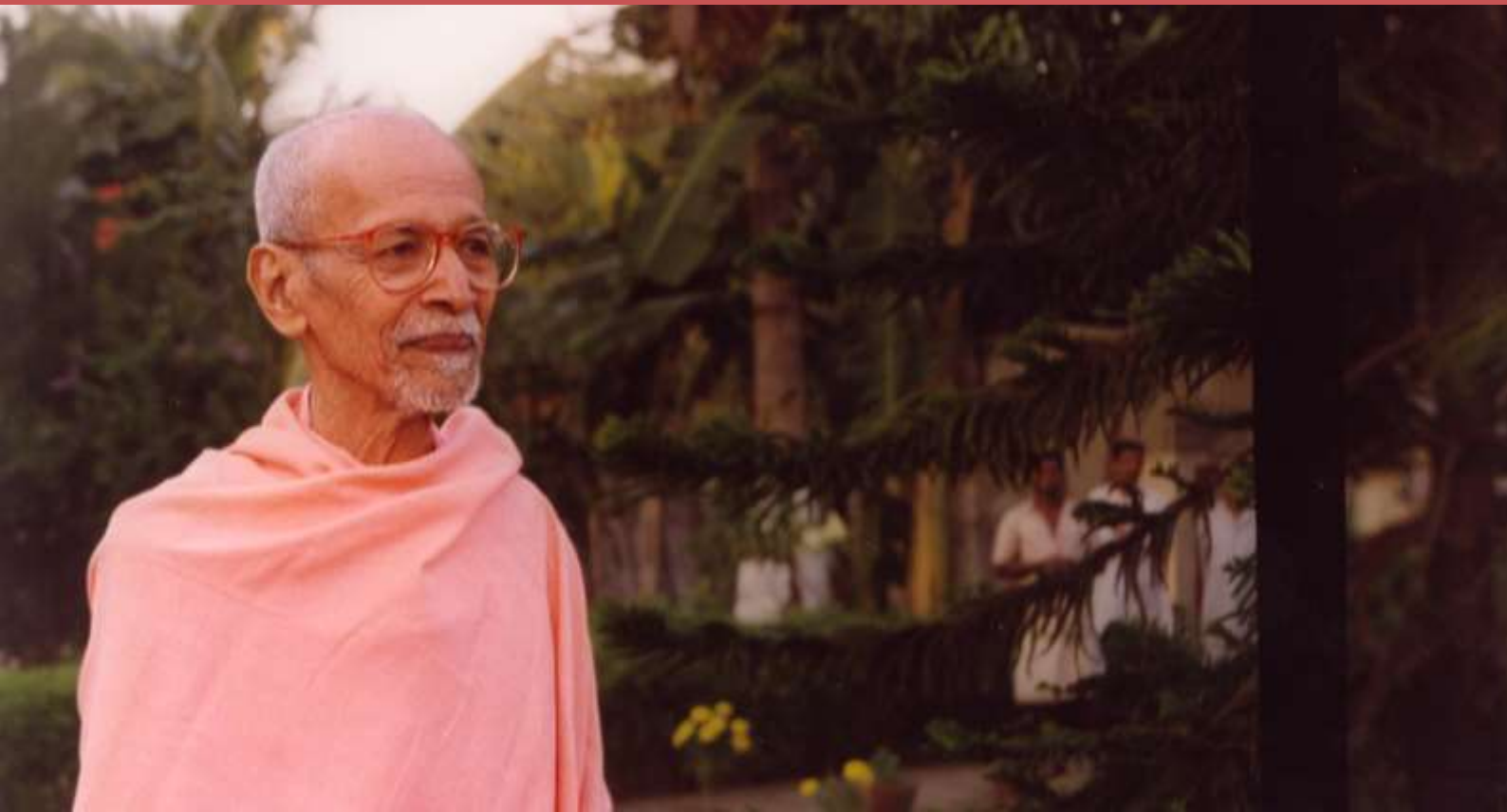
You can also realise By Swami Sivananda

You can have Darshan of Lord Siva in this very life. Many have realised. You can also realise. What another has achieved can be achieved by you also. There is no doubt of this. Ask not for any boon from Him. Whenever there is asking for boon there is no real devotion. It becomes mercenary. It becomes shop-keeping or business. You should not trade with God. Love Him for love's sake. Have absolute Nishkamya, Ananya Bhakti. Do not ask for Mukti even. Mukti is maid-servant of Queen-devotion. It comes by itself.

Mere Darshan alone of the tutelary deity will not suffice. Knowledge of the Self is also necessary. Nam Dev had Darshan of Lord Krishna several times and yet he was not a fully developed sage. Once Gora, a saintly potter tapped the head of Nam Dev in a gathering of devotees and pronounced that he was Kaccha or half-baked. Then Nam Dev approached a Vedantin, Vishoba Khesar in the temple of Mallikarjun for initiation into the mysteries of Kaivalya. Nam Dev found Vishoba Khesar in the temple in a strange posture. Khesar was in a meditative mood. He was lying down and stretching his feet on the Siva Lingam. Nam Dev said: "O venerable Swamiji, why dost thou lie with thy feet on the Siva Lingam?" Khesar replied: "Please place my feet on that place where there is no Siva Lingam." Nam Dev tried to keep the feet in several places but he found a Siva Lingam wherever he took the feet. Nam Dev was struck with wonder. He prostrated at the feet of Khesar and beseeched him to initiate him into the mysteries of Atman. Nam Dev returned to Pandharpur with the knowledge of the Self. Now only he became Pukka or fully-baked, i.e., attained perfection or highest knowledge. When the heart is purified, the mind is naturally turned towards God. The aspirant is attracted towards God. Eventually he is absorbed in the Lord, through pure love, self-surrender and worship. The Bhakta now becomes a cosmic entity. He has cosmic life. He has one continuous life. The individuality becomes a cosmic entity.

What is Jnana? To see threads in cloth, clay in pots and jars, gold in ornaments, iron in various kinds of implements, wood in chairs, benches and doors is Jnana. To see God or Atman in every living being and to feel that God is seated in your heart and in the hearts of all is Jnana (vasudevah sarvam iti). Bhakti, when it gets ripe, brings Jnana. When Bhakti gets matured, Jnana dawns by itself. The fruit of Ananya Bhakti is Jnana.

God, the individual soul, and world are really a unity. Their seeming separateness is but an illusion. Melt all illusory differences. Remove all barriers that separate man from man. Realise the underlying unity and be free.

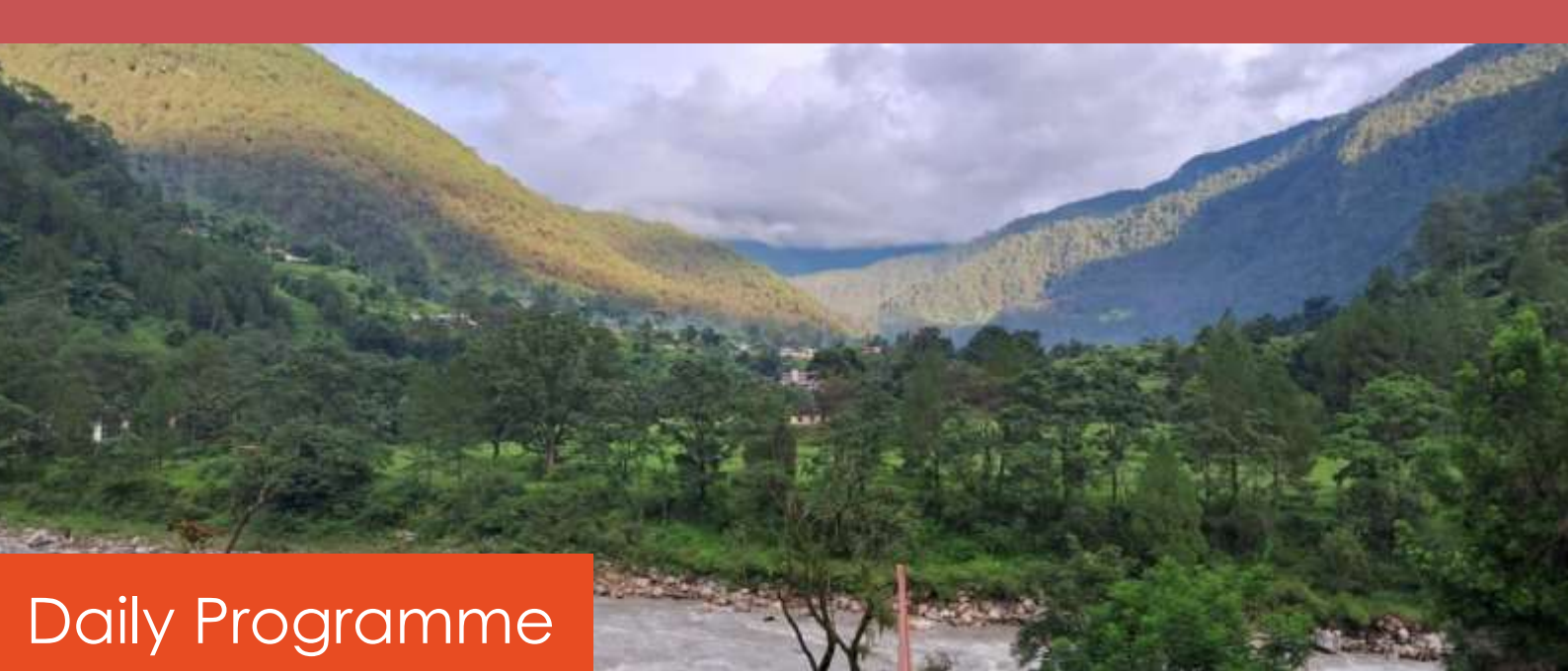


Ponder this cycle! By Swami Chidananda

There is a great cycle. In this cosmic existence there is a great cycle. The sun shines upon the oceans, upon the seas, upon huge lakes, upon all collections of water. And when the heat of the sun intensifies, the water begins to evaporate, it gives up its substance, its thickness and rises up as vapour and ascends into the skies, and upward winds help its ascent. Raising from oceans and seas and lakes millions of tons of water become vapour through the heat of the sun and they rise up into the higher atmosphere until they reach a level where the cold is intense and they cannot retain their vaporous nature. Once again they become form and amass themselves in dense rain-bearing clouds. And then starts the most interesting phenomena. The upper winds begin to push these clouds and make them sail towards the land. And moving across the land these dense rain-bearing clouds become heavier and heavier and descend lower and lower until they meet an obstruction like the mountains and there they release their waters. They release their waters, they fall in torrents, descend in heavy rains. And the moment they hit the earth, they begin to flow, they become tiny rivulets, little streams, mountain streams, then they join bigger streams, they join rivers and they keep flowing, they keep flowing from the higher to the lower, overcome all obstacles, they twist and turn and bypass all obstacles—then ultimately where do they end? What is the destiny of rainwater? What is the destiny of rivers, what is the destiny of streams? Ultimately? They all join the ocean, they all join the sea. The cycle is completed. From where they came into being, from where they arose as vapour into the high skies, completing the cycle, they once again join and become one with their origin and source, the ocean. Ponder this cycle!

Have you ever asked yourself in all your life, sitting quietly, turning away from all your occupations and preoccupations, have you ever asked, becoming silent, becoming introspective and serious: "From where have I come to this earth-plane?"—I am intelligent enough to know that my father and mother fashioned my physical body upon the pattern of their own species, even as every father and mother, whether a bird, reptile, beast or insect, also fashion a biological gross body upon the pattern of their own species. This is within their genes, within their biological make-up. They are capable of manufacturing only a prototype of their own species. Every unit of the biological world, every plant, every flower, every fruit tree, has this capacity of duplicating, reproducing, multiplying and bringing about a prototype of their own. So upon the physical, material level the body has been fashioned.

But what is that within you which says "I am"? You are not merely existence, you are conscious existence, distinct from the existence of a piece of metal or stone or mountain. You are existence qualified by self-awareness which makes you assert: "Yes, I exist." What is this principle? Vedanta and Raja Yoga reveal the secrets and mysteries of this thing called mind and the consciousness that is beyond the mind. Before I can think I have to exist. I exist, therefore thought is possible, feeling is possible, reasoning is possible, everything is possible. The mystics at the heights of their realization also brought us certain insights and tells us about man's destiny. One of the things is the existence of this cycle, and the destiny of man is to be a similar process of going back to his source and origin. And that source and origin is a supreme state of independence, supreme state of consciousness, transcending all vexing limitations, infinite, boundless, eternal, beyond time and space.



Daily Programme

- Our Day begins early at 5:15 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.
- Every Sunday afternoon Yoga Nidra session is conducted.
- Every Monday Rudra Abhishek and Mahamrityunjaya are conducted in our Shiva Temple that all are welcome to participate in.
- Now, with thousands of subscribers and an ever-growing number of viewers, our Daily Yoga Vasishtha Classes are reaching seekers across the globe. Join at 9:30 AM online to experience the divinity of one of the most significant text ever written!
- Yoga asana sessions are regularly conducted and is attended by students from nearby villages.
- 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, blankets and winter clothes and help to the poor people for houses, marriages and daily needs, etc.

Total No. of such People/ Families supported: 7



Gangadhar Mahadev Temple



Evening Satsang



Swamiji instructing children during Sirsasana



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.

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

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.

Every month regular mobile medical camps are organized in remote villages around the Uttarkashi for the welfare of the people staying in remote villages. Also, regular medical education is provided at schools.

The cloud enabled touch screen Health ATM, with a capacity to conduct more than 50 types of tests, provides instant reports to patients through print outs, e-mail and SMS.

The whole medical services are based on selfless-service to the needy.

Patients Attended to in Hospital OPD	: 637
Eye	: 280
Mobile Camp	: 78
Panchakarma	: 713
Physiotherapy patients	: 176
Homeopathy	: 58
Pathology Tests	: 91
Ambulance Seva to patients	: 01



OPD and Dispensary



Panchakarma



Physiotherapy



Pathology

"To know even one life has breathed easier because you have lived; that is to have succeeded!"

Healthcare Activities:

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 endeavor from Swami Premanand ji on a Sewa ground towards welfare of rural communities around Uttarkashi hilly villages.

On 8th March 2025, under the skilled leadership of Dr. Chirag Bahuguna from Dehradun, a 2-day camp was planned, which involved registration, screening, surgery, treatment such as prescription glasses and medications, health education and counselling.

Timely follow up was done and all the cases were found successful.

No. Patients --

OPD: 76

Cataract Surgery done for: 35





Record management



Pre OT



Langar seva to patients



Dilating the pupil



Post OT checkup



Langar seva for attendants



Healthcare Activities:

Mobile Camp



In the month of March, the team conducted regular mobile camps and provided free health checkup, consultations and treatment to the patients of several remote and hilly villages of Uttarkashi district.

The patients who required further assessment and treatment are referred to our hospital. All services are provided free of cost.

Multiple Medical Camps

In the month of March, several free medical camps were conducted.

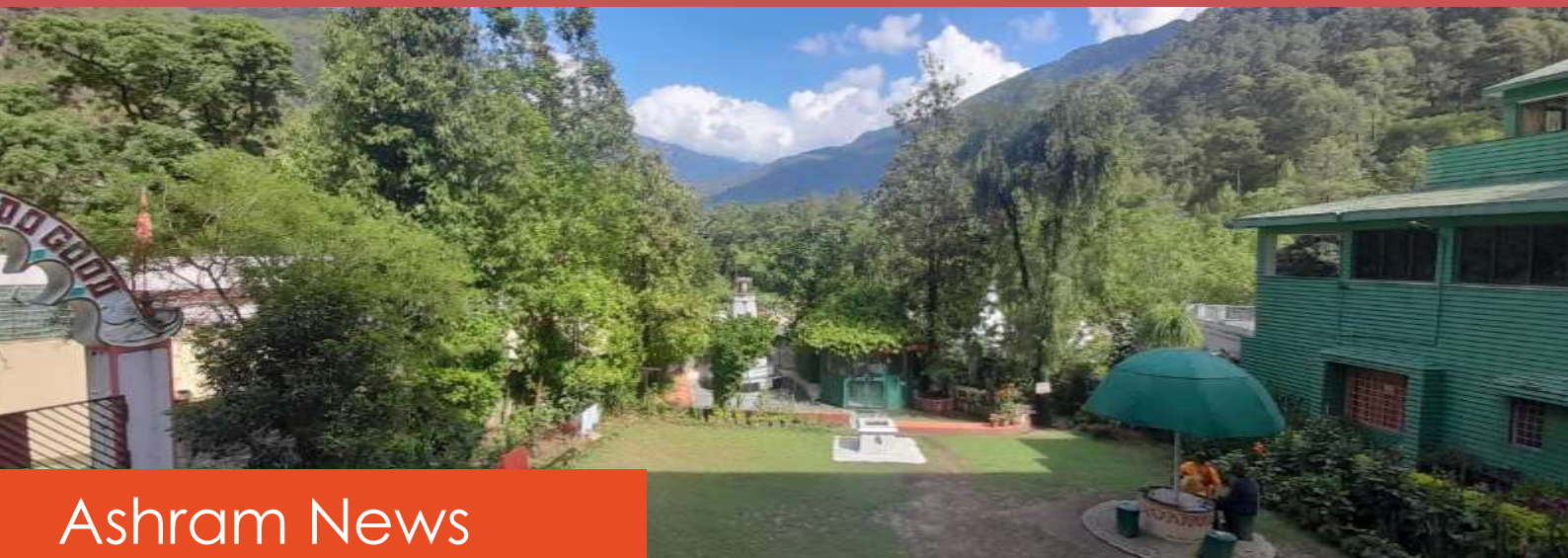
25 days **Panchakarma camp** was held under the expert supervision of Dr. Kalpana Moghe from Pune who has a deep knowledge in Ayurveda and has been providing her service by means of staff training and patient consultation for years.

Dr. Ingrid Schutt from Canada with over 2 decades of experience in classical **homeopath** also provided her service in several critical cases for over a month. She continues to provide online consultation to the patients whenever required.

2 days **ENT and Urology camp** was conducted by Dr. Rahul Aggarwal and Dr. Siddharth Gupta.

The medical camps are not limited to providing healthcare only, but extends to spreading health awareness about disease prevention and adopting a healthy lifestyle.





Ashram News

Hospitality

Mahatmas and visitors on their way to Gangnani and Mukhba (where Goddess Ganga is worshipped during winter season) arrived in the ashram for Swamiji's darshan. They were given privilege of rest in the Ashram for a few days, along with food and medicines. Other spiritual seekers are also allowed to stay in the ashram and are given guidance in their spiritual practices. Ashram provides free food and accommodations to all these guests.

Indian guests	:	34
Foreign guests	:	16
Ashram inmates	:	23

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 approximately per day: 55

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	:	3

Student support

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

Total No. of Students supported in the month of December: 11



Satsang with visitors



Annakshetra



New born calf

Events and celebrations in March

Holi, the vibrant Indian festival of colors, was celebrated with great enthusiasm on 14th March, the full moon night, marking the end of winter and arrival of spring as well as the victory of good over evil.

Ashramites, staff, visitors including foreign guests and village children and teenagers joined Swamiji to play Holi together. They enjoyed to the fullest by smearing colours on one another using Abir (coloured powder), Pichkaris (water guns), and water balloons. Everyone rejoiced and danced to the beats of Holi songs and music.

Festive delicacies, especially sweets and snacks, were an integral part of the celebration.



Teachings from Yoga Vasistha: Dissolution

Creation (Srishti), preservation (Sthiti), and dissolution (Laya), which in other words can be understood as emanation, persistence, and withdrawal is happening at all times in a cycle both at a micro level as well as at the macro level, at an individual level as well as in totality (at a collective level).

Srishti refers to the process of creation, where the universe emerges from the unmanifest (seed) state into various forms and names, where one becomes many. This also indicates the beginning of movements, changes, actions or processes, differences, time, space, matter etc.; it is the first subtle-most vibration that is manifested as sound; which over time solidified or grossified due to repetition and imbalance of 3 Gunas (sattva, rajas, tamas) resulting in the 5 basic elements namely ether, air, fire, water, earth and its Pañcīkaraṇa (quintuplication). Sthiti represents the maintenance and continuation of the created universe, ensuring its stability and order. Here, everything is subject to time, space and condition. Though Universe is itself a product of imbalance, there needs to be some harmony in the process, some balance in the imbalance, which we call as laws of nature, otherwise termed Preservation. Laya signifies the process of merging back into the original, primordial, unmanifest state, where everything dissolves into the source from which it originated.

Generally, we think that dissolution occurs at the end of a Kalpa, after the completion of the 4 Yugas or Eras, which is approximately 311.4 trillion solar years, where everything merges back into the infinite eternal sky of consciousness. When compared to modern science, it is often thought to be similar to the core of a black hole, which is beyond the horizon of events, where there is absolute singularity. This dissolution, where the Absolute Being withdraws all desires, thoughts, imaginations, actions reactions, vital forces (Prana) etc. due to which everything, including the solar systems disintegrate into their primitive elements, the 3 Gunas remain in balanced state and everything gets enveloped in darkness and rests in a very subtle form in the space of infinite consciousness. Everything is resolved to an undifferentiated, unmanifested formless state that is void of any matter or play of energy or time. This is called Maha Pralay or Antyantik Laya.

However, death or dissolution is a continuous process, because any change is possible only after death or dissolution of the current state or form. Based on this, there are 3 more categories of dissolution.

1. Nitya or continuous – everything is changing every moment, everything in this universe undergoes decay and death. For e.g. one thought is replaced with another. Past dissolves into present and present merges into future. The gross body dies and a new gross body is created by the 4-fold mind or Antahkarana Chatushtaya to fulfil the leftover desires.
2. Naimittik or incidental/periodical – an object is dissolved for sometime for some special cause say a comet moving in space falls on Earth causing destruction
3. Dainandini or daily – At individual level, at the end of our day, we sleep and forget the world. As a collective level, Brahma's end of day

As mentioned before, if we analyze, every change results in death or dissolution of a name and form; for creation or transformation or change to happen, death of the old form is a necessity. And the form that is subject to change and death can be a thought, an idea, a belief, it can be the elements that are building blocks of creation or an object with shape and size and weight and qualities; it can be a particle, an atom, the universe, or the galaxy.

The creation and dissolution are nothing but periodic expansion and contraction of the form in the Chidākāśa or Hṛdayākāśa. The dissolution usually follows the pattern of creation or appearance but in the reverse order. Just like creation takes time, similarly dissolution may appear instantaneous but it also happens over a period of time. For e.g. cyclone may destroy a coastal land but the entire process and ideal conditions required for the powerful storm formation to the impact on the coast may take weeks or months. Similarly, dust particles to rock formation and again for the rock to become a dust particle might take millions of years. Another significant thing to note is we have multiple theories of creation and dissolution, and all are right. Some of these theories are mind boggling, they may appear illogical to our limited but egoistic mind, but we do not have the least idea about the laws that operate at different planes of existence. For example, earth experiences rain in the form of water while we hear of “diamond rain” on planets like Jupiter or Saturn. But one thing is common between all ideologies, all dualities due to names and forms will be absorbed into absolute silence in the Chidākāśa and there will be absolute steadiness and equilibrium.

When all imbalances and disturbances subside, there reigns absolute peace. At a cosmic level, after the end of the cosmic cycle, Brahma withdraws itself and merges back into the ultimate reality or Brahman. At an individual level, if one withdraws completely (in Samādhi) and attains to that state of absolute stillness for a long period of time, then it rests forever in the pristine freedom!

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

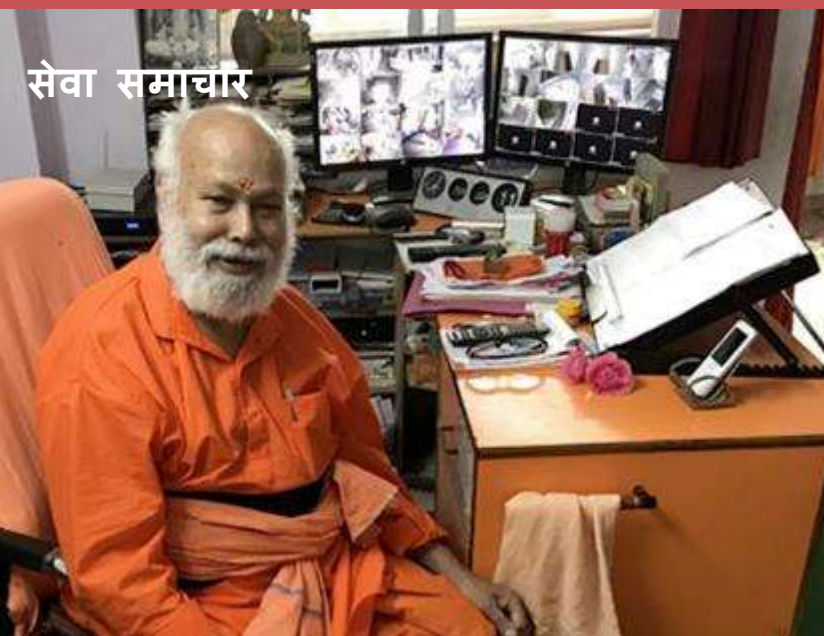
- **LIFE MEMBERSHIP:**
RS. 25000/ for corpus fund
- **REGULAR MEMBERSHIP:**
RS. 200 PER MONTH OR
RS. 2000 PER YEAR
- **NO PRIVILEGES—WE ARE ALL DEVOTEES. ACCESS TO STAY IN THE ASHRAM IS A SADHANA**

www.sivanandsevasamiti.org

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



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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.

