

April 2026



सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti <sup>REGD.</sup>

[sivanandsevasamiti.org](http://sivanandsevasamiti.org)

# सेवा समाचार



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

## Thought for the Month: Become the Master

“Be good, do good” is not merely a principle for meaningful living—it is a way of life that transforms both the individual and the world. To serve all and love all is to recognize the same divine presence in every heart. When we share what we have with others and perform every action as an offering to the Lord residing within all beings, life itself becomes worship. We rise above narrow limited identities and recognize the same divine presence in all beings.

Deep within, every person experiences existence (Sat), the awareness of that existence (Chit), and the bliss (Anand) that arises from inner completeness. No one can deny existence; everyone knows he exists. And no one really wants to die. This is thus our true nature, which is experienced in silence and quietude.

We are, in essence, ever free. Yet attachment to the body and the notions of “me” and “mine” bind us. Desires create bondage—the more we depend on the world for fulfilment, the more we become tied to it. True freedom—Nirvana—arises when desires cease, when we no longer seek satisfaction in sense objects.

With freedom comes responsibility. Just as we are free to live, so are others. As we value our own space, we must respect the boundaries of others. When someone crosses ours, remember - life is cyclic. Like children seated side by side in a circle, a push given to one travel through all and eventually returns to us. What we give, we receive.

So, do not react impulsively; instead, try to resist the negative impulses and break the chain.

Remain centered in the heart.

Be silent.

Listen within, for the voice of the heart is always true.

Accept all and accommodate as needed.

Respond with awareness.

Do not be ruled by circumstances, become the master instead.

Live with peace, spread joy, and let your life be a blessing for the world.

## Seva Samachar

- Thought for the Month
- Difficulties Strengthen You
- We are supremely blessed
- Daily Programme
- Healthcare Activities
- Ashram News
- Teachings from Yoga Vasistha
- BECOME A MEMBER





## Difficulties Strengthen You

- By Swami Sivananda

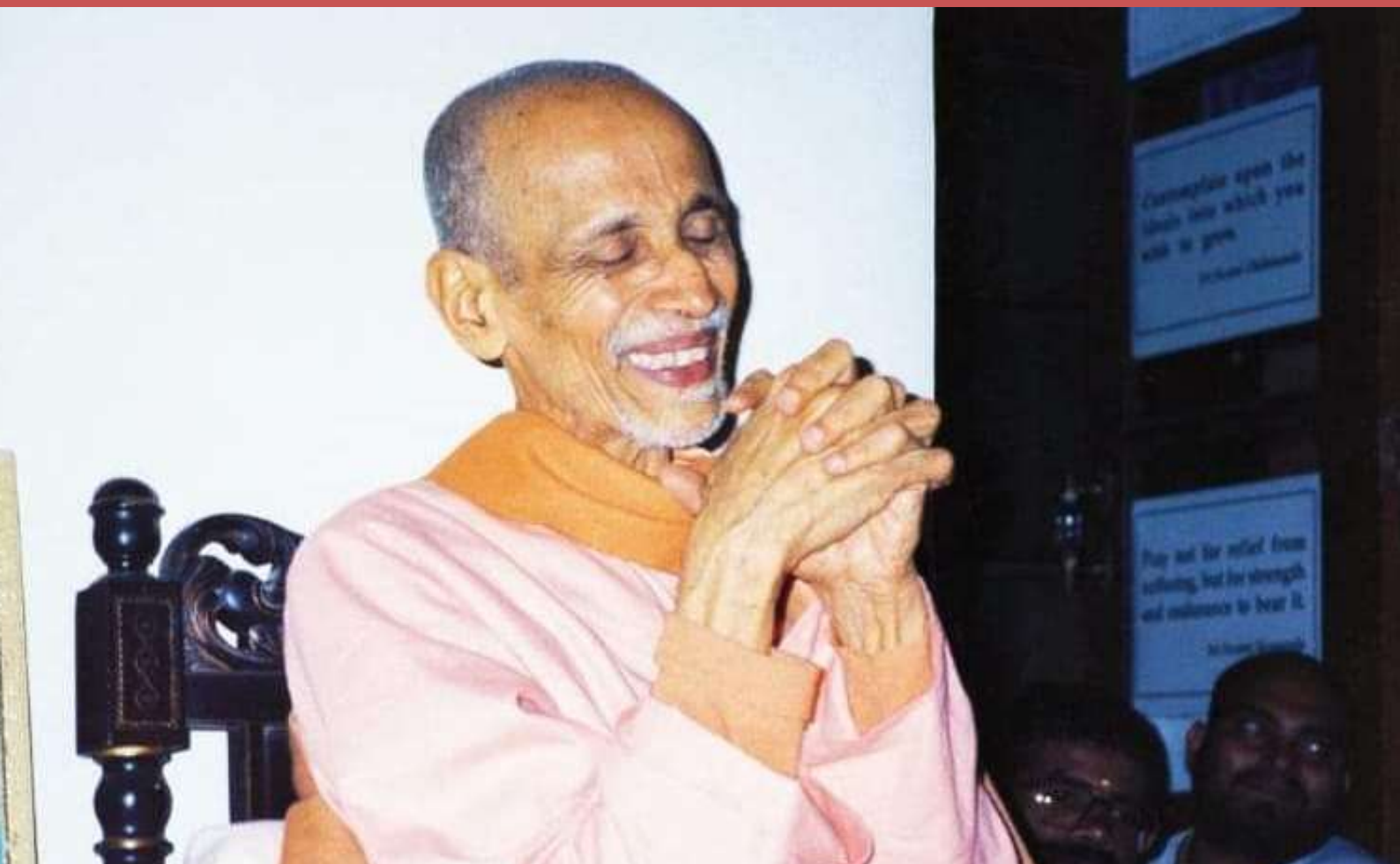
Difficulties come to test you and thereby to help you by strengthening your will, patience and power of endurance. Be bold. Be cheerful. Be calm, cool and collected at all times, even in the face of difficulties. There is no spiritual sadhana (practice) completely free from obstacles and difficulties. God sends consolation, encouragement at every step to the sincere aspirant. Defeat and failure have their purpose. Criticism too has its uses.

Be free from depression and irritation. Remain unmoved by criticism or praise. Be steadfast. Stand firm like a rock - unshakable by emotional storms, frustrations and defeats. A spiritual aspirant is backed up by the whole spiritual world. All saints lend their invisible help and support to such a struggler. You are never really left alone. You will get help from saints and yogis internally. Their spiritual vibrations will elevate and inspire you.

Without great patience and perseverance, the spiritual quest becomes an uphill task. No half-measures will do on the spiritual path. Give your whole heart to truth and to sadhana. Have faith. Be firm. Unfold. Attain. All defeats are transitory. All set-backs are needed experiences. Muster up your courage. March forward. Success and victory are yours. Have patience first, second and last! This should be the motto for those seeking the inner light.

Great things have small beginnings. All growth is gradual. To be perfectly unperturbed, by anything, in all circumstances, looking upon all things as passing phenomena, ever feeling a distinct, silent witness to all the experiences of life - these are the marks of a spiritual aspirant.

These qualities have to be carefully and consciously cultivated. They do not come in a day. But they do come gradually by faithful practice. An unseen power guides and guards you. Feel his power and presence. He who is endowed with dispassion, compassion, serenity, self-control, and who has given up the desire for this world and the next, and who has control over his mind and senses, is fit to tread the spiritual path.



## We are supremely blessed – By Swami Chidananda

You are verily blessed and favoured that you have been chosen. Out of countless beings, only a few strive to attain a state of perfection which takes one beyond sorrow and which bestows eternal blessedness and supreme peace. To have come into such a Path is itself a great grace. You may be a Sannyasin, a householder, a businessman or a student, but if you have chosen to walk the path of goodness and righteousness, know that you are supremely blessed.

In this world of hatred, conflict, unrighteousness, dishonesty, warfare, old age, suffering and death, the Jivatma—having taken birth as a mortal, human individual, a physical, biological and psychological being—is suffering from the threefold afflictions: afflictions caused by natural forces beyond our control, afflictions caused by other forms of living beings, and afflictions created by us from within. From within and without, the individual soul embodied as a human individual upon this earth journey is subject to these three-fold afflictions.

Inner afflictions arise out of Raga-Dwesa and the six-fold enemies that are lingering in our own lower nature: desire, anger, greed, infatuated delusion and haughtiness which is intoxicated by ego, envy and jealousy. They are six inner negative trends which keep a person always in a state of restlessness and agitation and without peace. Thus subjected to inner and outer afflictions, the human individual wanders about in the waking state with no peace of mind. For this reason some people seek relief in sleep, and if they do not get sleep they are very much upset. Sleep is nature's little mercy, a temporary withdrawal from the state of affliction.

In such a world which causes further restlessness by invading your mind through radio, TV, newspapers and gossip, you have been chosen to come into the path of righteousness that leads beyond sorrow, into peace and into supreme happiness. It is not a small grace; it is a great grace. It is not an ordinary blessing; it is a rare and extraordinary blessing. You are supremely fortunate, supremely blessed.

Amongst the blessed souls, you are specially blessed to be involved in a great way of life expounded by an enlightened perfect soul. It transforms your earth nature into purity and godliness, thus bringing a quality of divinity to your feelings, your attitude and principles of living. It elevates your life to a very high level of spirituality and into

a sublime plane of beauty and blessedness. That is the special gift granted to modern mankind, throwing open the possibility of a life that is like gold when compared to the normal life of people steeped in ignorance.

Gurudev threw open the gates to supreme blessedness for us even while we are upon this earth plane working out our Prarabdha Karma and enjoying petty pleasures and undergoing petty sufferings. He has shown the way for an upward ascent to Divinity through a certain way of life, which is meant for every human individual—in all walks of life, living anywhere and without making any extreme change in place, activity or pattern of life. This way of life brings about a subtle but definite change in one's angle of vision, in the understanding of oneself and how life is meant to be. It brings about a change in one's approach, understanding, attitude and angle of vision. It also brings about a change of Bhav, which is the most important thing. Thus, he gave us a key to transform life into a divine way to God experience.

By changing the angle of vision and by a transformation of Bhav, your life begins to take on a new meaning, without any change in your outward circumstances needing to take place. You become a different being from within. You now look at life and things in this world with a new vision. You behold something which you never beheld before. You begin to engage in the same activities, but with a new outlook and a new feeling. Life changes its meaning, and it starts yielding spiritual results never before obtained.

Gurudev taught us how to make the ordinary life divine, which means bringing God's quality into it, bringing God-Realisation into it, bringing a Godward movement called Sadhana into it. It means bringing a Godward ascent and progress, called Yoga Abhyasa, into it. He coined the term "Yoga in daily life"—the ordinary daily life of the taxi driver, the schoolteacher and the shopkeeper. He brought Yoga to you where you are. He said Yoga is possible for every person. This was the extraordinary gift of divine living that beloved Holy Master gave, and it is important from time to time to come to the source of this new way of life and recharge your batteries. You once again enter into this experience and go back to your home feeling renewed, refreshed and invigorated. To have one's vision clarified is no small blessing.

You are a fortunate few; therefore, you should cooperate with this blessing that has been showered upon you by the Divine. You should joyfully seize that opportunity, take it into your hand and fully enter into the spirit of it with great sincerity, determination and enthusiasm. This is the secret of success. It is the inner master key for utilising to the fullest what has been freely given to you by God.

Be constantly aware of this blessedness so that you do not forget. The saying 'familiarity breeds contempt' means that a thing which is available in plenty loses its value, or a thing about which one constantly keeps speaking loses its significance and soon becomes ordinary and commonplace and does not receive any more attention. This is a misfortune created by a certain lack within; it is a blind spot in the seeker himself which in no way diminishes the great gift bestowed by God and the great saints.

So, if one wishes to avoid this pitfall and wishes to keep alive the awareness of the value of what has been bestowed, one should engage in constantly reminding oneself day-after-day. The method granted to us by our ancients for this constant awareness is Svadhyaya—study of the Gita, Upanishads, Vivekachudamani or any inspiring book of Gurudev. This study opens our eyes and keeps us constantly awake to the worth of what surrounds us everywhere and which has come into our life—the awareness of the significance of life and the grandeur of the goal.

Daily Svadhyaya of these great scriptures—Gita, Upanishads, Puranas—remind us of how precious human life is, how glorious is the goal and how extremely fortunate is the one who turns towards that goal. All the great Yoga systems insisted upon Svadhyaya, and so with unflinching regularity and great eagerness you must approach Svadhyaya day-after-day with the keen eagerness of a scientific researcher getting to know more and more.

Hari Om.



# 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, Bhagavad Gita 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 and all are welcome to participate.
- Guru pada puja is conducted on Thursday morning.
- 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 9:45 AM online to experience the divinity of one of the most significant text ever written!
- 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: 5**

- Support for rebuilding homes, educational and financial aid is provided to families affected by disaster in Dharali in 2025.

**Total No. of such People/ Families supported: 1**

**SERVE, LOVE, GIVE, PURIFY, MEDITATE, REALIZE**



**Worship at Gangadhar Mahadev temple**



**Evening Prayers and Kirtan**



**Yoga Vasishtha discourse**



**Satsang with visitors**



## Healthcare Activities

The current running departments of Sivanand Dharmarth Chikitsalay are General OPD, Eye, Dental, Physiotherapy, Pathology Lab, Ayurveda, Homeopathy 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 health awareness 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	: 665
Eye	: 432
Mobile Camp	: 108
Panchakarma	: 360
Physiotherapy patients	: 399
Homeopathy	: 67
Pathology Tests	: 104
Dental	: 144
Ambulance Seva	: 02

Team meeting



Homeopathy



Panchakarma



Physiotherapy



**Allopathic medicine and Ayurveda medicine should be integrated in tandem into our lives, working side by side, to provide short term and long term solutions to our health. – Swami Sivananda**

# 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 Swami Premananda ji's loving service towards the welfare of rural communities in the remote villages of the Uttarkashi region.



On 28<sup>th</sup> February and 1<sup>st</sup> March, under the skilled leadership of Ophthalmologist Dr. Kartik M. Rana, 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: 133

Cataract Surgery done for: 61



Pre-op prep



Post-op care



Registration



Screening



Langar seva



Pathology



OT room



In one frame:  
hearts that hoped and the hands that helped

# Healthcare services: Eye Camp

Another eye camp was successfully conducted on 28<sup>th</sup> and 29<sup>th</sup> March under the skilled leadership of Ophthalmologist Dr. Kartik M. Rana

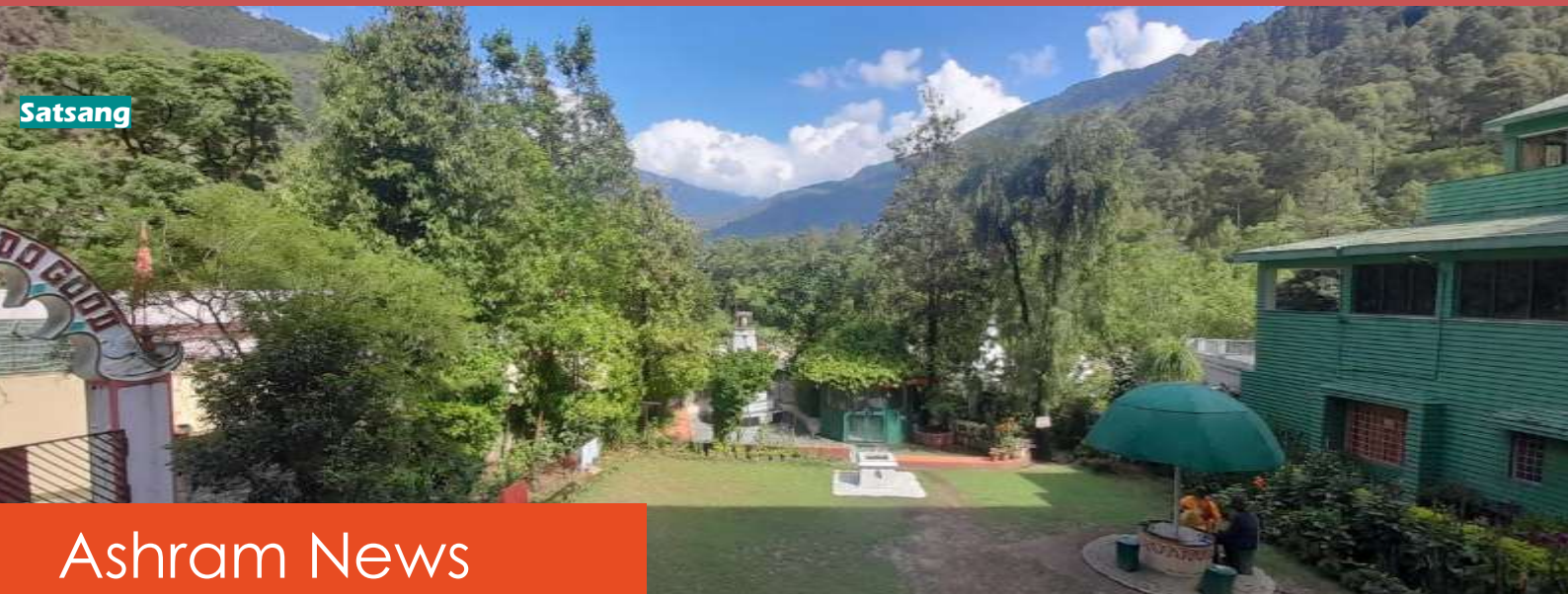
**No. Patients --**

**OPD: 102**

**Cataract Surgery done for: 44**



Satsang



# Ashram News

## Hospitality

Mahatmas visiting Mukhba, Goddess Ganga's winter abode, were offered food, rest, and medical care in the ashram for a few days when they come for Swamiji's darshan. 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	:	25
Foreign guests	:	13
Ashram inmates	:	24



## 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: 50**



## Goshala

A team of Ashramites and workers are dedicated to the care of the cows and calves to cater to their needs. Also, regular check-up and medical support is being provided by the veterinarians from Uttarkashi.

Total No. Of Cows	:	5
Total No. Of Calves	:	2



## 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: 14**

## Glimpses of programs and events in the month of March

Swamiji addressed the assembly at Hindu Sammelan in Uttarkashi. He emphasized on oneness and selfless service for the nation.



Guru Paduka Pujan on Thursdays

Holi, the vibrant festival of colors, was celebrated on 4<sup>th</sup> March by smearing colored powders (gula), splashing colored water, and sharing traditional sweets like gujiya, malpoa



Beginning on March 19, the nine-day Navratri festival was observed with deep devotion, commencing with Nag Devata's blessings, Akhand Deepak Prajwalan, and the ritualistic Ghatasthapana. The festivities featured daily worship of Goddess Durga, Durga Saptashati chanting, Rudra abhishek, Ramcharitmanas parayana, and Havan, concluding with evening Bhajan Kirtans. Following the Kanya Pujan as well as joyous celebration of Ram Navami on March 27, the festival culminated on the 28th with Purnahuti and a grand Bhandara



Sacred rituals and Prayers for all



Ram Navami



Kanya Pujan



Havan



## Teachings from Yoga Vasistha: King Vipaschit's endless journey

Maya, the infinite illusive power, cannot be grasped by the limited mind. The story of King Vipaschit illustrates this truth vividly.

Driven by his intense desire to see the end of the creation, he journeys through countless forms, experiencing existence in different species, and even took celestial bodies experiencing existence in different forms, subtle and gross.

In his yearning to witness the varied manifestations, he even gives up his gross body and continues his journey in subtle body to subtler realms from where he sees the universe appearing like a cosmic egg (Brahmanda), divided into two halves, like the shell of an egg or like a skull. Within it arise various worlds and forms. He wandered through different realms and universes, and beyond the cosmos into the dark belt where nothing is seen, thus continually having varied, often contradictory experiences.

Since Vipaschit has been wandering in an extremely subtle body in the sky of desire (Vasanakash), what he thus experienced is so subtle, it is beyond our ordinary imagination or comprehension. From one angle, creation is subtler than the subtlest; from another, grosser than the grossest. It is smaller than the smallest and greater than the greatest.

But can one experience the world without a gross body? The answer lies in the laws of nature -there is relationship or transaction in similarity; so, the subtler body, which is more expansive and intuitive, can experience subtler aspects. Also, one knows through Sambit Gyan—experiential knowledge, where one knows the truth without being able to fully express it. It is like seeing the Sun rising above a mountain peak and intuitively knowing that the Sun is not really present there; there is a huge distance between both which is not visible to the eyes, yet it is known to all.

Vipaschit travels through vast spaces where creations appear endlessly, like dust in a whirlwind. Even with such vast vision, ego still remains.

This whole creation is mental, projection of imagination. Imagination too stands on imagination only. Awareness alone is self-supported.

At the level of Param Bodha or extreme awareness, there are no qualities at all—neither divine nor demonic. It is not happiness or unhappiness; it is beyond both. The teaching point: beyond all these imagined names and forms is pure consciousness, which has no boundary, division, or form. What we perceive as the external universe is actually contained within consciousness—like thoughts appearing inside the head. The world isn't outside; it appears within awareness.

The teaching is simple yet deep: mind alone is everything—Brahma, Vishnu, Shiva. Bound and free. When mind is not there, there is no world, no disturbance—only stillness, self-supported, absolute.

सेवा समाचार

BY SWAMI PREMANAND

तु चला - 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](mailto:swami.premananda@gmail.com)

## MEMBERSHIP PLANS

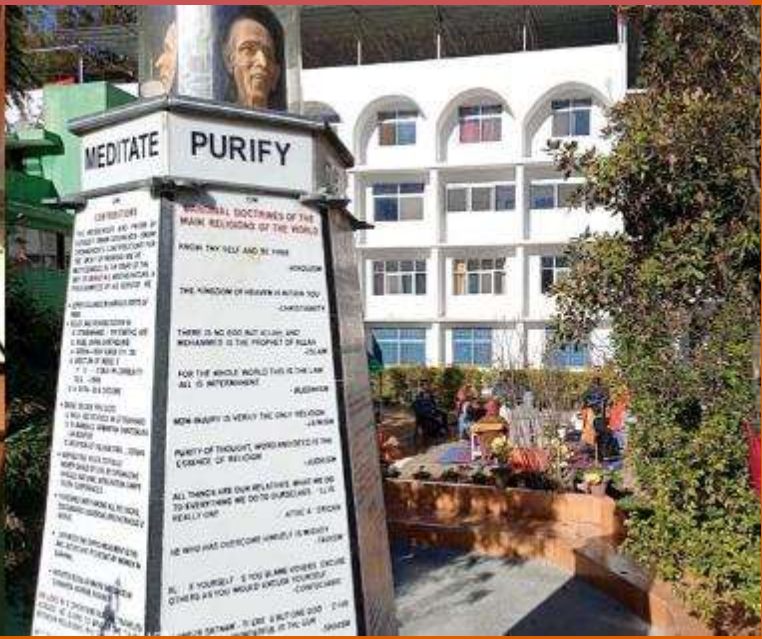
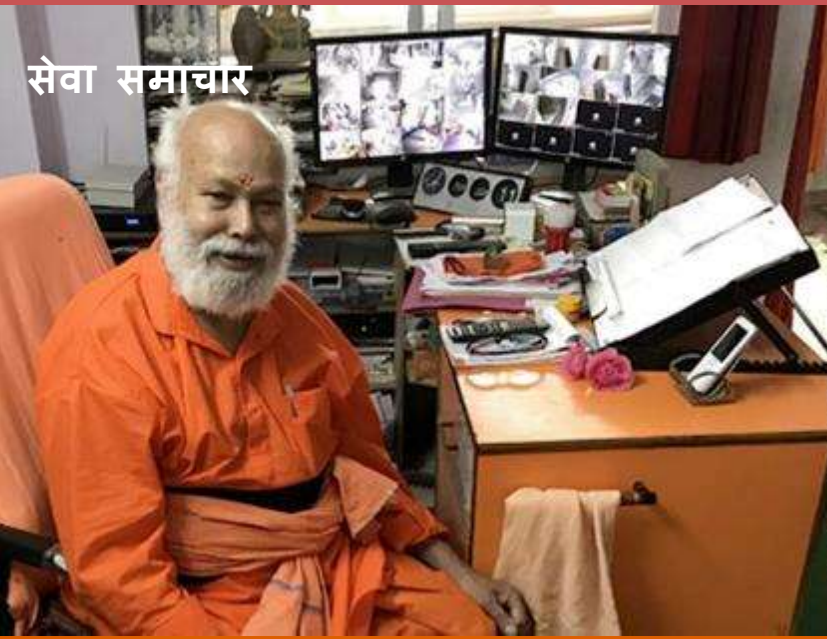
- LIFE MEMBERSHIP:  
RS. 25000/ for corpus fund
- REGULAR MEMBERSHIP:  
RS. 200 PER MONTH OR  
RS. 2000 PER YEAR
- NO PRIVILEGES—WE ARE ALL  
DEVOTEES. ACCESS TO STAY IN  
THE ASHRAM IS A SADHANA

[www.sivanandsevasamiti.org](http://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](mailto:swami.premananda@gmail.com)



## SWAMI SIVANAND SEVA SAMITI

### ADDRESS

SIVANANDA ASHRAM,  
CHIDANANDA KASHI, GANESHPUR,  
UTTARKASHI - 249193,  
UTTARAKHAND, INDIA.

### EMAIL:

swami.premananda@gmail.com

### WE ARE ON THE WEB!

[www.sivanandsevasamiti.org](http://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](mailto:swami.premananda@gmail.com). All donations should be sent with full name, address, and PAN Card Details.

