

August - 2022



Swami Sivanand Seva Samiti REGD

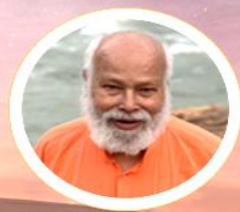


Seva Samachar
(Guru Poornima Edition)

सेवा समाचार

(गुरु पूर्णिमा संस्करण)

sivanandsevasamiti.org



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

Thought for the Month

By Swami Premananda

Glory of Guru

Life starts with guru. First guru is THE MOTHER. Then we depend on many guides in every step of our life- journey, they all are gurus. But one who guides us to the ABSOLUTE TRUTH, the goal of all beings, he is called as Satguru. we have to be grateful to all gurus.

Guru is our life, guide, here and thereafter, Guru is our father, mother, brother, friend, wealth all our knowledge, simply say EVERYTHING.

Guru's name and form is our object of contemplation, meditation. Guru's feet should be worshipped and Guru's words are to be followed literally. Guru's blessing guides us to Self-knowledge and liberation. Guru is the highest purifier. Guru is destroyer of all the sins. Guru's blessing is unfailing. Guru is the boat to go across the world-ocean. Guru is the only doctor to cure all our diseases of mind, body and bondage of the world (the cycle of birth and death). Guru's name is the greatest mantra for repeating all the time. Guru is our only one solution for all problems. Guru gives us all level success in life, in all fields. Guru is our only support. Worshipping guru with faith and devotion makes the disciple omnipotent, omniscient and omnipresent. What else is needed;

Even the goddess of speech mother Sharada (Saraswathi) cannot sing the glory of guru completely even if she sings for eternity, then who else can sing the glory of guru;

Simply say one should worship guru, obey the guru, remember guru, chant guru's name all the time within, with heart and soul in order to lead a successful life

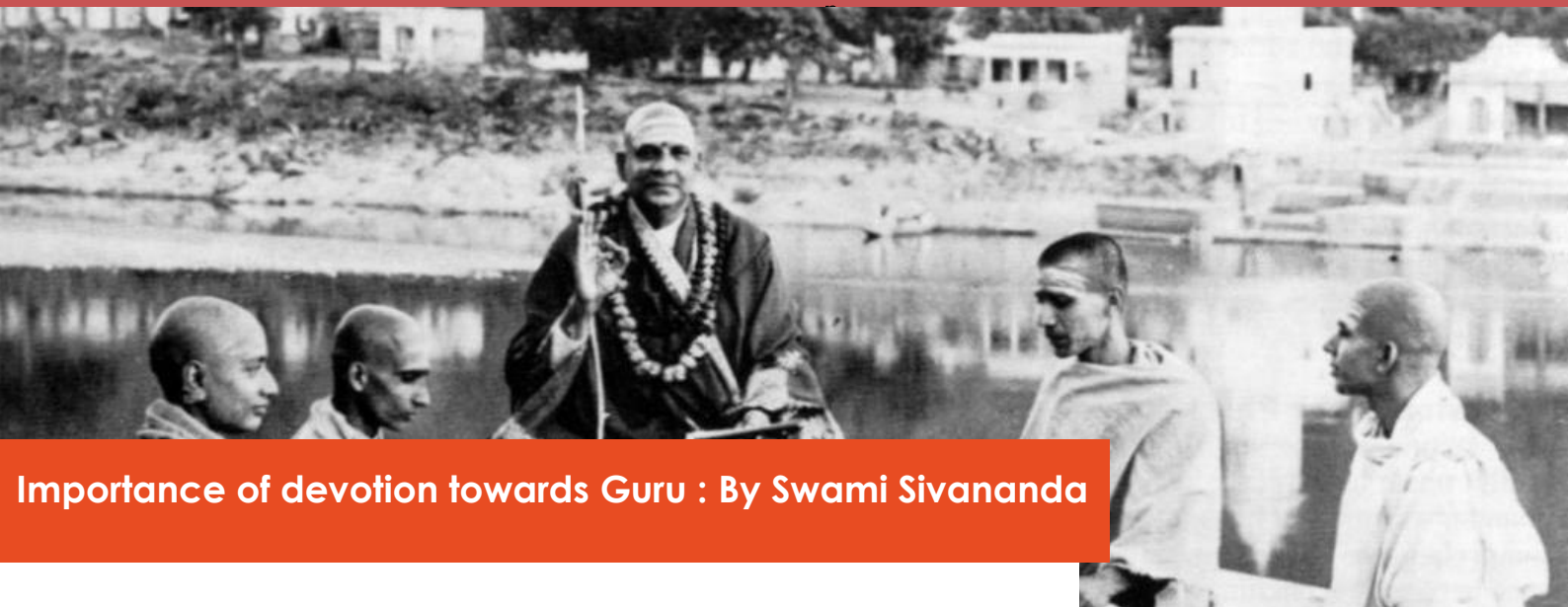
May Gurudev bless all! Om

Swam Premanand

Seva Samachar

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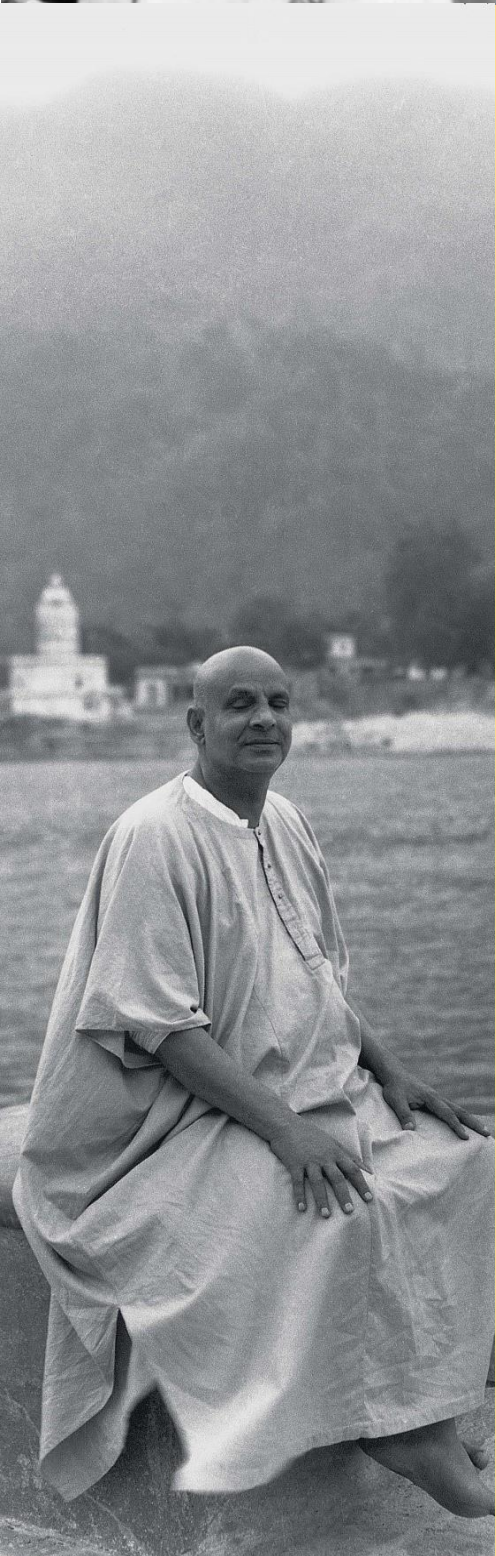


Importance of devotion towards Guru : By Swami Sivananda

Guru-Bhakti Yoga

Just as Kirtan-Sadhana has been made the special Kali-Yuga Sadhana for quick God-vision, even so herein you have the new Yoga, a Yoga most eminently suitable for this age of doubt and skepticism, pride and egoism. It is Guru-Bhakti Yoga. This Yoga is marvelous. Its power is tremendous. Its efficacy is most unfailing. The true glory Of Guru-Bhakti is indescribable. It is the Yoga par excellence for this age, which makes God appear here before you in flesh and blood and move with you in this very life. The hard Rajasic ego is the arch enemy of the Sadhaka. Guru-Bhakti Yoga is the surest and best Sadhana to destroy arrogance and to dissolve the vicious ego. Just as a particular deadly germ can be annihilated only by a certain specific chemical germicide, even so, to destroy Avidya and Ahankara, this unique Guru-Bhakti Yoga is the peerless specific. They are the gravest 'Mayacide' and 'egocide'. They become quite powerless and no longer afflict the fortunate soul who saturates himself with the spirit of Guru-Bhakti Yoga. Blessed indeed is the man who earnestly takes to this Yoga; for he will obtain crowning success in all other Yoga. TO him will accrue the choicest fruits of perfection in Karma, Bhakti, Dhyana and Jnana.

The qualification for taking to this Yoga is the simple trio of sincerity, faith and obedience. Be sincere in your aspiration for Perfection. Be not vague or half-hearted. Then have perfect faith in the one you have accepted as your Guru. Do not allow even so much as a shadow of doubt to approach you. When once you have reposed absolute faith in him, then know that what he instructs you is indeed for your highest good. Therefore, obey his word implicitly. Follow his teachings to the letter. Be earnest in doing thus, and take my word: you will attain Perfection; I assure you emphatically.



A photograph of Swami Chidananda, an elderly man with a white beard and glasses, wearing an orange shawl. He is standing outdoors in front of a yellow building with a balcony and some potted plants.

Guru-Poornima Message - By Swami Chidananda

Om Namo Bhagavte Sivanandaya!

Salutations and worshipful Pranams to the sacred lotus-Feet of the Guru whose form is to be an object of our meditation, whose feet are to be adored, whose words are most holy truths and whose Grace grants us supreme Divine beatitude! Guru is one who had destroyed his mind and who knows how one has to destroy it. The only thing that stands in the way of our spiritual realization is our own mind and it is to remove this obstacle that one comes to the Guru and surrenders himself unto him. But, then, Guru-Kripa has not only to be bestowed, not only to be given; it has also to be received. In receiving it, we immortalize ourselves, divinise ourselves. We must be ready to receive it; then it will flow into us and raise us to the highest realm of immortality, eternal light and infinite bliss. But, then, how can we receive it? How should we conduct ourselves if we are to receive this Grace?

Carry out the teachings of the Guru; and this should be our Sadhana day in day out. There may be certain inner qualifications which are necessary for the full and effective reception of divine grace; even after having attained all the qualifications of the ideal disciple, we have to wait in humility and in patience. There is no loss here, for the goal is immortal life, freedom. If we have become willing servants and willing, obedient disciples, then it is the natural law that Guru-Kripa may come in an unpleasant form. It may come in the form of a series of disappointments. We may think that Guru has not bestowed his Kripa upon us; but that disappointment itself will be his Kripa. We are not fit to judge whether we are ready to receive Guru-Kripa or not, and what form it would take. The best thing is to humbly leave everything to the Guru.

“I do not know whether I am a disciple or not. Therefore, O ocean of mercy and compassion, pray make me a proper disciple. Generate in me that Mumukshutva which makes me a disciple and give me the spirit of willing obedience.

“Help me in trying to follow thy instructions. Help me in trying to mould myself upon the pattern set up by thee”; this must be our constant prayer. And, by this alone shall we be able to draw the Kripa of our Guru and make our life fruitful. And the perfect way of praying is trying our best to be real disciples.

Worship is the means of approaching the Invisible. It takes us closer to the Intangible Divine Essence in which form Gurudev now abides after setting aside the physical in which He dwelt, and through which He moved with us all on a physical plane. By regular worship, the seeker strengthens his spiritual bond with the Guru even beyond the time of his physical existence. By preserving such a bond, the disciple is able to draw upon himself the continued Guru-Kripa. He is blessed with guidance and protected by His benedictions in a mysterious way. Adore thy Guru and pay homage unto Him who has opened thy eyes to the glorious purpose of life, and who has shown you the true path to blessedness and bliss. This is your foremost duty now. O Seeker after Peace and Joy! Herein lied thy Supreme Welfare.

The most holy Guru Purnima is a great annual occasion that provides you an invaluable opportunity of re-establishing this vital inner contact with Gurudev. It is a day when all the devotees and disciples earnestly put forth special efforts to experience their oneness with the Nirakara Guru Tattva. It is an occasion, a holy and auspicious occasion for renewing your inner ties with the Guru upon the spiritual plane. To us all, this day assumes an added solemn significance this year, because now—more than ever—we need to invoke, re-create and strengthen the spiritual contact. For, upon last Guru Purnima Day Sri Gurudev still lived in His physical form. But his year, for the first time in all our long years of blessed contact and spiritual association with the Guru, this blessing is no more. The Guru exists; SRI GURUDEV IS WITH US. In the depths of our spiritual being, we must experience the presence of His pure spiritual Self. This we shall do in a special way upon Guru Purnima Day. Renew this contact. And then plunge into a period of spiritual Sadhana.

With regards, Prem and Om!

Thine in Sri Gurudev,

Swami Chidananda

सेवा समाचार

Daily Programme

- Our Day begins early at 5 am with Vishnu Sahashranam 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.
- Now, with 1001 subscribers and an ever-growing number of viewers, our Daily Yoga Vasishta Classes are reaching seekers across the globe. Join Swami Premanand at 9:30 Am in the offline or online to experience the magic of one of the most significant pieces of text ever to be written!
- A Bhagavad Gita class by Swami Premanandaji is conducted every evening at 8.30 pm. This class is also being streamed through our [Youtube Channel](#).
- Guru Poornima ,Rathayatra and all other notable festivals of the Hindu calendar are celebrated with pomp and glory.
- 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.

Total No. of such People/ Families supported: 10

SERVE, LOVE, GIVE





Supporting The Community

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.

Yoga Practice:

Swami Sivanand Seva Samiti is now blessed by Yogacharya UTTAM . Yoga classes conducted by him have continued throughout the month of July .

Number of students in Yoga class : 10

Total No. of Students Supported, in the month of July: 09

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: 07





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.

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



Patients Attended to in Hospital OPD	:	649
Eye patients	:	270
Cataract Operations	:	35
Panchakarma	:	213
Physiotherapy patients	:	322
Pathology Tests	:	103
Ambulance Seva to patients	:	08
Homeopathy patients	:	68



EYES are not a mere organ ,but projection of mind to the world and projection of world in to our mind if we correct Drishti (way of looking at things) Srishti (creation, our external world) change as beautiful one



Eye Camp July 2022

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 30th and 31st of July, under the leadership of Dir. Om Prakash Verma, MBBS, MS (ophthalmology) such a camp was conducted.

No. Patients : 270 **Cataract Surgery done for : 35**

1. All patients detected with cataract during routine check-up are being out called by the Doctor, 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. SCIC 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.





Ashram News

Ashram celebrated guru Poornima on July 13- 2022

Guru Poornima is one of the most important day in Indian tradition and especially in guru parampara . Guru Pooja or worship of guru- tattva (principle) is done in this day. This year guru Poornima was on July thirteen

Ashram paid respects to all Gurus of the world by performing a three-hour ritual from morning 8:30 am to 11:30 am in which padukas of gurus worshipped with Archana and kirtan under the guidance of swami Gurupriyananda in the holy presence of swami Premananda and swami Atmananda all devotees and visitors of ashram(and online telecast too) had a wonderful opportunity to witness and participate this beautiful ceremony. 108 names of swami Sivananda and 108 names of swami Chidananda are done with Archana of paduka (offering on the holy feet of both gurus as Sankalpa) after which an Aarti was performed and devotees did kirtan for an hour

A very nice Bhandara was organized after guru Pooja rituals . Swami Premananda gave a wonderful guru Poornima message offline and online too to all those connected with ashram

JAI GURUDEV





Jagannath Rath Yatra in Uttarkashi

Ashram celebrated Jagannath rath yatra in Ganeshpur

Jagannath is lord Vishnu and ancient temple in the city of puri in Orissa in India is famous for this unique chariot-pulling festival in which millions of devotees gather in this city and pull the chariot which as per world record one of the largest and oldest chariot procession in the world . Paying respects to lord Jagannatha same day same time same festival is conducted in all over India many cities and abroad too by the devotees of this tradition .



As per religious believes Lord Jagannath is taken out on a rath yatra and taken to famous Gundicha temple where lord rests for seven days. After this return journey of lord Jagannath begins .

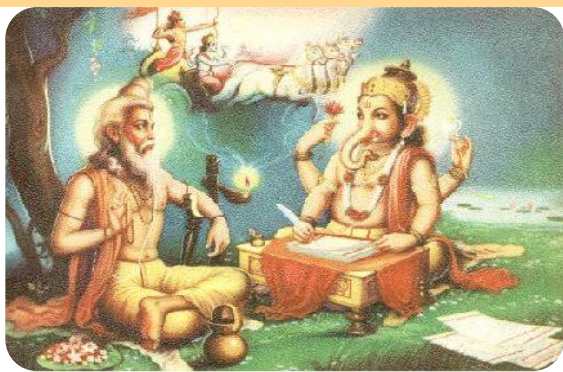
Rath yatra started from ashram premise accompanied by hundreds of ashram inmates, village people and sadhus, brahma Charis from many Uttarkashi ashrams enriched with drums kirtan throughout the procession pulled the chariot through Ganeshpur village and ended in a cottage in Ganeshpur and lord Jagannatha rested there for next seven days an elaborate feast or Bhandara was organized.

Return of Jagannath was done in same manner

Ashram Rath(chariot) preparation and decoration is beautifully done with perfection under the guidance of Swami Premananda and Swami Gurupiryanada with ashram priests

JAI JAGANNATH
(THE LORD OF UNIVERSE)

Gurupoornima Message :



My salutations and prostrations to Almighty Lord and all the Gurus.

There is a great saint, Maharshi Vedavyasa, who is believed to be the incarnation of God. He was born 3000 years before the birth of Jesus Christ. According to the Hindu Calendar, Maharshi Vedavyasa's birth took place at the time of Asada Suklapakshya and full moon day. This is called Gurupoornima Day. Vedavyasaji wrote the Vedanta philosophy including the Sri Bhagavadgita, Upanishads, Brahma Sutra, 18 Puranas and Mahabharata, which are the foundations of Hindu philosophy. It is believed that on this full moon day, He taught his first lessons to His disciples, saints and sages for four months (Chaturmaas). As a respect to the memory of this great Saint and his teachings, every year we celebrate Gurupoornima Day.

Additionally, directly after Gautama Buddha reached Nirvana 2500 years ago, Buddha came to Saranatha and advised for the first time his 5 disciples on this auspicious Gurupoornima Day.

Usually a question comes, who is Guru? Adi Shankaracharya has written को बा गुरयो हि हितोपदेष्टा, a Guru is one who only gives advice for our salvation and realization. कृष्णं बंदे जगद्गुरुम्, Almighty Lord is the Guru on the whole universe.

The Holy scripture -सत् सास्त्र

Realized saint. ----- संत

Our own pure intellect - बिबेक

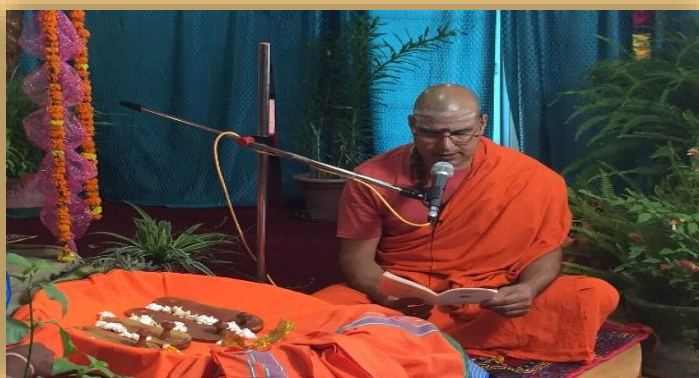
is regarded as our Guru.

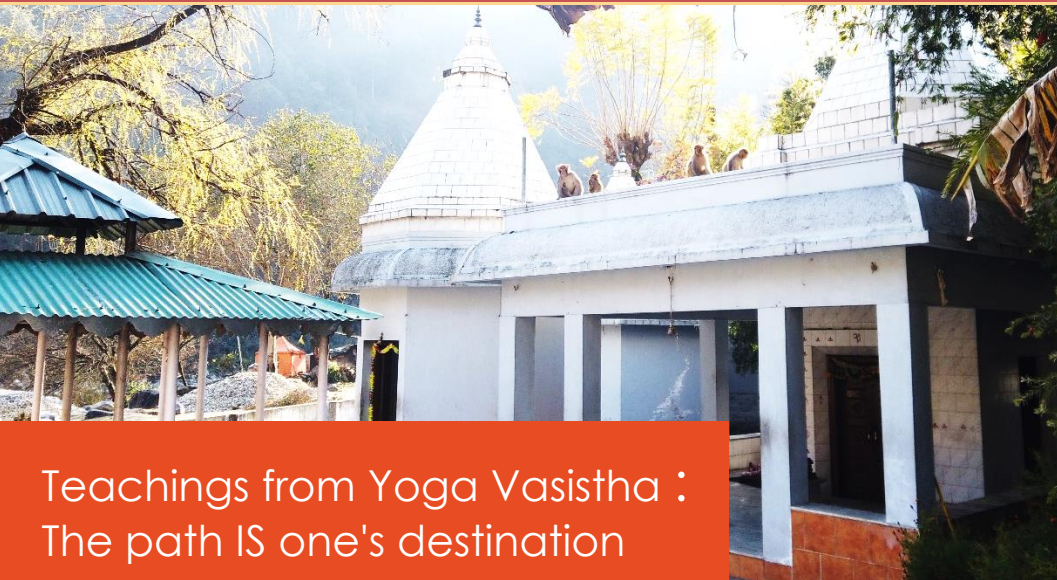
In occasion of Guru Poornima Day, the disciples worship their own Guru. Most of the disciples go to the feet of their Guru and give service, practice their sadhana with direct supervision from their Guru and receive blessings. During Chaturmasya is usually the time of heavy rain. The sanyasi and monks stop their traveling and stay in one place and spend their time contemplating and meditating.

On the auspicious day of guru Poornima, this Sevak, prays to almighty Lord to invoke the blessings of all the Gurus, Saints and Sages to shower their Grace to be upon all of you. May all of you have good health, long life, progress your sadhana and attain your goal of life. May your life be radiant like the shining sun and bring light to many others. That is my humble prayer.

In the Lotus Feet of Guru,

Swami Gurupriyanand.





Teachings from Yoga Vasistha : The path IS one's destination

The path IS one's destination.

'Attainment'...'realisation' ... and 'enlightenment'.

All words that we seekers hear frequently along the path. But what good are they, this jumbled alphabet of conspiracy that by its own nature is baseless, meaningless and merely indicative toward That which is ultimately inexpressible?

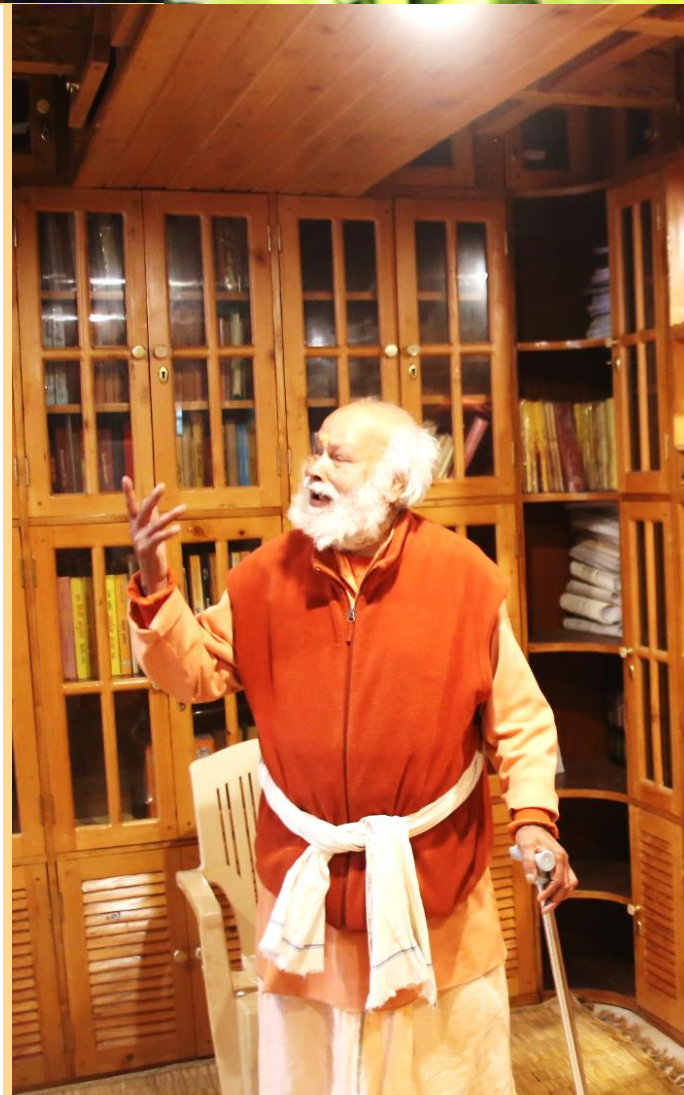
And, how do they guide us?

What is to be attained? Who is there to realise? When will we know of our enlightenment? What is the path that one must tread to reach the goal and how must it be trodden? Most of all...is it really worth all our efforts and struggles?

We often talk of yoga, i.e. the synthesis of individual and Absolute and the practical methods prescribed by the scriptures and Great Saints of yore to yoke the two. We are taught that by keeping a one-pointed mind fixed upon the Lord, He will deliver us to the shores of eternal bliss. And, we have learnt that sadhana partaking of tapasya and renunciation paves the route to Him. But, how do we know when we have reached the end if there is no magical moment that occurs? No sudden flash of all-consuming omnipotence, omniscience and omnipresence. Is it all just carrot-and-stick? A hope for something unattainable, a Will-o'-the-Wisp objective? The answer lies within you. Ask yourself, Where do you stand? From what position is your perspective perceiving the existence.

If you feel yourself as the individual who is lacking something, wandering through darkness in a world of terror and suffering then these words will become your supports, walking stick and lighten the path somewhat. They will provide the momentum to persevere and forbear the obstacles faced along the rugged path of spirituality, as we go on negating the world.

If you feel yourself as the individual who is lacking something, wandering through darkness in a world of terror and suffering then these words will become your supports, walking stick and lighten the path somewhat.



They will provide the momentum to persevere and for bear the obstacles faced along the rugged path of spirituality, as we go on negating the world. If, somehow through purification of heart and mind you sense that experience of 'one-ness' with the life surrounding you a realisation may dawn that reassures one that the coverings of Maya are slowly being removed, like the passing clouds of an Autumn sky and this cause a series of clarifying, lasting and positive effects upon ourselves.

And, if your conscious efforts in sadhana become spontaneous then you attain a state where these words no longer hold meaning for you. The mind is silent, one perceives the Truth and we know that there was really never any path. We rest in the Absolute, Sat-Chit-Anand and there we stay and we laugh at our own forgetfulness and at how much we went on breaking our head. The goal was the path and the path was the goal. But it takes sadhana, purification, equal-vision and a one-pointed mind to develop the ability to act not only by the will of God but as the Absolute Himself.

Tat Tvam Asi.

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
RS. 2000 PER YEAR
- **NO PRIVILEGES—WE ARE ALL DEVOTEES. ACCESS TO STAY IN THE ASHRAM IS A SADHANA**

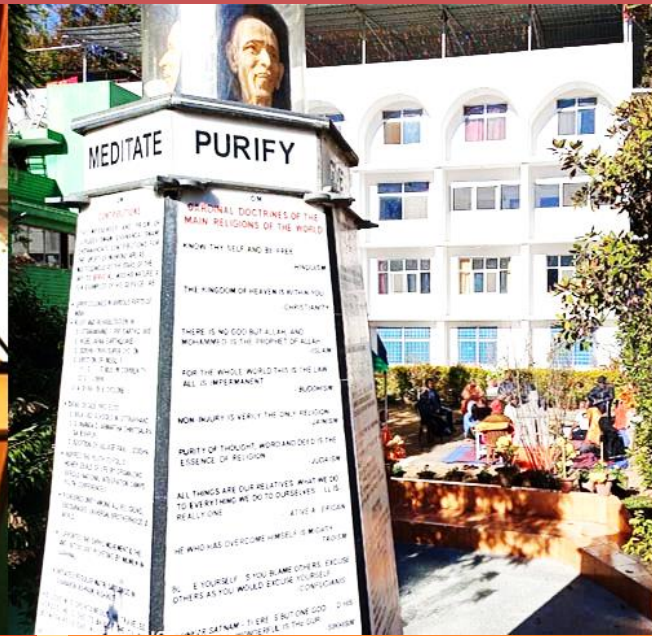
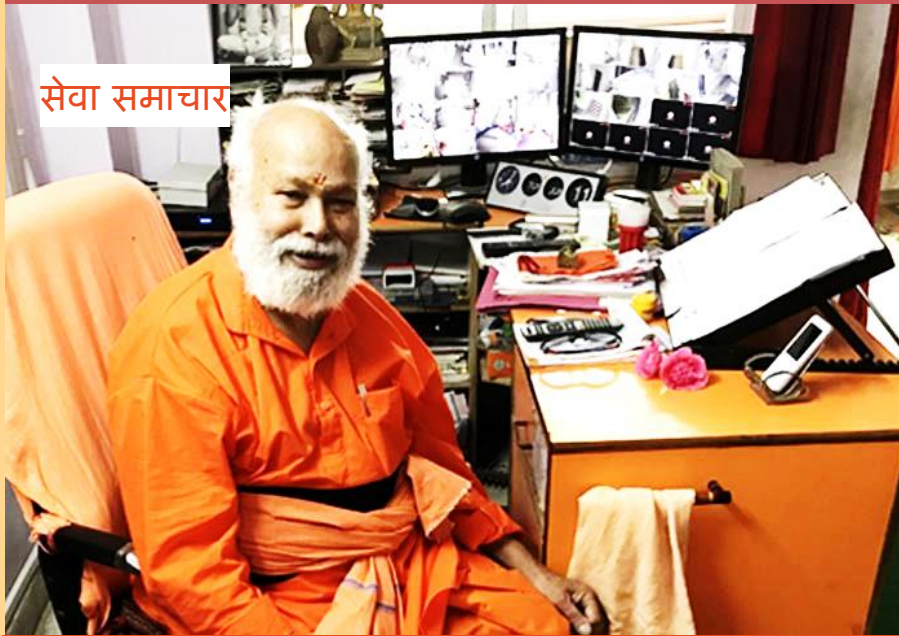
www.sivanandasevasamiti.org

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

सेवा समाचार



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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.

