

August 2023



सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti ^{REGD.}

sivanandsevasamiti.org

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

Thought for the Month:

जिंदगी या संसार का परिभाषा

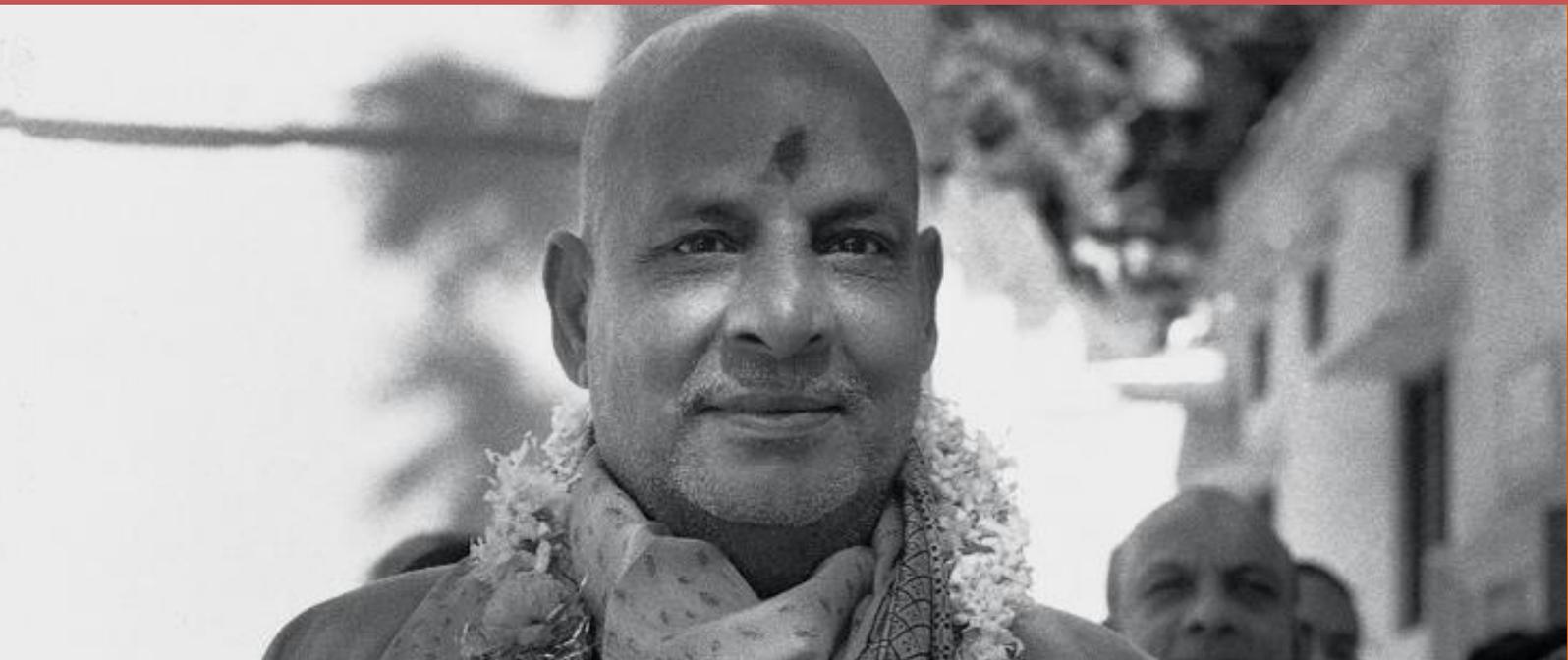
By Swami Premananda

१. दुःखालय है - राम भजो
- २.१ रंग मंच है - सही अभिनय करो
- २.२ नृत्यशाला है - सूत्रधारको याद करके नाचो।
३. अनंत कहानी है - सुनते रहो
४. शमशान भूमि है - वैराग्य रंग लाओ
५. विद्यालय है - शिखते रहो
६. कल्पना (गंधर्वनगरी) है - सच मत् मानो
७. लंबी सपना है - जाग जाओ
८. क्रीड़ा भूमि है - जीत हासिल करो (खेलते रहो)
९. लंबी यात्रा है - अथक चलते रहो
१०. कर्म भूमि है - कर्म करते रहो
११. युद्ध क्षेत्र है - अस्तित्व के लिए लड़ते रहो
- १२.१ एक प्रतिबिम्ब है - इसका मूल बिम्ब ढूंढो (बिम्ब को पहचानो)
- १२.२ अपना ही प्रतिबिम्ब मात्र है - असारता देखते रहो
१३. एक तुषार खंड है - ज्ञान सूरज से गला है।
- १४.१ स्पन्दन है - इसे शांत करो या मिल जाओ
- १४.२ स्पन्दन का बारम्बारता का विभिन्नता है - बारम्बारता का आंकलन से हर वस्तु का मूल्यांकन करो
१५. ना समझी का नाम है - समझ जाओ

Seva Samachar

- Thought for the Month
- Meditate and Bring Peace to The World
- Divine Life
- Daily Programme
- Healthcare Activities
- Annual Events
- Special Events
- Ashram News
- Teachings from Yoga Vasistha
- BECOME A MEMBER





Meditate and Bring Peace to The World

By Swami Sivananda

Do not feel that you are only an ordinary individual, one in millions. Do not think that unless you have co-operation from thousands and thousands all over the world, nothing of real importance will be done. No, you forget that every thought sent out by you, you the humble individual that you think you are, every thought sent in the proper manner with full trust in God, for pure unselfishness, has behind it the support of all well-wishes, embodied and disembodied. You do not know how many great well-wishers of the world are everywhere in spirit ready to give invisible help to selfless workers.

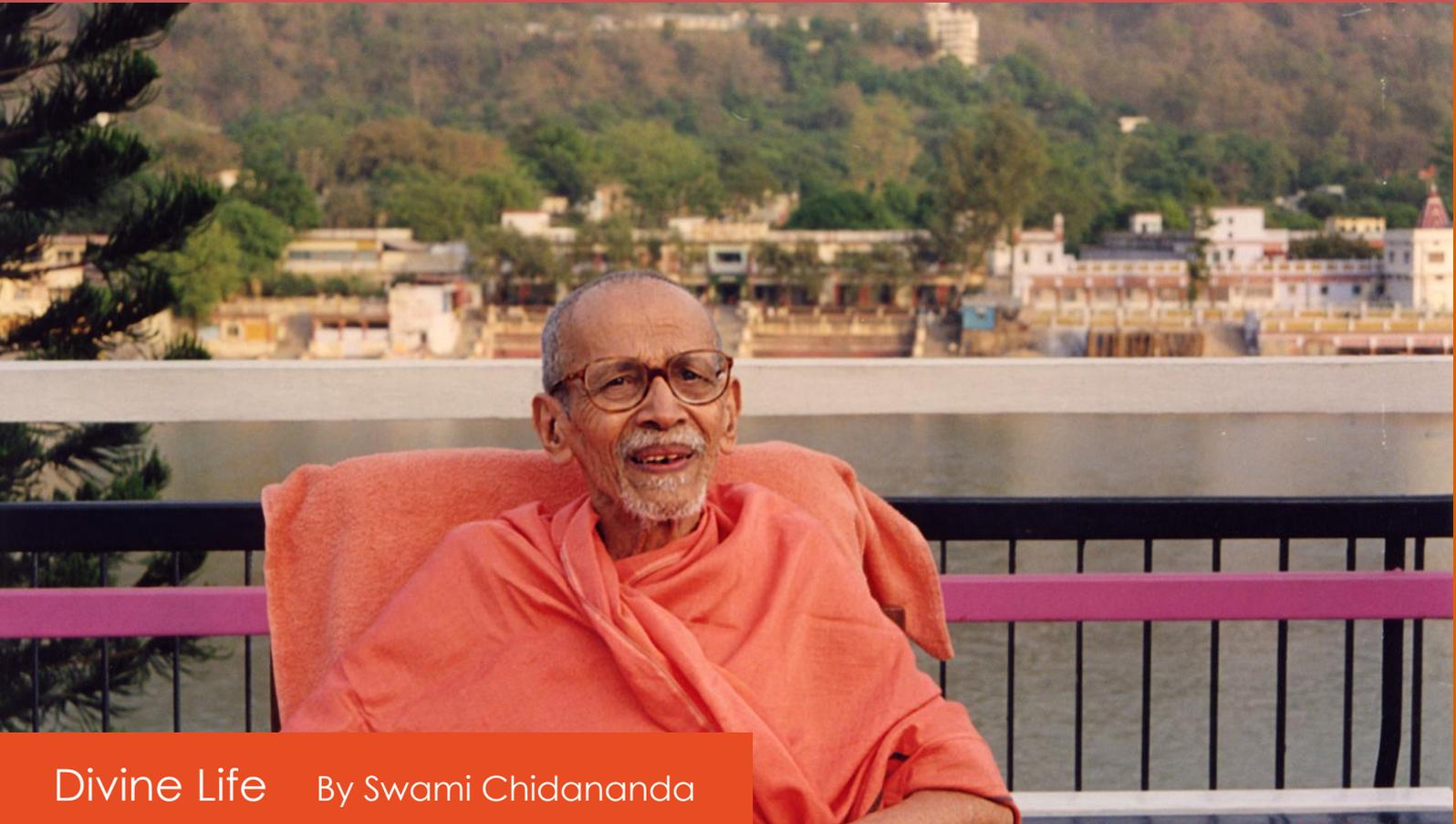
Every thought that you send out is a vibration which never perishes. It goes on vibrating every particle of the universe and if your thoughts are noble, holy and forcible, they set in vibration every sympathetic mind. Unconsciously all people who are like you take the thought you have projected and in accordance with the capacity that they have, they send out similar thoughts. The result is that, without your knowledge the consequences of your own work, you will be setting in motion great forces which will work together and put down the lowly and mean thoughts generated by the selfish and the wicked.

Just as the sun goes on continuously converting into vapour every drop of water that is on the surface of the earth and just as all the vapour thus rising up gathers together in the form of clouds, all the thoughts that you project from your own lonely corner will mount up and be wafted across space, join similar thoughts projected by those who are like you and, in the end, all these holy thoughts will come down with tremendous force to subjugate and destroy the evil forces which at present threaten to overpower the good.

If every reader of this message makes it a point to devote one hour every day in meditation, to the projection of peace thoughts there will be thousands of people doing the same thing every day and the total effect of such combined thought projection is inestimable. Not only will there be the individual force of every such person acting in cooperation, but the additional strength received from Invisible Helpers, the ever-present Masters, the Videhas, who will silently guide all and make them pursue the right path. They are the great Beings who enter into the intellects and emotions of every good and pious person and use the person as instrument for serving mankind.

Will you not, therefore, make now this resolve of devoting at least one hour every day to project thoughts of peace so that the present troubles and turmoils of the world may cease? This is a very simple thing that you can do. Yet the response from the Almighty and His agents will be of great value.

Make your own individual appeal to God and ask Him to send Light to help humanity for the establishment of peace and promotion of happiness.



Divine Life By Swami Chidananda

The practice of virtue, the worship of God and Paropakar to others—these three form the very essence of a truly noble life. Never neglect them. Ever practise them. This is real earning (Kamayi). He who has this earning, he accumulates the greatest wealth even though his earthly income may be modest. Blessed self! accumulate this wealth by living a Divine life in the midst of your ordinary secular life. Have a rich inner life. Joy and peace will come to you.

All men are, by nature, equal. One Atman dwells in all beings. Man is the trinity of body, mind and soul. Consciousness is veiled by mind and matter. Therefore, he is not able to realise his essential Divine nature. To know one's essential nature and realise one's own Divinity is the fulfilment of the mission of this human life.

This human birth is a rare chance, a splendid opportunity of transcending all limitations, bondage, sorrow, suffering and pain and attaining to a state of illimitable glory, of absolute freedom from sorrow, pain, suffering, grief and weaknesses of all sorts, going beyond even death and attaining that Supreme experience of illimitable joy, immeasurable peace, Divine splendour and Wisdom Consciousness in union with the Divine. This is the aim of our life. This life can be had only by right living—a life of contemplation and meditation. Live this life and attain God-realisation in this very life.

Goodness is love in action. It is noble to be good. Goodness is the greatest virtue. Every good deed is a grain of seed for immortality or eternal life. Goodness makes life a blessing. Goodness will bring sure success and prosperity. To be good is human. To be good is divine.

Lead a life of simplicity and purity. Set apart some fixed hours both morning and evening for your studies. Spend half an hour both morning and evening in prayer and Bhajan. Speak truth at any cost. Hate none. Help others. Be good. Do good. Ever feel the presence of God for God is everywhere. Sing His glories. There is nothing more elevating and sublime than to be a witness to the living Divine Presence in all beings and to strive to awaken that consciousness in others too.

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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 classes are conducted daily. Village students, under the guidance of Swamiji, enthusiastically attend the classes
- 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: 14



Satsang with Swamiji



Gangadhar Mahadev Temple



Evening Prayers



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. And regular medical education at schools.

The new 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.



Pharmacy



Mobile Camp



Eye Check-up

Patients Attended to in Hospital OPD	: 235
Eye	: 139
Mobile Camp	: 04
Panchakarma	: 25
Physiotherapy patients	: 31
Homeopathy	: 40
Pathology Tests	: 24
Ambulance Seva to patients	: 03

The human body is a miraculous instrument that instinctively knows what it needs. Unfortunately, the human ego often drives us not to listen.

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 1st July 2023, under the leadership of Dr. Om Prakash Verma, MBBS, MS (ophthalmology) a 3-day camp was conducted, 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: 74

Cataract Surgery done for: 33





Annual Events: Guru Purnima Celebration



The full-moon day of the month of Ashadha is observed as Guru Purnima. This year, on the 3rd of July, the auspicious day of Sri Guru Purnima was celebrated with great devotion at the Ashram.

The ashram inmates and devotees comprising of visitors and villagers offered their loving gratitude through devout worship of the sacred Paduka of Sadgurudev, followed by soulful Bhajans and Kirtans. Havan was conducted at the Mahadev Temple for the welfare of all. The celebration concluded with distribution of sacred Prasad.

May the blessings of Sadgurudev Maharaj be upon all.



Special Events:

Advanced Yoga Training

The students who have been practicing asana and pranayama for a long time were introduced into the more advanced Asanas and Pranayama by Swami Bhabagrahi Ji who visited from Japan and Priyanka, a degree course student of Yoga. The sessions improved the children's knowledge about the anatomy and philosophy, and helped build strength, balance and flexibility further.



Musical Satsang

Devotees of Om Malati Aai and classical artists Asawari Patwardhan Ji with her soulful renditions and Aditya Sutar Ji with his Bansuri filled the ashram with divine vibes during their stay at the ashram. The raagas had a soothing and blissful effect on the listeners.





Ashram News

Hospitality

Many Mahatmas, on their way to Gangotri, arrived in the ashram in the month of May 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	:	24
Ashram inmates	:	18

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: 60

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	:	5
Total No. Of Calves	:	4

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 July: 14



Spiritual guidance to visitors



Annakshetra



Yoga asana class



Teachings from Yoga Vasistha: Be in the world but Not of the world

The Sage Vasistha advised Ram Ji that inwardly one has to be silent and rest in peace, in the absolute truth. At the same time, outwardly one has to deal with the relative world. For this, one has to live without desires, unattached to all beings and circumstances.

Now the question arises, how can one live and act without desire in this relative world? Vasistha Ji says that a person who does not ask, hope or desire for anything, nor plan for the future, in other words, always lives in the present, rests in peace. That person or gyani does not accept nor reject anything that comes in the way, for he is not involved in the triads (Triputi) like Karta-Kriya-Karma, Drashta-Drishya-Darshan etc. He knows that Nature does everything. Nature is the Karta (doer) as well as the Bhokta (enjoyer of the fruits of the action). Lord Krishna tells the same in Srimad Bhagavad Gita - प्रकृतेः क्रियमाणानि गुणैः कर्माणि सर्वशः । अहङ्कारविमूढात्मा कर्ताहमिति मन्यते ॥ (prakṛteḥ kriyamāṇāni guṇaiḥ karmāṇi sarvaśaḥ । ahaṅkāra-vimūḍhātmā kartāham iti manyate ॥3.27॥). Nature does all actions by imbalancing the 3 qualities. Only an ignorant person thinks he is the doer. Analytically, there is no single doer of anything, if any action is performed, it is by the co-operation of innumerable beings. For example, if we consider a flower, it is not the result of the effort of the gardener alone, the whole nature like earth (soil, manure etc.), water, air etc. joined together for the flower to bloom. Innumerable beings got involved in the process. So, a singular identity can never claim that he is the doer. The body is also a product of the 5 elements of nature. From that perspective also, nature is the doer. Nature is responsible or it is the cause for everything. The idea of doer-ship (Karta) of an ignorant person is only a false notion due to wrong understanding over a period of time. It is due to false identification of the "I" with body and strong attachment with it.

The knowledgeable person knows fully well that the "Absolute Truth" is purity, silence, stillness, changelessness (under all conditions); the substratum, on which the disturbances or vibrations, also called impurities, are visible. Nature, which appears with its many names and forms, is not different from the Absolute, just as a wave is not different from the water, it is water only in a disturbed state. Hence, though right knowledge, devoid of all triads and all restlessness, merged in the awareness, a Gyani rests in peace. Though he remains in the world, he is not of the world.

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

info@sivanandsevasamiti.org

MEMBERSHIP PLANS

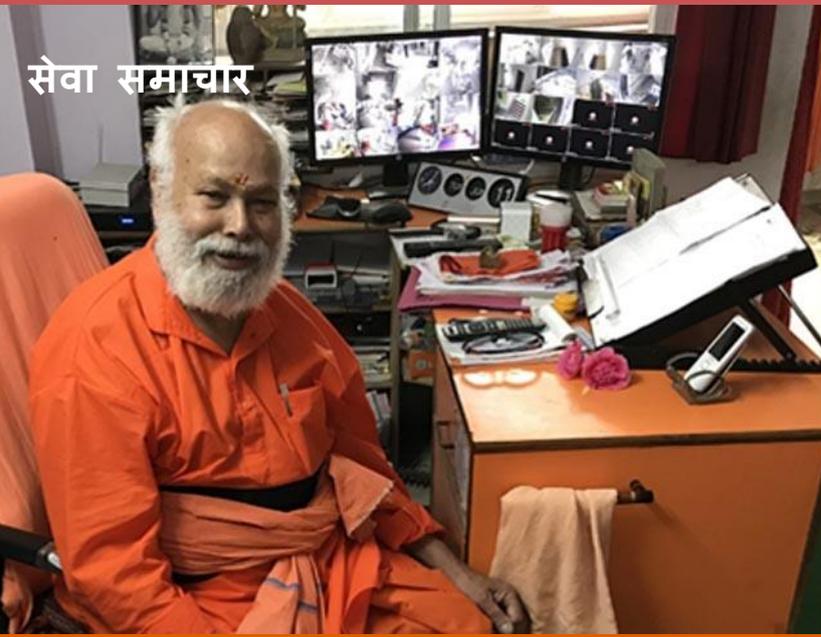
- LIFE MEMBERSHIP:
RS. 25000/ for corpus fund
- REGULAR MEMBERSHIP:
RS. 200 PER MONTH OR
RS. 2000 PER YEAR
- NO PRIVILEGES—WE ARE ALL
DEVOTEES. ACCESS TO STAY IN
THE ASHRAM IS A SADHANA

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



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.

