

August 2025



सेवा समाचार

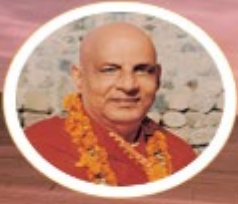
Seva Samachar

Swami Sivanand Seva Samiti REGD.

sivanandsevasamiti.org

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AUGUST 2025



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

Thought for the Month: सर्वव्यापक मूल तत्व - जल

जल ही जीवन है। चेतना जल का आधार है ।

जल जड़ नहीं, चेतनात्मक है ।

जल केवल भौतिक तत्व नहीं परन्तु चेतन और सर्वव्यापक तत्व है। ब्रह्मांड में प्रत्येक वस्तु, दृश्य या अदृश्य, पंच महाभूतों - पृथ्वी, जल, अग्नि, वायु और आकाश, इनके विभिन्न अनुपातों से आच्छादित हैं। ब्रह्मांड की रचना अहंकार से हुई "मैं हूँ", यह भाव ही हिरण्यगर्भ का रूप लेता है। यही चेतन तब "मैं जल हूँ" ऐसा विचार व संकल्प करने पर वे स्वयं जल बन गए और फिर उस जल रूप से समस्त सृष्टि में व्याप्त हो गए। यह मात्र कल्पना नहीं, परन्तु सृष्टि की सूक्ष्म प्रक्रिया का संकेत है - एकाग्र मन से जो कुछ भी सोचते हैं, दृढ़ इच्छा-शक्ति और सत्य-संकल्पता के प्रभाव से वह स्थूल रूप/आकार ले लेता है।

जल ही वह जीवन का रस है जो समस्त सृष्टि के कण-कण में व्याप्त है - वृक्षों की जड़ों से लेकर मानव शरीर की कोशिकाओं तक, और सूक्ष्म जीवों से लेकर नक्षत्रों तक। जल ही पराग बनता है, जल ही रस बनता है, जल ही प्राण को गति देता है। वे पत्तियों की नसों में, फूलों के पराग में, और वृक्षों की शाखाओं में सूक्ष्म रस बनकर बहते हैं। जैसे जुए (lice) चुपचाप शरीर में प्रवेश कर जाती हैं, वैसे ही वे जल रूप में लताओं, बलियों में व्याप्त हो जाते हैं।

अतः जल का प्रत्येक अणु नारायण का रूप है। नारायण सूक्त में नारायण के विराट और सर्वव्यापी स्वरूप का वर्णन मिलता है, जो इस सृष्टि के कण-कण में व्याप्त हैं। कहा गया है कि नारायण जल में सोए हैं, इसका गुह्य अर्थ है की वे ही जल बनकर हर जीव में अदृश्य रूप से जाग्रत हैं। वृक्षों की जड़ों से पत्तों तक जल का चढ़ना - जिसे आधुनिक विज्ञान परासरण (osmosis) कहता है - उसी परमात्मा की सूक्ष्म गति है जो "रस" के रूप में हर कण में जीवन भर बहती है।

Seva Samachar

- Thought for the Month
- Glory of Guru Bhakti Yoga
- Everything is Yoga
- Daily Programme
- Healthcare Activities
- Ashram News
- Teachings from Yoga Vasistha
- Disaster Relief Work
- BECOME A MEMBER





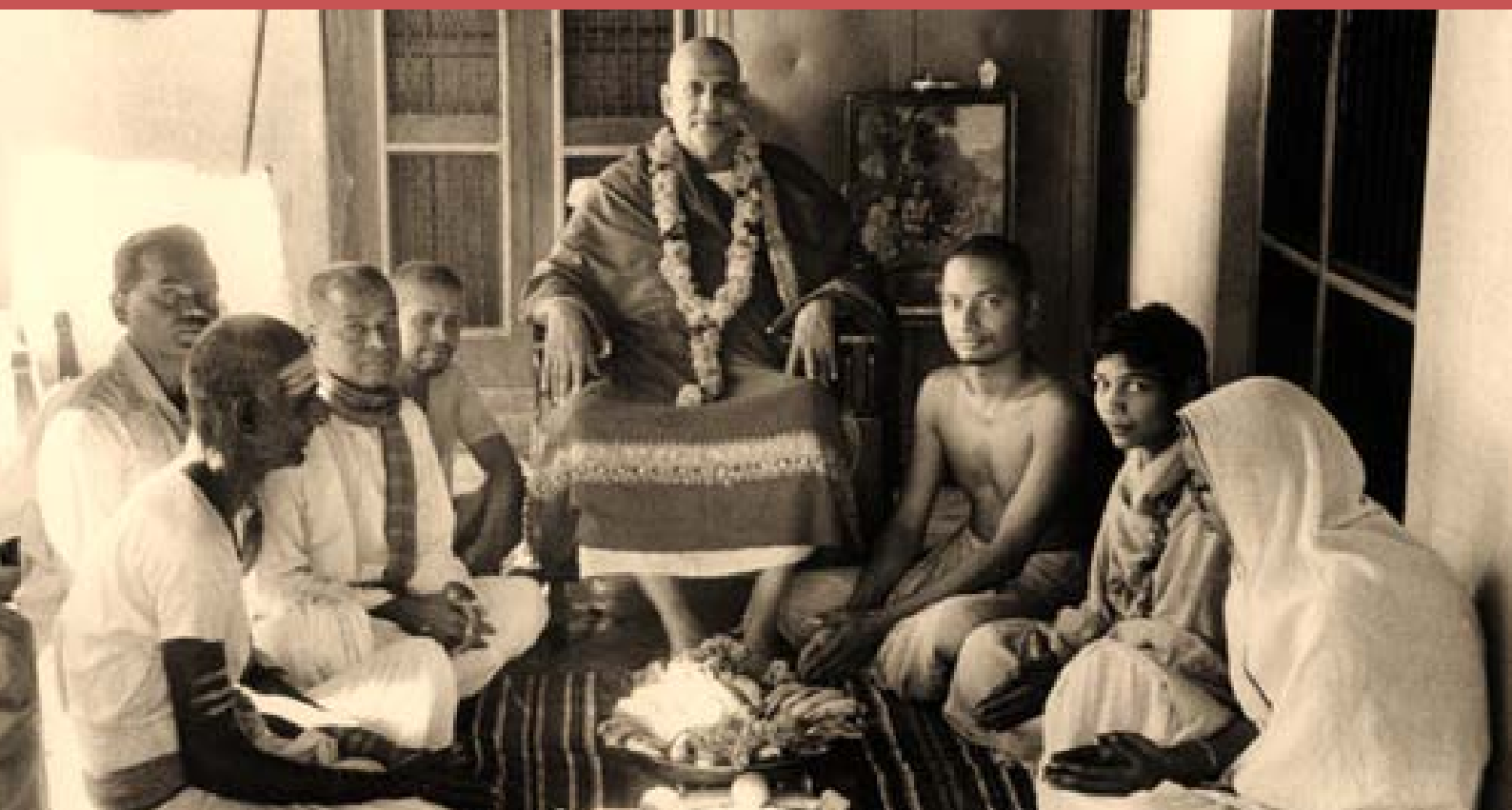
यह रस ही शरीर, मन और आत्मा को जोड़ता है। आयुर्वेद में वर्णित वात, पित्त और कफ, इन त्रिधातु में जल ही प्रमुख है। जबकि वायु और अग्नि जीवन का आधारतत्त्व भी है।

यही तत्त्व जल के रूप में हिमालय की चोटियों पर बर्फ, नदी व हृद (झील) हैं, यहाँ तक कि बृहस्पति ग्रह पर हीरे की वर्षा में भी मौजूद हैं। वे नीलमणि, नक्षत्रों और बादलों में विद्युत् रूप से विद्यमान हैं। कल्पना दृष्टि से बांध नदी का विश्राम स्थल है। जल का अस्तित्व केवल पृथ्वी तक सीमित नहीं, जल की उपस्थिति आकाश तक विस्तारित है, वह सृष्टि का सार्वभौमिक तत्त्व है।

इसके अतिरिक्त दार्शनिक दृष्टिकोण से जल को रस कहा गया है, जो आनंद की अनुभूति प्रदान करता है। रस गतिशील है तो अस्थिरता है, रस की स्थिरता से आनंद है — जीवन इन्हीं दो के बीच का संतुलन है। आत्मा जब रस को अनुभव करती है, तो वह परमात्मा का साक्षात्कार करती है।

इस प्रकार से जल केवल एक तत्त्व नहीं, अपितु रस रूप से परमात्मा की अभिव्यक्ति है।





Glory of Guru Bhakti Yoga -By Swami Sivananda

Guru-Bhakti Yoga is total self-surrender to Satguru.

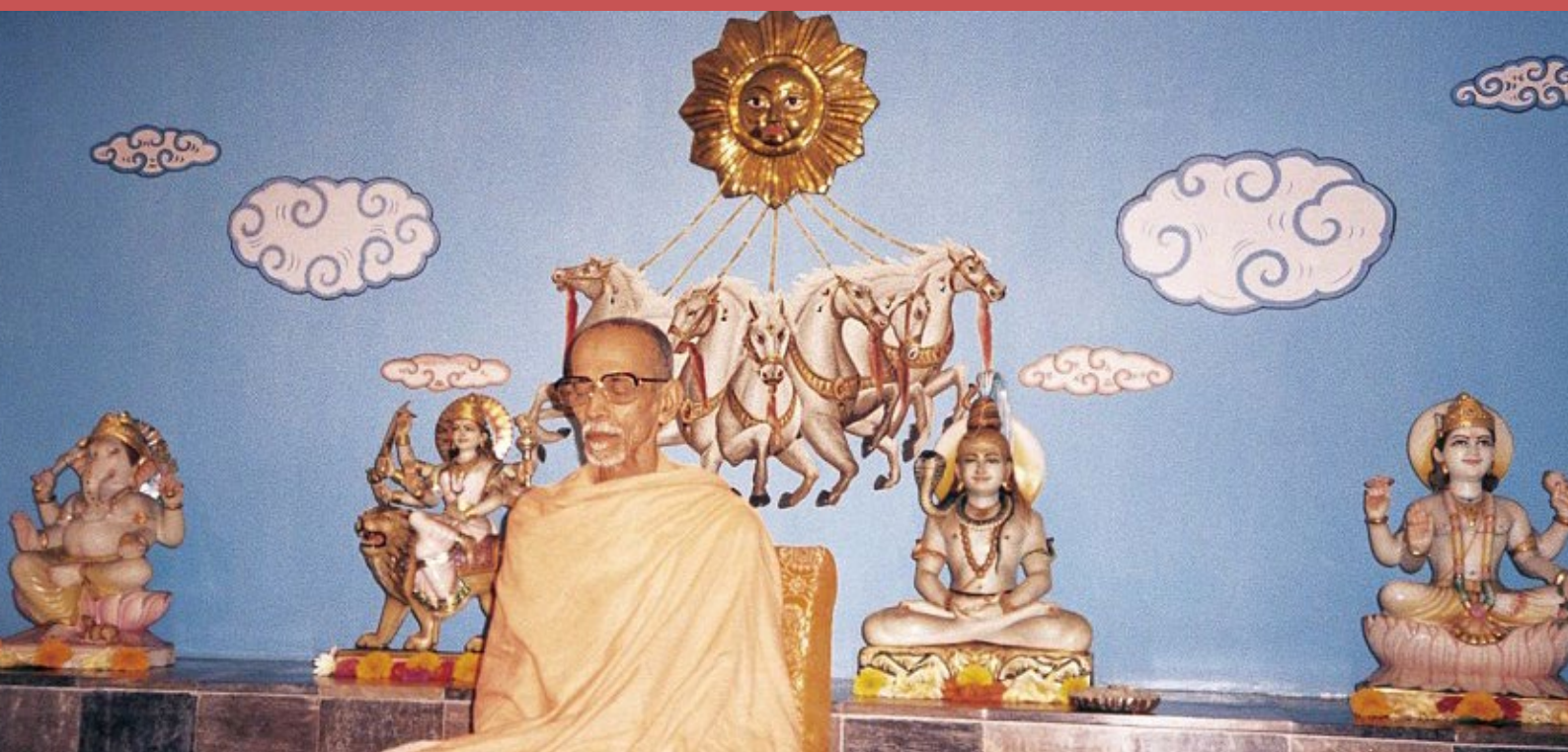
Just as Kirtan-Sadhana has been made the special Kali-Yuga Sadhana for quick God-vision, even so herein you have the New Yoga, a Yoga most eminently suitable for this age of doubt and skepticism, pride and egoism. It is Guru-Bhakti Yoga. This Yoga is marvelous. Its power is tremendous. Its efficacy is 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 Yogas. 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 aspirations 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.

It is not possible for an aspirant to enter the spiritual path that leads to the union with God unless he practises Guru-Bhakti Yoga. The essence of Guru-Bhakti Yoga lies in utter obedience in carrying out the Guru's orders and translating his teachings in life.

The important eight limbs of the Guru-Bhakti Yoga are, (a) the real lasting aspiration to practise Guru-Bhakti Yoga; (b) absolute faith in the thoughts, words and actions of Satguru; (c) doing Sashtanga Namaskara with humility and repeating Guru's name; (d) perfect obedience in carrying out Guru's commands; (e) doing personal service to Satguru without expectation of fruits; (f) daily worshipping of the Lotus-Feet of Satguru with Bhav and devotion; (g) self-surrender or dedication of Tana, Mana and Dhana in the cause of divine mission of Satguru; (h) meditation on the holy feet of Satguru for obtaining his benign grace, and hearing his holy Upadesha and sincerely practising it.

The highest object of life, i.e., Self-realisation is achieved through the practice of Guru-Bhakti Yoga.



Everything is Yoga By Swami Chidananda

Worshipful homage to that supreme, eternal, universal Being who revealed Himself in a glorious personal form comprising total Divinity as the world teacher, Lord Krishna, and who revealed Himself in and through the Gita wisdom teachings that He imparted for all mankind, for all times, through His beloved devotee and disciple, the warrior prince Arjuna. He not only revealed His divine nature through His Bhagavad Gita teachings, He also revealed how man can realise Him fully, can experience Him, and, ultimately, how man can merge himself in Him to become one with Him. All this He taught within the compass of 700 brief verses contained in 18 chapters.

And what is His main teaching? What is His main method of attaining the supreme human experience of our essential non-differentiation from Him, which experience liberates us forever from all sorrow, all confusion and delusion, and liberates us once and for all from a return to successive birth, death and rebirth in this mortal world? What is this method?

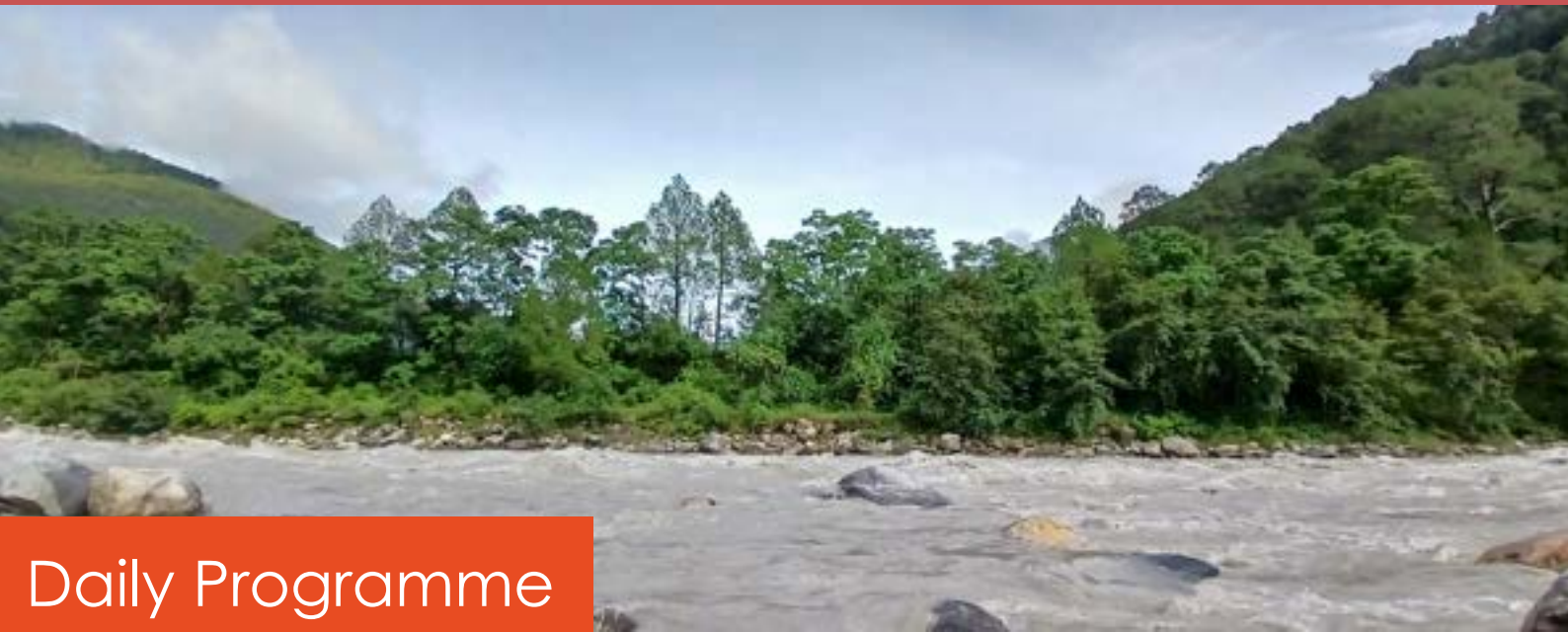
We all know that classical Indian spiritual tradition speaks of four yogas—channelising our action potential through karma yoga for God-realisation, channelising our sentiment and emotion potential for realising God through bhakti yoga, channelising our mind's power of concentration for attaining God-realisation through raja yoga, through meditation, and channelising our intellectual potential of analysis, logic, discrimination and reasoning to attain illumination through jnana yoga. But in the Gita we witness a strange phenomenon in that 18 yogas are mentioned, one for each chapter. It speaks only about yoga. What is this strange phenomenon? There are four classical yogas and here we have 18 yogas. Everything is yoga. He covers the whole of human life in His teaching.

What is that central teaching? The central teaching is that, in fact, all life is yoga. Life is to be lived as the great sadhana, the great yoga. All actions constitute yoga. Everything that you think is yoga. Everything that you speak is yoga. Everything that you do is yoga. That is why everything that you think should be thought of as yoga. That is why everything that you utter should be regarded as yoga. That is why everything that you do must be done as yoga.

There is nothing else in life except yoga and yoga alone. All of life is yoga. Life is the great sadhana. Life is the supreme yoga, every part of it. Life is to be lived as such. That is why it was given. Each and every one of our actions from morning till evening should have a Godward thrust; they are to be engaged in for attaining illumination. Everything in our life is and ought to be enlightenment oriented. Breathing, sitting, standing, running, resting, working, lying, waking, dreaming, sleeping, all constitute that one single process—yoga.

So there are not merely 18 yogas. There are innumerable yogas every moment. Everything is to be regarded as yoga; it is not just eighteen. The number of yogas is legion. This is to be grasped. This is the great truth about you, about each and every one of us.

May the grace of the Supreme and the benedictions of revered and beloved Holy Master Gurudev Swami Sivanandaji enable us to fully recognise this truth, fully assimilate this truth, fully live in the light of this truth, and thus become the Truth. May God bless us all!



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 eagerly attended by village students under the guidance of Swamiji.
- 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, winter clothes, raincoats and umbrellas in the monsoon and help to the poor people for houses, marriages and daily needs, etc.

Total No. of such People/ Families supported: 26



Worship of Gangadhar Mahadev



Evening Satsang



Narayan Seva



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	: 741
Eye	: 460
Mobile Camp	: 92
Panchakarma	: 348
Physiotherapy patients	: 282
Pathology Tests	: 64
Ambulance seva	: 1



Staff meeting



Eye examination



Screening at Health ATM

**Ayurveda is the science of life. It is a distinct Veda.
It shows the way to remove diseases, to keep up sound health and attain longevity.**

Healthcare Activities: Mobile Camps



In the month of July, 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.

During the Monsoon season, people find it difficult to visit the towns for checkup. So these camps are helpful, especially in reaching deserving patients, detecting issues early and raising awareness about health.

Several eye checkup camps were also organised for providing a quality check-up free cost. The team visited several villages in Arakot, Mori, Rana Chatti, Janki Chatti, some being around 200 Kms from our Chikitsalaya.

The patients who required further assessment and treatment were referred to our hospital. Patients with vision problem were encouraged to avail the specialized services provided during eye camps at the hospital.

All services are being provided free of cost.





Ashram News

Hospitality

Many Mahatmas, on their way to Gangotri, 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	:	20
Foreign guests	:	1
Ashram inmates	:	21

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, a regular check-up and medical support is being provided by the Veterinary Department of our Hospital Wing.

Total No. Of Cows	:	4
Total No. Of Calves	:	1

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: 57



Swamiji motivating students to engage to study



Feeding guests at the Annakshetra



Veterinarian treating the sick cow



Student support

Glimpses of programs and events at the ashram



This year, Guru Purnima, the occasion dedicated to honoring gurus, mentors, and teachers, was celebrated on July 10th. This sacred day, which commemorates Maharishi Veda Vyas Ji's birth anniversary too, is a reminder to pause, reflect, and express gratitude to those who leads us to knowledge. At the ashram, the day was celebrated with great reverence by performing Paduka Pujan followed by Kirtan and Bhandara.





Teachings from Yoga Vasistha: Swayambhu

When we say Swayambhu, we generally think of deities like Śiva, for there is no particular source or moment of creation or origin; Śiva is considered to be self-existent and self-manifested, the causeless cause. But Śiva is all-pervading too! Then logically, we can extend the idea of Swayambhu to the individual self too.

The Self is not the product of any causality; instead, it is expression of the One Self, which appears to be many through the play of the mind. Before time, before space, before thought itself — “That” was; not as the body, not as the senses or mind or Chitta (the storehouse of impressions and memories), nor as parts of the Absolute (Individual beings), but it has been ever present as the Eternal Infinite Absolute Existence.

From the standpoint of the relative or waking world, we seem to be born — into a name, a body, a family, a culture etc.; with some impressions and tendencies (nature). The senses and the mind begin to measure reality giving rise to many-ness and construct identity giving rise to the idea of “I” and other, individual beings and the world. But this becoming is Maya, illusion, which is the result of limited and faulty vision that makes the infinite appear as finite. These finite identities are only appearances or reflections which give rise to duality, to the illusion of birth and death, separation and association, differentiation and comparison, big and small, happiness and unhappiness. But all of it — every form, every name, every relation, every transaction, every feeling — it is nothing but mental movement (Chitta Vritti) in the Self. Since “you and I” (limited identity) is just an appearance, a mental process, a thought-construct, like a mirage in a desert, it too is origin-less, cause-less. ***The perceived separateness is a reflection, not the reality. And the true Self is not an appearance; it is the unchanging reality that underlies all appearances.***

When the mind becomes still (Vritti-less), like a clear mirror, it reflects the truth:

- ❖ I am not this body, not this mind, not these thoughts,
- ❖ I am not born, not bound, not finite,
- ❖ I am not the product of time or space or condition or biology
- ❖ But I am timeless, thought-free awareness
- ❖ I am ever present, ever full, ever free,
- ❖ I am Swayambhu. I am That.

Dharali, Uttarkashi Disaster Relief Work

Glimpses of the disaster and current situation



A massive flash flood and mudslide, triggered by intense rainfall and a cloudburst, had struck the serene Himalayan village of Dharali near Harsil of Uttarkashi district on 5th August 2025. This natural calamity caused widespread damage to lives, homes, buildings, bridges, roads and communication lines. The Dharali market area was particularly hard hit, with many businesses submerged or washed away, severely impacting livelihoods.

For decades—since the 1991 Uttarkashi earthquake—Swami Sivanand Seva Samiti has stood by the people of this fragile mountain region through disaster relief programs providing

- ❖ Emergency medical support to the injured and vulnerable
- ❖ Distribute food, clothing, and essential supplies
- ❖ Help rebuild homes and local infrastructure
- ❖ Support livelihood restoration
- ❖ Health and education field help

Swami Sivanand Seva Samiti is planning to do relief work for the affected people. Once the roads open up, the team will reach the affected site with medical aid and essential commodities. It will also assess the extent of damage and continue with the necessary relief work accordingly.

People who would like to support the cause can send email to swami.premananda@gmail.com with their name, address and contact number so that we can send you necessary bank details.

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

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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CHIDANANDA KASHI, GANESHPUR,
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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.

