

**December 2025**



# सेवा समाचार

**Seva Samachar**

**Swami Sivanand Seva Samiti REGD.**

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



# सेवा समाचार

DECEMBER 2025



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

## Thought for the Month: When Illusion Appears to Be Reality

The world appears solid and permanent. But in truth, everything we experience is as fleeting as a dream; as momentary and fictional as a drama, a magic show, or a match. When we get trapped in relativity - duality, comparisons, changes - we suffer unnecessarily and endlessly.

The actions of a worldly man resemble washing a hazy or smoky sky with a water gun (Pichkari), growing plants without soil or seeds or garden tools, trying to make neem oil sweet or building sand temples at the seashore – the efforts are futile, meaningless and have no lasting value.

The miseries and sufferings come from imagination, like mistaking a bush on the roadside for a ghost on a dark night.

Let's see from another angle. Have you ever wondered from where did the Himalayas originate? The general answer would be – it came from Earth (geological process). Now if we consider the theory of cosmic creation, earth emerged from water, water from fire, fire from air, air from sky (Ākāśa). By this logic, the mighty Himalayas originated from Ākāśa. But is this possible? Can the gigantic mountains emerge from the sky? This shows that all names and forms and its solidity is actually mere imagination.

Stories like Birbal's "The Story of the Blinds", where Birbal proved that many people in Akbar's court, including the emperor himself were not able to see the obvious, thus revealing that true blindness isn't just physical; it's the inability to see what is right in front of us, often caused by a lack of awareness or critical thinking.

Andersen's "The Emperor's New Clothes", where an emperor's extreme vanity leads him and his court to pretend to see invisible "new clothes" that are actually non-existent show how easily people accept illusions as truth, as reality.

We cling to imaginations, appearances and call it truth. The wise men witness life and events like a spectator in the pavilion; they clearly see the unreality and the worthlessness of the changing phenomenon. They do everything needed to fulfil the need of the hour, but remain untouched, unaffected; they are ever contented, balanced, equanimous.

They are ever at peace.

## Seva Samachar

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- Healthcare Activities
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- Teachings from Yoga Vasistha
- BECOME A MEMBER





## God Only Is : the World Is Not - By Swami Sivananda



There is only the eternal Brahman in truth. Nothing else really exists. Only Brahman, the absolute, undifferentiated mass of Satchidananda, exists.

Creation is a dream. Waking also is a dream. The body is a dream.

The whole world is an utter untruth. This world is utterly non-existent. Sensual enjoyments are like fondling the son of a barren woman in dream.

Heaven, Moksha and world are mere words only, just like the son of a barren woman.

Everything is a great delusion. There is neither dream nor deep sleep, neither heaven nor emancipation. The truth is that everything is the Peace and Bliss of Eternity.

Nothing here is ever born; nothing here ever dies. The subject of instruction, and the purpose, of all teachings is only a play of words or sounds.

The infinite which is both inside and outside appears as this world through space and time.

Brahman appears as the world. World is mere appearance. It is like snake in the rope, like water in the mirage, like blueness in the sky.

The snake appears because of the ignorance of the rope; when the rope is known, the snake disappears. The world appears because of the ignorance of the Self; it does not appear when there is Knowledge of Atman.

**When one forgets Himself, Brahman appears to him as the universe. When one is established in one's own Self, the universe appears as the Brahman.**





## See Yourself Impartially

By Swami Chidananda

**(Contd. From last month's Issue)**

There is a very dire and demoniacal tradition called vendetta in a part of Italy called Sicily. If one member of a family has been injured or killed by a member of another family, the first family will not rest until they have taken revenge. Then the other family retaliates; it can carry on from one generation to the next—an eye for an eye, a tooth for a tooth. This is also continuing perseverance, but it is dire, destructive in nature, tamasic. It is the same principle—never give up—but its results are destructive in nature.

Again, in the same way, the human too can also be persevering—in the pursuit of one's desires, the circumstances one wishes to create for oneself. And they may say, "Whatever the gurus may say, whatever our ancestors said, whatever illumined sages and seers may have said, that may apply to some antiquated age, but now it no longer holds good. At that time it might have been very wise, but times have changed. Things are different, people are different. Therefore, we must pursue what we feel is right."

Now, herein is a strange assertion which is deceptive in a very subtle way, because while it is one hundred per cent true that times have changed, one cannot say that human nature has changed. Human nature persists. What it was in the times of the Vedas and Upanishads, what it was in the times of the Ramayana and Mahabharata, human nature is even now. The outer way of living may have changed, but whatever we see in the Puranas we see the same thing unfolding before us today both on the individual subjective human level and in the collective human domestic, social and international levels. These things need to be observed and understood. A wise being seeing this, observing this, understanding this, becomes awake, becomes careful.

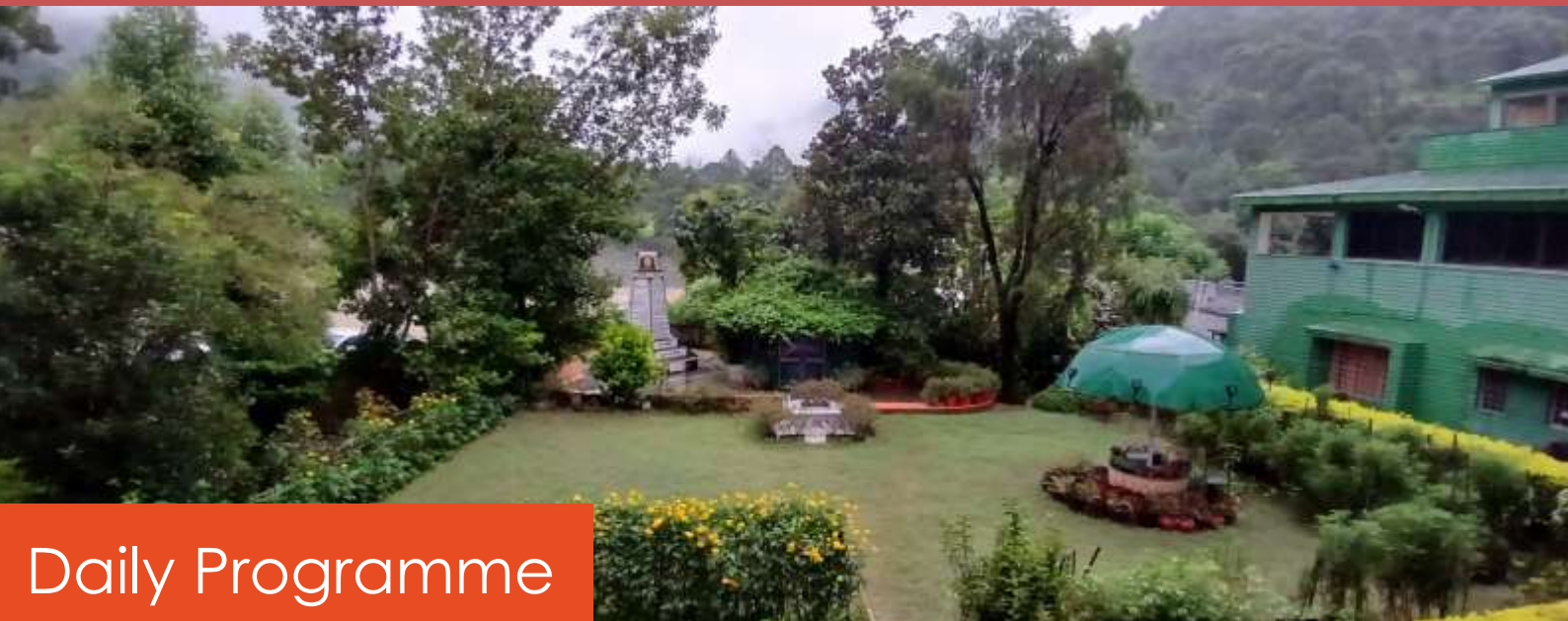
**You must learn the art and science of being impartial and objective towards yourself, to be able to stand aside, see yourself as a witness. You must be able to objectively assess yourself and come to a definite conclusion. You must be able to impartially assess your thoughts, sentiments, moods, attitudes and actions. Are they divine, demoniacal or human? This is not very easy, because there is an inveterate trait in human nature called self-justification which you must rise above.**

And, refusing to change ground when it becomes necessary in the interest of higher ideals is a satanic tendency. It means that unknowing to yourself you are in the grip of Satan. You are not under the influence of God.

Therefore, we must go within and earnestly and sincerely pray to God to show us the way with clarity. If one is persisting in a certain way of action, if one is justifying one's action, saying that it is quite right, quite okay, then one must introspect and question oneself: "Why am I saying this? What is the hidden purpose in striking this attitude? In what way do I gain? Will the absence of this in any way be inimical to my spiritual progress?"

That is why Gurudev always use to say, "Scrutinise your inner motives," because they are inner and subtle; they are not very easy to see. Thus, God must help one to help oneself. God must help one to understand oneself. Otherwise, it is not easy. Therefore, may the Supreme Being and Holy Master Swami Sivanandaji help us to understand ourselves, and through such understanding evolve quickly and attain supreme blessedness!





## 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 Vasishta 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 periodically. Village students, under the guidance of Swamiji, heartily 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, umbrellas, blankets and winter clothes and help to the poor people for houses, marriages and daily needs, etc.

**Total No. of such People/ Families supported: 67**



**Gangadhar Mahadev temple**



**Prayer hall**



**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	: 676
Eye	: 696
Mobile Camp	: 285
Panchakarma	: 355
Physiotherapy patients	: 325
Pathology Tests	: 199
Homeopathy	: 27
Ambulance seva	: 02



**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 Camp



In the month of November as well, the team of doctors and pharmacists conducted regular mobile camps and provided free health checkup, consultations and treatment to the patients of several distant remote and hilly villages of Uttarkashi district.

The doctors provided personalized counselling to the patients for health concerns related to general wellness and eye care.

The patients who required further assessment and treatment were referred to our hospital.

All services are provided free of cost.





# 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 15<sup>th</sup> November 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. of Patients --**

**OPD: 195**

**Cataract Surgery done for: 103**







**Heart-warming Kirtans**

**Above: Different moments from the eye camp - echoing service, compassion, and brighter vision.**

**On the left: While eyes awaited care, the hearts received joy and peace through kirtans.**

**The tea and meals served with love warmed and comforted the patients and attendants.**

**Below: One team, one goal – clearer sight for all, with dedication and devotion.**







# Ashram News

## Hospitality

Mahatmas, on the way to or returning from Gangotri and Mukhba (Goddess Ganga’s winter abode), 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	:	19
Foreign guests	:	01
Ashram inmates	:	25



Satsang with visiting seekers

## 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



Where the cows live, blessings gather

## 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	:	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: 14



Feeding Sadhus and Atithi-Narayans



## Glimpses of programs and events at the ashram



### **Dharali Relief activities:**

Swami Sivanand Seva Samiti is continuing with the relief efforts by providing financial assistance to families who have lost their houses during the devastating disaster in the month of August '25.

**No. of families assisted in November: 2**

**No. of students assisted: 5**

We now plan to distribute building materials or construct some houses for as many people who have lost their houses as possible. We will continue supporting the students as much as possible.

You can be part of this effort too.

You can find further details at our website [SwamiSivanandSevaSamiti-disaster-relief-2025](http://SwamiSivanandSevaSamiti-disaster-relief-2025)







Alātacakra

Source: Web. Photo is representative only

## Teachings from Yoga Vasistha: The Achintyāḥ rūpa of Avidyā

There is a famous quote from Kabir Das ji - जब मैं था तब हरी नहीं, अब हरी है मैं नहीं (When “I” was, there Hari was not. Now Hari is, and no “I”).

This “I” is the ego-sense rooted in avidyā; Hari or vidyā is the pure awareness, supreme consciousness, absolute existence, and is also referred to as the knowledge, truth, light or clarity. I and Hari, both cannot coexist. When one rises, the other dissolves.

This avidyā is not as an external force but as an inner mandalī, a family comprised of kāma (desire, lust), krodha(anger), lobha(greed), moha(attachment) and the likes, along with ahankar(ego), each supporting the other. Once one enters, the rest follow.

Avidyā is chanchalatā and Parivartan, constant restlessness and change. The restlessness and change make the truth appear differently, just like a circle of fire created by a rapidly rotating stick or torch (alātacakra) or the spinning, blurred world for a child spinning fast - it is a misconception, faulty appearance. Similarly, the mind’s agitation creates the illusory universe. Maya is nothing but this self-generated misperception.

Vidyā is knowledge but Avidyā is not absence of knowledge; it is the inability to see the truth, feel the underlying existence. Just like when a movie plays on the theatre screen, the graphics created by light and sound appear real and one misses to see the screen. The graphic illustrations, though illusory, appear real.

Now the question arises, where does vidyā and avidyā reside? Just as day and night have no fixed boundary—where day ends, night begins — similarly vidyā and avidyā have no separate location or boundary or form. Both are beginningless and endless. Yet one principle stands firm: when vidyā shines, avidyā disappears; when avidyā appears, vidyā is veiled.

Avidyā expresses through sattva, rajas and tamas, but vidyā is the pure light, beyond all guṇas, absolute equilibrium state.

It is due to Avidyā that one gets entangled in names and forms or objects. The miseries arise from ananya-bhāvanā (feeling of oneness) with sense objects — feeling that possessions are “me” or “mine.” For example, we say, my name is so and so. This clearly means my name and I/me are separate, just like my pen and I/me is separate; yet we feel so much oneness with the name and body that when someone calls by the name, the “I” responds by instantly associating with the “my” - the triad of body, mind and prana. These triad is not “I”, they can be thought of as its instruments for experience, but it behaves like “I” due to Avidyā or ignorance.

The Śāstras say, Supreme is both manifested and unmanifested; it is known through senses and also beyond the senses; it is with form and formless too. It is the whole perceived Universe and not so too. It exists everywhere; it is One without a second.

Thus, all forms are of that Supreme, yet the Supreme is formless. vidyā and avidyā both are its forms. The Supreme is acintya-rūpa-charita — beyond imagination, beyond perception, beyond comprehension. This knowledge leads to bliss. And forgetfulness of this knowledge or taking the illusory names and forms to be real or the narrow/limited vision leads to miseries and problems.

How to get over the delusion/illusion? **Knowledge is the best and greatest purifier.** When this Knowledge, which is already in the Self, reveals itself, all restlessness subsides, the endless wanderings of the mind stops forever.



## 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**

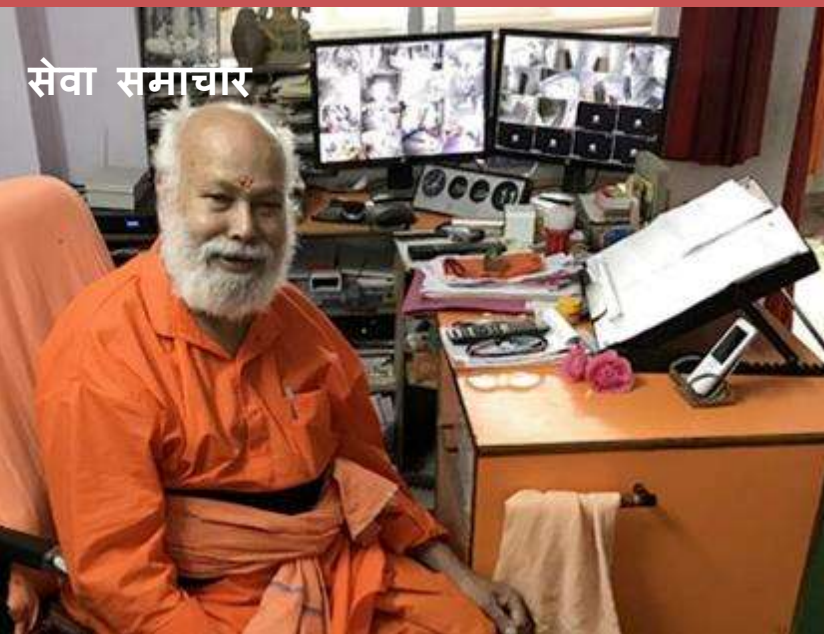
[www.sivanandsevasamiti.org](http://www.sivanandsevasamiti.org)

## 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

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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.

