



February 2026



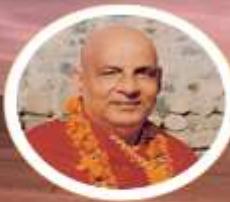
सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti REGD.

sivanandsevasamiti.org

सेवा समाचार



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

Thought for the Month: Is Your Life Meaningful?

From the standpoint of changing nature, life appears meaningless. Everything we see, the knowledge gained through senses, all learning, and effort is unstable. This knowledge cannot give final clarity because everything is changing. The background alone is constant, while the scene keeps shifting. When this is understood, one turns inward and the real question arises: Who am I? Without knowing oneself, all other knowledge remains superficial. If I know myself, I know the world; if I do not, even knowing everything else is of no real use.

Observe a child. A child learns the whole world through the mother. Whatever is told is accepted, and by repetition it becomes familiar. In this way, we all accept names, forms, and ideas. But later, when we think deeply and analytically, we begin to ask: Who am I? Where have I come from? What is my purpose? This special investigation alone makes life meaningful.

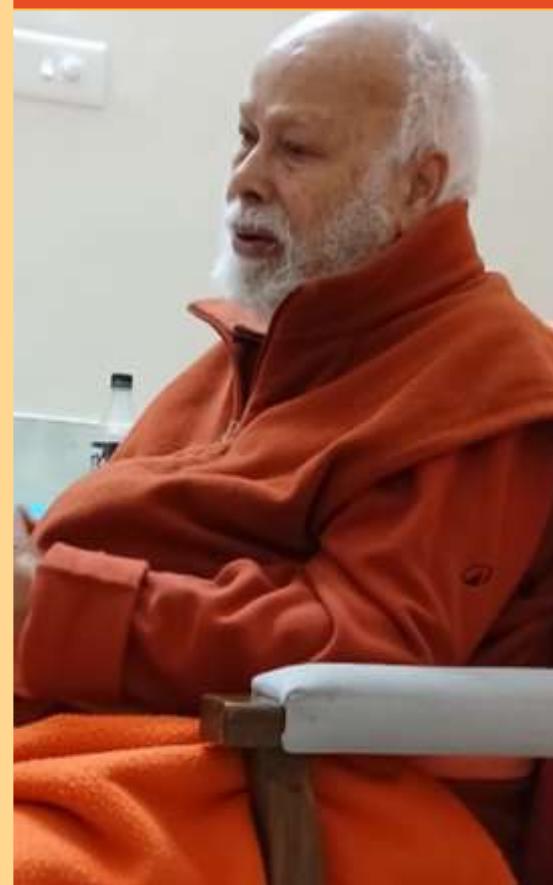
In ordinary life too, identity comes first. When a phone rings, the first question is: "Who is calling and from where?" The caller first introduces 'himself'. Without this, no conversation has meaning. Similarly, in life, unless the "I" is known, all discussions about the world remain incomplete. A person may have many names and may travel across the world, but the passport or identity card always records the place of birth—the point where one first appeared. The starting point defines everything. In the same way, to understand existence, one must know the original source, the Self.

Nature itself teaches through cycles and balance. Everything moves, clashes, and changes, yet harmony is maintained. Like a pendulum in vacuum that would oscillate endlessly unless stopped, the mind too moves endlessly unless stopped, unless brought to stillness. Birth and death are also part of this unbreakable cycle. Life ends only to begin again, according to the accumulated thoughts.

The example of an examination makes this clear. Whatever a student studies throughout the year is what he writes in the exam hall. At the end of life too, whatever thoughts have been cultivated come forward and determine the next phase. Thus, the mind and its tendencies shape destiny. To go beyond this cycle, one must understand and still the mind, and trace all change back to the unchanging substratum. Only when the ego ends and the Self is known does one discover whether life is truly meaningful or merely a passing scene.

Seva Samachar

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- BECOME A MEMBER





The Sage Lives for Ever

- By Swami Sivananda

The sage lives for ever. He has attained life everlasting. Cravings torture him not. Sins stain him not. Birth and death touch him not. Pains and tribulations torment him not.

The Jivanmukta is a power-house of spiritual energy. He radiates his spiritual currents to the different comers of the world. Sit before him. Your doubts will be cleared by themselves. You will feel a peculiar thrill of joy and peace in his presence.

The Jivanmukta, like unto holy waters, purifies others by mere sight, touch, and the utterance of his name. Sometimes he remains unnoticed. Sometimes he becomes known to those who desire welfare. He eats food offered to him by pious devotees and burns up their past and future evils or impurities.

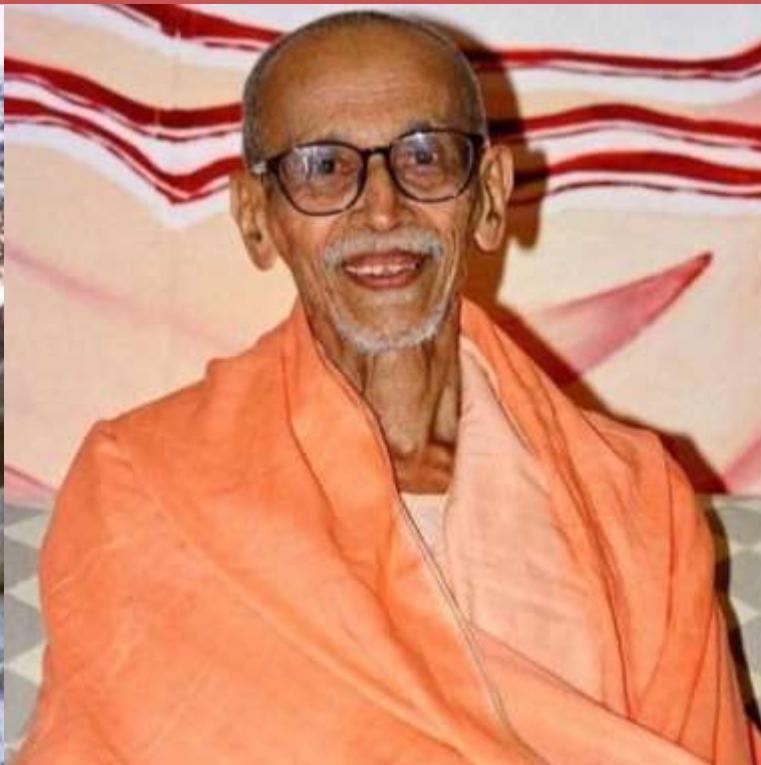
A Jivanmukta or a saint is the ultimate source of Knowledge of the soul. Satsang with a Jivanmukta even for a minute is much better than rulership of a kingdom. His very presence is thrilling and inspiring. Seek his company and evolve. Serve him with faith and devotion.

A Jivanmukta may give up his body in any place, at any time. Just as the falling leaves and fruits of a tree will not affect the tree itself, so also, the dropping of the body will not affect the Atman, which survives like the tree. His Pranas do not depart elsewhere for transmigration. They are absorbed in Brahman after the exhaustion of his Prarabdha, the results of past actions that have already begun to bear fruit. He is freed from further births.

The Jivanmukta is freed from the trammels of mind and matter. He is absolutely free, perfect, independent. He is absolutely free from hatred, lust, cares, worries, and anxieties. Everybody will surely like this state of beatitude or final emancipation. It is the final goal of life. It is the end of all human aspirations.

The state of Jivanmukti is the be-all and end-all of existence. There is fullness in this state. All desires are burnt. It is a state of plenum of absolute satisfaction. There is no gain greater than this, no bliss greater than this, no wisdom greater than this.

There, at the summit of the Hill of Eternal Bliss, you can see now the Jivanmukta or a full-blown Yogi. He has climbed the stupendous heights through intense and constant struggle. He did severe, rigorous spiritual Sadhana. He did profound Nididhyasana or meditation. He spent sleepless nights. He kept long vigils on several halting stages. He persevered with patience and diligence. He has surmounted many obstacles. He conquered despair, gloom, and depression. He is a beacon-light to the world now. Remember that he was also rotting in those days in the quagmire of Samsara (the round of births and death), like yourself. You can also ascend to summit if only you will.



How Gurudev became what he is – By Swami Chidananda

Gurudev was an extraordinary combination of selflessness, service, devotion, divine love, prayer and worship; an extraordinary combination of discipline, self-control, conquest of the mind, concentration and deep meditation. He was also an expert hatha yogi, a great tapasvi and a singer of the Divine Name. Combining all methods, he shone as a bhakta, a jnani, a super karma yogi and as one who had mastered his mind—a raja yogi. How did this happen? What did he do?

He was like any other person. He was educated in English medium schools, studied medicine, plied his profession in Malaysia, had a progressive, successful career. What is it that he did that made him a world figure, and today we are reaping the benefits of his achievements, his strenuous practice of the spiritual life, his deep meditation, his realisation? Hundreds and thousands throughout India and the world over have been the beneficiaries of his life and his teachings.

What is it that he did? He was given something by God, and he put it to the best of use. He carefully cultivated it. In the thirteenth chapter of the Gita, Lord Krishna makes a significant statement to Arjuna: "This body is known as the field." A field is a place, an area, which has a potential to produce, to bring forth, to give you a certain harvest. If you labour, if you do the needful to arouse this potential, to activate its ability to produce, then it will bring forth many useful things.

By what means does a person with a certain area of land arouse its potential, make it capable of producing? If it is left as it is, if it is denied water and care, it will produce nothing, even if it has been sown with seeds likely to produce a rich harvest. They will simply dry up. But if water is applied to the field a miracle happens. It not only activates the potential of the field to produce, but it does the same to the seed, the other factor that is involved.

This means that we have to have a deep desire, subhechcha, to put whatever we have been granted to the highest use, to do all that is necessary—unreservedly, without hesitation, without laziness or lethargy—to labour hard, to provide it with that triggering factor, and to do all that is necessary to bring out what it is capable of bringing out. And this body, this human personality is a field capable of producing a rich golden harvest provided we diligently work upon it and put to the highest and best use whatever it has received.

This should be our objective. But then, we must be fully aware of one significant fact about this field which our body, mind, intellect and personality constitute and that is that it is neutral, it is a moral. It is neither good nor bad, neither daivic nor asuric. It is there. It has potential to produce.

What this potential for producing will give you depends upon what you put into it, how you utilise it, the way in which you deal with it, the way you activate it. It is like your echo. Whatever you call out, good or bad, comes back to you. Whatever you create is what you have.



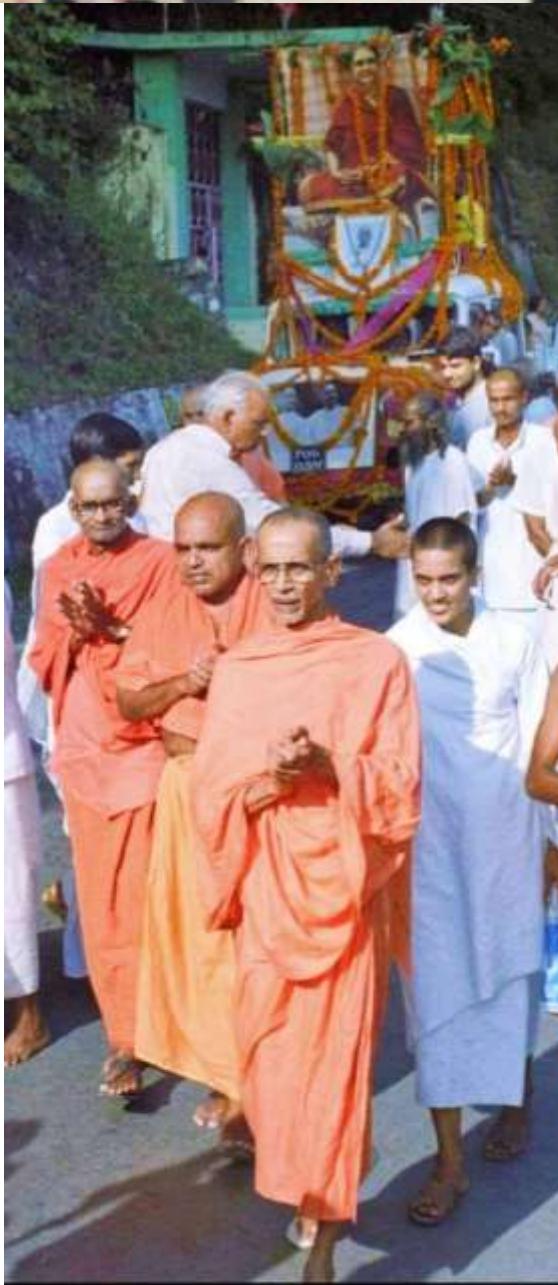
The field is there to produce and give you whatever you work for. You are the captain of the ship of your life. You are the master of your fate. You are the creator of your destiny. In the present, you create the quality of your future. What are you presently engaged in? What is the quality of your secret thoughts, seemingly unknown, but known to the Being who indwells you? He knows what you yourself do not know.

Your future, your destiny, what you produce for yourself and others, depends upon the quality of your hidden thoughts—hidden from men but not from God—your various sentiments and motivations and the various attitudes you cultivate towards the world and the things and beings that are in the world around you. These are the prolific creators of your now and your tomorrow. They can make you happy or miserable. They can create within you light or darkness, heaven or hell. For the field is there to give you whatever you produce out of it, depending upon the way that you deal with it.

Therefore, be wise. Be aware of this fact. Beware of its misuse. Put it to the highest use. Be your own greatest benefactor. May your right labours, in the right direction, with the right intention and the right objective be your own greatest benediction, your own greatest blessing.

Out of this, may immense good come to everyone with whom your life has to be lived, and may immense glory, bliss, peace and illumination accrue to you in the days ahead. Think deeply. Decide. How will you work? In what way will you labour? What will you bring forth from this field that God has given you? This the field cannot decide. It is the one that labours there that has to decide.

If you make the right use of this field of the human personality—the body as well as the psyche—for the good of all, the happiness of all, and for your own highest, supreme blessedness, then there is no power on earth that can deny you what is due to you, that can prevent you from getting what you have worked for.

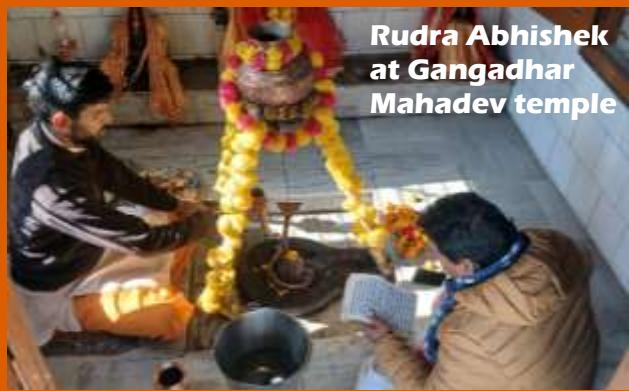


Daily Programme

- 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!
- 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: 67

SERVE, LOVE, GIVE, PURIFY, MEDITATE, REALIZE



**Rudra Abhishek
at Gangadhar
Mahadev temple**



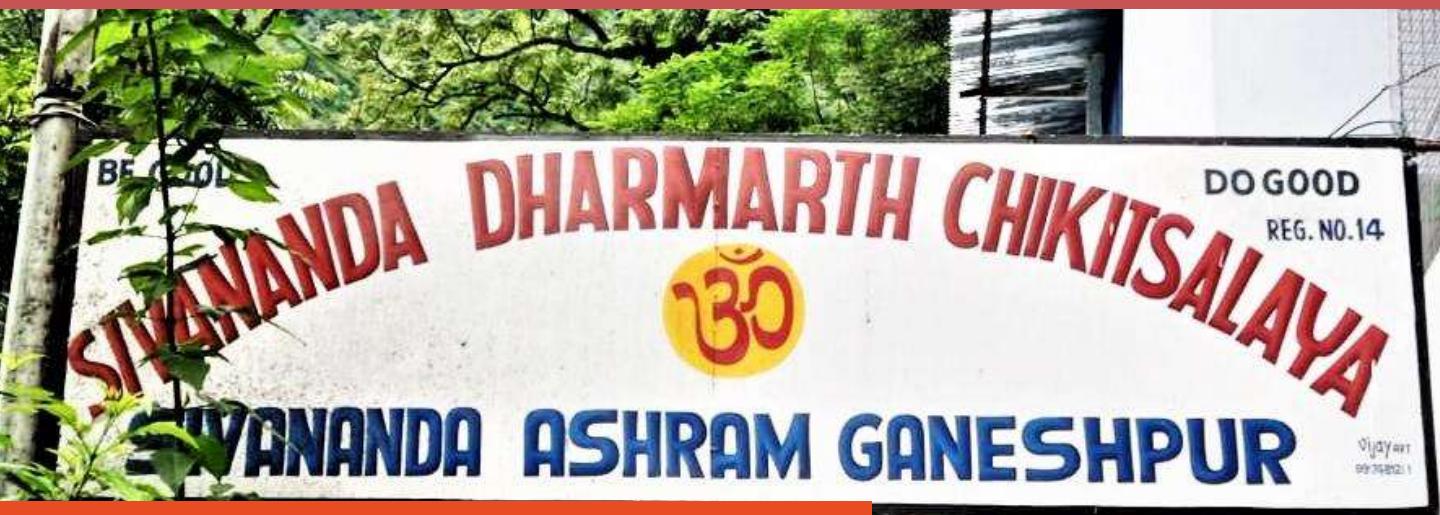
**Evening Prayers
and Kirtan**



**Yoga Vasishta
discourse**



**Narayan Seva -
Distributing handwoven
shawls and blankets**



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 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	:	406
Eye	:	599
Mobile Camp	:	37
Panchakarma	:	254
Physiotherapy patients	:	235
Homeopathy	:	57
Pathology Tests	:	157
Dental	:	160
Ambulance Seva	:	01



It shows the way to remove diseases, to keep up sound health and attain longevity.

Ayurveda is the science of life. It is a distinct Veda.

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 17th January 2026, 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: 107

Cataract Surgery done for: 57



Healthcare services: Dental Camp



Mobile Camp



A 3-day dental check-up and treatment camp was successfully organized from 14th January under the expertise of Dr. Manish Upadhyay, specialist in dental implants.

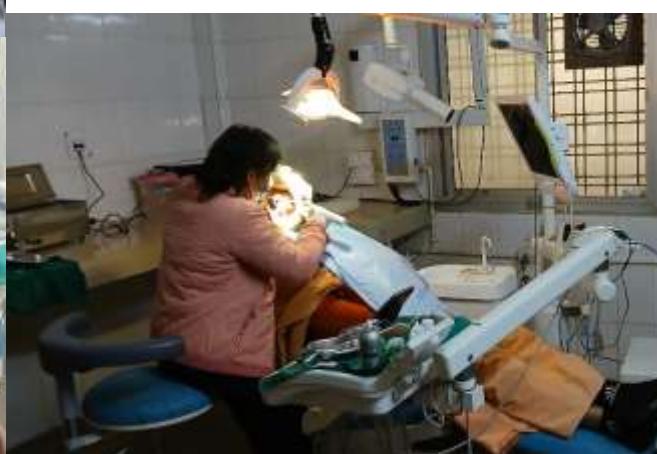
Over 80 children and elders were screened. The patients received on-the-spot treatments, including scaling, extractions, restorative fillings and RCT.

Advanced prosthetic procedures, including FPD, RPD, and CD, were also successfully completed.

Tooth decay prevention and oral hygiene instructions were provided to the patients.

The dental camp addressed the long-standing need for specialized and advanced treatments in the area.

Number of Patients Served: 76



Consistent with our monthly schedule, the mobile camp continued its mission, bravely braving heavy snowfall in January.

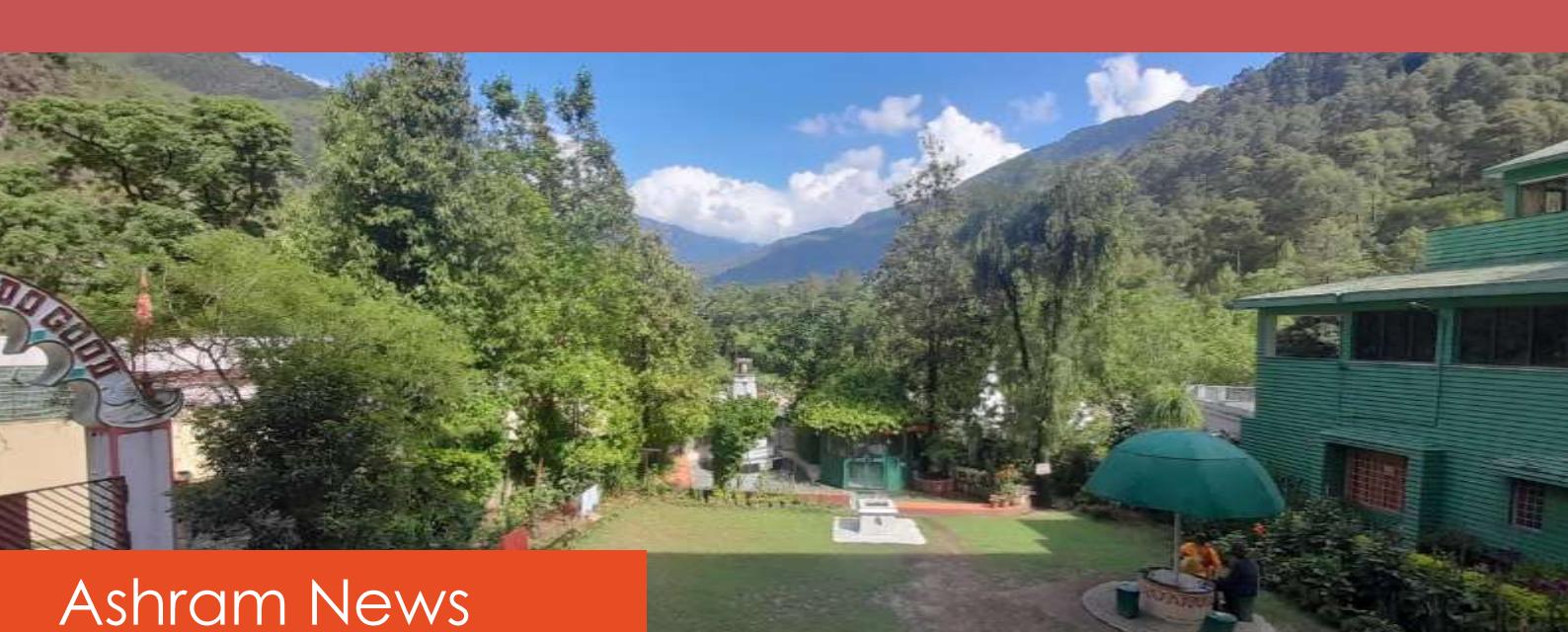
Our team of doctors and pharmacists continued to provide free health checkup, consultations and treatment to the patients of several distant and remote hilly villages of Uttarkashi district.

The medical staff delivered remedy for patients' general wellness concerns and advised preventative care.

Essential eye care services were provided, including the distribution of essential medications and near-vision spectacles to those in need.

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

All services are provided free of cost.



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	:	02
Foreign guests	:	08
Ashram inmates	:	24



Swamiji blessing all who visits him

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



Annakshetra

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

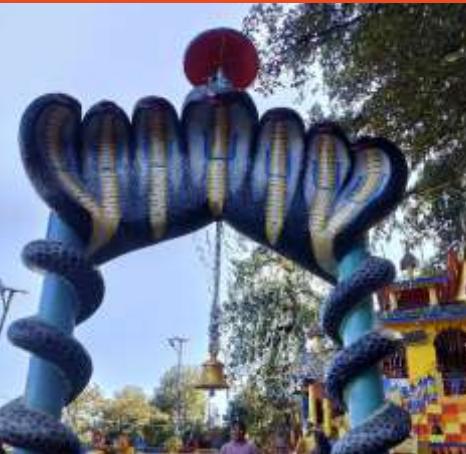


Student support

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: 22

Glimpses of programs and events at the ashram



The children went for an outing at the Sem Mukhem Temple, situated at an elevation of 7000 feet on the New Year's Day



On Makar Sankranti, the chilly morning was filled with warmth and joy as devotees took a holy dip in the sacred river Ganga and worshipped the Sun God. Bonfires and traditional sesame-jaggery treats added warmth and joy to the festivity.

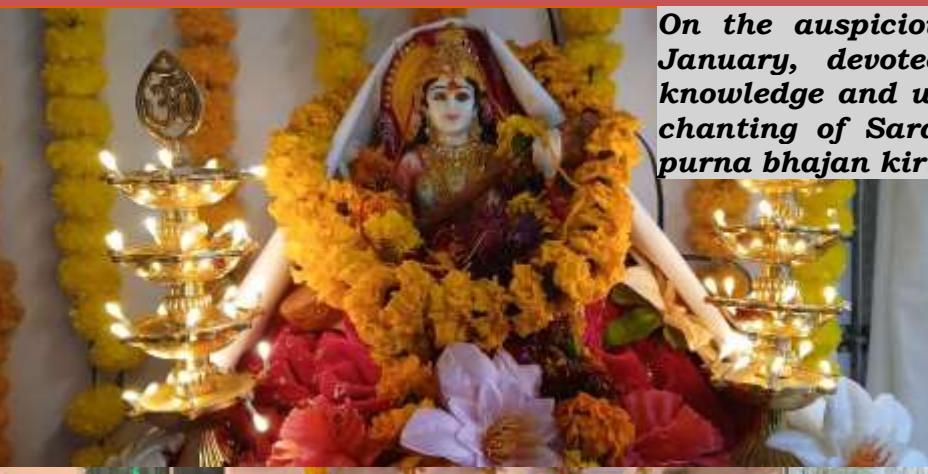


Swamiji offered his prayers at the Samadhi Mandir and Vishwanath mandir during his visit to the sacred ashram, The Divine Life Society at Rishikesh



A moment of hearty laughter after night Satsang on 11th Jan.

On the auspicious occasion of Vasant Panchami, 23rd January, devotees prayed to Goddess Saraswati for knowledge and wisdom. Ritualistic puja was followed by chanting of Saraswati Rahashya Upanishad and Bhav purna bhajan kirtans.



Patriotic songs and sacred chants filled the air as inmates, staff, and visitors united for the Republic Day flag hoisting ceremony on January 26.





Teachings from Yoga Vasistha: The Great Classroom

For a seeker of truth, the first field of enquiry is nature itself - the great classroom where every object serves as a silent teacher of the Absolute. Nature (Prakriti) is infinite, holding all changes, differences, limitations within itself, and unending.

Nature is ever restless and unreliable, yet it is never lawless. It functions through fundamental, unchanging and precise principles that govern the gross and the subtle world with all its beings. Though nature is vast, complex and confusing to the finite mind, it is in truth an interconnected and interrelated whole - diverse in form, dynamic in movement, cyclic in order, limitless in expanse, without beginning and end.

Because the human mind is limited, it cannot fully grasp this infinite complexity; hence the infinite appears confusing. But beneath this perceived confusion and chaos lies a subtle and exact order where every process, every movement follows fixed and rhythmic order: doer and doing process and done(result), action and reaction, cause and effect, balance and imbalance, movement and stable. What appears as confusion is only on the surface; harmony is silently maintained underneath.

Change is constant, continuous and unavoidable in nature, yet this change rests upon an unchanging substratum. To recognise this steady foundation within the ceaseless movement is the beginning of true realisation.

Nature also educates the seeker about the mind - thoughts support or oppose one another, and eventually dissolve, just as external forces do.

Thought, speech, and mind itself are limited; they cannot express truth. Just as the sweetness of honey or sourness of a lemon can never be fully expressed by words, only experienced, in the same way, the ever-steady reality cannot be expressed, only experienced.

From the starting point of birth till death, every process and phenomenon of nature is subject to change. Growth, decay, movement, and rest all unfold within this span. Yet this entire movement has begun from something unchanging. To know the beginning of this cycle, the seeker must understand all the phenomena that appear along the way. Thus, study of nature becomes essential. Ultimately, one must transcend the limitations of body, mind, and intellect to recognise the holder, the substratum, and the cause behind the cyclic play of nature—the starting point that remains continuously constant.

Nature further reveals its vastness: the sun appears like a dust particle in the infinite sky, and innumerable galaxies resemble drops in a fountain. So, thought cannot reach it, speech cannot express it, and calculation cannot contain it. When this is accepted in the heart of hearts, gross understanding loses its hold and subtle enquiry begins. One begins observing changes, differences, their causes, and the underlying common factor.

King Vipaschit, a devotee of Fire God, went to four cardinal directions with four identical bodies to explore his kingdom, it's nature and inhabitants, and later went on to explore the world's limits. Detailed description of his journey and experiences across multiple regions and different realms, also as different species at different times are not mere poetic descriptions; they are teachings. They illustrate how the pursuit of external boundaries is endless and ultimately futile. Observation and reflection guide the sincere seeker step-by-step - from confusion to clarity, movement to stillness, and from the changing world to the eternal source.

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

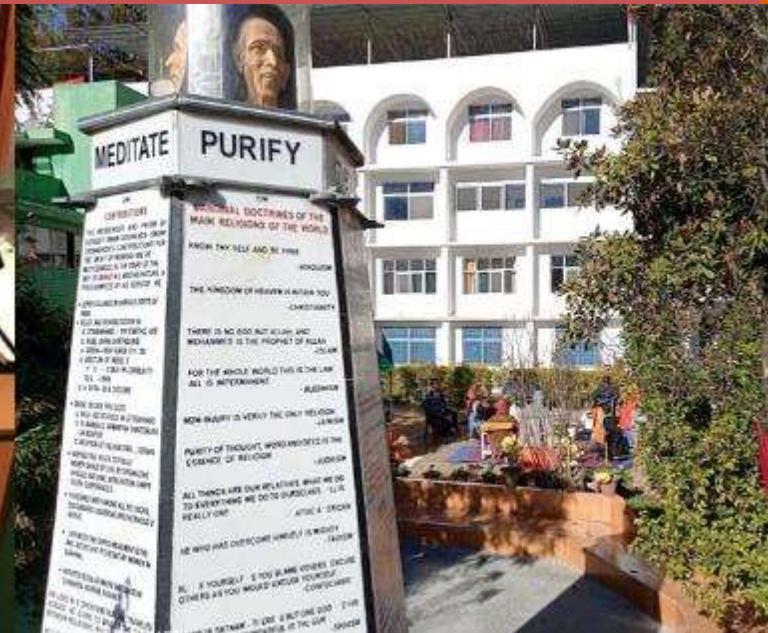
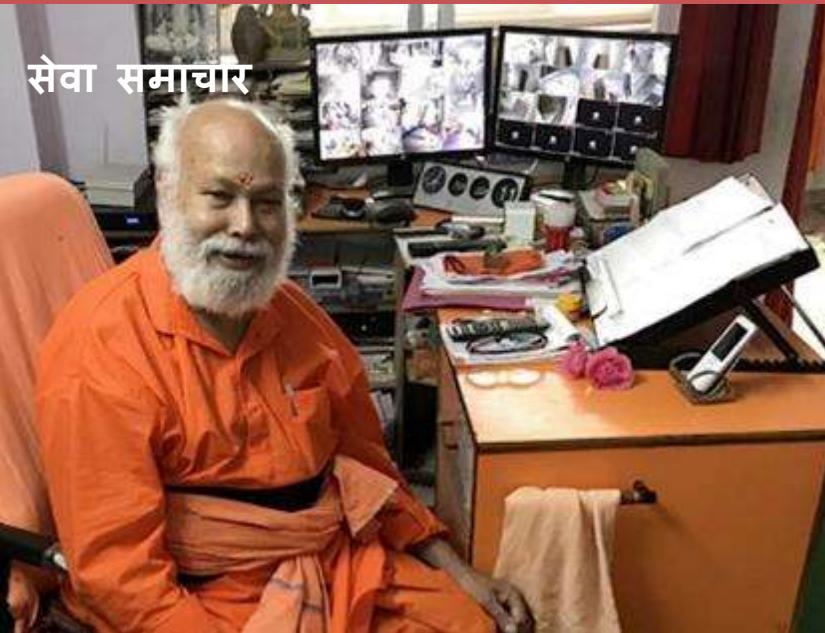
- **LIFE MEMBERSHIP:**
RS. 25000/ for corpus fund
- **REGULAR MEMBERSHIP:**
RS. 200 PER MONTH OR
RS. 2000 PER YEAR
- **NO PRIVILEGES—WE ARE ALL DEVOTEES. ACCESS TO STAY IN THE ASHRAM IS A SADHANA**

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

ADDRESS

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UTTARKASHI - 249193,
UTTARAKHAND, INDIA.

WE ARE ON THE WEB!

www.sivanandsevasamiti.org

[click here for our Youtube Channel](#)

[click here for our Facebook Page](#)

EMAIL:

swami.premananda@gmail.com

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.

