

January 2024



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:

Faith leads to the Ultimate

Faith is our wealth.

Faith is health.

Faith is our eyes.

Faith is our support.

Faith is courage.

Faith is our only best friend.

We have faith in every step of life.

We believe – we shall get up after sleep.

We believe – we will not fall down while walking.

We believe in eating, drinking and success in every action we do.

We believe the breath which has gone Out will come back In

We believe the eyes will open after closing.

We believe there will be day after night.

We believe in our senses (our eyes, ears etc.)

We believe in our mind.

We believe in our first-hand impressions.

We believe in our body.

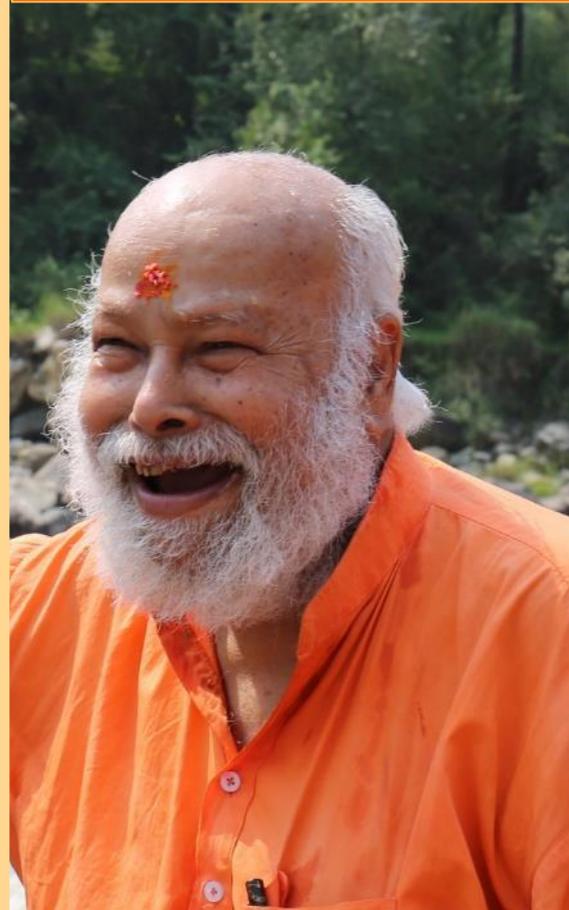
We believe in our relations.

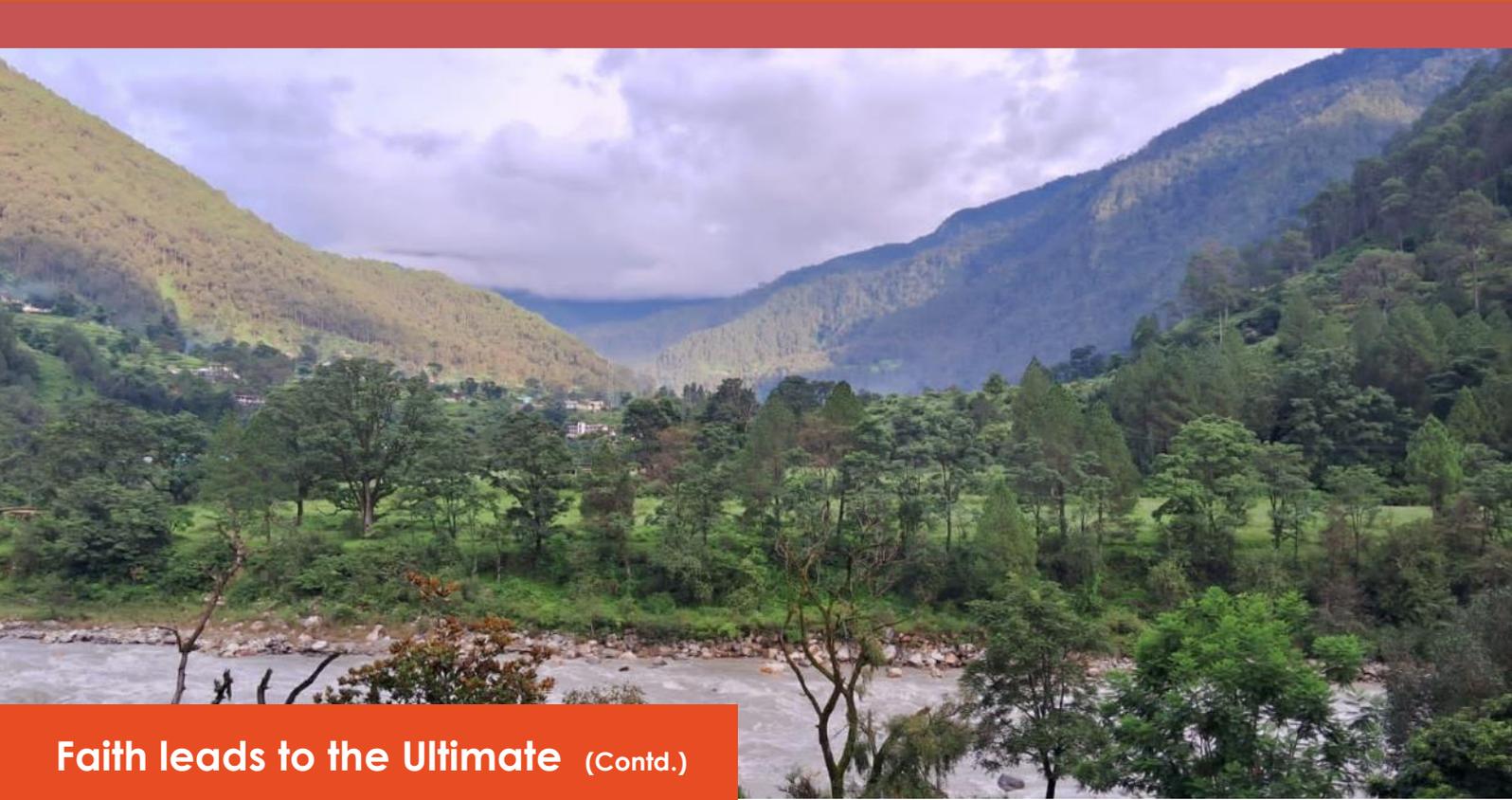
We believe in our occupation.

We believe we will pass the examination.

Seva Samachar

- Thought for the Month
- Expand, Evolve
- True Happiness
- Daily Programme
- Healthcare Activities
- Ashram News
- Teachings from Yoga Vasistha
- BECOME A MEMBER





Faith leads to the Ultimate (Contd.)

We believe our cheque which is given in the counter will be cashed.

We believe our friends and foes (as friends and enemies).

We believe in the nature – the clouds, air, fire, water, river, mountain.

We believe the sky and the stars are not going not fall down upon us.

We believe there will not be shower of fires from Moon and snow from Sun.

We believe we will not die.

We believe the medicines we eat.

We believe on the news we hear.

We believe whatever we read.

We believe our teachers.

We believe our Governance.

We believe in Law and Order.

We believe in our Safe Journey.

We have faith in every phase of our life at all times and in all conditions.

Faith is our life.

Nobody can live without faith.

We believe in our existence.

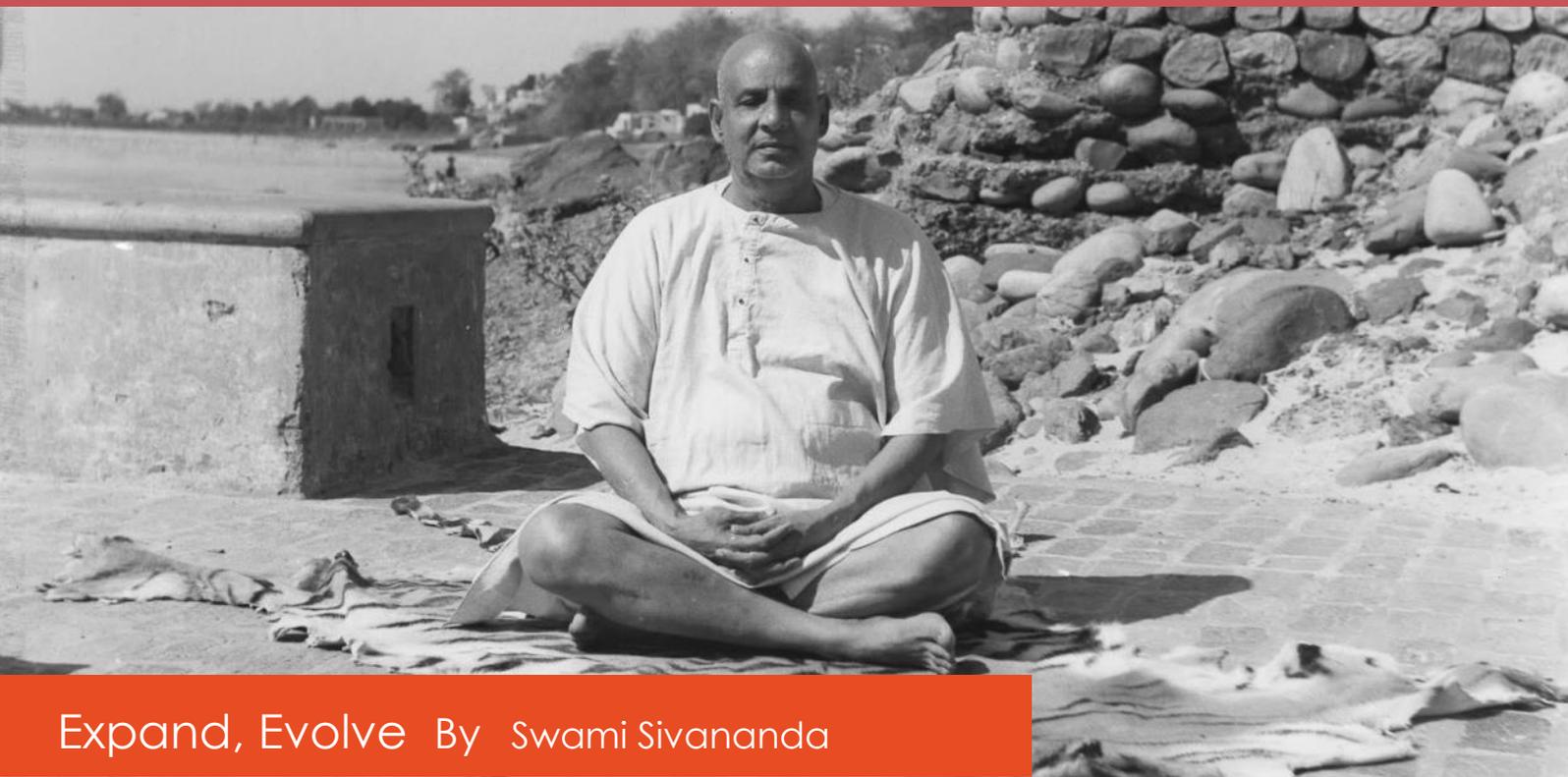
We believe in our Informative knowledge.

We believe in our Experiential knowledge.

We believe in our Satisfaction.

Is it not believing in God? Why then arguments!

So, faith should be unconditional. Then it leads to the Ultimate.



Expand, Evolve By Swami Sivananda

Convert all activities into Yoga. Walk in the path of righteousness. Wake up from the slumber of ignorance. Do not mix with undesirable persons. Take recourse to Sattvic company. You will have much peace.

Expand. Evolve. Have a large heart. Mix with all. Be humble. Take refuge in God. All torment will disappear. You will enjoy supreme Peace.

Work unselfishly with a disinterested spirit. Scrutinise your motives. Your motive should be absolutely pure. Never care for fruits. But do not become a victim of sloth or inertia. Pour forth all your energies in the service of humanity, country, etc. Plunge yourself into selfless service.

The manual work will become automatic, mechanical or instinctive. You will have two minds. A portion of the mind will be in meditation and Japa. Repeat the name of the Lord while at work also. Ashtavadhanis do eight things at a time. This is a question of training of the mind. You can train the mind in such a way that it can work with the hand and can remember God at the same time. This is Karma Yoga and Bhakti Yoga combined. This is the best Yoga.

Develop Sattvic virtues. Conserve energy. Keep your body strong and healthy by regular exercise. Keep a true diary with a clean conscience daily. Develop attention. Become a Spiritual Hero.

Always think rightly and act rightly. Never envy your neighbours. Entertain noble and sublime thoughts. Have supreme self-confidence and courage. Whatever you do, do with a will to succeed in your attempts. This is the Sovereign secret.

Remember saints and sages. Draw inspiration from their teachings. Tread the path of love. Drink freely the honey of devotion. Commune with God and reach the eternal abode of God-consciousness.

This is the time when you should spend your time happily by doing regular Japa and meditation. God has given you all conveniences and opportunities. Remember Him and thank Him always. Keep your mind always busy in doing Japa, concentration, meditation, study of religious books, Satsanga or in doing something useful.

Love all. Embrace all. Behold the Self in all. Develop cosmic love.

Steady the mind. Fix it on the Lord. Plod on patiently like the farmer at his plough. Be persevering.

Grow spiritually strong day by day. Attain liberation. Enjoy bliss of the Self and be free. This is real Sadhana. Regularity in Sadhana is of paramount importance. Remember this point always. This will give you freedom, bliss, peace and immortality.

May you lead a contented and happy life singing the Lord's Name at all times by doing selfless service, sharing what you have with others and by regular Japa and meditation.



True Happiness By Swami Chidananda

Desire and want which arise from the prime delusion, destroy all peace of mind. In a mind devoid of peace how can there be happiness? Happiness depends upon peace of mind. It is in a calm, tranquil state of mind alone that happiness arises, for essential true happiness is your inward spiritual state. Fortunately, or unfortunately, the only media through which it can be expressed are the intellect and the mind. If these two media are thrown into such a state of agitation that they cannot serve as proper channels for the welling up of this inner happiness, then their condition becomes unfit and unfavourable. It is only when there is peace and serenity in the mind and intellect that inner happiness makes itself felt. The robber of your peace and serenity is the sense of want and desire which arise out of your prime error that happiness depends upon objects. That is the error in which you start your life. In childhood one is taught that to have a good time means going to places, or doing things, or getting objects and so children grow up in this delusion. The adult that is produced is at the mercy of things which are outside of himself. The grain of proper understanding of this world, as it really is, instilled into young people would grant a rich harvest in terms of happiness and joy.

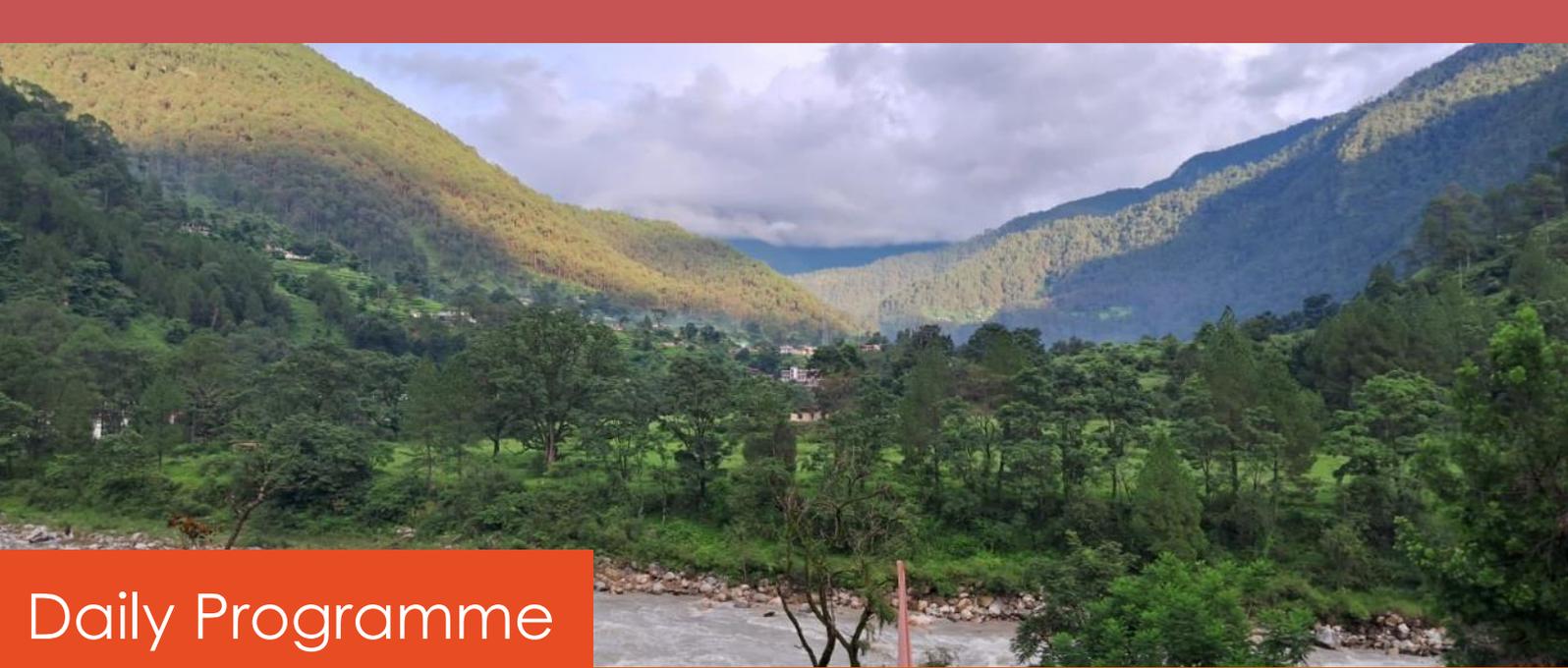
Happiness, in the truest sense of the term, is that changeless experience right within you. It is that awareness which being present enables you to derive sweetness out of all other things, and which being absent, deprives you of all the sweetness from anything. That is the most important fact.

It works like the figure '1' in mathematics. If '1' is there, you may add to it any number of zeros and each zero progressively increases the value of the number enormously and the zeros have tremendous significance. If this '1' is not there, all the zeros are just ciphers without any value of their own whatsoever. Similarly, all things gain the capacity for giving happiness only in the presence of this One Being. Make Him the centre of your life. Make Him the most important and paramount Thing in your life. Then you will never be taken away from your happiness even for a single second. No one will be able to take you away from it, for you are yourself that happiness. When a fish is taken out of a little bowl and released into the ocean, it swims about anywhere and always remains in the vast ocean. So, out of the tiny bowl of deluded life where we have paid this undue attention to external objects, let us lift ourselves out and enter into that vast Truth.

In God lies happiness and within me He is and He and I are One.

Within lies the perennial fount of eternal happiness. May you live your life in this Truth. Then I assure you that your life will become a stream of happiness. May your life thus flow forth not as a vale of tears but as a perennial stream of infinite happiness. This is my prayer. May God give you the strength and the inspiration to blossom out into that simplicity and contentment, that shining and radiant virtue, that serene state of detachment, that friendliness with all beings, out of which this great gift that is waiting to be bestowed upon us will become our own.

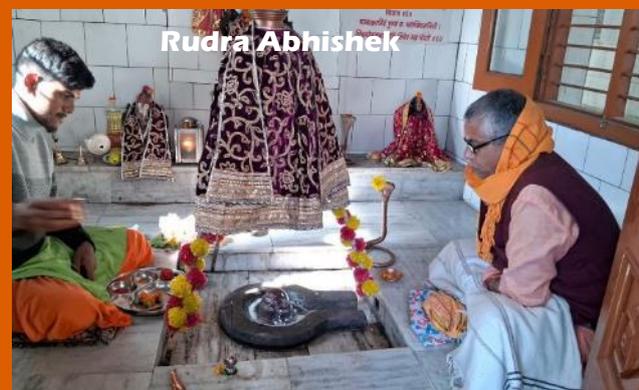
May your life become radiant with joy and happiness. Supernal Happiness – may That be yours.



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 9:45 AM online to experience the divinity of one of the most significant text ever written!
- Yoga asana classes are conducted. 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, blankets and winter clothes and help to the poor people for houses, marriages and daily needs, etc.

Total No. of such People/ Families supported: 63





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 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.

Patients Attended to in Hospital OPD	: 385
Eye	: 193
Dental	: 10
Mobile Camp	: 160
Panchakarma	: 146
Physiotherapy patients	: 208
Homeopathy	: 32
Pathology Tests	: 46
Ambulance Seva to patients	: 06



Registration and OPD



Pathology



Panchkarma

**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: Eye Camp



Registration



Screening



Lens power selection



At the camp



Pupil dilation



Patient ready for OT

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 9th December 2023, under the skilled leadership of Dr. Om Prakash Verma, MBBS, MS (ophthalmology) and patronage of Sri Sandip Sharma, 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: 94

Cataract Surgery done for: 55



Ophthalmologist at OT



Soft nutritious food served post-surgery



Counselling and distribution of medicines, glasses

Healthcare Activities

Mobile Camp



Swami Sivanand Seva Samiti conducts year-round Mobile camps to cater to the needs of rural communities in the hilly villages with limited access to medical facilities. Free health checkup, consultations and treatment are provided to the patients for free. In December, the team visited multiple villages within 30KM radius from hospital.





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	:	19
Foreign guests	:	03
Ashram inmates	:	19



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: 40



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	:	6
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 in the month of October: 19



Best Wishes to our long-serving doctor!

Dr. Pallavi Joshi, an accomplished and committed doctor, who had given invaluable service at our hospital for almost 9 years, has begun a new chapter in her life.

To the lovely newlyweds, Swami Sivanand Seva Samiti and Sivanand Dharmarth Chikitsalay team heartily wishes love, happiness and prosperity!

Additionally, Dr. Pallavi secured admission for Post Graduate degree with shining grace. We gladly congratulate her on the fulfillment of her dream and wish her a very successful, energizing and bright future.



Glimpses of various Satsangs and New Year celebrations

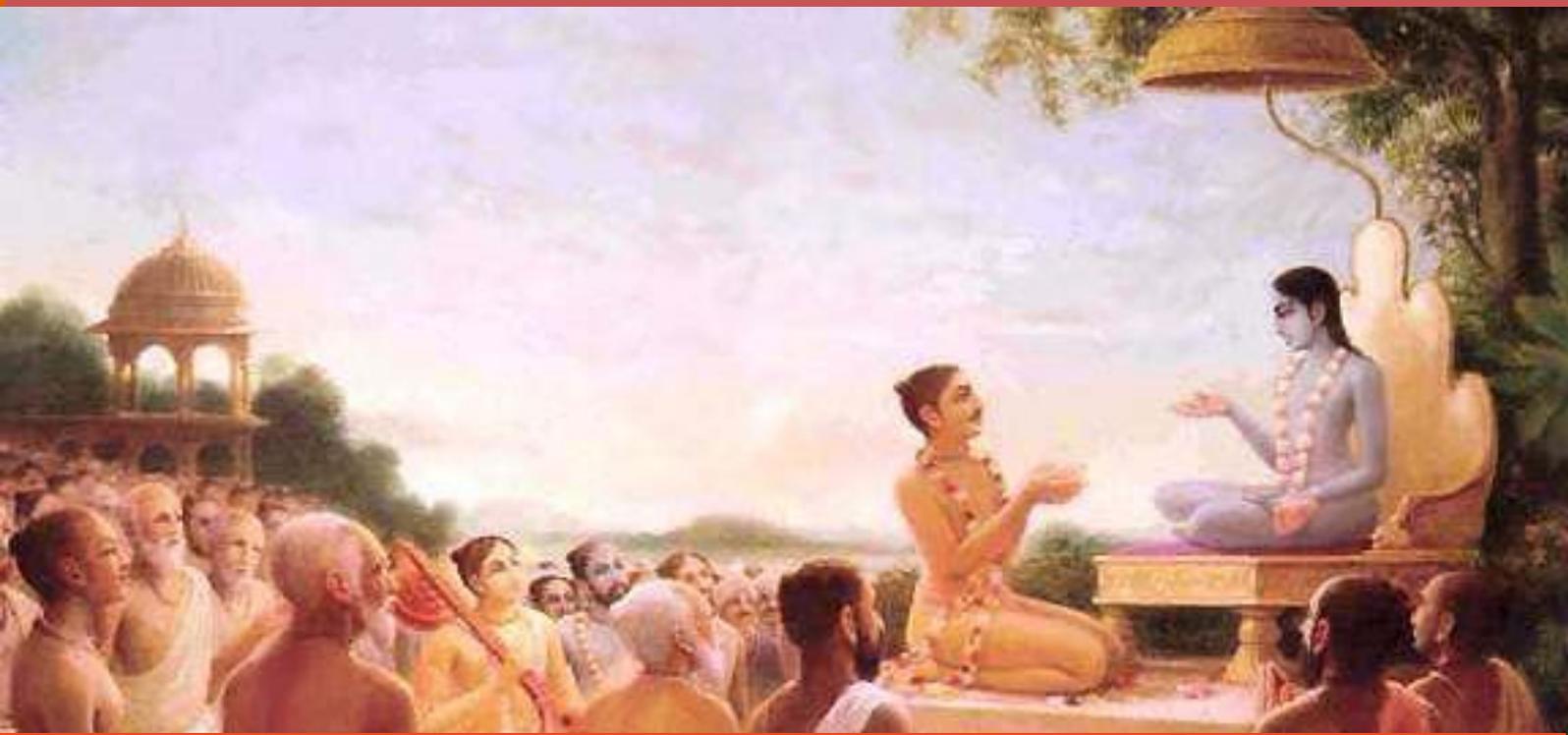


Bonfire night on New Year



Day trip to Harshil on New Year



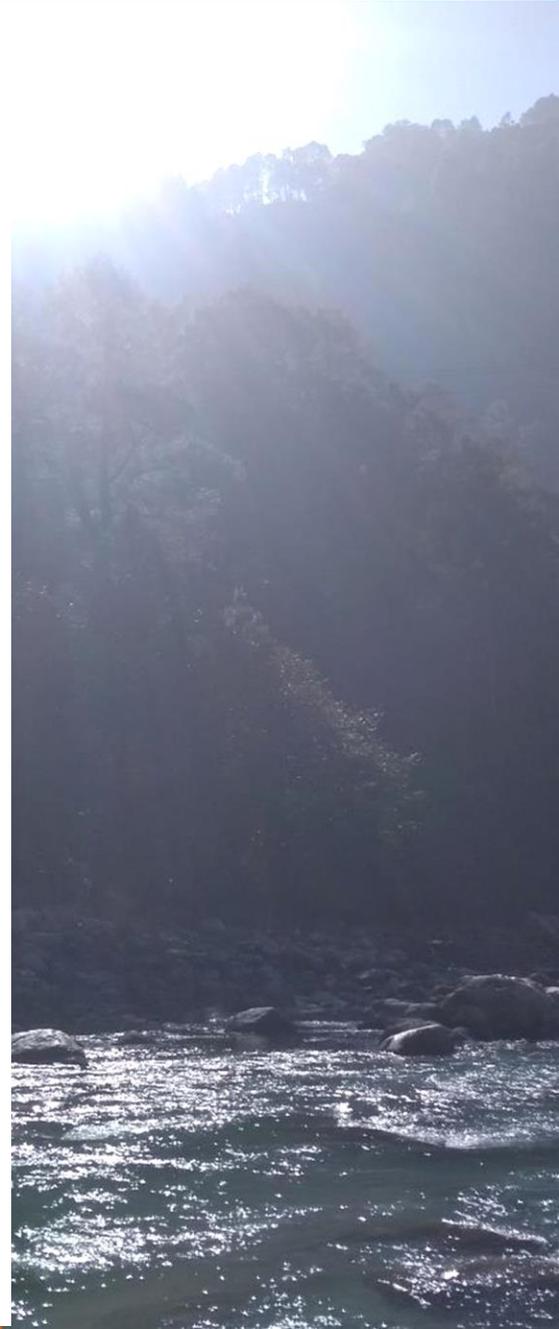


Teachings from Yoga Vasistha: Knowledge in Steadiness

Unsteadiness or restlessness is cause for misunderstanding which causes problems and miseries. To solve the problem, the root cause should be understood and removed. The Supreme Power, which is nothing but play of energy, is ever restless. This restlessness should be understood as changing phenomenon, action and reaction, cause and effect, creating difference, relationship etc. Because of this, this world appears illusory. For example, we see clearly inside clean and steady water, whereas if the water becomes wavy, our vision becomes confusive. So, steadiness leads to clarity and clarity is knowledge. Confusion is ignorance.

Mind is a continuous flow of thought waves, an ever-changing and ever-restless process. When there is a feeling of incompleteness in us, there arises a need to fulfil it. So, the desires are generated in the mind. This is the unending journey of life towards perfection (completeness). So, the mind is ever engaged in search of objects by the help of senses of knowledge, it tries to contact sense objects which may fulfil our needs. But alas, due to unsteadiness, the mind proves itself to be ever failure. So, the mind should be steadied. This means to stop the thought waves. And we get to know the process by Satsang with wise men and study of scriptures. Yoga explains this method.

Dualism is cause for the differences, which is cause for misunderstanding. Divisibility, comparison, relationship, change, calculation (time and space), transformation, action and reaction, cause and effect, qualities, movements, limitations, forms, etc. are seen in dualism only. When the mind becomes introvert and rests in the heart, all these disappear; peace reigns.



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

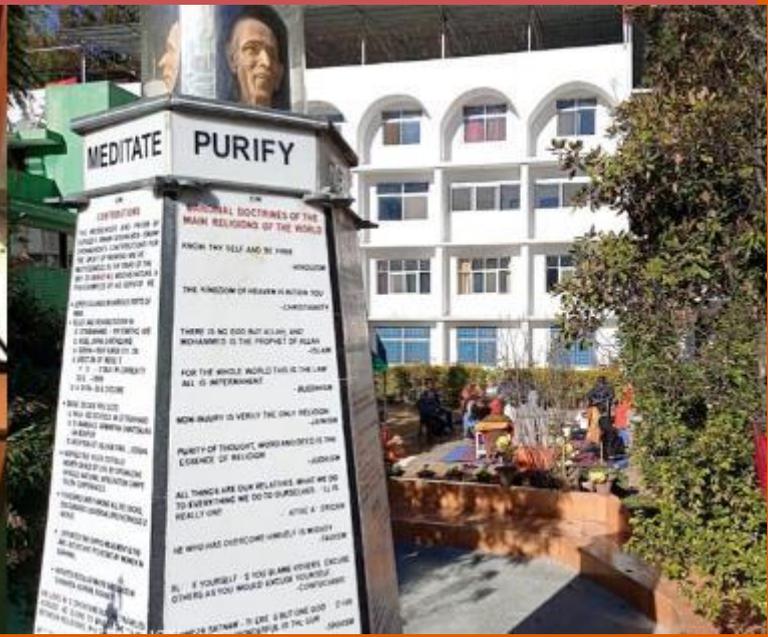
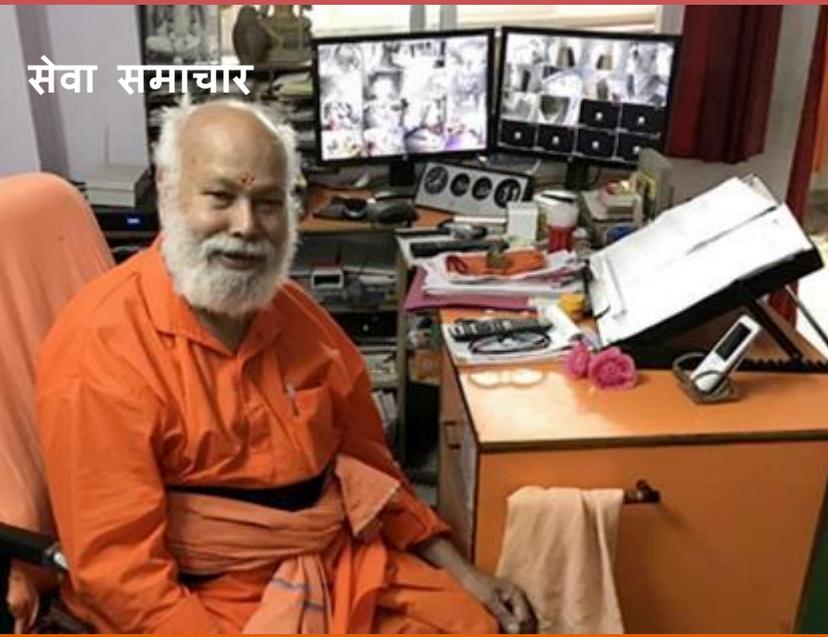
- LIFE MEMBERSHIP:
RS. 25000/ for corpus fund
- REGULAR MEMBERSHIP:
RS. 200 PER MONTH OR
RS. 2000 PER YEAR
- NO PRIVILEGES—WE ARE ALL
DEVOTEES. ACCESS TO STAY IN
THE ASHRAM IS A SADHANA

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

SIVANANDA ASHRAM,
CHIDANANDA KASHI, GANESHPUR,
UTTARKASHI - 249193,
UTTARAKHAND, INDIA.

EMAIL:

swami.premananda@gmail.com

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.

