

**January 2025**



**सेवा समाचार**

**Seva Samachar**

**Swami Sivanand Seva Samiti REGD.**

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



# सेवा समाचार

JANUARY 2025



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

## Thought for the Month: *Withdrawal of Mind*

*When all meaning become meaningless*  
*When all value will become valueless*  
*When all transactions are ended*  
*When mind doesn't jump from object to object*  
*When contacts are cut off forever*  
*When all ideas drop off and one accepts the "Present" as God's will*  
*When all questions end and doubts subside*  
*When all desires disappear, one enjoys full contentment within*  
*When all restlessness subsides*  
*When the search for happiness in sense objects ceases*  
*When all dualities vanish*  
*When all relations are directed to the One Absolute*  
*When action becomes inaction*  
*When seer-seen-seeing process merges into One*  
*When all fluctuations, all movements come to a standstill*  
*When mind accepts that nothing can be lost, nothing can be gained*  
*When nothing is invited, and nothing is rejected*  
*Then comes absolute standstill state where there is no mind, where there is no world.*  
*That is complete withdrawal of mind, which is called Chitta Vritti Nirodha in Yogic philosophy and Self-Realization in Vedanta.*  
*That remanence is the Absolute Equilibrium state, the Absolute Truth where there is Oneness, Peace, Rest, Bliss*  
***That is Nirvana, Moksha, Samadhi, Realization, Liberation.***

## Seva Samachar

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- Prayer to Lord
- Can We Rejoice Always?
- Daily Programme
- Healthcare Activities
- Ashram News
- Teachings from Yoga Vasistha
- BECOME A MEMBER





## Prayer to Lord By Swami Sivananda

Take my life and let it be  
Consecrated, O Lord, to Thee!

Take my moments and let them flow  
In ceaseless adoration of Thee.

Take my hands and let them move  
At the impulse of Thy service.

Take my feet and let them go  
Swiftly and lightly towards Thee.

Take my voice and let them sing  
Ever and always Thy glory.

Take my lips and let them move  
In repetition of Thy holy name.

Take my silver, take my gold,  
Not a mite would I withhold.

Take my intellect, take my reason,  
In any ways as Thou shalt choose.

Take my will and make it Thine,  
It shall no longer be mine.

Take my heart, it is Thine own  
For Thy use as the royal throne.

Take my love, which I pour  
At Thy feet, its treasure store.

Take myself and I will be  
Ever and only all for Thee.





## Can We Rejoice Always?

By Swami Chidananda



This is the day when there is light everywhere. There are reunions and celebrations. People rejoice. A question arises: “Should it not be possible to make this mood a permanent state of your inner being? Should you not try to see if it is possible to perpetuate this mood and make it a permanent state of mind within yourself, so that all the days will be of light, of cheerfulness, of rejoicing?”

We do not require any special day to celebrate God, because God is everywhere, every day, always. So, we can always rejoice in Him, because He is a perpetual being. He is eternal. And being all-pervading He is everywhere present. We are never far from Him; He is ever near to us at all times. This very fact, this great truth, which our ancestors realised, provides us with an answer to the question. Certainly, it is possible to make it a permanent state due to the very fact that this great eternal Light of lights beyond all darkness dwells within you as your eternal, permanent Indweller. That Light is within you. So, it is certainly possible, because what it takes to live thus, and be thus is already there within you as the essence of all beings.

The wonder is that this possibility is forgotten and the absurdity of such a thing as the absence of God or Light is imagined. It is very strange. This most improbable and impossible situation is referred to in Indian philosophy as Maya.

To be true to our own self, we must be what we are. Therefore, shine! Let your life be an effulgence. Make it impossible for darkness to prevail. All negativity is darkness. The simple little prayer of St. Francis of Assisi is a great reminder of this fact, of this truth.

St. Francis teaches us how to dispel darkness: “Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; and where there is sadness, joy.” This simple prayer is not merely great and beautiful in its idea; it is also great in the philosophy, which it conceals within these simple words. And it concludes by saying that this is the way to find joy within yourself, peace within yourself, to liberate yourself from the little self and to attain your birthright—the eternal Light and everlasting life.

**Let your life be a bright and shining factor as something divine and positive that all negativity of our human life is replaced by that which is desirable and bright.**





## 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 sessions are regularly conducted and is attended by students from nearby villages.
- 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: 97**



**Gangadhar Mahadev Temple**



**Evening Satsang**



**Children enjoying with Swamiji**





## 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	: 505
Eye	: 546
Mobile Camp	: 242
Panchakarma	: 353
Physiotherapy patients	: 290
Homeopathy	: 60
Pathology Tests	: 150
Ambulance Seva to patients	: 3



**OPD and Dispensary**



**Panchakarma**



**Physiotherapy**



**Pathology**

**“To know even one life has breathed easier because you have lived; that is to have succeeded!”**





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 21<sup>st</sup> December 2024, 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.

Registration and screening started from 20<sup>th</sup> December. On the first day of registration, the hospital received an overwhelming response of over 150 patients; aged patients from distant villages of Uttarkashi district came for treatment. It was Swamiji's heartfelt desire that no one should go back disappointed; all the patients should receive appropriate treatment. The hospital and ashram staff, the inmates and volunteers from the village came forward to make all necessary arrangements overnight.

Dr Kartik M. Rana with his team from Rishikesh joined Dr. Bahuguna with necessary equipment and additional medicines, and completed the surgeries together.

The entire team worked tirelessly to provide necessary warmth and care to the patients and their attendants during the chilly winter and ensured smooth operations. Before departure, the patients were seen expressing their happiness and thankfulness for the extraordinary efforts, coordination and the spirit of service in providing care and comfort to everyone.

Timely follow up was done and all the cases were found successful.

No. of Patients -- OPD: 215

Cataract Surgery done for: 93



Screening



Resting area



Record management



Dilating the pupil



Langar seva to patients



Langar seva for attendants





**Anaesthetists at work**



**Dr Bahuguna at the OT**



**Post operative care**



**Dr Rana at the OT**



**Doctors examining the patients and distributing medicines**



**The team with first batch of patients**



**The team with second batch of patients**



**The team with third batch of patients**







# Ashram News

## Hospitality

Mahatmas and visitors on their way to Gangnani and Mukhba (where Goddess Ganga is worshipped during winter season) 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	:	05
Foreign guests	:	02
Ashram inmates	:	23



Satsang with visitors

## 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: 45**



Annakshetra

## 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



Swamiji distributed bags and painting items

## 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 December: 11**



Grazing the cows





## Teachings from Yoga Vasistha: Why “I” suffer

*Continued from previous article*

Now nature or whole world is the doer but if the individual (ego) forcefully claims he is the doer, then not the nature but the individual alone has to enjoy the fruits of the action, be it good or bad; no one will come to help or share the fruits with him. If you are the proud doer, you alone will be the enjoyer too.

Only if one can boldly proclaim that it is not the doer, it is not the cause of the results of the activities, if one can abandon all attachment to success or failure and surrender the results of the actions to the Nature or Prakriti, then the whole world reaps the fruits of the action, good or bad. The individual will not have worries, fears, miseries, anxieties about any problem, as the problem too will belong to the whole world, and will be dissolved by the world. He can live carefree, in peace.

Out of ignorance, people have illegally occupied the place of the doer, and hence he suffers; no one comes to solve his problems. That’s why Shri Krishna says -

प्रकृतेः क्रियमाणानि गुणैः कर्माणि सर्वशः | अहङ्कारविमूढात्मा कर्ताहमिति मन्यते || B.G. 3.27 ||

prakṛiteḥ kriyamāṇāni guṇaiḥ karmāṇi sarvaśaḥ | ahankāra-vimūḍhātmā kartāham iti manyate

The man who is deluded by egoism identifies the Self with the body, mind, the life force and the senses and ascribes to the Self all the attributes of the body and the senses. He, therefore, thinks through ignorance, I am the doer. In reality the Gunas of Nature perform all actions.

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन | B.G. 2.47 ||

karmaṇy-evādhikāras te mā phaleṣhu kadāchana

When you perform actions, have no desire for the fruits thereof under any circumstances. Action done with expectation of fruits (rewards) brings sufferings, bondage.

So, उद्धरेदात्मनाऽऽत्मानं means you have to help yourself by withdrawing yourself from doership.

Guru Vasistha ji says, be careful! Else you will be trapped in the cycle of sufferings and miseries. If you stand forward and say, “I do” in the battlefield of samsara, you will be challenged first and will have to fight alone. Overcome this false identification with action, give up wrong idea of doership and solve all the problems forever.



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](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

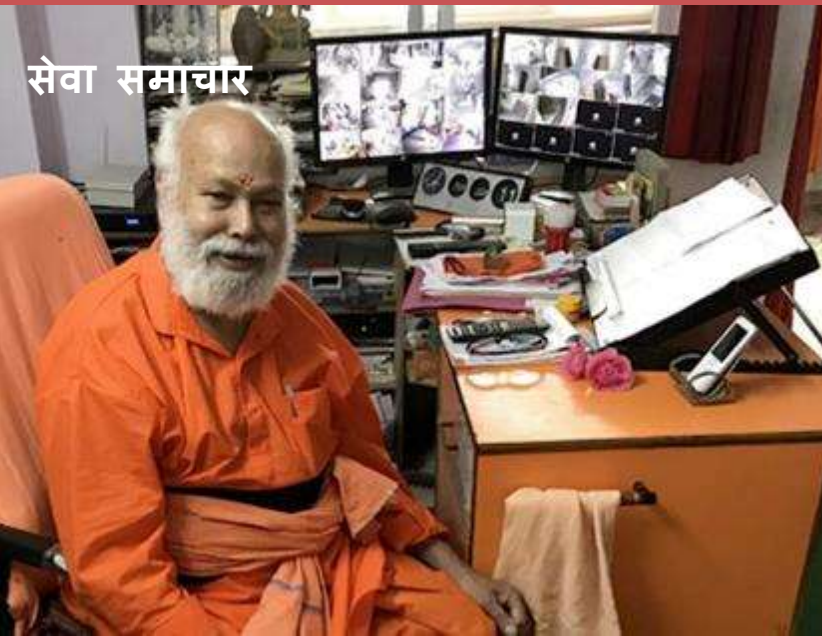
[www.sivanandsevasamiti.org](http://www.sivanandsevasamiti.org)

## 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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### 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.

