

July 2025



सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti REGD.

sivanandsevasamiti.org

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

Thought for the Month: Manthan (Churning)

In our ancient texts like the Puranas and Mahabharata, we have come across the tale of Samudra Manthan, also known as the Churning of the Ocean of Milk. When the Devas (Gods) and Asuras (Demons) churned the ocean, first everyone encountered the deadly poison before discovering divine nectar (Amrit). This simple yet powerful tale holds deep meaning for our inner spiritual journey. It illustrates the continuous struggle between good and evil, the trials and challenges one must endure in the quest for spiritual wisdom and the effort and persistence required for attaining the nectar of Enlightenment or Immortality or Absolute knowledge.

The darkness of ignorance (अज्ञान रूपी अंधकार) hides the light of wisdom within us. Just like butter comes from churning curd, truth comes from churning the mind.

This Manthan (churning) is done through sadhana—spiritual practices.

Some powerful instruments for inner churning are:

Japa: Repeating a divine name or mantra brings focus and inner silence.

Dhyana: Meditation calms the restless mind and reveals inner truths.

Shravan, Manan, Nididhyasan: Listening to the teachings of the wise, reflecting on them deeply, and meditating upon them.

Tapas: Practicing discipline, austerities, simplicity, and self-restraint sharpens our intellect, increases will power and purifies our body and mind.

Yagna: Offering our actions, ego, and desires into the fire of selfless service transforms our lower nature.

The ego—the sense of "I" and "mine" - keeps us trapped in a false identity. Similarly, the attractions and attachments of the world (Samsar) makes us run from door to door to fulfill our petty desires like a mad dog. But through self-enquiry, following the words of Guru and Scriptures with faith and perseverance, we begin to rise above illusion. This introspection opens the door to the divine.

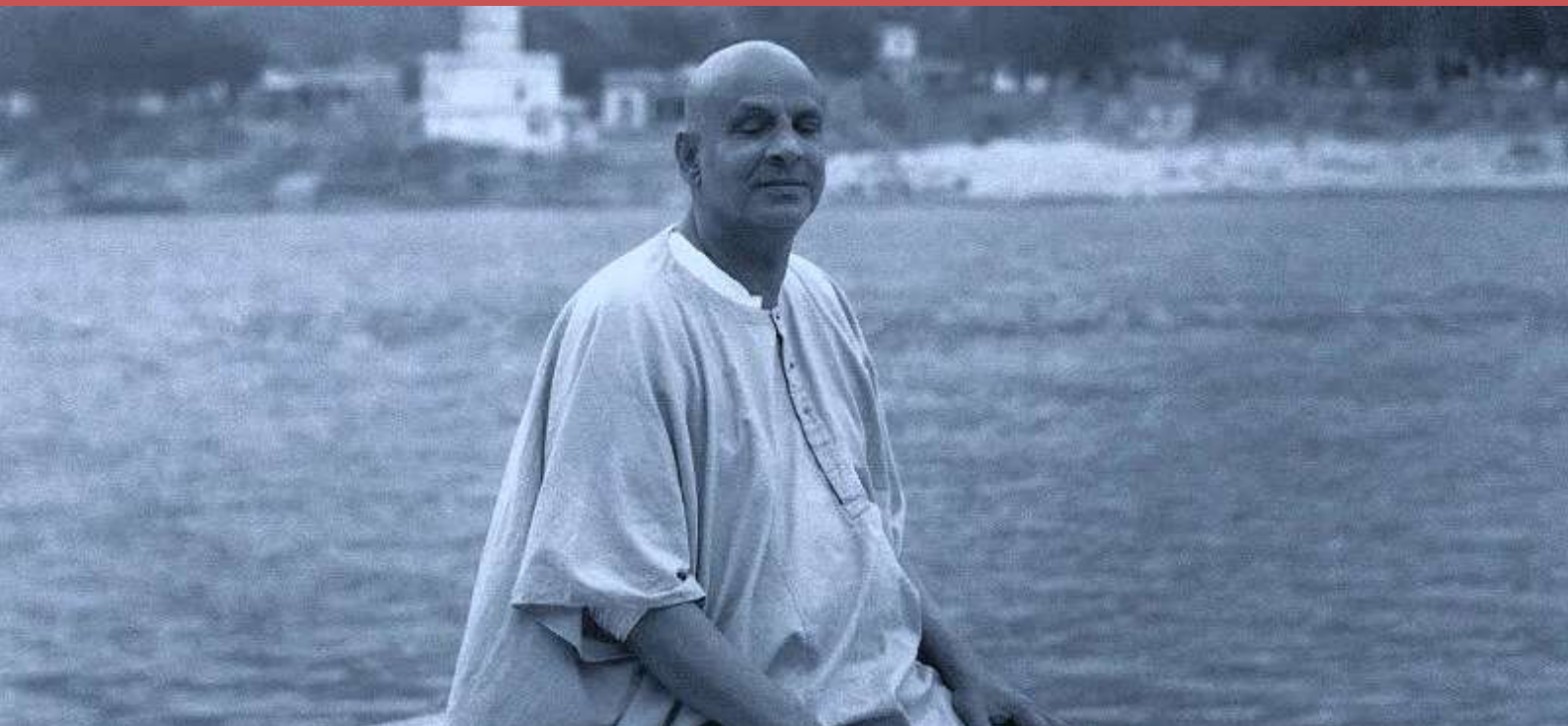
So, if we churn our minds with sincerity, if we churn the "I", if we are willing to face the poisons calmly and indifferently like a seer, if we are willing to let go of the pride, name and fame, the desires and attachments, be assured the nectar is not far behind. If we continue this process with patience and faith, something extraordinarily will happen. Behind the layers of confusion, emotion, and ego lies our true Self—pure, peaceful, and divine, which will slowly uncover itself.

So, churn, O seeker! Churn within. For in the depth of the Hridya Mahasamudra (ocean of the heart), serene and true, the Lord Himself awaits you.

Seva Samachar

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Ganga - A Silent Teacher -By Swami Sivananda

The Ganga is the most sacred river of India. The origin of the Ganga is ascribed to celestial glory. Lord Krishna says in the Gita: "I am the Ganga among rivers".

For a Hindu, the word Ganga has its own sacred association. Every Hindu thirsts for a dip in the Ganga, and for a drop of its water at the time of his death. Aspirants and mendicants build their huts on the banks of the Ganga for practising penance and meditation. Bhishma spoke very highly of the glory of the Ganga in his parting instructions to the Pandavas from his bed of arrows.

In the Satya Yuga, all places were sacred. In the Treta Yuga, Pushkara was considered the most holy place. In the Dvapara Yuga, Kurukshetra was regarded as the most sacred place. In Kali Yuga, the Ganga has that glory. Devi Bhagavata says: "He who utters the name of Ganga even from hundreds of miles afar is freed from sins and attains the abode of Lord Hari".

The Ganga starts from Gangotri in Himalayas. She encounters many obstacles on her way, but she finally reaches the goal—the ocean. Similarly, the Sadhaka should never give up his struggle, however insurmountable the obstacles in the path may appear to be. All difficulties and obstacles will be removed through the grace of the Lord if he is sincere in his Yogic practices, and he will reach the goal.

The Ganga gives you always cool, pure water. It does not expect anything from you in return. The sun sheds its light on all without anticipating any reward. Derive lessons from them. Always give, give. Ask nothing in return. Expect nothing in return. Do not expect even appreciation, approbation, or recognition.

A rogue and a saint can drink the water of the Ganga. The sun sheds its light on the wicked and the virtuous. The mango tree gives its fruits both for the caretaker and the man who cuts its branches. Develop equal vision like the Ganga, the sun and the mango tree. I love Ganga and the Himalayas. Ganga is my Mother Divine. Himalayas is my Father Divine. They inspire and guide me. I take bath in Ganga. I swim in Ganga. I adore Ganga. I feed the fishes of Ganga. I wave light to Mother Ganga. I pray to Ganga. I do salutations to Ganga. I sing the glory of Ganga. I write about the grandeur and glory of Ganga.

Ganga has nourished me. Ganga has comforted me. Ganga has taught me the truths of the Upanishads.

O friend! Follow the lines of Mother Ganga. Be pure. Be adaptable. Be tolerant. Be forgiving. Be sweet. Pour out your love on all. Share what you have—physical, moral, mental and spiritual—with the whole of humanity. The more you give the more you get. Give without any selfish motive, without expecting any reward. Embrace all. Cultivate equal vision.

All glory be unto Mother Ganga, the giver of life, light and love. Worship Her with faith, devotion and piety. Adore Her with flowers of purity, love, self-restraint and equal vision. Sing Her Names. Attain Brahman through Her grace. May Mother Ganga bless you all! May She help you to live on Her banks and practise Yoga and Tapas.



Intellect and Intuition By Swami Chidananda

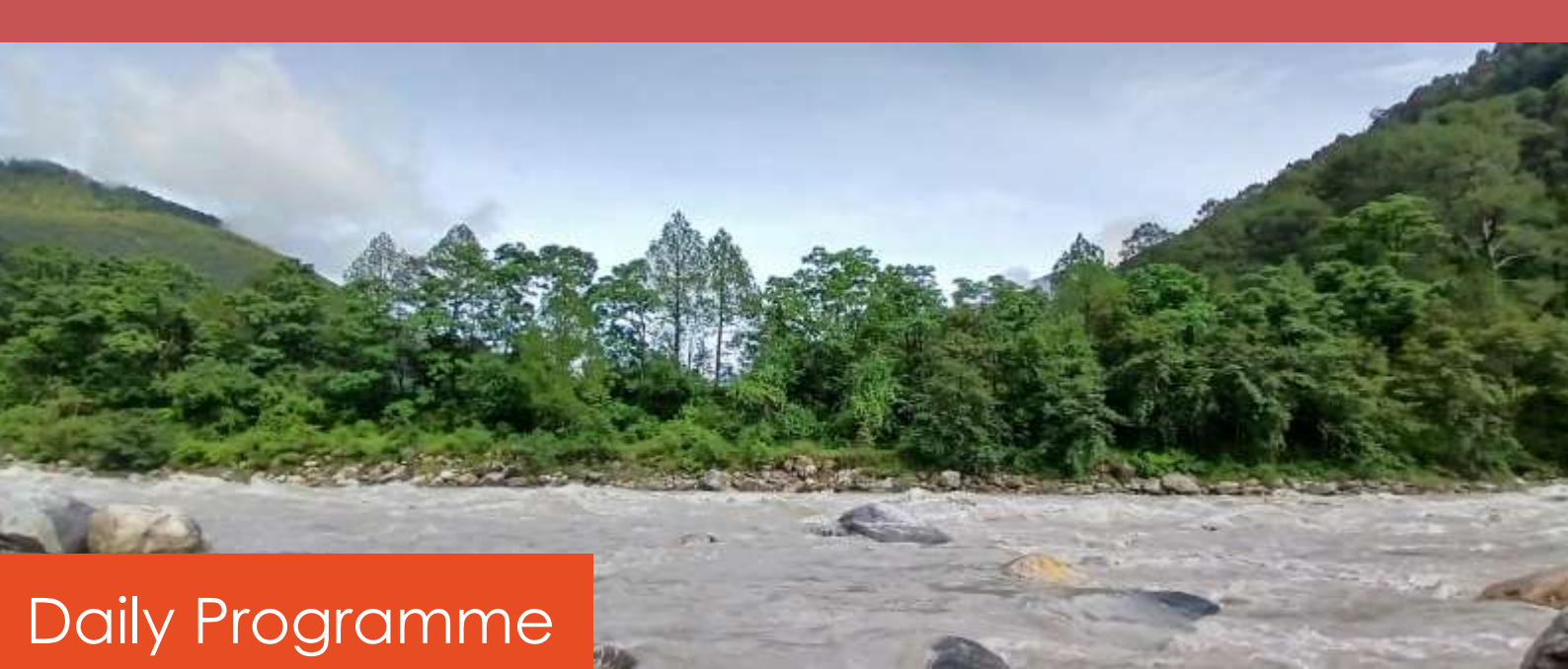
Outwardly, due to the limitations of your physical frame, you are finite. Your powers also are limited. Your intellect is bound by the necessity of basing all conceptual activity upon name and form, for without name and form mind cannot conceive of any idea. Therefore, the very function of your intellect is possible only within the framework of name and form.

Whenever thought comes, it takes the support of either a name or a shape or form for its very sustenance. Deep within, beyond the limiting factors of the body and the mind, you have your unlimited Self. It is that Supreme Consciousness that struggles to express itself, but cannot. Why? The channels of expression are limited. The truth of your Self, your innermost infinite Essence, is contained within these finite channels and is thwarted in its effort to find effective unhampered expression for itself. Meditation releases your Inner Being from this bondage.

Through meditation you find the dynamic force that breaks the bonds of the intellect and you transcend the intellect and go beyond it. Meditation leads you to that unique spiritual faculty lying deep within each human soul, the faculty of intuition, which is also called the occult third eye, or the eye of wisdom. That faculty alone is the rightful and legitimate instrument of the soul. In error you make use of the mind and the intellect which are, at most, the instruments of the “I” within you. This “I” or the individual ego, this little personality, this name, this form, this individual being, confined by the numerous limiting factors of nationality, race, caste, creed, height and colour, this erroneous “I”, is transient and false. The real “I” within is the true Self which shines radiant beyond the veil of error.

The true Consciousness, becoming associated with this veiling power, with this erroneous perception, and vitiated by that association, identifies itself with the temporary name and form and knows itself as something which it really is not. To this false identity, the intellect and the body have become channels of expression. They may be adequate as instruments to this little “I”, but for You, they are all too inadequate. The Supreme Being which has brought You into existence has given You an instrument for expressing Your Reality—an instrument par excellence and that inner instrument is intuition.

To awaken and develop intuition and to release the vast infinite power that lies within you is the purpose of meditation. In its ultimate stages, that is what it achieves.



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: 27





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.

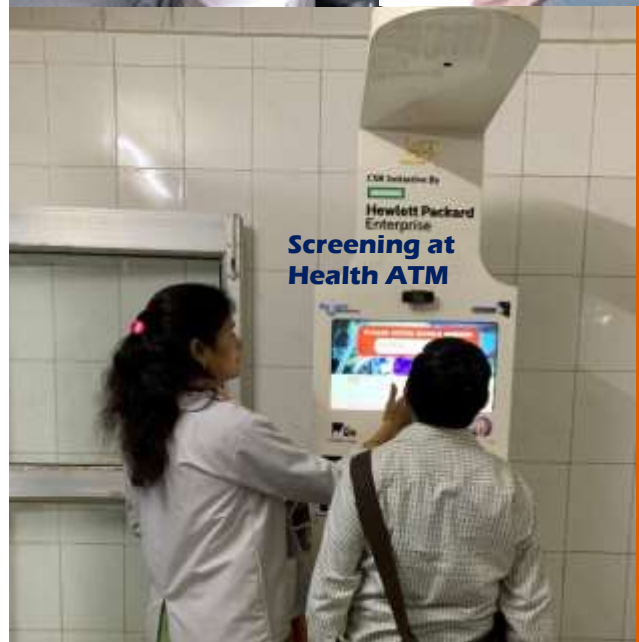
Patients Attended to in Hospital OPD	: 678
Eye	: 168
Mobile Camp	: 55
Panchakarma	: 309
Physiotherapy patients	: 303
Pathology Tests	: 111
Ambulance seva	: 2



Registration and Dispensary



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: Eye Camp

Doctors and staff invoked the blessings of Lord Dhanvantari and Gurudev before the camp



Divinising all activities – Ayudha Puja performed before using the new Ophthalmic operating microscope at the OT. The puja provides a spiritual dimension to the practice of medicine by seeking blessings for doctors and their instruments for successful treatments and positive outcomes.



Registration and Dispensary



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 28th June 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. Patients --

OPD: 87

Cataract Surgery done for: 38

Vital preoperative evaluations



Administering eye drop



Post op checkup and care

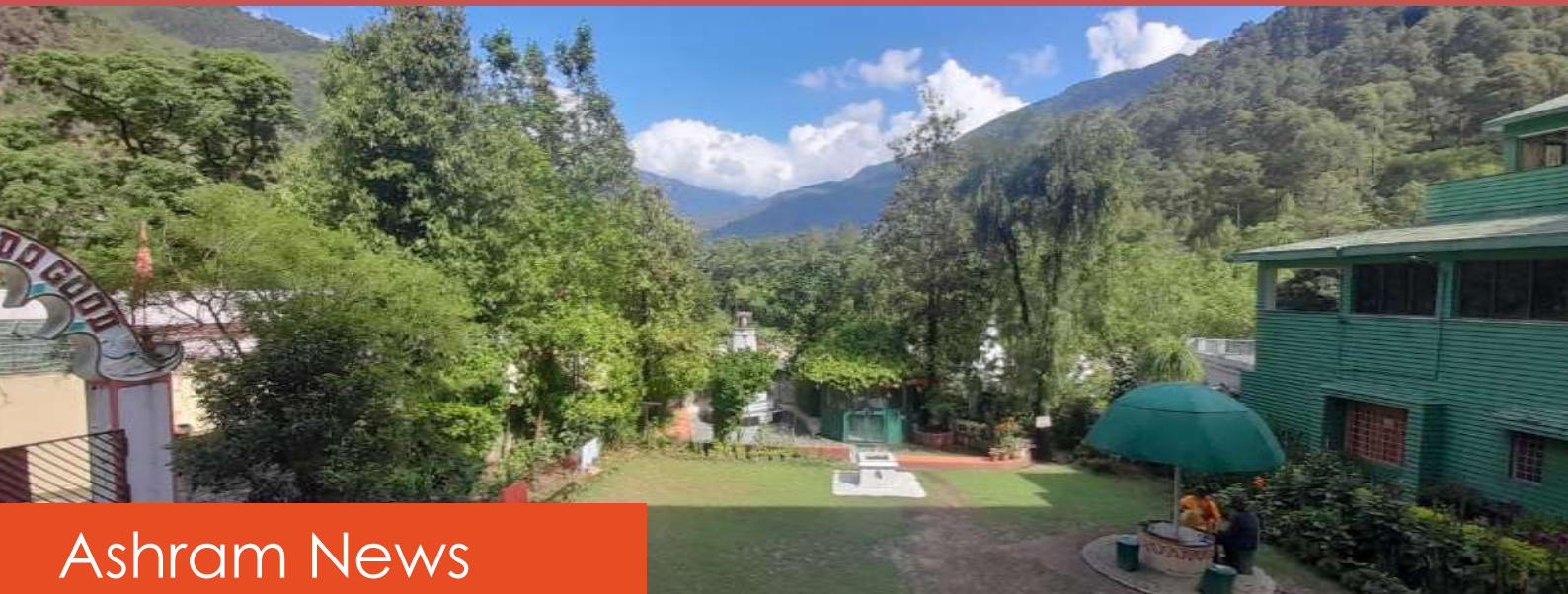


Swamiji ensuring the patients receive best care



Preserving memories of a shared experience





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	:	65
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: 54



Swamiji blessing the visitors



Storytelling



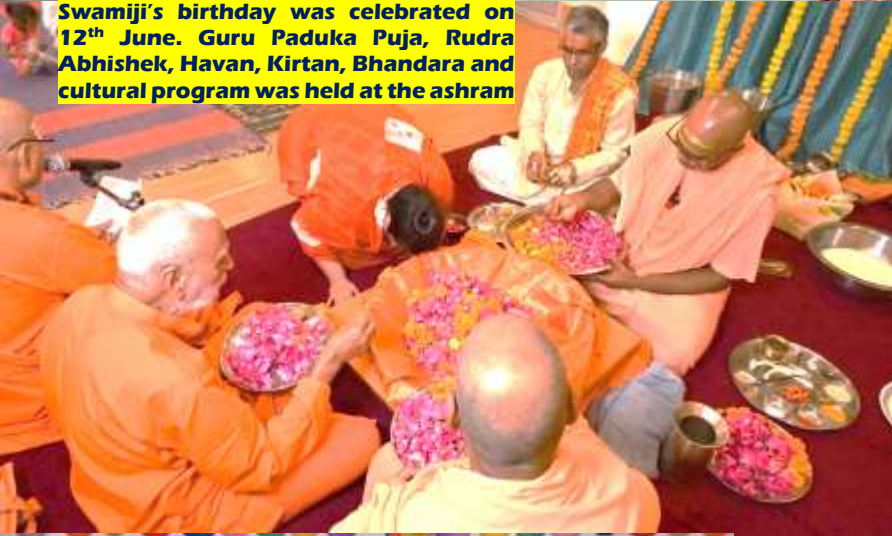
Cow cuddling

Glimpses of programs and events at the ashram

Ganga Dussehra celebrated on June 5th. Devotees took a holy dip in the river Ganges and offered prayers



Swamiji's birthday was celebrated on 12th June. Guru Paduka Puja, Rudra Abhishek, Havan, Kirtan, Bhandara and cultural program was held at the ashram

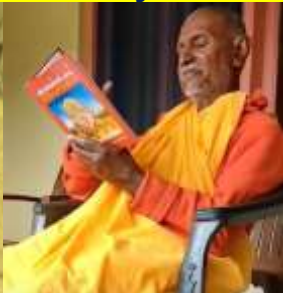




International Yoga and Music day celebrated on 21st June with great enthusiasm



1st anniversary of Mahasamadhi day of Param Pujya Swami Atmananda ji was commemorated on 24th June



[Click here to inspired from Swamiji's life](#)

Rath Yatra (The Chariot Festival) was celebrated on 27th June. Devotees lovingly pulled the chariots in a procession





Teachings from Yoga Vasistha: Do "I" Do

We have studied in elementary school that I is the first-person singular pronoun used to refer to oneself; I is the subject of a sentence, meaning it's the person or thing doing the action. Thus, to represent an action done by oneself, we say I do; I eat; I read; I sleep; I play etc.

But who is this I doing the action? Is it the Pancha Karmendriya (five organs of action) or the Pancha Jnanendriya (five senses) or the mind (manas) that processes the sensory information, or the intellect (buddhi) that analyses and makes decisions!

The Bhagavad Gita offers profound clarity on this:

अधिष्ठानं तथा कर्ता करणं च पृथग्विधम् विविधाश्च पृथक्चेष्टा दैवं चैवात्र पञ्चमम्॥ B.G. 18.14

Every action arises from fivefold factors:

1. अधिष्ठानं (Adhishtanam) - The substratum, body or field where action takes place.
2. कर्ता (Karta) - The apparent doer or agent.
3. करणं (Karanam) - The various instruments: senses, mind, intellect.
4. चेष्टा (Cheshta) - The multiple efforts and motions involved.
5. दैवं (Daivam) - The divine including the unseen divine will, cosmic order or fate.

This clearly shows that no action is solely the result of an individual "I" alone. When all these factors work together, action manifests.

In language (grammar) too, action is not singular. The 8 Karakas or factors of action are:

कर्ता (Karta: the doer - "ने"),

कर्म (Karma: the object - "को"),

करण (Karana: the means or instrument - "से, के द्वारा"),

संप्रदान (Sampradaan: the recipient or beneficiary - "के लिए"),

अपादान (Apadaana: the point of separation or origin - "से (अलग होने पर)"),

संबंध (Sambandha: relationship - "का, के, की, रा, री, रे"),

अधिकरण (Adhikarana: the location or field where action takes place - "में, पर"),

संबोधन (Sambodhana: addressing or invocation - "हे! ओ! भो!")

All these together form a complete expression of action.

Thus, action is never the work of an isolated entity; it is always complex, composite. Even for a seemingly simple act, there are multitude of forces at play. What we think as "I am doing" involves countless interconnected factors.

The body and mind serve as instruments, while prana acts as the powerhouse energizing all, giving the necessary momentum. The Chitta acts as the storehouse of all impressions and experiences, acting as the very subtle mind or the seat of memory.



Teachings from Yoga Vasistha: Do "I" Do (Contd.)

Yet, in ignorance, ahankara (ego) identifies solely with the body, mind and thinks "I am the doer".

Hence, Shri Krishna emphatically reveals:

प्रकृतेः क्रियमाणानि गुणैः कर्माणि सर्वशः । अहंकारविमूढात्मा कर्ताहमिति मन्यते ॥ B.G. 3.27

All actions are performed by the modes of nature; the deluded, bewildered by ego, imagines: 'I am the doer'.

This limited "I" is a false construct arising from incomplete understanding. In reality, every action is interconnected with innumerable factors-both visible and invisible across time and space.

The Mistaken Identity of "I"

What we commonly refer to as "I" is a superimposition (Adhyasa) - a confusion between the Self (Atman) and the not-Self (Anatman: body, mind, senses, ego). The true "I" is the witnessing consciousness, ever pure, beyond action.

The body is inert (Jada), the mind is subtle matter, the Prana is energy, and Ahamkara is merely the reflected sense of "I" in the mind. These are instruments; they operate according to the laws of Prakriti and Karma.

The process of action involves not a singular doer, but an infinite chain of causes:

Past karmas (Sanchita and Prarabdha),

Desires and Motives,

Present efforts (Purushartha),

Countless external factors,

And ultimately the divine will (Ishvara).

Thus, any action is impersonal, it belongs to Prakriti. The "I" is undeniably a collective identity. The notion of singular agency is ignorance (Ajnana). And from an absolute perspective, The True "I" is Pure Awareness.

Shifting the Vision

When this knowledge arises, the false egoic "I" dissolves. One no longer claims agency. Actions continue through the body-mind, governed by Prakriti, but the Self remains free.

This shift in vision, the understanding that everything is part of the cosmic play dissolves pride and attachment, leading the seeker towards Jnana (wisdom), Bhakti (devotion), and ultimately Moksha (liberation). This is the state of Jnani, established in Jnana-nistha (abidance in Self-knowledge).

As the Gita declares: नैव किञ्चित्करोमीति युक्तो मन्येत तत्त्ववित् ॥ (B.G. 5.8) - The knower of Truth, established in Yoga, knows: 'I do nothing at all'.

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

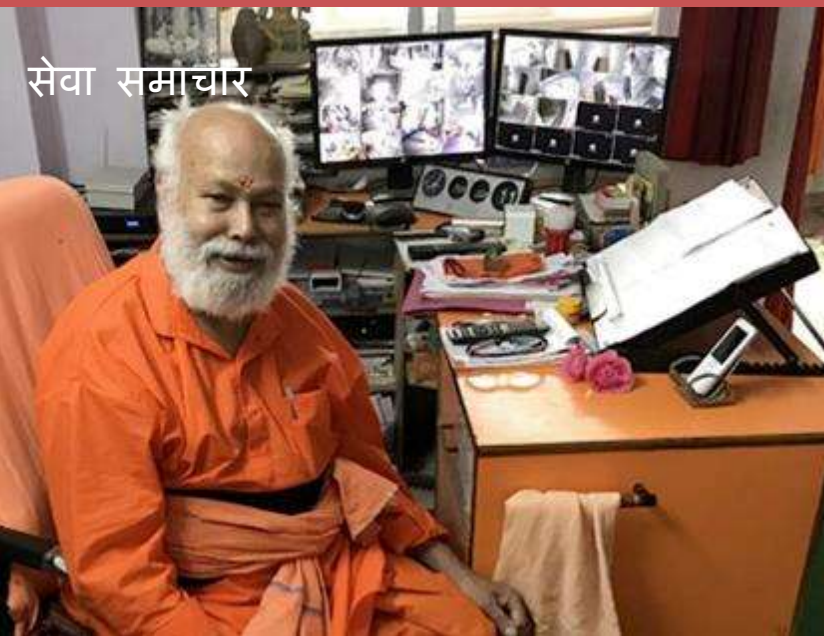
- **LIFE MEMBERSHIP:**
RS. 25000/ for corpus fund
- **REGULAR MEMBERSHIP:**
RS. 200 PER MONTH OR
RS. 2000 PER YEAR
- **NO PRIVILEGES—WE ARE ALL DEVOTEES. ACCESS TO STAY IN THE ASHRAM IS A SADHANA**

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



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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.

