

June 2022



सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti REGD.

sivanandsevasamiti.org

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JUNE 2022



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

Thought for the Month

By Swami Premananda

Shrimad Bhagavat Geeta is the essence, of all the scriptures , and the essence of it is 'renunciation' only . Every action, has it's equal and opposite reaction . So the amount of renunciation will result in equal amount of achievement . If one renounces the whole total dualistic, Relative world ; he will attain the absolute whole totality which is one without a second . That is called self - realisation ; achieving which , nothing more remains to be achieved . This process of renunciation is called Sarva-tyaga . This is not done all at once . It is a slow & steady process . One has to renounce one by one from outer world to inner & inner most ; from gross to subtle & subtler . Abandoning or negating the outer ones and accepting the inner ones . It is known as withdrawal of mind from sense objects.

In the following way the seeker has to practise very carefully :-

1st - Abandoning the contact of the senses from their respective objects .

2nd -With holding the outgoing tendencies of the

3rd - Minimising the desires .

4th - Minimising the thought waves This is also called purificatory process .

5th-This process becomes easier when some good thoughts are replaced instead of the common habitual thoughts. Here good means helpful or beneficial which may be some mantras. These thoughts are to be used as centre for the outgoing thought waves to accumulate & subsequently subside.

6th-To continue this one or one group of thoughts for longer time .

7th-One has to keep up this one Centrifugal thought continued as long as possible .

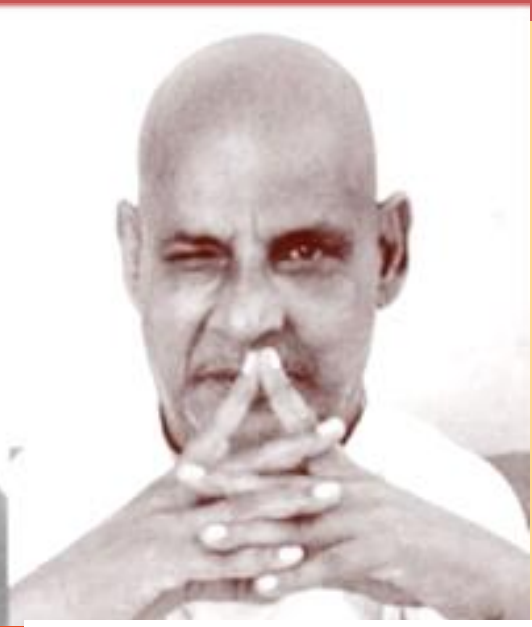
This one steady thought is called yoga of meditation.

The method is :- To reject the unwanted thoughts which get contact with sense objects. Reiteration of this contact creates attachment with the objects . This is the cause of growth of desires and bondage . This is possessiveness or my-ness. This process has many terms as vairagya, tyaga, purification or suddhikaran etc. when whole process ends in absolute, stand still position, it is known as Sarva tyaga " (total renunciation) In other words it is also called samarpana yoga. When one feels helpless, powerless and hopeless, one gets bound to surrender to the Absolute by all means - The mind, chitta, intellect and ego finding themselves unable to do anything, keep quite . This quintessence ends in absolute equilibrium , which is known as Truth (revelation of the unrevealed). From other angle of vision also it is Sarvatyaga, which is the essence of whole Geeta , which again is essence of all the scriptures . May Yogeshwar Krishna bless the sincere aspirants to be able to do Sarva-tyaga and rest in Eternal peace! May mother Geeta bless all with the milk of knowledge !

Seva Samachar

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How To Cultivate Bhakti Yoga: by Swami Sivananda

It would be a gross mistake if you consider Bhakti as merely a stage of emotionalism, while it is actually a thorough discipline and training of one's will and the mind, a sure means to intuitive realization of God Almighty through intense love and affection for Him. It is a means to thorough apprehension of the true knowledge of Reality, beginning from the ordinary form of idol worship right up to the highest form of cosmic realisation of your oneness with Him.

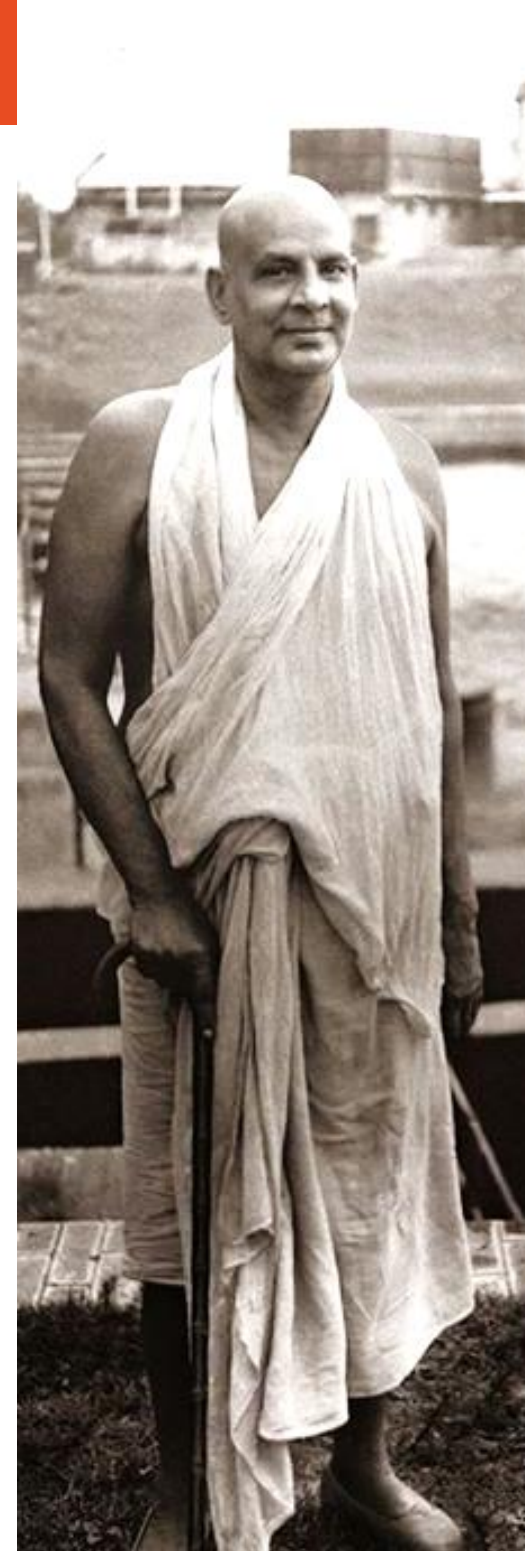
You can achieve this by following the eleven fundamental factors which Sri Ramanuja had prescribed. They are Abhyasa or practice of continuous thinking of God; Viveka or discrimination; Vimoka or freedom from everything else and longing for God; Satyam or truthfulness; Arjavam or straightforwardness; Kriya or doing good to others; Kalyana or wishing well-being to all; Daya or compassion; Ahimsa or non-injury; Dana or charity; and Anavasada or cheerfulness and optimism.

People put a question: "How can we love God whom we have not seen?"

Live in the company of saints. Hear the Lilas of God. Study the sacred scriptures. Worship Him first in His several forms as manifested in the world. Worship any image or picture of the Lord or the Guru. Recite His Name. Sing His glories. Stay for one year in Ayodhya or Brindavan, Chirakut or Pandhapur, Benares or Ananda Kutir. You will develop love for God.

Every act must be done that awakens the emotion of Bhakti. Keep the Puja(worship) room clean. Decorate the room. Burn incense. Light a lamp. Keep a clean seat. Bathe. Wear clean clothes. Apply Vibhuti (sacred ash) or Bhasma, and Kumkum on the forehead. Wear Rudraksha or Tulasi Mala. All these produce a benign influence on the mind and elevate the mind. They generate piety. They help to create the necessary Bhava or feeling to invoke the Deity that you want to worship. The mind will be easily concentrated.

Practice of right conduct, Satsanga, Japa, Smarana, Kirtan, prayer, worship, service of saints, residence in places of pilgrimage, service of the poor and the sick with divine Bhava, observance of Varnashrama duties, offering of all actions and their fruits to the Lord, feeling the presence of the Lord in all beings, prostrations before the image and saints, renunciation of earthly enjoyments and wealth, charity, austerities and vows, practice of Ahimsa, Satyam and Brahmacharya – all these will help you to develop Bhakti.





The Importance of Joy: by Swami Chidananda

Worshipful homage to that great Reality, the eternal and the infinite, the timeless and the boundless—beyond human understanding, baffling human language to adequately describe Its imponderable, indescribable, transcendental glory. May Its divine grace ever be upon all of us!

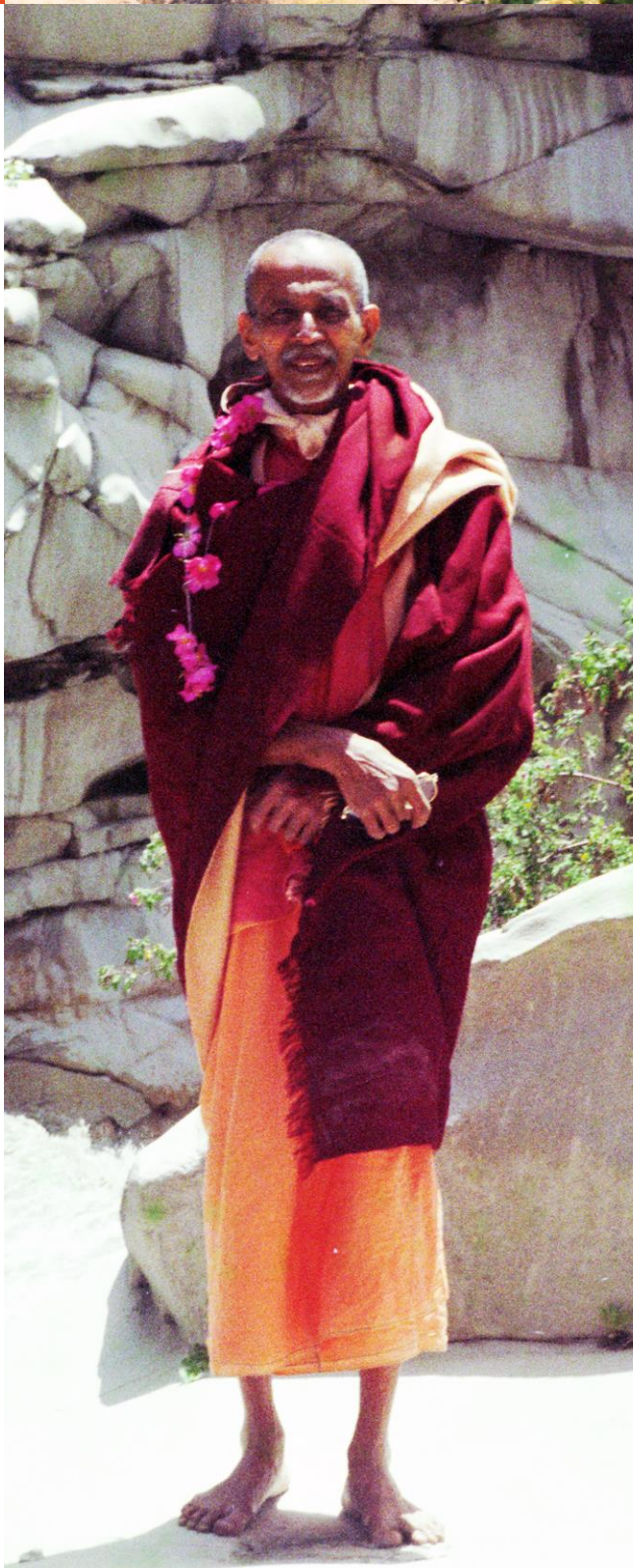
Loving adorations to revered Holy Master Guru dev Swami Sivananda ji Maharaj who through his radiant personality, his effulgent countenance and his sparkling eyes gave us some little faint glimpse of that great glory in whose experience he was firmly established. He shone with a light that is Divinity. May his benedictions always be upon us all in this great journey beyond the beyond. We have mentioned the thrill, the joy of the spiritual adventure, this journey to reach the great destination. We have mentioned that the joy, the thrill is not so much in reaching the destination but in the effort itself, in the onward and upward progress towards the goal. It is in the journey itself that the joy is there. But then, this is not merely a manner of speaking, but it is a necessity also. It is also indispensable and very important. There is a necessity to this joy, there is an importance to this joy and an indispensable place. For if you do not have a real joy and happiness in any undertaking, you cannot engage in it with enthusiasm. If you do not have joy and great pleasure in some undertaking, you cannot give yourself fully, heart and mind to that undertaking. Your dedication to it, or your application to it, will be at best half-hearted.

If you do not get real joy and pleasure out of it, you will not ingather, gather together and concentrate the whole of your energy, your capacities, your abilities. So it will be part of your life, not the whole of your life. The totality of your being will not become diverted and fully applied to that great attainment. So, at best, it will be a part of you that is engaged in this great task, whereas another part of you is equally engaged in something else.

But, this is not merely a great task. It is too great a task to be undertaken by half of you. It is that one unique dimension of life which demands for its attainment the whole of your life, your entire life—all its potentials, all its time, energy, attention and application. If you give yourself totally to this quest, then you may be assured that God gives Himself totally to such a dedicated seeker, aspirant and devotee. This has been the experience of all the great ones. In various ways they have tried to bring home to us this truth.

And such total dedication with all your being, all your heart, mind and soul, is only possible if you get joy out of it. If it is a task that fills you with great elation, great rejoicing, great inner jubilation and happiness, then alone such total dedication—which is very, very necessary—is possible.

So this, therefore, is the necessity of joy. It is necessary to sustain us in this arduous task of the realisation of the Absolute, this arduous task of illumination and enlightenment, this arduous task of self-transcendence, to attain Self-experience. This is the truth. May the Supreme Being and Holy Master help us to perceive this truth and help us to succeed in this great attainment! God bless you all!



सेवा समाचार

Daily Programme

- Our Day begins early at 5 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.
- Now, with 1003 subscribers and an ever-growing number of viewers, our Daily Yoga Vasistha Classes are reaching Sadhaks across the globe. Join Swami Premanand at 9:30 Am in the Bhajan Hall or online to experience the magic of one of the most significant pieces of text ever to be written!
- A Bhagavad Gita class by Swami Premanandaji is conducted every evening at 8.30 pm. This class is also being streamed through our [Youtube Channel](#).
- Navratri, Ram Navami and all other notable festivals of the Hindu calendar are celebrated with pomp and glory.
- 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 and help to the poor people for houses, marriages and daily needs, etc.

Total No. of such People/ Families supported: 08





Supporting The Community

The students needing support were identified on the basis of their educational performance, family background and annual family income. They were provided educational support in terms of fees, school uniforms, school bags, books, stationary etc.

Yoga Practice:

Swami Sivanand Seva Samiti is now blessed by the presence of Sri Swami Ramarajyam ji. Yoga classes conducted by him have continued throughout the month of April.

Number of students in Yoga class : 17

Total No. of Students Supported,
in the month of May : 12

Hostel

The Hostel wing of the ashram is providing free accommodation, food and necessary educational aids to the identified needy students and seekers.

No. of students staying in the Ashram : 08





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.

The whole medical services are based on selfless-service to the needy.

Patients Attended to in Hospital OPD	:	761
Eye patients	:	208
Dental patients	:	52
Mobile camp patients	:	123
Panchakarma	:	384
Physiotherapy patients	:	280
Veterinary medicines distributed	:	01
Pathology Tests	:	29
Ambulance Seva to patients	:	08
Homeopathy patients	:	87

Retired Dr. Amulya Prasad Padhy (Optometrist from Orissa) is Offering Selfless service in our Hospital since 24 April.



Accept your mistakes, you will soon reach perfection

Mobile Camp

A two day medical health camp was successfully conducted under the guidance of our AIIMS physician Dr. Prasana Kumar Panda ji (MD Medicine) on 27th May 2022 – 28th May 2022 in Sivananda Dharmarth Chikitsalaya, Ganeshpur, Uttarkashi. Dr. P. K. Panda ji served many patients of nearby villages requiring specialised medical consultation. Patients were benefitted by the proper counselling and medication. Also a successful mobile medical camp was organised by Sivananda Dharmartha Chikitsalaya under Dr. Panda ji in Harshil. We are highly obliged for Dr. Panda ji, serving us and the needy people of Uttarkashi.





Ashram News



Hospitality

As the travelling in to Uttarakhand slowly opened up, ashram also received very few Padyatri Mahatmas & needy Padyatris of Chardham Yatra. 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 to their spiritual practices. Ashram provides free food and accommodations to all these guests. Every Monday Rudra Abhishek and Mahamrityunjaya are conducted that all are welcome to participate in.

Indian guests	:	138
Foreign visitors	:	02
Ashram inmates	:	40

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: 80

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	:	3



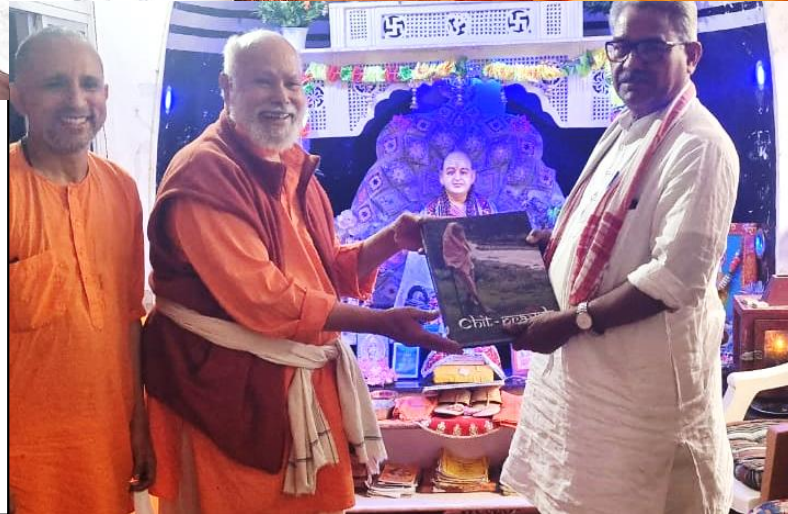


Krishna Gopal Ji Meets Swami Premananda ji



Shri Krishna Gopal ji, Joint General Secretary of the Rashtriya Swayam Seva Sangh, visited Sivananda Seva Samiti to meet Swami Premanandaji along with a big team of Doctors. He and the team took a tour of our the Sivananda Dharmarth Chikitsalaya and were briefed about all the healthcare activities undertaken. He was very pleased to Know about the Free Cataract Surgeries done here every month.

Sri Krishna Gopal ji announced that He will ensure the facilitation of Free Eye Glasses Distribution at our Sivananda Dharmarth Chikitsalaya





Teachings from Yoga Vasistha : "Union Of The Mind With Breath Of Life"

The soul being omnipresent and all pervading (like the all-diffusive psychic fluid); takes upon in any form whatever, and whenever and wherever it likes, by virtue of its intelligence (which the ignorant spirit is unable to do). Thus gods and siddhas are not bound down by laws which the weak and ignorant men have devised for their own convenience.

The ignorant cannot go on without guidance of law, on account of their ungovernable minds ; or else they are subject to every danger and fear, like poor fishes; (which are quite helpless, and entirely at the mercy of all voracious animals) Intelligent people are not exposed to those evils in life, as the ignorant people of ungoverned minds and passions, meet with by their restless and vagrant habits.

The acts of wise men are neither to be praised or blamed nor are they praiseworthy or blameable, because they are never done from private or public motives (but on the expediency of the occasion).

Though the natures of all mankind are same, as they are ordained in the beginning; yet the ignorant have created differences among them, by institution of the distinction of castes and customs; and as these institutions are of their own making, they are subjected by them to the evils of future retribution and transmigration (Men are down by their own laws, from which the brute creation is entirely free).

Men are to obtain this chief good of theirs, by their knowledge of intellectual souls in the clear sphere of their own intellect, which is clearer far than the ethereal sphere of sky.

It is by the knowledge of all kinds knowledge, and constant devotion to meditation and by the study of the numerical philosophy particulars in the Sankhya system, that men became renowned as sankhya yogis or categorical philosopher.

The yoga consists in the meditation of Yogis of the form of the eternal and undecaying One by suppression of their breathing, and union with that state, which presents itself to their mind .



That unfeigned and undisguised state of felicity and tranquillity , which is desired as the most desirable thing by all , is obtainable by some by means of the Sankhya Yoga , and by the jnana Yoga by others .

The result of both these forms of Yoga , is the same , and this is known to anybody that has felt the same ; because the state arrived at by the one , is alike to that of the other also . And this supreme state is one , in which the actions of the mental faculties and vital breath are altogether imperceptible ; and the network of desires is entirely dispersed .

The desire constitutes the mind , which again is the cause of creation ; it is therefore by the destruction of both of these , that one becomes motionless and inactive (Forgets himself to a stone).

The mind itself is a false apparition and an unsubstantial appearance of our mistakes; and shows itself as the death of some body in his dream, which is found to be false upon his waking. The world is the production of the mind , else what am I and who is mine or my offspring ; it is custom and our education that have caused the bug - bears of our bondage and liberation , which are nothing in reality.

There is one thing however , on which is based the bias of both systems ; that it is the "Suppression Of Breath" , and the "Restriction Of Mind" , which form the sum and substance of what they call their LIBERATION .

सेवा समाचार

तुम चलाओ 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

MEMBERSHIP PLANS

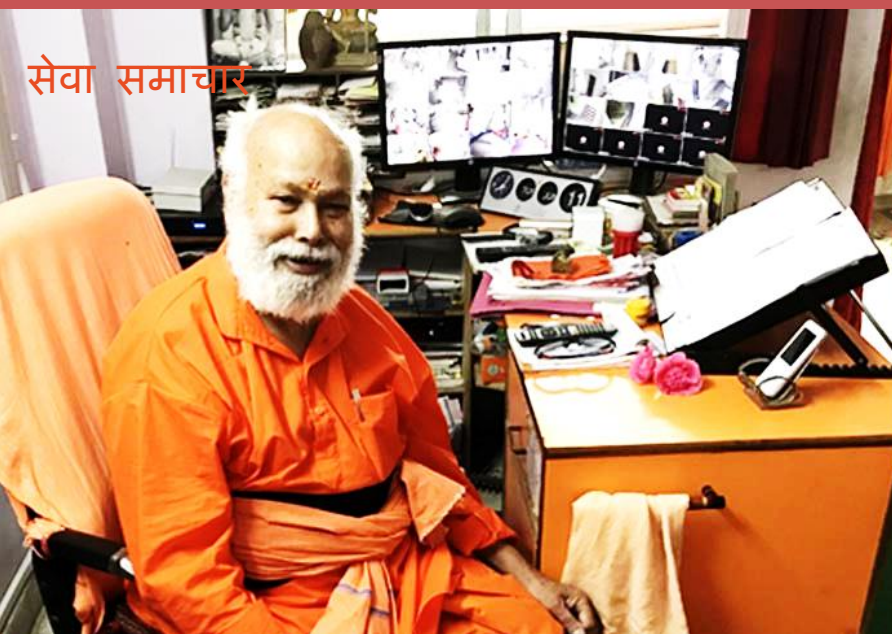
- **LIFE MEMBERSHIP:**
RS. 25000/ for corpus fund
RS. 2000 PER YEAR
- **NO PRIVILEGES—WE ARE ALL DEVOTEES. ACCESS TO STAY IN THE ASHRAM IS A SADHANA**

www.sivanandasevasamiti.org

Become part of the Seva Activities

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

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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 Chikitsalaya**. 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.

