

**June 2023**



# सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti <sup>REGD.</sup>

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



# सेवा समाचार



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

## Thought for the Month: Some 'Buts'

By Swami Premananda

*The use of BUT shows lack of preciseness, BUT, the use of BUT is necessary to probe deeper into the meaning.*

1. Desire is the root of misery, but the desire for God-realisation is the root of Bliss.
2. Self-esteem is not worthy, but self-respect is certainly necessary.
3. Begging is a mark of wretchedness, but begging for God's grace is a catalyst in Self-realisation.
4. Fear is a sign of cowardice, but to fear the law of righteousness is a quality of the Great.
5. Self-defence is a natural duty, but to lay down one's life in the interest of other is a great sacrifice.
6. Compassion is a divine quality, but it is the cause of bondage for a renunciate of the highest order, like Jada Bharat.
7. Wealth is the root of all hassles, but wealth is necessary to safeguard both virtue and one's life.
8. Fulfilling one's duty is the cornerstone of human life, but forsaking all duties for the sake of God-realisation is the means for liberation.
9. Liberation is the aim of life, but devotees forsake liberation to savour the nectar of Divine Sport.

## Seva Samachar

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- Teachings from Yoga Vasistha
- BECOME A MEMBER





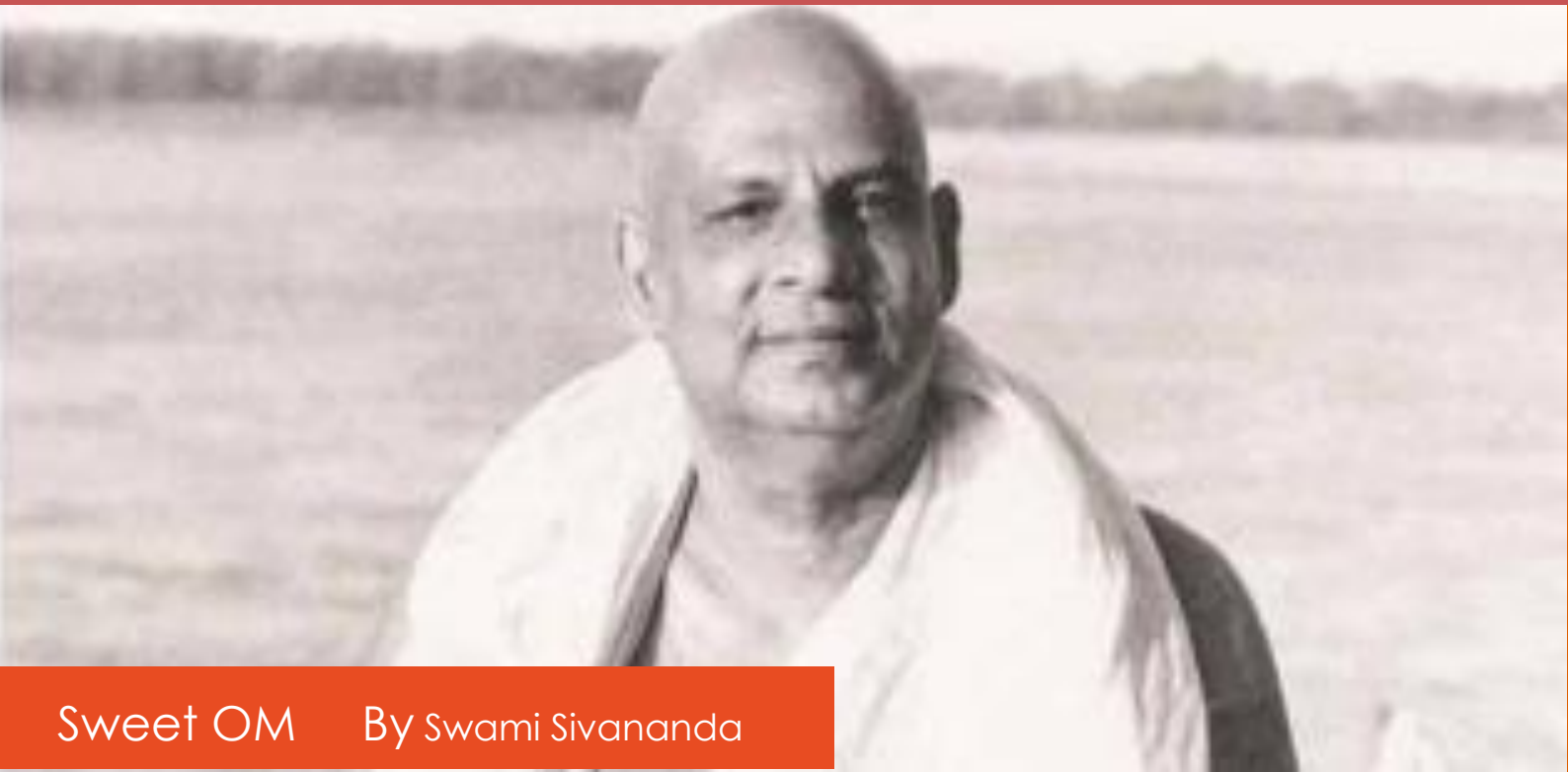


## Some 'Buts' (contd.)

10. Self-centred interest in one's own welfare is a detestable quality, but interest in one's highest welfare is intelligence
11. Non-violence is the highest duty, but it should be sacrificed in order to protect one's life, country and virtue.
12. Interpretations of Truth are many, but all interpretations coalesce on realising the Truth.
13. It is free-will when exercised within one's own space, but free-will, exercised by interfering into other's space, becomes slavery.
14. "The doubting self goes into destruction", but to doubt the permanence of the world is a mark of beauty of a seeker.
15. Nothing is impossible in the world, but it is thoroughly impossible to repay the debt of the Guru's grace.
16. It is extremely impossible to control the mind, but it is not impossible through practice and dispassion.
17. It is always desirable to obey Guru's instructions, but they are better ignored if they are an obstacle to one's highest welfare, as in the case of Bali, noted for charity.
18. Maya - Lord's illusive power is very difficult to cross, but not for a devotee whose sole refuge is the Lord.







## Sweet OM By Swami Sivananda

Om is the word of power  
Om is the sacred monosyllable  
Om is the highest Mantra  
Om is the symbol of Brahman  
Om is Soham  
Om is Om Tat Sat  
Om is the source of everything  
Om is the womb of the Vedas  
Om is the basis of all languages  
In Om merge all Trinities,  
From Om proceed all sounds  
In Om exists all objects.  
O Sweet Om! Potent Pranava!

The life of my life,  
The boat to cross this Samsara,  
Harbinger of Eternal Bliss,  
My redeemer and Saviour!  
Guide me and take me  
To Brahman, the hidden sage!

Utter OM in each and every breath of the nose.  
Apply your heart, mind and soul to the music of OM.

Live and move in OM.

Sing the glory of OM.

Make OM the center of your dwelling place.

Be ever wakeful in the bliss of OM.

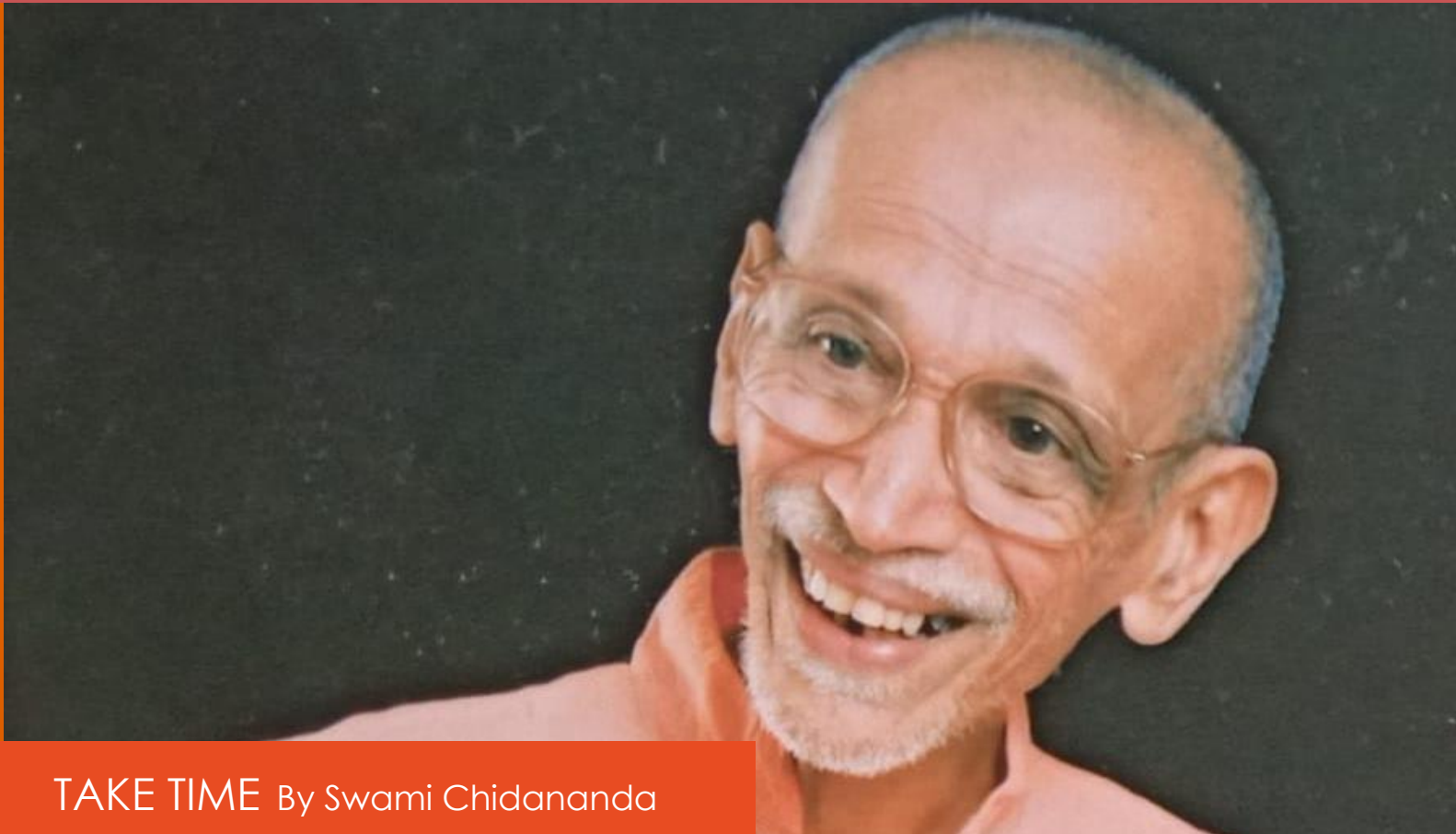
Melt the dream of the illusive world

In wakefulness of OM.

Sink the pains and miseries of samsara

in the bliss of OM, the bliss of the Eternal,  
the Abode of Peace, Bliss and Joy.





## TAKE TIME By Swami Chidananda

Take Time to THINK...  
It is the source of power.

Take Time to PLAY...  
It is the secret of perpetual youth.

Take Time to READ...  
It is the fountain of wisdom.

Take Time to PRAY...  
It is the greatest power on earth.

Take Time to LOVE and BE LOVED...  
It is a God-given privilege.

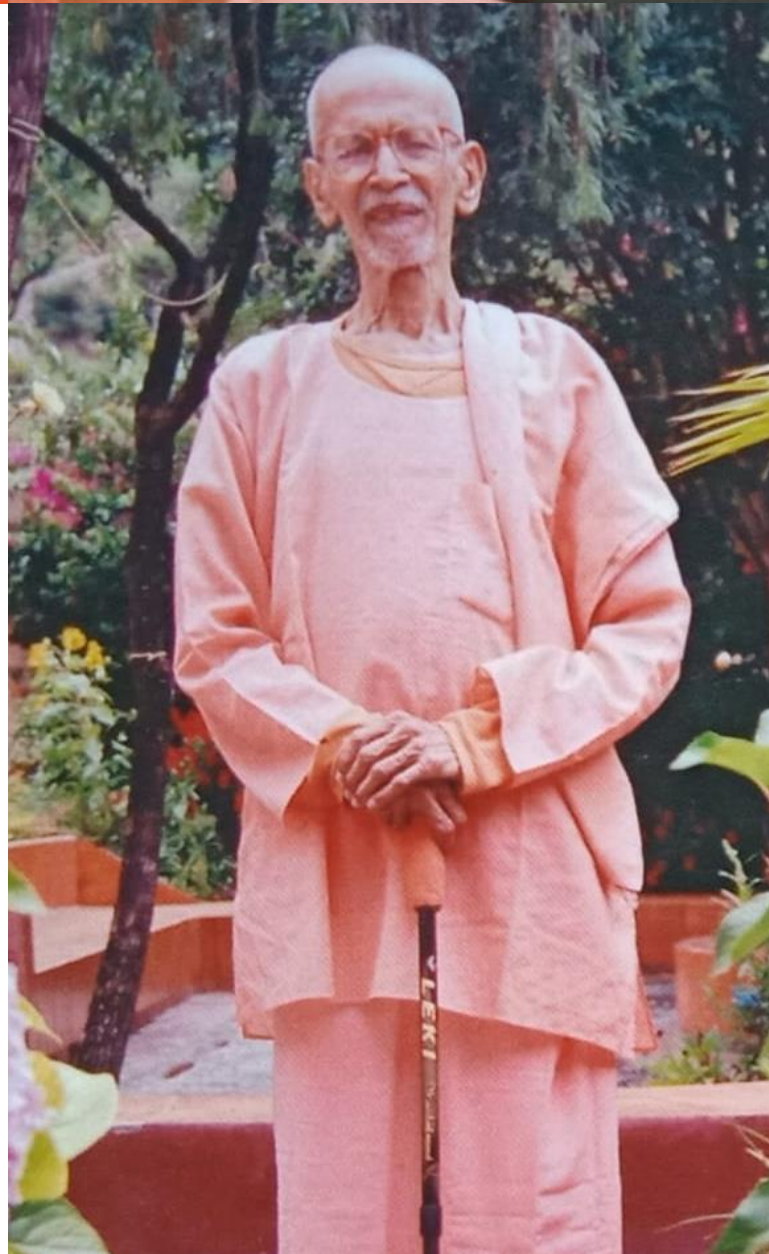
Take Time to BE FRIENDLY...  
It is the road to happiness.

Take Time to LAUGH...  
It is the music of the soul.

Take Time to GIVE...  
It is too short a day to be selfish.

Take Time to WORK...  
It is the price of success.

Take Time to DO CHARITY...  
It is the key to heaven.







# 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, asana pranayama sessions are conducted daily.
- 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!
- 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: 25

**SERVE, LOVE, GIVE, PURIFY, MEDITATE, REALIZE**



**Satsang with Swamiji**



**Gangadhar Mahadev Temple**



**Evening Prayers**





## 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. And regular medical education at schools.

In the month of May, the ashram was blessed with the presence of Dr. Ingrid Schutt, a professional homeopath from Canada and a global outreach doctor with over 2 decades of experience. The hospital department is thankful for her immense contributions towards medicines and treatment.



**Dr. Ingrid administering medicine**



**Eye Check-up**



**OPD**

Patients Attended to in Hospital OPD	: 638
Mobile Camp	: 486
Eye	: 100
Panchakarma	: 187
Physiotherapy patients	: 305
Homeopathy	: 16
Pathology Tests	: 05
Ambulance Seva to patients	: 02

**All the problems of the life are due to the idea of dualism! There is no problem in the ONE.**



# Healthcare - Special Event: Mobile Camp on Red Cross Day



A medical camp was conducted on 8th May in association with the Indian Red Cross Society at the Government Inter College in Bankoli village, Uttarkashi.

During the camp, more than 135 students and staff with different ailments got examined by our medical team and free medicines were distributed to the patients. The team educated the participants on maintaining a healthy lifestyle.





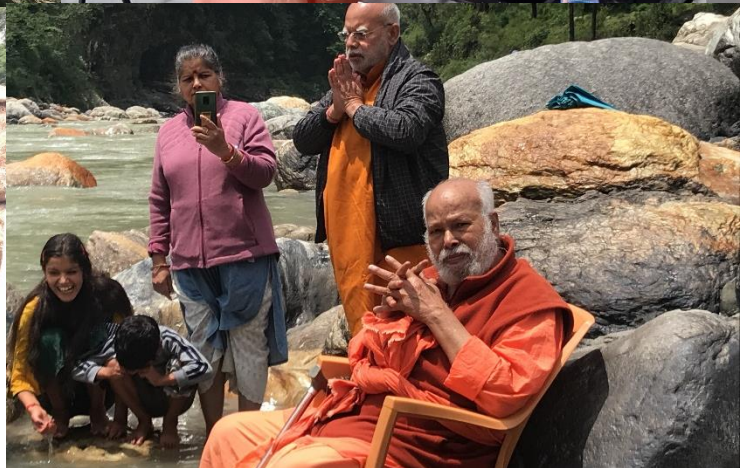


# Spiritual Activities: Ganga Dussehra celebration

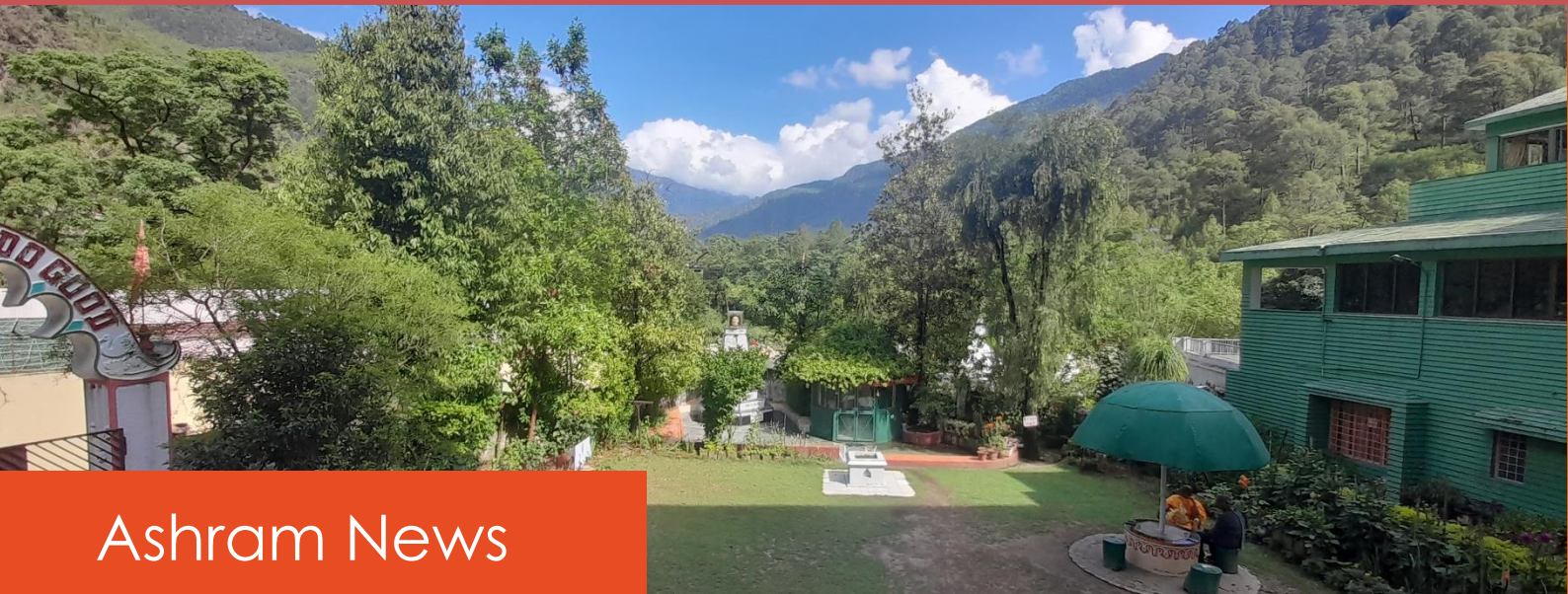
Ganga Dussehra was celebrated by ashramites, visitors and villagers with great zeal and enthusiasm. Prayers were offered at the holy feet of Maa Ganga for welfare of all beings.



Swamiji preparing Halwa for Maa Ganga







# Ashram News

## Hospitality

Many Mahatmas, on their way to Gangotri, arrived in the ashram in the month of May 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	:	112
Foreign visitors	:	11
Ashram inmates	:	21



**Spiritual guidance to 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: 60**



**Free Food for All**

## 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	:	5
Total No. Of Calves	:	4

## Yoga Asana

Regular Yoga asana classes are taking place under the guidance of Pujya Swamiji.

Total No. of students	:	33
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**Yoga asana class**





## Teachings from Yoga Vasistha: Signs of a Wise Man

1. The mind of a realized soul always remains saturated with the awareness of the Absolute. The mind cannot keep different identity of its own than the knowledge of the Supreme Truth.
2. So, when the body and senses with fourfold mind do some actions by the force of Prarabdha Karma; the actions are done without awareness. The self does not get involved in the actions and keeps no feeling of doer-ship in actions.
3. Because of non-involvement, he never gets perturbed or influenced by whatever the situation may be; Just like the sky, which is never influenced by the changes that appear by storms or clouds etc.
4. The wise man sees all incidents in life as an impartial onlooker, the things happen or occur around him on its own accord, without having any direct cause or purpose. The appearance or disappearance of an event makes no impact on a wise, as with right vision or true knowledge, he knows it is an unreal phenomenon, and hence it disappears from his sight at a glance, just as water in the mirage.
5. Regardless of the visible affairs of the world, the wise man moves freely, just like the leaves of the tree move by the force of air. The tree plays no role in the movement of the leaves, i.e., it remains as a non-doer (A-karta).
6. The realized soul looks at the world as a drama, being an impartial onlooker.
7. The wise man's vision of the world is like that of a Goldsmith. He looks at all kinds of ornaments as gold only. He doesn't give any importance to the changeful states of the gold as ornaments. The wise man looks at the world as only homogeneous, unconditional, non-changeable, absolute awareness without the ever-changing names and forms.
8. The realized soul remains always unconcerned, so worriless, desireless, unattached, like a lotus leaf in water, free from all sorts of I-ness and my-ness. So, he enjoys unconditional freedom.

ज्योत से जो ज्योत जलाये वह है प्रेमी ।

बिना ज्योत का जो ज्योत जलाये वह है जोगी ॥



## 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)

[info@sivanandsevasamiti.org](mailto:info@sivanandsevasamiti.org)

## 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

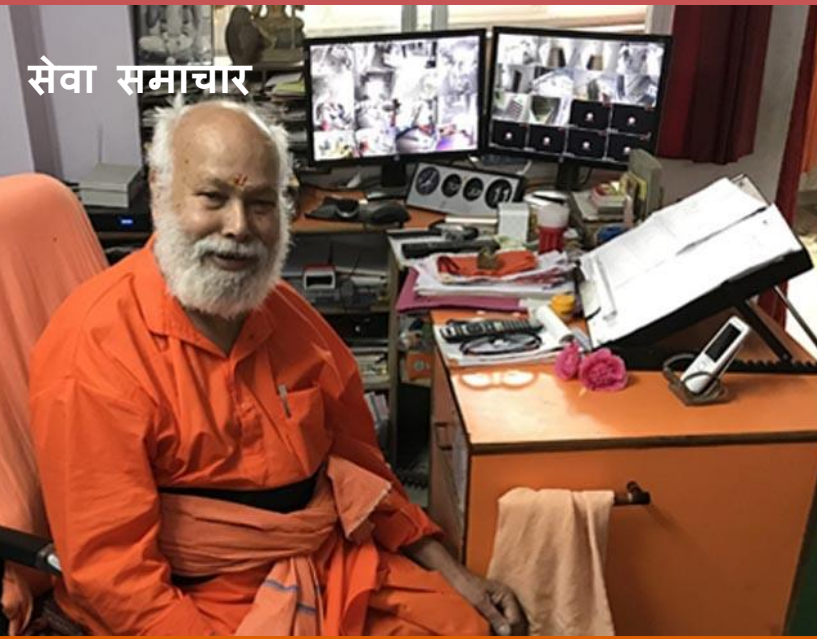
[www.sivanandsevasamiti.org](http://www.sivanandsevasamiti.org)

**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.

