

**June 2025**



# सेवा समाचार

**Seva Samachar**

**Swami Sivanand Seva Samiti REGD.**

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



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JUNE 2025



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

## Thought for the Month: Dream of a Seed

In the stillness of the earth, buried beneath layers of soil and time, lies a seed. To the unknowing eye, it appears small and lifeless—just a speck of nature's debris.

But if a seed could dream, its dreams would be vast and vibrant, filled with the silent yearning to become more than what it is.

A seed's dream would begin in darkness, but it would not be afraid. For in its quiet chamber underground, it holds within it a vision of the future—a deep, instinctive pull toward the light. It dreams of pushing past the weight of the soil, reaching upward with delicate shoots, longing to feel the warmth of the sun on its tiny leaves. The seed would not simply dream of growth, but of transformation—of becoming.

In its dream, the seed sees itself as a towering tree, its roots stretching wide and deep, anchoring it in strength. Its branches would cradle birds, whisper with the wind, and offer shade to the tired traveler. Or perhaps it dreams of being a wildflower, blooming brightly in a hidden field, its petals painting the world with color and joy. Maybe its dream is more humble—to grow just enough to nourish a bee or feed a child. No dream is too small when it carries purpose.

But a seed's dream is not without struggle. It knows, even in its dreaming, that to grow is to endure. It must break open, leave behind the comfort of its shell, and embrace the unknown. It must risk the dangers of drought, of storms, of being stepped on or forgotten. Yet it dreams still. Not because it knows it will succeed, but because it must. Growth is its nature. Becoming is its destiny.

In many ways, the seed's dream is a reflection of our own human journey. We, too, begin with unseen potential. We, too, face darkness, fear, and uncertainty. And like the seed, we are called to reach for something greater than ourselves, to push through resistance, to transform.

Vedanta teaches, "As is one's thought, so one becomes" (Yad bhavam tad bhavati). This ancient truth reminds us that within the quietest of beginnings lies infinite possibility. The seed, though small, carries the blueprint of the forest within it. Its dream is not limited by its current form, but is shaped by its inner essence—just as we are shaped by the vision we hold of ourselves.

So, if a seed dreams, it dreams not just of what it will be, but of the difference it will make. It dreams of a world it hasn't seen, yet longs to touch. It dreams of life, of change, and of becoming everything it was always meant to be.

## Seva Samachar

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## Parable Of The Heiress Who Marries The Ugly Man

- By Swami Sivananda

There once lived a beautiful young heiress to a very great fortune. Many young men sought her hand in marriage. But she preferred to choose an ugly-looking poor youth who became perverted and unsteady in his worldly activities, on account of his love for that young lady. When the other suitors asked her the reason for her selecting a man who had neither good looks, nor wealth nor brain when compared to them, she replied:

“You can never be compared to that poor man; nor do you possess his eyes which are able to see both the worlds.”

**To be awake in love is hypocrisy.**

The young heiress can be compared to the Lord possessing all wealth.

The poor, ugly-looking youth is compared with a devout aspirant who knows not anything beyond the Lord, to whom all the three worlds are verily found within his goal, there being nought besides it.

The other suitors are like devotees who pray for gifts from the Lord, but not for the Lord Himself.

To be awake in love is hypocrisy, for thereby you do not love the beloved for what the beloved is worth independently, but for the beloved's external beauty and riches.

To be awake to the external world is to forget the Spirit. It is worse than sleep.

Whether it is Vedanta or Bhakti or Yoga, it is all the same, as far as the main aim is concerned. You should forget the external world, be blind to it, and see all space and time within your Goal, the inner Reality.

Then the Self will reveal Its nature unto you; then God will love you and choose you as His best devotee.





## Let Virtue Rule Thy Life! By Swami Chidananda

Blessed Immortal Atman! Om Namō Narayanaya! Jai Sivananda!

Salutations and adorations at the Feet of the Universal Being, the one Divine Reality, whom the prophets of all religions have realised in the innermost depths of their illumined Super-consciousness. May the Light of that supreme Divinity fill our lives, on this auspicious occasion of the celebration of the Bharatavarsha's national festival of lights, Dipavali, with His Divine Grace! May the choicest Blessings of God and Gurudev grant you all inner spiritual illumination.

Since all of you are devoted to the ideals of divine living, you would readily find the rows of lights lit for the Festival, illuminating the very meaning, purpose and Goal of human life. This earthly life is a glorious opportunity, granted to the individual soul to attain the conscious knowledge of its eternal oneness with the illimitable Light of Cosmic Consciousness.

This gift of human life is a rare opportunity, a splendid change, given to us by the benign Hand of the all-merciful God, for transcending all limitations, bondage, sorrow, suffering, pain, grief and weaknesses of all sorts, and for attaining that unlimited glory and that experience of immeasurable peace which emerges from your union with the Divine. That is the goal; that is the central meaning of life; that is the prime purpose of your existence here upon the earth plane.

With all its defects and imperfections human life has this great redeeming feature, that it is a passageway to the Light of Immortality. Live life in the Divine. Recognise your existence here as such and live in the light of this recognition, of this inner awareness, this inner knowledge. Let each day dawn for you as a fresh opportunity and occasion opening up before you to move one step further towards this great attainment of Divine Realization. Within yourselves, let there be, everyday, a Festival of Lights. And while you live a life of such unceasing and blessed quest towards the supreme Attainment, live a life of great virtues, a life of simplicity, humility, nobility.

Let all your life be a radiation of Virtue—the inner perfection that is inherent in each soul. Let life be an outflow and expression of the goodness, that is the truth of your being, because you are made in the image of God. Like Him, you are Divine, Goodness, Purity and Truth. Let your life, therefore, be an active manifestation of these divine qualities which are the essential part of your innermost reality. Thus alone would you prove that you have caught the true significance of the outward ceremony of lighting several rows of lights that the observance of the Dipavali festival enjoins. Live, then, the life Divine.

Blessed Self! Withdraw the senses from the objects; withdraw the mind from the senses and establish yourself in your inner divine Centre. Be the unchanging one amidst the changing body-and-mind-personality. Let the spiritual Principle in you prevail. Let the spirit Divine enshrined in you express itself in all its glory, express itself through a life of Yoga, through the thought and motives of the mind, through the actions and deeds of the body. Let all actions be full of love, goodness and purity. That is real Divine Life.

**May your inner life be a perpetual festival of Lights!**

# 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 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: 5**



**Gangadhar Mahadev**



**Evening Prayers and Kirtan**



**Yoga Asanas**



**Yoga Hall**





## 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	: 597
Eye	: 256
Mobile Camp	: 109
Panchakarma	: 221
Physiotherapy patients	: 255
Homeopathy	: 42
Pathology Tests	: 121

Registration and Dispensary



Dr. Kiritbhai Patel  
at OPD



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



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 10<sup>th</sup> May 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: 96**

**Cataract Surgery done for: 43**







Uttarkashi, Uttarakhand, India

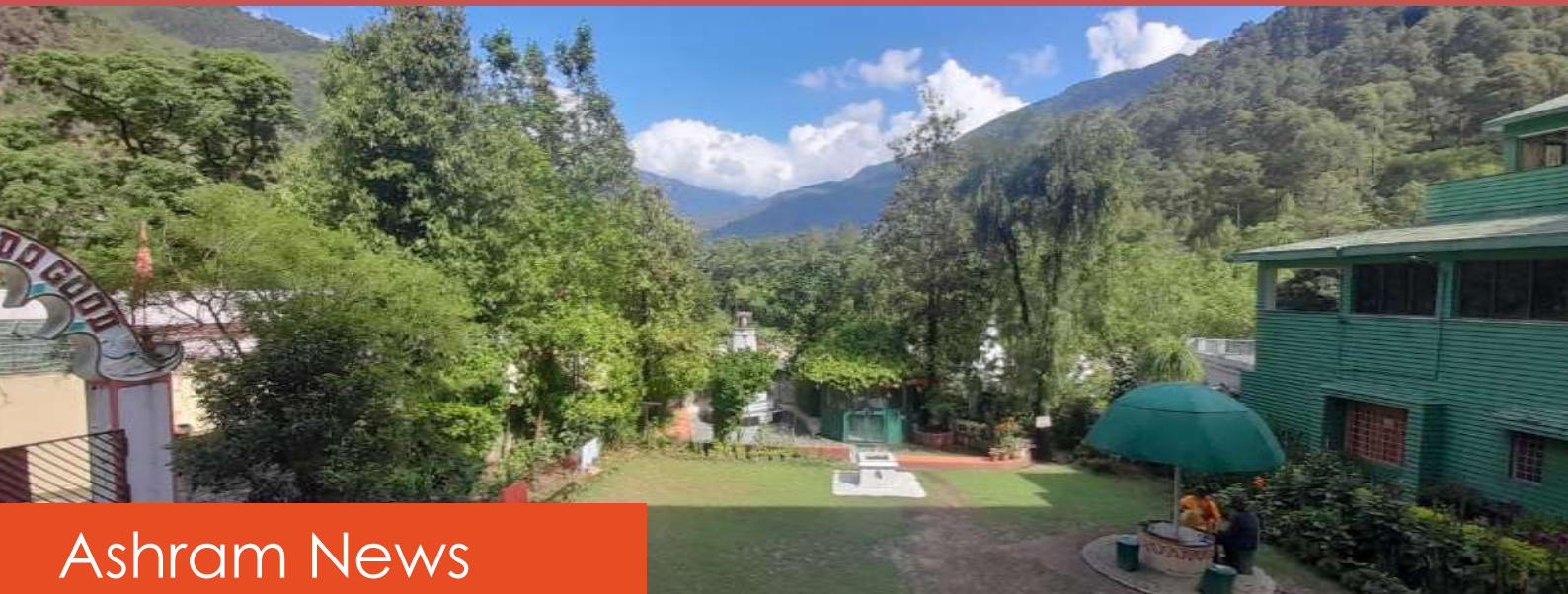
Uttarkashi Gangotri Road, Bhatwari,  
Uttarkashi, Uttarakhand 249135, India

Lat 30.753502, Long 78.475752

05/11/2025 09:05 AM GMT+05:30

Note : Captured by GPS Map Camera





# 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	:	64
Foreign guests	:	01
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: 75**

## 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: 15**



Swamiji blessing the visitors



Annakshetra



As a child with the children



## Glimpses of programs and events at the ashram



Soulful Bhajan Kirtan



Chanting practice with Swamiji



Swamiji blessing visitors

Singing bhajans and getting immersed in the blissful state





*Where river sings... Forest aglow...  
And rainbow crowns the afternoon skies...  
Mountains tall... Gardens in bloom...  
The winds recite - God lives in every view.*







## Teachings from Yoga Vasistha: Cosmic Dissolution

Prince Rama enquires about the dissolution of the Brahmanda or Universe and the great Sage Vasistha ji gives elaborate description of cosmic dissolution of a Brahmanda or Universe that initially appeared like a mere golden rock in space. The sage's journey and experiences in that Universe explains the different layers in creation and the reality beyond the physical existences. The creator or Brahma of that Universe expressed his will to withdraw the transient creation and retreat into the ultimate unmanifested state. Vasistha ji narrates complete destruction of everything in that Universe in different sequence and from different perspectives in great detail.

- *the turmoil and chaos caused by destructive winds, jarring sounds, blazing Suns, flaming fires, overflowing seas and tremendous waves that shook and crashed and shattered everything in that Universe*
- *the dreadful and chaotic state of the world brought on by conflict of earth, air, water and fire with one another; the earth, heaven and the lower regions being torn to pieces, tossed and submerged in the all-devouring waters. As a consequence, there remained neither sky nor horizon, neither creation nor creature anywhere.*
- *Disappearance of the primordial elements and all matter as well as the 14 Lokas, the celestial beings as well as the 12 Suns followed by deep darkness that embraced the entire sky*
- *Appearance of a dark form that radiated bright beams of millions of morning suns in the deep darkness and how Vasistha ji saw from his aerial seat a gigantic dreadful form whom he recognised as the great God Rudra having the total or universal ego; who destroyed and devoured the whole creation at the end, and after being satisfied, rested in perfect peace and inaction.*
- *The other spheres beyond that Brahmanda - the first is the sphere of water beyond the two parts of the earth, which is ten times greater than the land which it covers. Beyond that is the sphere of heat, which is ten times greater in extent than that of water. Far from this is the region of the winds, whose circle is ten times larger than that of solar heat and light. Next to these is the sphere of air, which is ten times as wide as the circuits of the winds. It is the highest sphere of transparent air and is said to comprise the infinite emptiness of the Divine Spirit. Beyond these, there are some other spheres also, whose circles extend to the distance of ten times above one another in the vast infinity of space.*
- *The body and dance of Mahakali or eternal night that emerged from the great Lord Rudra, whose body was so big that filled the whole space, and as deep and dark black as to cover the ten sides of the sky under the shadow of its dark appearance. The imprints of entire creation - stars and mountains and great rivers and towns and cities were visible on her body. Her body is a collection of dualities, of conflicting elements and contrary principles: creation and destruction, existence and non-existence, happiness and misery, life and death.*

Rama then asked in amazement how Mahakali appeared after the complete dissolution!

Does this sound unreal? In reality, everything is imagination, projection of thoughts in pure consciousness. The world arises from thought or Sankalp and is sustained by it. It disappears with the cessation of thought. Every being, object or event is a mental projection only. The mind, through its power of imagination, creates space, time, multiplicity and all triads. The Universe, from absolute perspective, is not a physical reality; rather a mental projection, akin to mirage or dream. The cosmos is a mere ripple in the vast ocean of consciousness and real cosmic dissolution is the end of all illusion and realisation of the Self or Absolute Existence as the only reality. This is real knowledge and bliss, being established in this is freedom or Moksha. And real knowledge cannot be expressed; it is experienced in silence in the heart of hearts.



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

### ADDRESS

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### EMAIL:

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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.

