

November 2021



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

By Swami Premanand

दीपावली

आई दिवाली दिल खोल के चलो मिलें एक से एक,
एक से एक यदि मिल जावें तबही तो प्रकाश का रेख ॥

दीप अनेक है, आलोक एक रंग विरंग में रंग एक,
रंग-रंग में जो रमा सो राम, वह ही बना अनेक ॥

प्रकाश का आज विकाश हो, तमसा का हो नाश,
सबके दिल में दीप जले, आनन्द का हो विन्यास ॥

शब्दों से आयात आनन्द, आओ शब्द करें अनुसंधान,
शब्द से तो सृष्टि सृजन है, स्पन्दन का महादान ॥

शब्द से प्रकाश, प्रकाश से शब्द, दोनों में आनन्द समाया,
आनन्द में शब्द, अरू प्रकाश का विकाश, यही जग जगमगाया ॥

दीपावली की यह आनन्द रात्री शुभलाभ भरलायी,
कालरात्रि ने महाकाल को भी अपने अंक सुलायी ॥

सोता है सारा जग जहाँ, जागो हे जोगी, जागरूक !

शब्द-प्रकाश में आनन्द जगाओ, बन जाओ अनेक में एक ॥

बादल गरजे बिजली चमके, ध्वनि प्रकाश का मेल,
आनन्द रस का बारिष हो, दीपावली का यह खेल ॥

काल रात्री महाकालि भैरवि भव भाविते ।

बुद्धी प्रकाशीके मातर्नमस्ते सर्व बन्दिता ॥

Seva Samachar

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Deepavali Message By Swami Premananda

Om Satchidanandaya Namah

According to modern science and our old Indian Science (Philosophy), the creation starts with a sound (energy). The energy is the nature of its source (substratum) for everything. This light is also termed as knowledge or awareness.

The creation starts with "one in many and many in one formulae". The individual beings are nothing but rays of light in many different forms of light and sound. Both are energy and supplementary to each other, form of each other.

'The Creation', 'The Nature', 'The changing phenomena', 'The Evolution process', 'The time and Space', 'The cause and Effect', 'The Action and Reaction', 'The Relativity', 'The Pairs of Opposite', all these terms have same basic meaning which are used differently in different context.

From other angle of vision, light and sound again are nothing but forms and names, which constitute the visible relative worlds

This is how our lives are nothing other than light and sound. Deepavali is the festival of light and sound which holds a great meaning in our lives. The individual being is nothing but a part and parcel of the light and sound only.

Again from other angle if it is seen, it is said that one should keep awake the whole night on Maharatri, (Mahashivaratri), Krishna Janmashtami - known as (moharatri) and kalaratri (deepavali night). There is astrological background behind this concept. If one keeps awake, it is good for physical and mental health. So one should keep awake on these occasions and contemplate on the darkness and light.

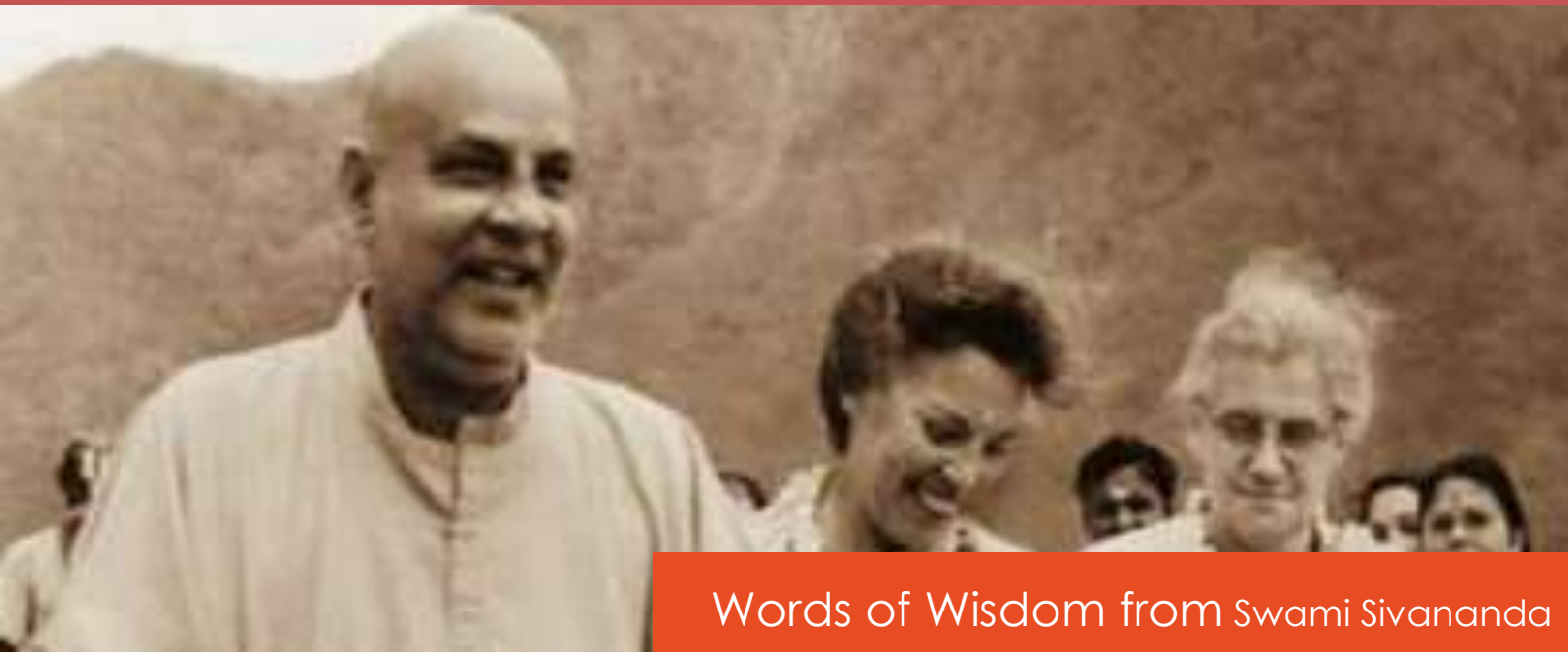
Darkness is ignorance which is the root cause for all our miseries and light is knowledge which is cause for eternal happiness, the bliss, the eternal abode of all beings. Kalaratri is the juncture between two creations where time stands still. That is best time to meditate where mind also stands still. When the mind starts functioning, time also starts functioning.

If, one seriously ponders over our 'LIFE' the truth reveals itself in this way. We get a chance to contemplate on light and sound on this occasion by celebrating this festival 'DEEPAVALI'.

When we light the lamps we commune with the Supreme Truth. The sound of the fireworks unite us with the primordial sound "OM the SABDA BRAHMA".

When the sound expands, it is named as 'space'. When the space moves it is called energy (Air) and due to friction in the movement 'Fire' is produced. And water and earth grossified forms of fire only and so on.

If any object taken and crossed into smallest possible particles (atoms or waves) we get only sound. That's how all the gods or goddesses hold some symbol of sound. Oh children of light!, be aware of your 'Identity'!, May this self effulgent light reveal itself in your heart on this festival!, Oh radiant self! Shine in your pristine glory forever and ever!



Words of Wisdom from Swami Sivananda

To shed the animal in man and to sublimate the human in him into the divine, to express this sublimation in his daily, hourly, life in thought, word and deed – that is truly divine life.

To speak the truth at all costs, to speak sweetly with love, to practise non-violence, celibacy, to be hold the Lord in all forms is Divine life.

To be ever in communion with the Lord by annihilating mineness and egoism through faith, devotion and self-surrender is Divine life.

If you want to be a devotee of the Lord, you must also realize the evils of undivine life. This will surely save you, Repetition of the Lord's Names will purify the mind. But along with these you must also practise vichara, When the mind entertains unholy thoughts, remember the consequences, viz. pain, disease and death. Also think of the advantages of leading a pure life. Remember the lives of saints and draw inspiration from them. Pray to God for more and more strength. Read Ramayana, Bhagavata and the Gita. All that is beautiful, all that gives some pleasure, appears so because of the beautiful, blissful God who is behind them all. Real beauty, real joy can be had only in God who eternally lives in your own heart.

Every attempt to cultivate divine virtues, selflessness, straight-forwardness, courage, serenity, generosity, mercy and self-restraint, this in reality is Divine life or life in God. Ever keep up a balanced mind in success and failures, censures and praise, honour and dishonour, gain and loss, heat and cold. Give up identification with the body, wife, children and all kinds of property. Identify yourself with the all-pervading immortal blissful Atman and rest peacefully in Brahman.

Of all creations of the Lord, man alone can comprehend and love God and attain to liberation. Really, man's knowledge should embrace the whole universe. There is nothing in the universe that man cannot know. It is the love of knowledge for its own sake, not because it brings us food not because it enables us to practise a profession but love of truth for its own sake. That is the destiny and glory of man.

Man's life must not be confined to the limits of his family: but should take in the entire village or town, nay, the whole state, the whole country, the whole earth and the whole universe. His love must embrace the entire universe. Therefore, when he loves knowledge for its own sake and his love is universal and boundless, then the mighty protector God is pleased because man attains the summit of his glory.

The true goal of life is to get back to the source from which we came. Just as the river flow restlessly till they join the ocean, the ultimate source from which they got their supply of water, just as fire leaps and burns furiously till it merges in its own origin, so too, we should be restless here till we obtain His grace and become one with him.

All is God: God is all. This world is your best teacher or Guru. There is a lesson in each and every experience. Learn it and try to become wise. Every failure is a stepping stone of your faith in God. Every disease is a Karmic purgation. Every unpleasant incident is test of your inner spiritual strength.





An Exemplar of Renunciation By Swami Chidananda

Loving adorations to revered and beloved Holy Master Gurudev Sri Swami Sivanandaji Maharaj who was a sage established in the great Reality—a state which did not come easily to him. It came by dint of great effort, great austerity, great penance, great sadhana, great yoga, deep meditation, but at the same time, with a deep devotion to God, with a deep spirit of absolute surrender to Him: “I may put forth whatever efforts, but the efforts ultimately giving fruit in the attainment of the goal depend entirely upon the divine will of the omnipotent Lord. So in the ultimate analysis, my efforts are as nothing. One hundred per cent, totally, my attainments depend upon the divine will of the Supreme Being.

So, his was a marvellous combination of the most earnest, most intense self-effort combined with a clear knowledge that everything is only in the hands of God. Human effort avails nothing; ultimately it is the divine will that prevails. And this attitude of his he kept as his own personal secret, his personal inner state always; because if he said, “Everything is in the hands of God,” we who are half-baked people, only too ready to take the easy way, will become lethargic: “No, no. He will do everything. We need not do anything.”

Because the subtle inner truth of lofty spiritual truths is not easy to understand, not easy to grasp. So he always used to say, “No, no, no. Self-effort. Always you must do effort. Without effort, nothing will come!” knowing full well the real, ultimate spiritual truth.

Gurudev Swami Sivanandaji’s one goal was world welfare. All should awaken from the slumber of ignorance. All should awaken and partake of the bliss of attaining Brahma jnana, for the slumber of ignorance is the cause of untold sorrow.

Swami Sivanandaji was a great karma yogin. In our times, he was one of the greatest, selfless workers for the welfare of all humanity. He did unique, unparalleled, unprecedented work. He wrote 300 books and had a big ashram. He held innumerable conferences and opened branches of The Divine Life Society all over India and throughout the world. We saw his activity.

However, we also know that he was a sankirtan samrat. He rejoiced in singing and chanting and dancing to the name of God. He wrote a book Japa Yoga. He was a great bhakta, a great devotee. He was an adorer of the Supreme Divinity in and through everything that he did. He literally lived, moved, had his being in God and acted, in even his minutest actions, only to adore that Supreme Being. For him life was one great worship. Even seeing, hearing, talking, breathing, smelling, touching, tasting, sitting, lying, walking—all things—constituted for him a supreme, glorious worship of the Divine.

Before we knew him, when he lived a life of seclusion, intense penance and sadhana in Swarg Ashram, he was known as a great meditator, a silent withdrawn person, always reflecting upon God, always inside the closed doors of his kutir meditating, meditating, meditating. He wrote a book Concentration and Meditation. He wrote a book Dhyana Yoga. He said that meditation is the ultimate key to attain illumination, enlightenment. He encouraged all his followers to meditate. He devoted a whole volume to translating, explaining and commenting upon the yoga of meditation as expounded in the Yoga Sutras of Maharshi Patanjali. He was a mystic meditator.

But at the same time, he was a kaivalya advaita vedantin in the line of Jagadguru Adi Shankaracharya. People in the vedantic ashrams in and around Rishikesh and Haridwar viewed him as a towering vedantic figure. He was all; but basically he was a yogi who sought union with the divine—and he found it. Then he proclaimed it to all as the goal of life and showed all the various ways and means of attaining that union.

Along with other important teachings, Gurudev taught us the essential unity of all religions—in spite of the outer differences in ceremonials, rituals, the architectural structure of the place of worship and the apparel worn by the priests belonging to each religion. All these may be different, but nonetheless they cannot affect the underlying, essential oneness in all religions. All religions declare the omnipresence, omnipotence, omniscience of the Supreme Being, the all-perfection of the Supreme Being.

The importance of this is that he proved that such a thing is possible—even in this Kali Yuga where humanity is experiencing a state of degradation. Even during his unprecedented, inspiring and nation-shaking spiritual tour of India in 1950, we observed that in spite of the hectic programs, he always abided in Brahman, in the Cosmic Reality.

The outward personality of Swami Sivananda functioned on the secular dimension. The inner reality which had realised itself as one with Brahman and became established in Brahmic-consciousness—That alone is real, all appearances are false—that inner state never varied, was never affected by anything outside. Therefore his consciousness, his personality was truly a marvel of the modern age.

Swami Sivananda’s reliance upon the Supreme was worth seeing. It was total, absolute. He was an object lesson to us. May his blessings be upon us all!



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 733 subscribers and an ever-growing number of viewers, our Daily Yoga Vasistha Classes are reaching Sadhaks across the globe. Join Swami Premananda at 4pm in the Bhajan Hall or online to experience the magic of one of the most significant pieces of text ever to be written!
- All festivals of its type starting with Janmashtami, Navratri, Diwali, are celebrated with all pomp and glory, with everyone contributing wholeheartedly towards putting service in organizing those.
- 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.





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.

Total No. of Students Supported, in the month of October:20

Computer education: Computer classes remained closed due to corona virus lock down. But after 17th may computer class is reopened, adhering all the preventing measures of corona virus. Due to covid-19 Yoga class was closed but since 18th of May again we have started the yoga class with all the anti-measures of corona virus.

Number of students in Yoga class : 45

**Number of students in Computer class : 21
(in 3 batches)**

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 : 10



Navratri



Navratri



To celebrate the feminine-Divine aspect of existence; Sivananda Ashram, Ganeshpur held a wonderful 9-day festival, in her honour. Daily Puja was held, along with Yagna, Bhandara and a whole load more exciting activities and !!

Jai maa





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. Due to covid-19 the mobile camp program is on hold.

Panchkarma building is functioning well for male and female. The Tele Medicine facility having connectivity with AIIMS Rishikesh serves many chronic patients.

During Corona lockdown only emergency cases were attended. From September first week the hospital started working regularly with all mandatory precautions.

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	:	456
Eye patients	:	229
Dental patients	:	58
Mobile camp patients	:	00
Panchakarma	:	48
Physiotherapy patients	:	166
Veterinary medicines distributed	:	02
Pathology Tests	:	00
Ambulance Seva to patients	:	05
Homeopathy patients	:	59





Eye Camp





Eye Camp

A team of Doctors from AIIMS Rishikesh, Visited our Sivanand Dharmarth Chikitsalay to conduct a Free Eye Check up Camp. On date 20-10-2021

Dr. Ramamuj Samanta Assistant Professor, and his team of doctors consisting Resident Doctors, Dr. Sriram, and Dr. Anurag, along with Sri Chetan Sharma Optometrist conducted this camp Successfully. 130 patients were screened and out of them 73 patients were found to have cataract and they are referred to the next eye camp for surgeries.

Optometrist, Associate Professor working in AIMS, Rishikesh has offered free medical consultation services at our ashram towards our philanthropic mission in serving Humanity.

Several patients from neighbourhood region and villages availed benefit of this health camp.

This Free Medical Camp was conducted and food and other hospitality services were sponsored by Mrs Jetwani in memory of her daughter Late Shri Poonam Jetwani.





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.

Indian guests	:	40
Foreign visitors	:	01
Ashram inmates	:	24

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

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





Yoga Course





Yoga Course

A Yoga Teachers Training Course was organised at our Ashram premises of Swami Sivanand Seva Samiti. From 2nd to 30 october This Course was conducted by Sri Swami Govindananda ji of Sivananda Yoga Vidya Peetham.

The Students had a great opportunity to share the wisdom teachings of Worshipful Gurudev Swami Sivanandaji Maharaj through Swami Premanandaji, Swami Atmanandaji, Swami Hariomanandaji and Swami Yatidharmanandaji.



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
- **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.sivanandasevasamiti.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

Teachings from Yoga Vasistha

BY SWAMI PREMANAND

Consciousness, light, Brahman stands behind everything in existence. Whether it be an insentient stone found on the bed of Ganga or the most highly-spiritual Yogi traversing the Himalayas, the Absolute illumines them with its omnipresent, ever-shining rays. This same light remains the same for everyone, there is not one light for you and a different one for them. Therefore, it is only a matter of removing the ignorance, that veiling of avidya, false projection and our ego's incorrect identification with objects that stands in the path of us reaching our eternal true abode, to become one with the Absolute once again and for the pure light of consciousness to shine through.

Thankfully, given the blessing of a human birth and armed with discrimination we are equipped, through correct practice and guidance with the ability to peer through the veil, realise the Truth against untruth and become established in vairagya, dispassion and ultimately Sat-Chit-Ananda.

Mantra japa, satsang, study of the scriptures, speaking truth, ahmisa, bramacharya are all wonderful time-tested methods of removing the impurities in order to yoke oneself with the Absolute. Then with patience, tenacity, sincerity and perseverance one may become that transparent vessel to reflect and hold the light of Brahman.



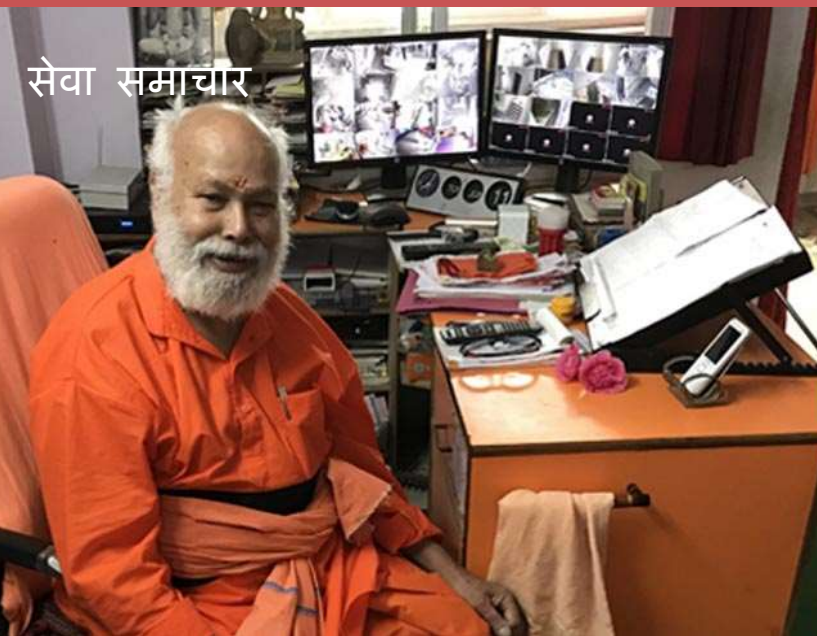
Godsfavourite

**Hold my hand, I'll take you there,
Where, bliss and joy do reign.
For, when I dive behind those eyes;
I sense you'd do the same.**

**Whatever obstacles line our way,
We'll appease them; Day-by-day.
I know you'll fall,
Hurt both hands; And, bruise your knees,
Take your time.
I promise; I'm here to stay.**

**You're the tendency of mine,
That brought me back,
Past, the horizon edge,
I've loved no other; Just the same.**

**And, before you're aware,
We'll reach that point.
Perceptions, of life; Will change.
And, the Greatest Love; Of My Many Lives,
Will be One; With me; Again.**



SWAMI SIVANAND SEVA SAMITI

ADDRESS

SIVANANDA ASHRAM,
CHIDANANDA KASHI, GANESHPUR,
UTTARKASHI, UTTARAKHAND, INDIA.

PHONE NUMBER:

+91 9411370533

EMAIL:

swami.premananda@gmail.com

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.

