

November 2025



सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti REGD.

sivanandsevasamiti.org

सेवा समाचार

NOVEMBER 2025



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

Thought for the Month: Beyond Differences Lies Oneness

- By Swami Premananda

When you see difference, there is world.

When you don't see any difference, there is no world.

There is difference from one angle, and from another angle there is no difference. World is made up of pairs of opposites, it is made up of dualities, yet analytically or from all round vision it is one. If you see beyond the name, form and quality, then there is Oneness.

For example, there are many books with different contents by different authors in the library, yet all of them are books. Coin is one but head and tail together make a coin. Japanese says India is in the west and Italian says it's in the east. Who is correct? Actually, India is neither in east or west, and both are correct from their viewpoint. Is it day or night now? In India it is day and in America its night, the world changes according to where we stand. That's why we have to see from all angles as the total vision leads to correct understanding, it brings peace.

When you see through the senses as well as analytically, from one angle, everything seems different and changing. From another angle, there is no change, no division. From one angle there is world, many-ness. From another angle, there is no world, no changing name and form — only the one Reality expressing as many.

From all round vision, all opposites are part of one totality.

If you want to really enjoy, rise above the opposites, be neutral, have oneness in thought while you behave with many.

Book your ticket to space where there is no up or down, no day or night — to the neutral zone beyond all differences, all divisions, all dualities.

Go for a space-walk. Forget name and form and meditate on the neutral zone.

May you experience the eternal Oneness beyond all differences.

Seva Samachar

- Thought for the Month
- How I Synthesised My Sadhana
- See Yourself Impartially
- Daily Programme
- Healthcare Activities
- Ashram News
- Dharali Relief activities
- Teachings from Yoga Vasistha
- BECOME A MEMBER



Swamiji has been awarded Sivananda Yoga Ratna Award, a global recognition on International Day of Peace



How I Synthesised My Sadhana - By Swami Sivananda

Service of the sick and the poor and the Mahatmas purifies the heart. This is a field for developing all divine qualities such as compassion, sympathy, mercy, generosity. That helps to destroy the evil qualities and impurities of the mind such as egoism, selfishness, pride, hatred, anger, lust, jealousy, etc. Mahatmas and the poor villagers who were sick did not have proper medical aid. Thousands of pilgrims to Badrinath, Kedarnath also needed medical help. Therefore I started a small dispensary, Satyasevashram, at Lakshmanjhula on the way to Badri-Kedar, and served the devotees with great love and devotion. I arranged special diet for the serious cases and provided milk and other requirements. Spiritual evolution is quicker through service done with proper Bhav and attitude.

For maintaining a high standard of health, I practised Asanas, Pranayamas, Mudras and Bandhas. I used to go out for long brisk walks in the evenings. I combined physical exercises such as Dand and Bhaitak also. I paid special attention to simple living, high thinking, light food, deep study, silent meditation and regular prayers. I loved seclusion and observed Mauna. I did not like company and futile talk. From the Ram Ashram Library in Muni-ki-reti I used to get some books for my study and devoted some time to study every day. I kept always a Dictionary by my side and looked up the meaning of difficult words. Rest and relaxation gave me enough strength to carry on intense Sadhana. I moved closely with some Mahatmas but I never indulged in discussion and debates. Self-analysis and introspection were my guide.

With a view to devoting more time to prayer and meditation, I moved to the Swargashram. I lived in a small Kutir, 8 feet by 10 feet, with a small verandah in front, and depended on the Kali Kambliwala Kshetra for my food. Now the Kutir is numbered as 111 with some additional rooms by its side. I continued my Sadhana and service to the sick persons of the place. Just for an hour daily, I used to go from Kutir to Kutir to attend to the sick Mahatmas, enquire about their welfare and supply their requirements. I spent much of my time in meditation and practised various kinds of Yogas in my Sadhana, and my experiences have all come out in many of my publications as advice to aspirants. I quickly sent out my thoughts and experiences to help the world and struggling seekers after Truth. It was usual for even great Mahatmas to keep their rare knowledge as a secret and teach only a chosen few.



See Yourself Impartially By Swami Chidananda

Knowing that there are diversities in human nature and abilities, knowing that not all are ready for the same highest teachings, accordingly the teacher gives. Let the Supreme Being bless us to have the right and proper understanding of the teachings of Guru Bhagavan Swami Sivanandaji.

There is a story in the Upanishads of the three da. Da is a letter in the Sanskrit alphabet. A human individual, a celestial and a demon all approached Brahma, the Creator, seeking knowledge of the Higher Self. Coming down from His deep meditation, He looks at each one of them and gives the same identical upadesa or spiritual instruction. And the upadesa is to look at their image and pronounce the word da. And each one understands the meaning according to his own nature and propensities, inclination.

A commentator upon this Upanishadic episode says, “Even though it was given to three types of beings, all three of these can equally apply to one human individual, because within the human individual all three propensities inhere. They are already there—celestial, demoniacal and human. So one should understand all these three aspects of one’s being and how to interpret and apply this knowledge for one’s own benefit. Mark you, one’s own benefit. Spiritual truths should be applied only for one’s own benefit.

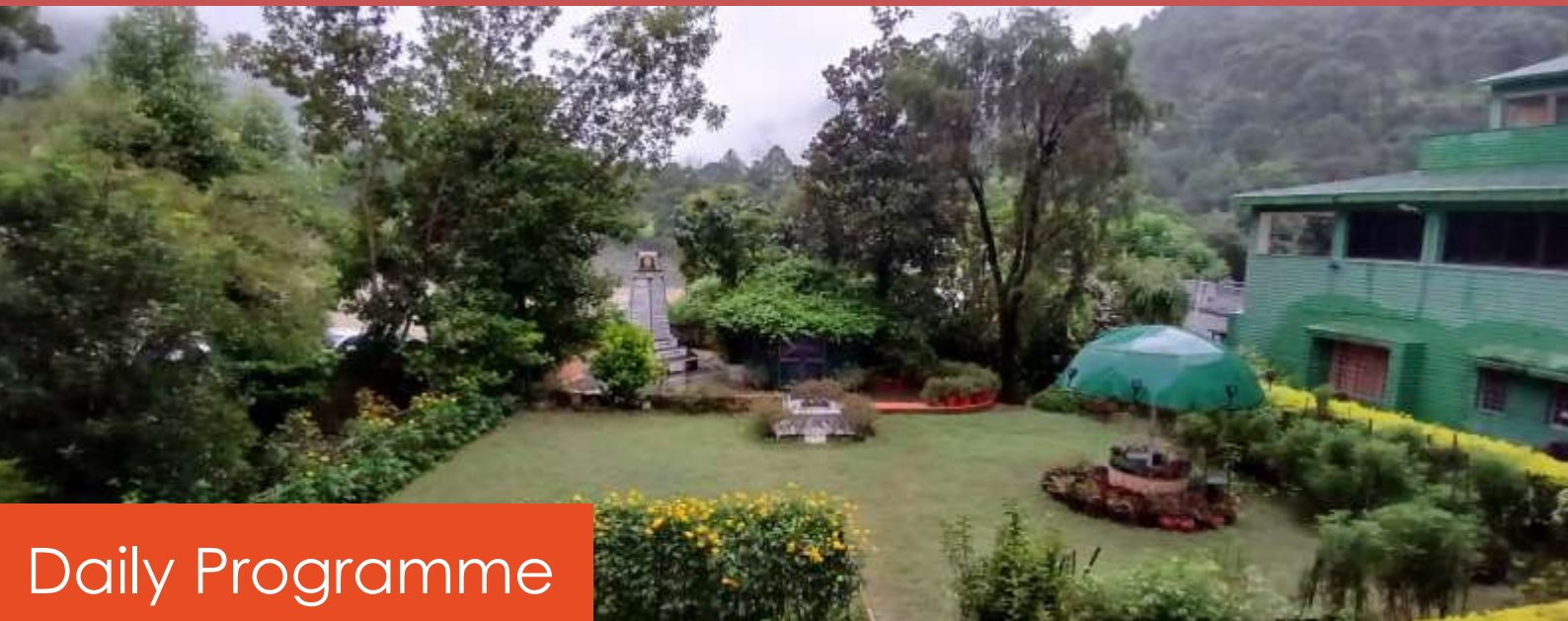
It is here that clarity is necessary, discrimination is necessary. We all know the adage that the devil can quote scriptures to his own purpose. The best scriptural quotations can be made use of in the worst way also. They can be made use of in ways that are divine, that are demoniacal and in human ways as well.

For example, in my bathroom I have a little plastic picture of Mickey Mouse sitting in a one-man rowboat which is rapidly heading for a waterfall. The title on it is “Perseverance.” We must persevere. How? When we reach a point and then say, “No, no, no, it’s no use me persevering, I am lost, I will be dashed against the rocks,” –all these ideas will come—perseverance is the very last ounce of determined effort that you give. And that one last determined effort somehow or other may be able to save you from the terrible current that is drawing you to the depths. You should not simply give up.

But this not giving up has its own nuances. It does not always manifest in one way; it manifests in subtly varying ways—divine, demoniacal and human. For example, when after repeated efforts, Siddhartha, who became an ascetic and a *muni* and strove for Self-realisation through yoga was not able to do it after the most extreme austerities, he said this is not the way, there is a middle path. He took the middle path, but still nothing seemed to be of any avail.

Then a terrible determination comes in His mind. He goes to Bodhgaya, sits under the Bodhi tree, and takes a terrible resolution: “Now, here I seat myself. I shall not leave this seat until I attain illumination, no matter what the cost. Even if the body dries up, even if the flesh and skin wither, even if the bones become brittle and are reduced to powder, Siddhartha will not leave this seat until he attains what he has set his mind to attain.”

Terrible resolve! Even the gods and celestials were astounded: “Siddhartha will not leave this seat until he attains illumination!” That is a great resolve. That is spiritual. That is *sattvic*. It is a divine resolve. It derives its strength from God Himself.
(to be continued)



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 Vasishta 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 periodically. Village students, under the guidance of Swamiji, heartily attend the classes. Swami ji, an expert and inmate of the ashram also offered his guidance to inmates and visitors.
- 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, umbrellas, blankets and winter clothes and help to the poor people for houses, marriages and daily needs, etc.

Total No. of such People/ Families supported: 9



Gangadhar Mahadev temple



Evening Satsang



Yoga session by Swami Shradhdhananda ji



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	: 670
Eye	: 433
Mobile Camp	: 220
Panchakarma	: 434
Physiotherapy patients	: 319
Homeopathy	: 72
Pathology Tests	: 58



**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: Mobile Camp



Fold village, Dunda

In the month of October, the team of doctors and pharmacists conducted regular mobile camps and provided free health checkup, consultations and treatment to the patients of several distant remote and hilly villages of Uttarkashi district.

The doctors provided personalized counselling to the patients for health concerns including general wellness, child and women's health, eye care and holistic wellness through physiotherapy etc. The patients who required further assessment and treatment were referred to our hospital.

All services are provided free of cost.



Camp at Gangotri on the day of ceremonial temple closing: General medicine and eye care



General health and medicine



Jibya village, Chiniyalisaur



Junga village, Dunda



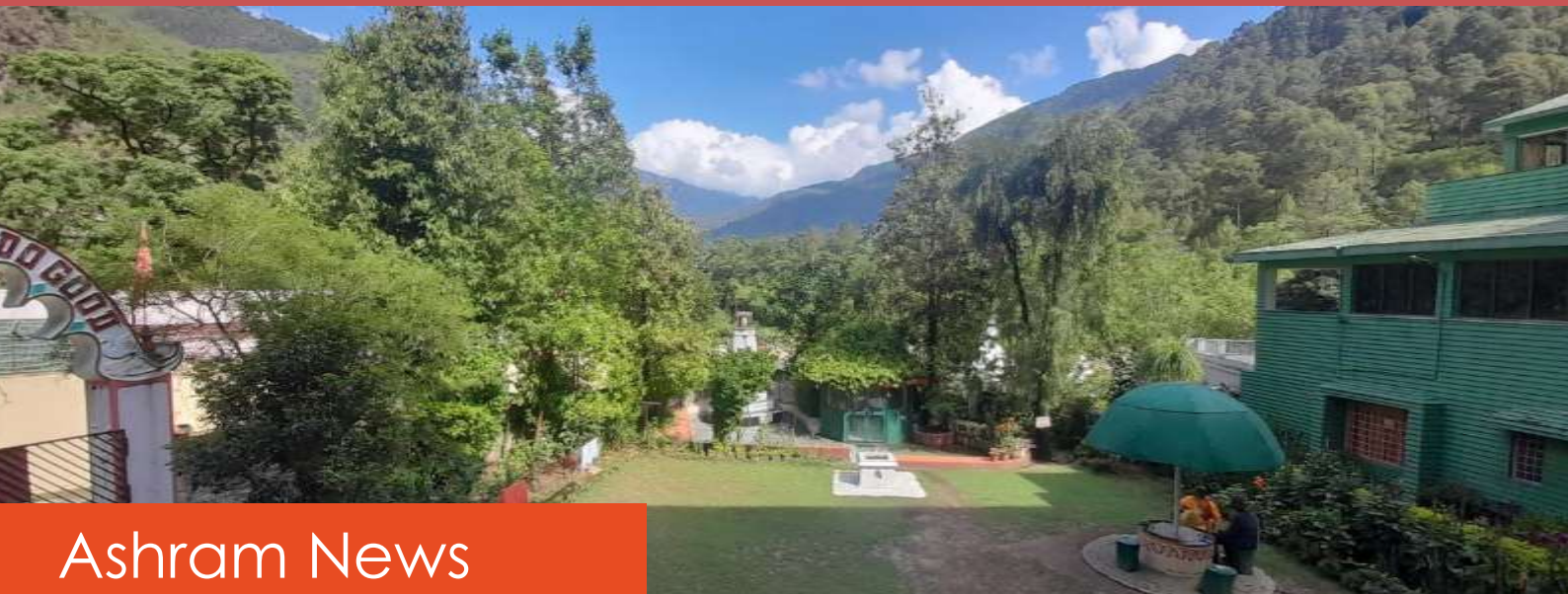
Students' health care



Eye care



Physiotherapy



Ashram News

Hospitality

Many Mahatmas, on the way to Gangotri and Mukhba (Goddess Ganga's winter abode), 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	:	35
Foreign guests	:	33
Ashram inmates	:	31

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	:	5
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: 39



Swamiji interacting with seekers



Student Support



Seva (Karm Yoga) at Annakshetra

Glimpses of programs and events at the ashram

Amru Baba left his mortal body on 16th October. His last rites were performed on the banks of the sacred river Ganga. Shodashi, a significant ritual performed for a Sanyasi on the 16th day of passing away was organized on 31st October where 16 sadhus were worshipped, offered Bhiksha of different items and food. Over 150 Mahatmas, villagers, children and ashramites took prasad and were offered Dakshina at the Bhandara.



Amru Baba



Abhishek and puja during the last rites on the banks of the sacred river



Puja and offerings to 16 sadhus



Bhandara

Few inmates and visitors of the ashram joined the medical team to Gangotri on 22nd October to have darshan and offer prayers to Mother Ganga just before the Gangotri shrine closed for the winter season. Priests performed elaborate rituals, including special Abhishek and Aarti at the temple and the nearby river ghats. The temple itself was lavishly decorated with marigold flowers for the occasion. The beautifully decorated Doli (palanquin) with the idol of Goddess Ganga was carried to its winter abode in Mukhba village in a vibrant procession, accompanied by an army band, traditional musical instruments, and chants of "Ganga Maiya Ki Jai". Later, everyone partook the delicious bhog prasad.



Divine Darshan of Mother Ganga at Gangotri



Maa Ganga's Doli carried with deep reverence by priests and devotees



Deepavali was celebrated on 20th and 21st October with great enthusiasm. The entire ashram was decorated with countless colorful lights, earthen oil lamps (diyas) and vibrant rangolis. Devotees participated in joyful bhajans and kirtans. Ritualistic worship was held at the temple followed by distribution of delicious sweets and snacks. The sound and light are an inseparable part of the festive spirit and bursting fireworks with Swamiji till late evening was exhilarating.



Deepavali: when nights felt magical



Rangoli that lighted up the festive spirit



Lighting diya - dispelling ignorance and radiating purity and divinity



Prayers were offered to Goddess Lakshmi for wealth and prosperity and Lord Ganesha for wisdom and good fortune at Kunj Bihari temple



Fireworks lit up the night and the hearts were lit up with joy



Singing with heart full of devotion, energy and joy



Food is the heartbeat of every celebration.

Dharali Relief activities:

Swami Sivanand Seva Samiti is continuing with the relief efforts by providing financial assistance to families who have lost their houses during the disaster in the month of August '25.

No. of families assisted in October: 7

No. of students assisted in October: 23

We now plan to distribute building materials or construct some houses for as many people who have lost their houses as possible. We will continue supporting the students as much as possible.

You can be part of this effort too.

You can find further details at our website [SwamiSivanandSevaSamiti-disaster-relief-2025](https://www.swamisivanandsevasamiti.org/disaster-relief-2025)

A significant portion of Dharali village still lies in ruins



Intensive Satsangs:

Almost throughout the month, different group of devotees from India and abroad (Europe, Japan etc.) came for Swamiji's darshan. The days were spent in spiritual teachings and answering seekers varied questions that came out of deep reflections. Seekers asked straightforward and meaningful questions and Swamiji, through numerous stories, clarified the doubts of all.

The Satsangs in the last week of October with Claire's group from Europe and Jinen's group from Japan were deep and profound. Apart from imparting spiritual knowledge and practical instructions for sadhana, Swamiji also shared a lot of his personal experiences which are always very inspiring. He also spoke about lives about other Mahatmas as well his own experiences with Sadgurudev Swami Sivanandaji Maharaj.

The evenings were spent in chanting and energetic group kirtans that made many get up and dance.

Kirtans with Hindu mantras being sung in Japanese tune was loved by all.

Everyone was delighted by the classical flute rendition by a European visitor one evening.

The samurai performance by a Japanese visitor was captivating and much appreciated by all.





Beautiful moments, blissful memories



The magic of the flute was in its simplicity and its depth



Kirtan: Hindu mantras in Japanese tune



Serene and composed even during intense action: Samurai





Teachings from Yoga Vasistha: Transcend the fear of Death

Death is not an end, but a transformation. Just as the sky remains unchanged despite clouds, or fire never loses its heat, the Self too never gives up its nature and remains untouched by birth and death. Life and death are only passing phases of the same Self.

Like a mirror/water that reflects forests, flames, or ashes yet stays clear, unchanged, similarly consciousness remains pure, unchanged though bodies appear and disappear. Thus, **beyond the change, there is constancy.**

Death is only a renewal. It is like discarding old clothes and wearing new ones. Hence, one should not fear when death comes, for the soul enters into a new body.

The man of wisdom never fears, nor worries on death; rather takes as a **natural phenomenon.**

Where there is no desire, there is no worry. One who has no desire becomes the king of kings, the whole world is at his feet. But one who is full of desires becomes a beggar, constantly bowing down before others, struggling to fulfil the desires. True joy belongs to the man who owns nothing. He worries for nothing.

Freedom lies in being empty of "I" and "my." As the popular story goes - Once a king sought a cure for his disease. The physician said if he wears the shirt of a happy man for a night, he will be cured. The king sent his messengers for the search of a happy man. The search continued. Finally, they found a happy man but he was shirtless, possession-less. The king came to see the happy man and asked in astonishment - you don't have anything yet you are happy! The man said - I don't have anything; I don't need anything. So, I have to worry for nothing. So, I am always happy. The king started giving away all his wealth and when nothing was left with him, he took a sigh of relief.

For a new beginning, the old has to end. If 'end' is taken as 'death' and 'starting' as 'birth', then the world which is a changing process is a continuous flow of birth and death. So why to worry!

One who is contented with whatever he has is really happy and can enjoy the life. A desirous man cannot sleep worrylessly. Ignorance is cause for all our worries, miseries and restlessness. **True knowledge brings us happiness.** A thoughtful man of analytical vision gets the true knowledge, with understanding.

There is fear in duality, in change, in the unknown.

The Self, our true identity is absolutely calm, motionless, steady, unattached, unaffected by anything and is impartial and incessant witness of everything. It is the non-dual One. Sat, Chit, Anand.

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

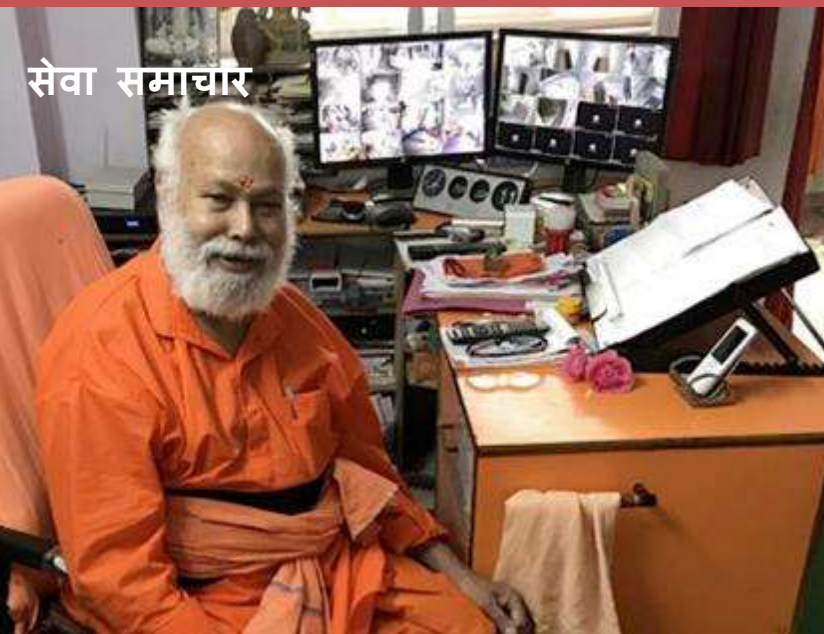
- **LIFE MEMBERSHIP:**
RS. 25000/ for corpus fund
- **REGULAR MEMBERSHIP:**
RS. 200 PER MONTH OR
RS. 2000 PER YEAR
- **NO PRIVILEGES—WE ARE ALL DEVOTEES. ACCESS TO STAY IN THE ASHRAM IS A SADHANA**

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



SWAMI SIVANAND SEVA SAMITI

ADDRESS

SIVANANDA ASHRAM,
CHIDANANDA KASHI, GANESHPUR,
UTTARKASHI - 249193,
UTTARAKHAND, INDIA.

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.

