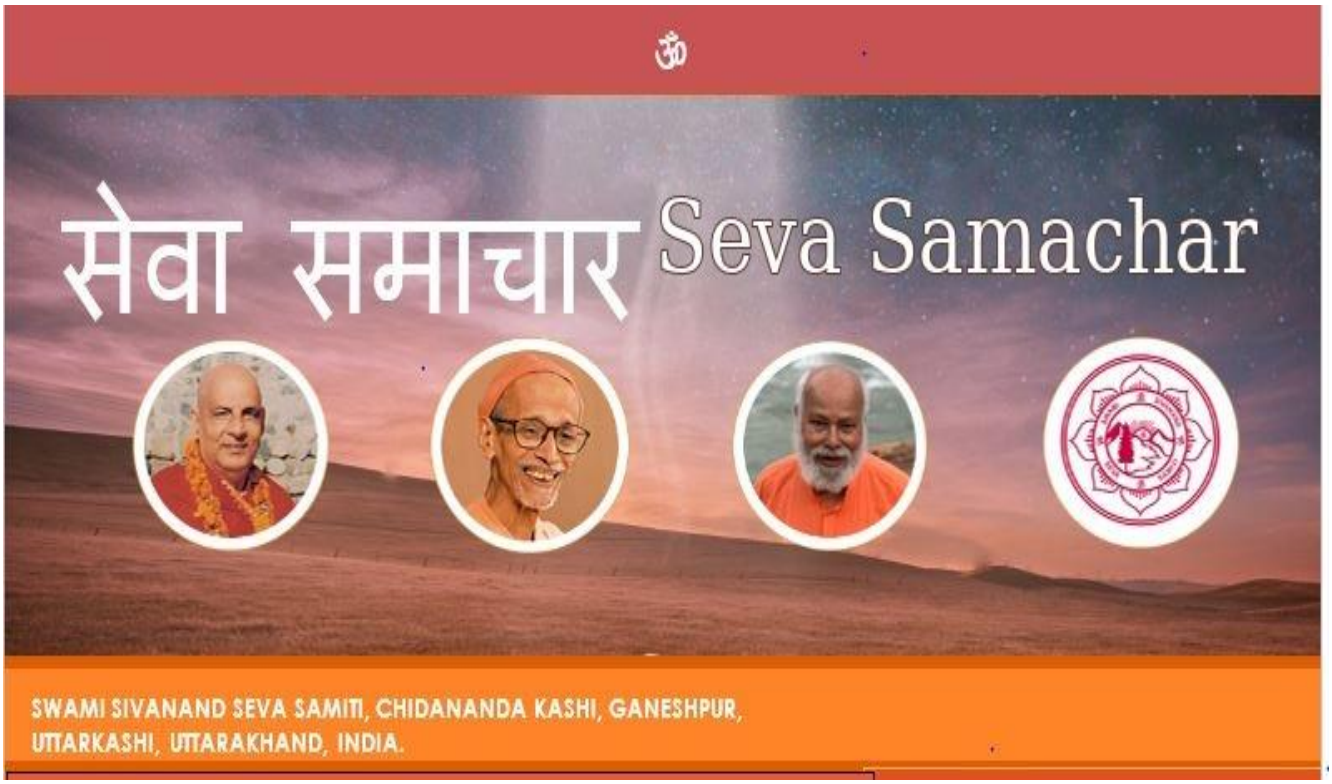
SEVA SAMACHAR

सेवा समाचार

NOVEMBER 2026

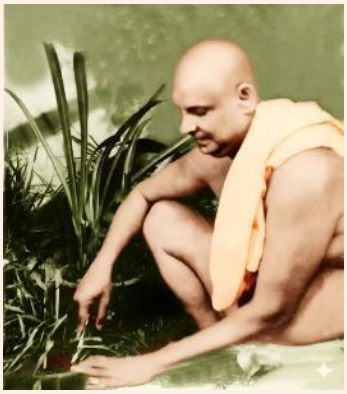


SWAMI SIVANAND SEVA SAMITI REGD.

Serve • Love • Give

Adapt • Adjust • Accommodate

THOUGHTS FOR THE MONTH



God, seen through the senses, is matter.

God, seen through the intellect, is mind.

God, seen through the spirit, is Atman or the Self.

Feel the Divine Presence everywhere-in every form, in every thought, in every feeling and in every sentiment, in every movement, in every emotion.

— Sri Swami Sivananda

God is in your heart. He is in you. You are in Him.

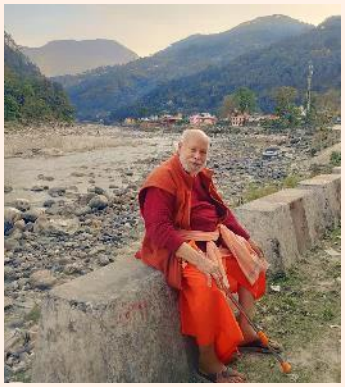
If you do not find Him there, you will not find Him anywhere else.

God is Truth. God is Love. Speak the Truth–Satyam Vada. Love everyone.

See God everywhere, in every face, in everything. You will realise Him quickly.

— Sri Swami Chidananda





We take many births and gather countless experiences. But how much do we really remember?

What useless experiences, what endless suffering!

The knowledge we proudly carry is mostly hopeless stories that we call "experience."

This world is a novel filled with countless stories — an endless story containing innumerable other stories within it. And we are hopelessly trapped in an endless journey of meaningless stories.

— Sri Swami Premananda

CONTENTS INDEX	CONTENTS INDEX
01 — Ashram News	02 — Healthcare News
03 — Glimpses of Celebrations	04 — Join Us in Seva

ASHRAM NEWS

01 — Sacred Rhythms: Daily program

Early Morning
5:15 AM — Vishnu Sahasranama, Saraswati Upanishad recitation and prayers.

Evening Satsang
Prayers, Mahimna Paath, Hanuman Chalisa, Ramayan Paath, Bhagavad Gita and bhajans.

Yoga Vasishta Classes
Our Daily Yoga Vasishta Classes are now reaching seekers worldwide, thanks to thousands of subscribers and a rapidly growing community of viewers!

Join us online daily at 9:45 AM to experience the profound divinity of one of the most significant spiritual texts ever written.

Temple Rituals
Daily worship of Mother Ganga, Gangadhar Mahadev, Radha Krishna and Gurudeva.

Weekly Practices
Monday Rudra Abhishek; Thursday Guru Pada Puja; Saturday Sundarkand; Sunday Yoga Nidra.

Annakshetra & Hospitality
Free food, rest, and medical care for Mahatmas, guests, visitors, hospital patients and those present at the Ashram.

Spiritual seekers are provided necessary guidance for their practices.

Indian guests: 25

Foreign guests: 30

Ashram inmates: 20

Meals served per day (approx.): 60



Guru Paduka Puja: Seeking blessings



Bhajan. Bhakti. Bhaav.



Annam Brahma: Nourishment Served with Devotion



Immersing in the timeless wisdom of Yoga Vasistha

ASHRAM NEWS

02 — Narayan Seva - Monthly impact

- ***Student Support: 24***
- ***Narayan Seva: 22***
- ***Gau Seva: 07***

With a spirit of compassion and service, Narayan Seva touches lives across the Himalayan villages of Uttarkashi.

- ***Student Welfare:*** *Providing essential educational resources to deserving students.*
- ***Community Welfare:*** *Providing food and essential supplies, clothing, blankets, medical aid, and financial assistance to sadhus, pilgrims, and underprivileged families.*
- ***Yoga & Wellness:*** *Promoting physical, mental, and spiritual well-being among children from surrounding villages under the guidance of Swamiji.*
- ***Cow Care:*** *Providing dedicated care, nourishment, and veterinary support to cows and calves.*



Every child is an artist—all they need is a canvas



Watching the cows graze in peace



Teaching the little ones to find balance, strength and joy



Supporting education, nurturing dreams



A birthday filled with blessings and smiles.



Together, making winters warmer

HEALTHCARE NEWS

01 — Healing with care | Monthly overview

1. **Medical Departments**: General OPD, Eye Care, Dental Care, Physiotherapy, Pathology Lab, Ayurveda, Homeopathy, and Ambulance Services for referrals and emergencies.

2. **Panchakarma Services**: Efficiently functioning for both male and female patients.

3. **Telemedicine**: Connected with AIIMS Rishikesh, providing consultation services to many chronic patients.

4. **Hospital Information Management System (HIMS)**: Manages Electronic Medical Records (EMR), pharmacy stock and medicine issuance, and quick patient data generation. It is the first hospital in the Uttarkashi region offering this automated service.

5. **Mobile Medical Camps**: Regular medical camps are organized in remote villages around Uttarkashi to provide accessible healthcare services to people in remote areas.

6. **School Health Awareness**: Regular health awareness programmes conducted in schools.

7. **Health ATM**: A cloud-enabled, touchscreen facility capable of conducting over 50 types of medical tests, providing instant reports through printouts, email, SMS.

Core Mission: All medical services are dedicated to the selfless service of the needy.

Monthly Seva Report

Hospital OPD: 688

Eye Care: 152

Mobile Camps: 468

Panchakarma: 493

Physiotherapy: 423

Homeopathy: 48

Pathology: 92

Dental Care: 13

Ambulance Seva: *02*



Ayurvedic Medicine preparation



Physiotherapy



Pathology



Outpatient wing



Eye OPD



Homeopathy

HEALTHCARE NEWS

02 — Healing with care | Mobile Camps

Our team of doctors and pharmacists provided free health check-ups, consultations, and treatment to patients in remote hilly villages of Uttarkashi district. Services included general healthcare, preventive care advice, eye examinations, essential medications. Patients requiring further evaluation or treatment were referred to our hospital.

A special health camp was also organised at SAS Academy in Gangori, Uttarkashi on 28th October, providing general health check-ups and eye care services to over 300 students.

All services were provided free of cost.



Mobile medical camp at SAS Acedemy



Mobile medical camp at SAS Acedemy



Mobile medical camp at SAS Acedemy



Mobile medical camp at SAS Acedemy



Mobile medical camp at distant villages



Mobile medical camp at distant villages

GLIMPSES OF CELEBRATIONS

01 - Relive the festive spirit of Sharadiya Navratri, filled with devotion, faith, and happiness.















Kanya Pujan



Kanya Pujan





JOIN US IN SEVA

ANNA DANAM
₹3,100
100 people per day

VASTRA DANAM
₹2,100
1 person — blankets, sweaters & clothes

CHIKITSA DANAM
₹1,100 / ₹5,001
1 week / 1 month per person

VIDYA DANAM
₹5,001
1 student per year

GAU SEVA
₹5,100
1 cow per month

BHANDARA
Contact us
swami.premananda@gmail.com

MEMBERSHIP

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:

Pease 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

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.

