

October 2025



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: Sevā (सेवा) & Sahyog (सहयोग)

– By Swami Premananda

In collective effort lies harmony and strength.

Just as when the hand takes food, the whole body is nourished. In the same way, every act of life is supported by collective cooperation. In a family, the mother may cook, but everyone is fed — each member contributes in some way to the wellbeing of all. The entire creation works like one vast body where every element plays its role for mutual sustenance. In an ashram or at home or workplace, everyone's heartfelt sahyog (co-operation) keeps the activities flowing harmoniously.

Together we live, together we serve, together we grow.

True seva arises from a prayerful bhav or feeling. We pray daily - Lokah Samastah Sukhino Bhavantu (लोकः समस्ताः सुखिनो भवन्तु). These are not just words to be uttered; we must live in that spirit — we should try to contribute to the happiness and well-being of all beings around us. Wherever we are, we should try to maintain the spirit of oneness or togetherness and serve joyfully.

When work is done with one's own heart and willingness to fulfil the need of the time and situation, it is seva (service); when done only on instruction, it becomes Naukri.

We celebrated Navaratri few days back, where devotees came together for chanting and worship. What a powerful divine vibration filled the atmosphere! The collective prayer purifies the environment, the powerful divine energy uplifts everyone.

Remember, there is strength in togetherness (Sangha mei shakti). True strength lies in active Sahabhagita (participation) and Sahyogita (co-operation). Seva depends on your sacrifice. Share whatever you have with others.

May Gurudev bless to follow his instructions!

Seva Samachar

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What Has Science Done To Us? - By Swami Sivananda

Can scientific inventions make us really happy? That is the question of questions now. What has science done to us?

Science has now removed time and space. You can go to London even within ten hours (from India). What a great marvel ! This earth has become very, very small.

But, has science really contributed to human happiness? The answer is an emphatic no, no. It has multiplied human wants and luxuries. A luxury of today becomes a necessity of tomorrow. It has made man a beggar.

Science has invented many marvellous things. Scientists are labouring day and night in their laboratories to invent many more things. But, science has made life very complex, and rendered very keen the struggle for existence. It has increased the restlessness of the mind. It has not contributed to the peace of man. Everybody admits this solid fact.

The scientists have made tremendous progress in the twentieth century. The atomic bombs can devastate a large country in the twinkling of an eye. Radios, telephones, telepathy, television, aeroplanes without pilots, mines, tanks, pocket radios, bombs in fountain-pens and cigarettes, underground palaces, shafts, V-bombs, fighters, bombers, anti-aircraft guns, gas bombs, torpedoes, submarines are all astounding marvels. But the scientists have not improved the ethical condition of the people. They have not solved the problem of unemployment, poverty, war, starvation, disunity among communities, nations, and governments.

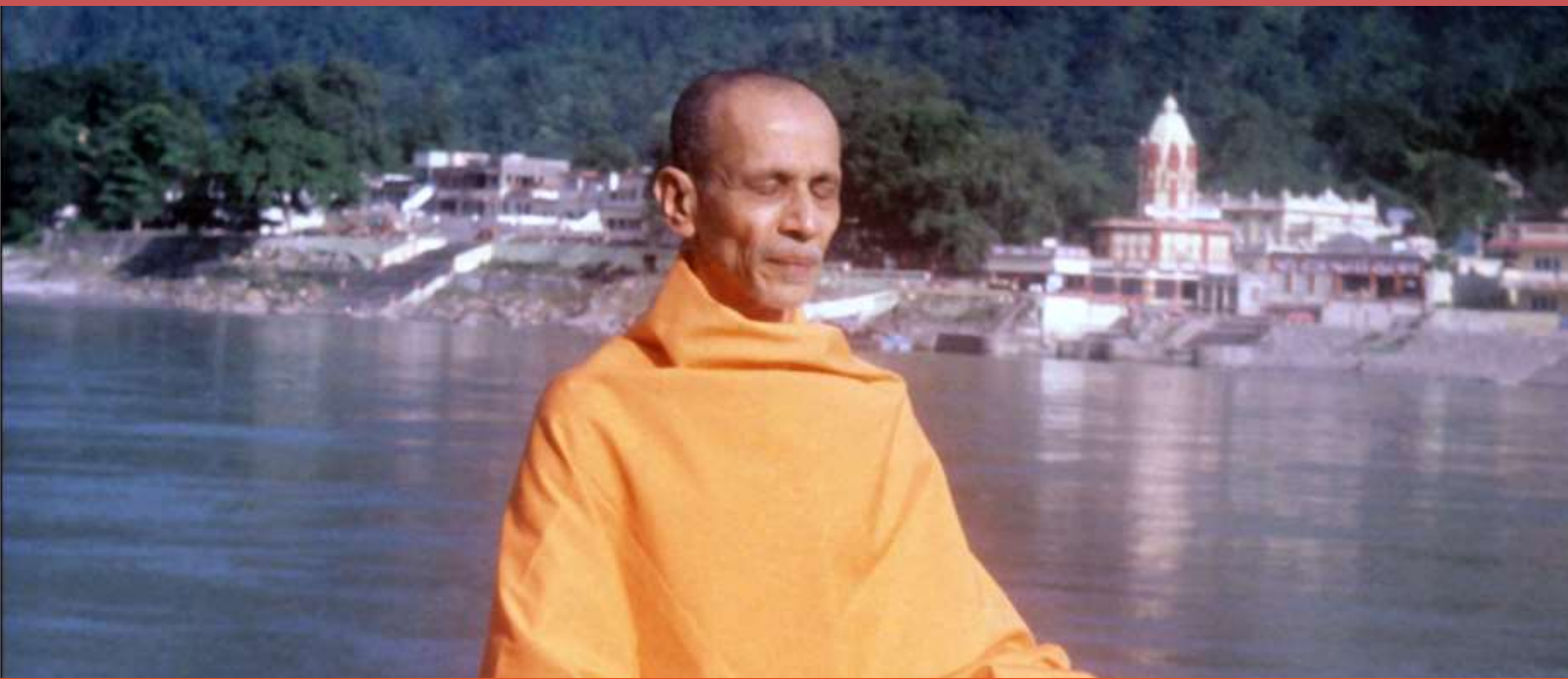
Science has analyzed man. He is supposed to be a creature composed of various physical and chemical substances. Yet, no scientist has yet been able to assemble these constituent chemical elements of a man's body into one homogeneous creature which lives, talks, and acts like a man.

The scientist bombards the atoms, watches the movement of the electrons in his laboratory, spends his whole life in understanding the nature and secret of matter and energy, invents many things, studies the laws of nature; and yet, he is not able to comprehend the mystery of creation and of the Creator, and the meaning of life.

SCIENCE IS DEFECTIVE. Scientists are very, very busy in studying the external world. They have entirely forgotten to study the internal world. Science gives you knowledge only of the phenomenal appearances, and not of the Reality behind them. Science has not been able to solve the ultimate questions: What is the ultimate stuff of the world? Who am I? What is the ultimate truth?

Science tells us that the ultimate goal of everything is unknown, and unknowable. But, Vedanta teaches that the ultimate goal is Brahman or the Infinite, and that It can be realized through hearing, reflection and meditation.

The knowledge of the scientist is limited. It is only superficial. It is not real knowledge of the Truth. The soul is beyond the realm of physical science, it is beyond the reach of material science. Scientists are immersed in transitory phenomena. They rely on external instruments, lenses, etc., for their knowledge. Their old theories are exploded by new theories. Their knowledge is not as infallible and true as the knowledge of the Self of the sages and Yogins.



Meditation By Swami Chidananda

Glorious Immortal Atman! Blessed Children of Light and Immortality! Beloved Seekers on the Pathway to the Divine! How privileged we are to be able to gather here in this holy morning hour to bathe ourselves in the glorious stream of meditation and the Divine Name! Such an hour is a gift from God. It is a bestowal of love from One who is ever eternal, from One who is our source, One in whom we eternally abide, and in whom we are all one. Such a gift should be accepted with love, received reverentially, and with devotion utilised by us all.

Indeed, the token of our true recognition of God's continuous compassion and grace upon us would be to ever try to make ourselves worthy of such marks of His grace and to that extent we would be drawing nearer and nearer to Him. We should ourselves live our lives in such a way that, seeing one of us, He, the indweller (who knows our true aspirations, our innermost desires) would tell Himself: "Here is a child that has wearied of the toys of this mortal earth-plane, that has wearied of the worthless, passing and perishable objects, that has wearied of the appearance, the names and forms, of this great game of Mine, this drama of life, and now wishes to turn to Me and, therefore, I should not tarry". Thus recognising, He brings into the life of one who is truly in need of Him, who truly desires Him and Him alone, who is earnest in his quest, all that is needed for his spiritual unfoldment and the attainment of the highest. The yearning, the strong aspiration, therefore, is our part. That is the step the finite takes, and that being sincere and earnest, the fulfilment of it becomes His task. Thus it is that the great Master Jesus said, "Ask and it shall be given". The asking of it is the task of each individual soul and the giving of it is verily the Father's task through wise love.

And, as sure as the glorious dawn and the radiant sun do follow the darkness of the night, so sure and certain is the fulfilment of the true aspiration of the sincere soul in earnest quest of the Supreme. Such occasions as this—of prayer, of worshipfulness, of meditation—are not only proofs of the tangible presence of Grace in our life, but from our part is proof of our sincere desire for Him. Every time we turn away from earthly pursuits, every time we set aside mere things of this world and collect ourselves in the stillness of our inner being, and sit to worship Him and a call goes out to the Infinite, "Here I am. I need You. Be Thou gracious. Reveal Thyself unto me. I turn away from the passing and seek the Eternal", it becomes as it were, a true token of the sincerity and earnestness of the soul, of the innermost being's sincere desire.

Meditation, therefore, is the exercise of the deepest part of your being. It is, in truth, the highest and the noblest exercise of the supreme prerogative, the supreme blessedness of human birth. There is no exercise loftier than worship upon this earth-plane. Let us be thankful, therefore, for this beautiful morning, for this solemn hour and for the privilege of sitting at the altar of the Divine Presence, entering into the silence and bathing ourselves in the glorious radiance of His presence. Let us be thankful for this privilege of trying to purify ourselves of all that is earthly within us, trying to fill ourselves with the Divine. **Our life is meant to be a constant opening of ourselves unto the Divine—a process of stilling our nature, a constant process of turning away from the perception of the non-self, a continuous process of rejecting the call of the non-eternal upon our being and a resolute, a persistent, and an insistent opening of ourselves to the Atman, to the Imperishable, to the Eternal.**



Practising the Presence of God

By Swami Brahmanishtananda

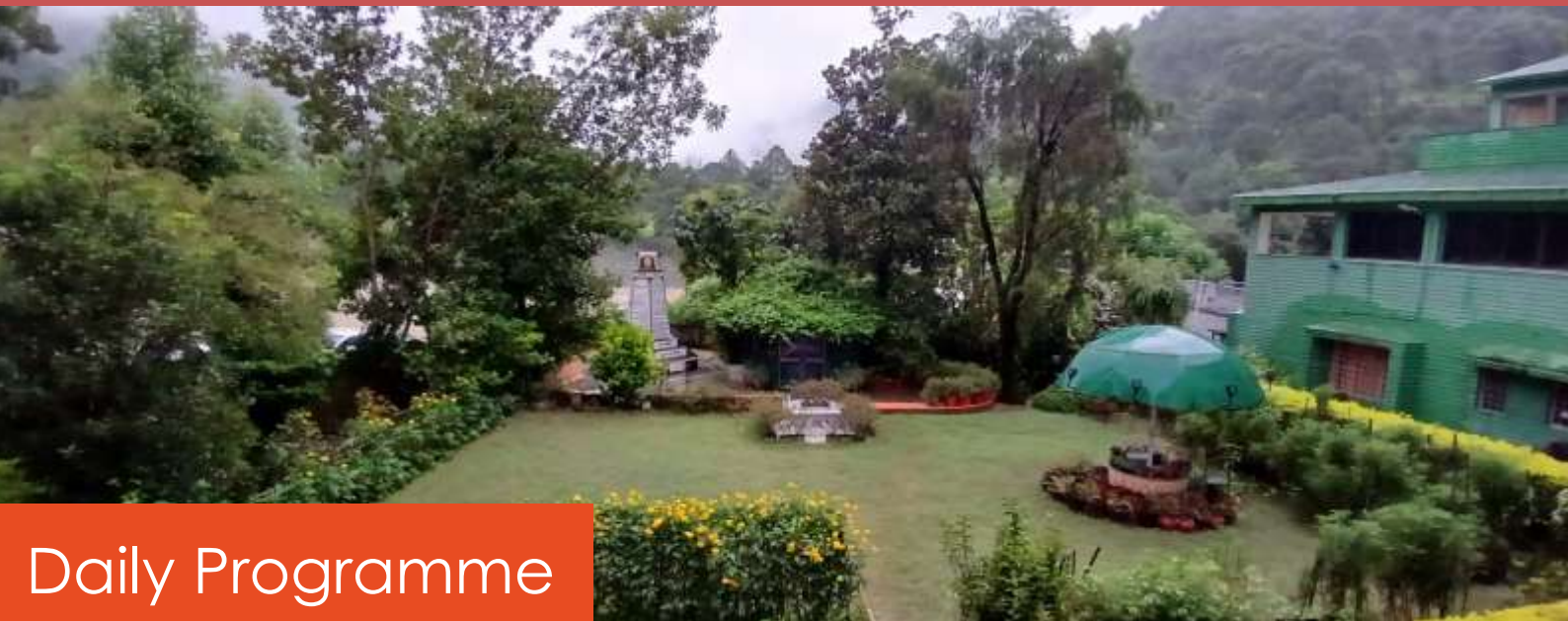
The ringing note of all scriptures that "God is Everywhere. God is here and now.". But, however when welcome to the practical application of this great teaching, most of us fail to apply this in our daily day-to-day activities.

Practicing the presence of God is about cultivating self-awareness and connecting with the Divine in our everyday life. It involves mindfulness, prayer, meditation, and living with devotion and self-surrender. Many spiritual traditions emphasize this practice for inner peace, harmony and spiritual growth.

These are few practical guidelines to achieve this awareness of God within and without

1. Regular Systematic Meditation - focusing on breath or divine names either Japa Sahita Dhyanam or Japa Rahita Dhyanam
2. Prayer - Prayer is a powerful mode of communicating with the Divine.
3. Chanting a mantra all the time which you like the most - invoking spiritual energy, self-awareness.
4. Living with love and compassion. Living with the right attitude -practising the divine qualities of love, compassion, kindness, forgiveness and selfless service.
5. Self-surrender – offering all actions (thought, word and deed) at the feet of God and Guru.





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 periodically. Village students, under the guidance of Swamiji, heartily 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, 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: 6



Prayers at Gangadhar Mahadev temple



Evening Prayers and Kirtan



Swamiji advising the young students with spirit of service



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	: 877
Eye	: 352
Mobile Camp	: 95
Panchakarma	: 493
Physiotherapy patients	: 385
Homeopathy	: 124
Pathology Tests	: 96
Ambulance seva	: 01



OPD



Panchakarma



Mobile Camp



Pathology

**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.

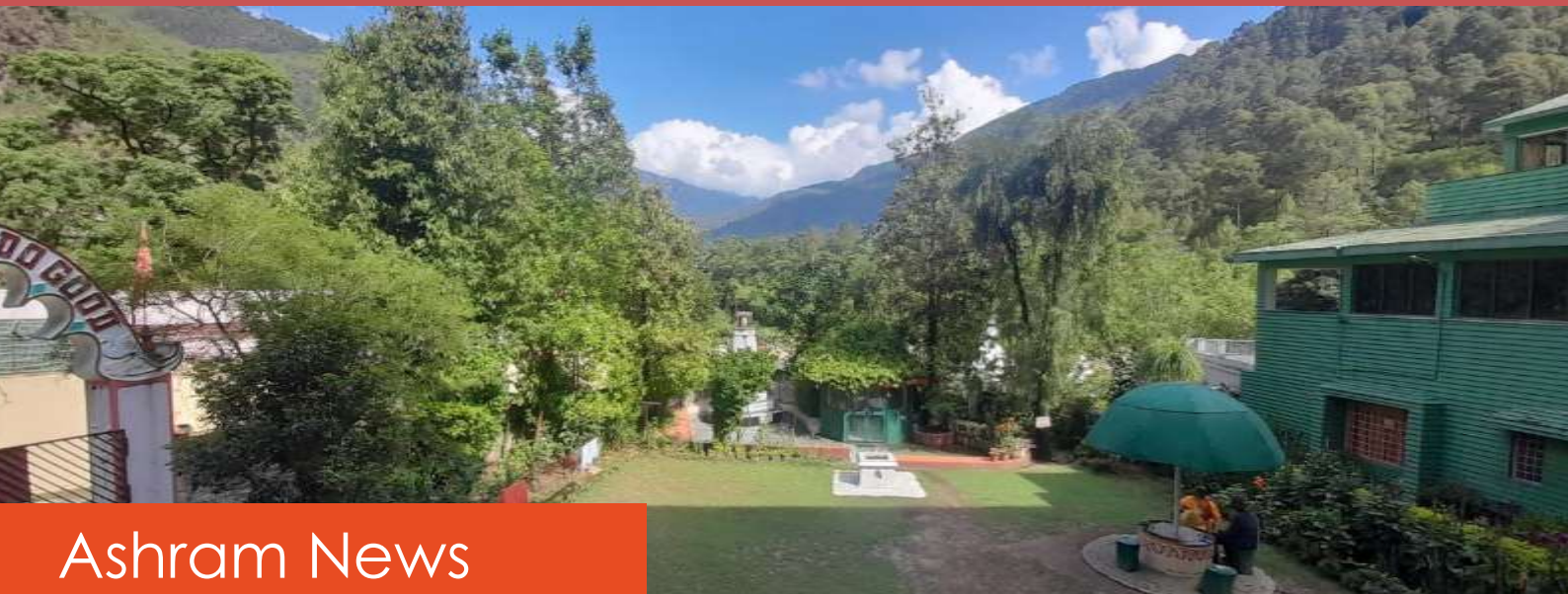
On 13th September 2025, under the skilled leadership of Dr. Astha Rawat (M.S.) from Uttarkashi, a 2-day camp was planned, which involved registration, screening, surgery, treatment such as prescription glasses and medications, health education and counselling. Timely follow up was done and all the cases were found successful.

No. Patients --

OPD: 61

Cataract Surgery done for: 14





Ashram News

Hospitality

Many Mahatmas, struck due to damaged and blocked roads after repeated landslides, 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	:	19
Foreign guests	:	04
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: 55

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, stationery etc.

Total No. of Students supported: 49



Swamiji interacting with seekers



Student Support



A moment of affection

Glimpses of programs and events at the ashram



Gurudev's birthday celebrated on 8th September with Paduka Pujan, soulful sankirtan and serving prasad to Mahatmas and devotees



From 22nd September, for 10 days during the Navaratri celebration, the atmosphere was charged with spiritual fervour and the sacred sounds and fragrance of rituals, prayers and offerings to Mother Durga, sacred chants from Durga Saptashati and Trishati, bhajan and kirtan. Kumari puja, Worship of Gangadhar Mahadev and Mahamrityunjay Japa was also performed. The celebration concluded with Havan and Bhandara. The blessings of Nag devata and the uplifting energy of the collective worship filled everyone with deep spirit of devotion.



Puja of Goddess Durga



Daily Saptashati Path





Prayers and aarti



Kanya Pujan



Havan



Bhajan Kirtan – pure joy



Swamiji with Nag Devata for Purnahuti

Paduka puja and Bhandara was held on 24th September to celebrate Swami Chidananda ji Maharaj's birthday



Dharali Relief Camp

On 15th September, Swami Sivanand Seva Samiti successfully completed the second phase of relief work in Dharali, Sukhi and Jhala villages of Uttarkashi district, which were severely impacted by catastrophic flash flood and landslides in August.

Swamiji supervising preparations



Distributed clothes, blankets, tarpaulins and food items to the needy at Dharali village



Distributed packaged food items and school stationary at Jhala government school

- With the purpose of ensuring basic comfort, nutrition and hygiene, blankets, tarpaulins, food items, jackets and other clothes were distributed to more than 200 families at Dharali.
- To encourage students continue learning and instil in them a sense of routine and normalcy, educational supplies and packaged food items were distributed to school students at Jhala, Sukhi and Dharali.
- Academic support in the form of school fees, uniforms etc. are also being provided through the student support program.



We extend our heartfelt thanks to all our donors and well-wishers whose generosity made this possible. Your support has already brought comfort and hope to many families in Dharali village. Preparations are now underway for the second phase of relief work, as we continue to stand with the community in these challenging times.

Our plan now is to support the students and distribute building materials or construct some houses for as many people who have lost their houses as possible.

You can be part of this effort too. You can find further details at our website SwamiSivanandSevaSamiti-disaster-relief-2025





Teachings from Yoga Vasistha: The Path Back to Truth

The cause of creation is often attributed to the very nature of the Creator, which is called by different names like Maya, Prakriti, Shakti. Truth itself, being absolute, has no second. Yet, in its own play, it reflects upon itself and appears as many, just as a lens reflects within itself in a lens house and appears as many. This reflection is imagination—kalpana. The very first reflection, or first thought, becomes the seed for innumerable subsequent imaginations. It is this primal thought that is termed as the creator, and all further manifestations depend upon it. Hence, creation itself is a web of interconnected thoughts, arising from one original spark.

What we hear and call “creation” is essentially a story—a relative account, changing with the standpoint of the seer. Scriptures narrate these stories not to describe an external reality, but to guide the seeker. The process of sadhana is a journey from manyness back to oneness.

On this path, satsang (association with truth), sat-shastra (study of scriptures), and sat-karma (righteous and selfless action) serve as supports. Good association helps one cultivate virtues such as non-violence, compassion, truthfulness, and kindness, and overcome base desires and pleasures that bind the mind in suffering. Scriptures serve as guides, showing us the path to the ultimate goal. Through good actions and selfless service, the seeker rises into subtler realms and eventually realizes truth itself.

Life, in all its forms, holds value. From an insect that lives only for a day to the life of a human being, every existence is complete in its own measure of time. Lifespan can be measured in years based on cycle of Sun (day and night) or seasons or lunar cycles, or breaths or heartbeats or karmas (past actions influence lifespan). Time varies in different planes, earth time varies from Jupiter time, Brahma’s time is different from ours. Span of life differs, but every being experiences its wholeness, unfolding through all stages. No life is insignificant, for each being enjoys its own cycle of childhood, youth, and old age in its unique way.

All beings share the same sense of life, constantly engaged and striving to make it pleasant.

आहार-निद्रा-भय-मैथुनं च सामान्यमेतत् पशुभिर्नराणाम्,
धर्मो हि तेषामधिको विशेषः धर्मेण हीनाः पशुभिः समानाः

Eating, sleeping, fear, and procreation are common to all beings. Dharma (righteous conduct/duty) is the special quality that distinguishes humans; without it, a person is the same as an animal. And our first and foremost duty is to know ourselves, our true, unchanging, eternal nature.

All beings are bound to experience; higher beings like devas enjoy fruits of good actions while lower beings like animals crave for happiness but suffer results of bad deeds, plants are like half-awake and half asleep, inert beings like stones pass their existence as if in deep sleep, free from restlessness. These are bhog yonis, life forms that experience or enjoy the consequences of past actions, without the capacity to perform new or consequential actions. What makes a human being superior is the discriminative faculty—Viveka—the ability to distinguish between the permanent and the impermanent, and to perform actions accordingly, thus generating new karmic consequences. Only human beings are endowed with this intellect that guides one towards liberation.

And why should humans strive for liberation! Creation itself is wonderful – it doesn’t want to dissolve. Thus, everyone resists death and strives to live forever. Only human beings have been gifted with this ability to enquire, raise the awareness and act towards liberation from the cycle of rebirth and suffering (Moksha).

The principle that governs the apparent order of the universe, the controller is often called Niyati, time, power, or Mahamaya. Yet, this controller too is only an imagined superimposition, with no independent existence apart from absolute truth. It is the One Truth alone that appears as all—creation, sustenance, and dissolution—and it is that same Truth to which the seeker must return.

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



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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.

