

July 2021



सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti ^{REGD.}

sivanandsevasamiti.org

YOGA EDITION!!!

2021

सेवा समाचार



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

★ International Yoga Day 21st June ★

The meaning of Yoga literally means 'Union'.

It is a connecting method between two of any type. Yoga is like 'Yagna', it is the intermediary for everything.

So, then the question arises...'Whose Union with Whom?'

The Ancient-Indians of old, those great 'Research Students', struggled hard to find out about life on Earth. Together with the fundamental principles of nature and creation.

The unparalleled knowledge that they accumulated is known as Yoga and within the science there are to be found many aspects.

Different Saints and Sages have given different definitions to Yoga. As language is only a haphazard medium, to express their inner-ideas, it has its limitations. Albeit the Truth is One.

Many secrets of this timeless science are not given to common people for fear of misuse. Yet, some methods are passed to worldly-persons for them to enjoy a complete, happy and successful life, in keeping with the progressive development of human society.

Through various Yoga practices, gifted through different yogic-systems, one may achieve all four aspects of life that include;

1. Righteousness (Good Code-of-Conduct) which brings harmony in social-life.
2. Wealth, which fulfils the necessities of life by correct-means.
3. Fulfilment of desires (Both Worldly and Spiritual).
4. The achievement of the 'Goal-of-Life'. That is to become relieved from the miseries of life, i.e. the cycle of birth and death (Absolute freedom).



Seva Samachar

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- Thought For The Month
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Thought For The Month

by Swami Premanand

- 'The Supreme Power is powerful because of Yoga, it is activated by Yoga.'

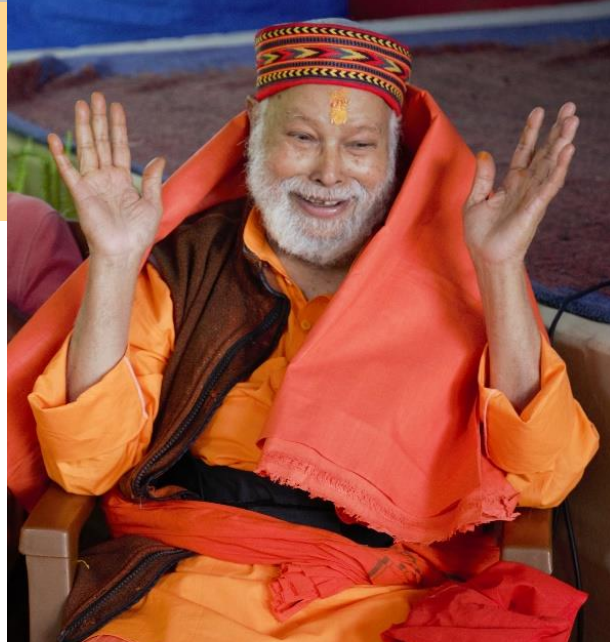
In answer to the question; 'Whose Union with Whom?' The definitions of Yoga below contain the reply...

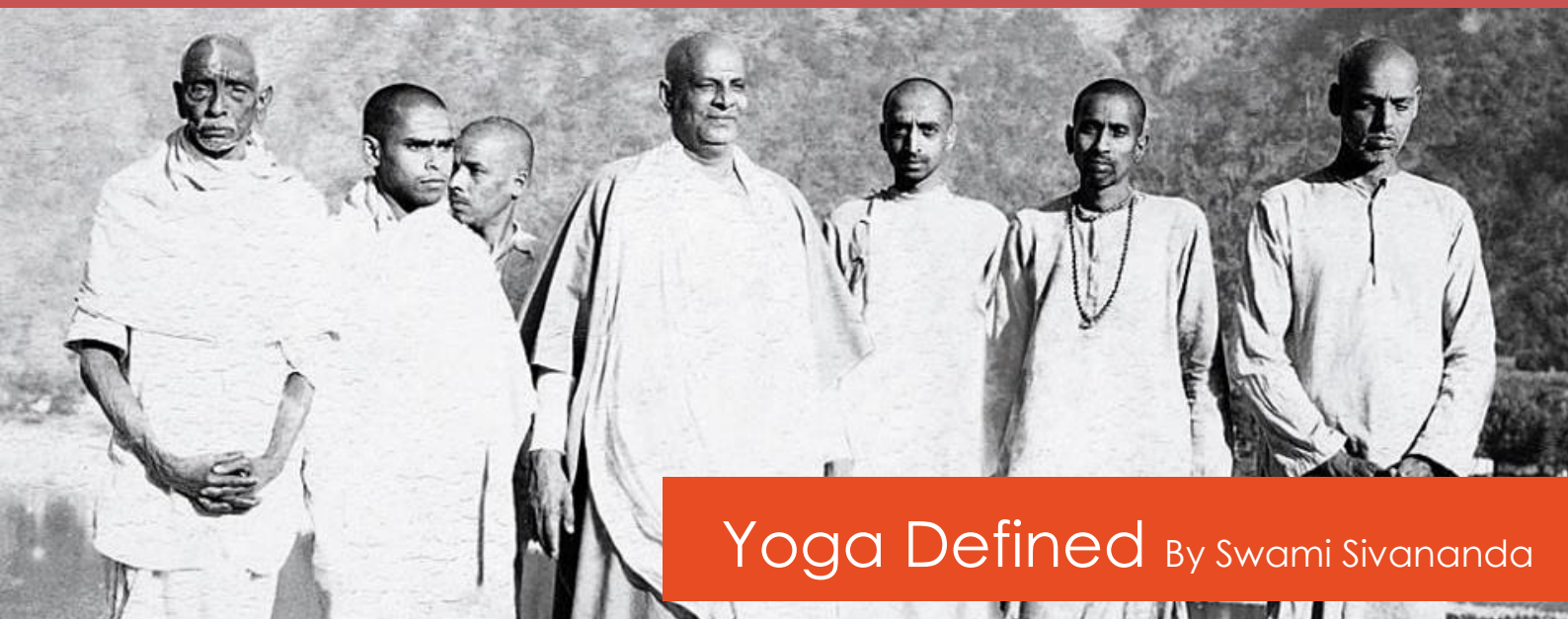
1. Yoga is a skilful process to stop the restlessness of the mind.
2. Yoga is communion between the individual-beings and the Absolute Truth.
3. Yoga is a technical process to bring equilibrium into the subconscious-mind, chitta.
4. The process to achieve the 'Goal-of-Life' is called Yoga.
5. Yoga is a bridge between the matter and spirit.
6. Yoga is a path to the 'Event-Horizon'.
7. The awareness of the relationship between two is called Yoga.
8. Unity in diversity is called Yoga.
9. Yoga is the path to perfection.
10. An all-round vision of life from 360 degrees is called Yoga.
11. Yoga is a ladder to reach the highest-peak.
12. Yoga is a journey from gross to subtle, to subtle-most.
13. Yoga is the greatest cure of world disease.
14. Yoga is a mirror to see the reflection of the Absolute-Truth, as the world.
15. Yoga is a complete science by itself.

There are many other definitions like these given by different Seers of Yoga.

The Glory of Yoga is beyond mind & speech!!

**May Everyone become a Yogi and keep up
the harmony of the Creation (The Nature!!).**





Yoga Defined By Swami Sivananda

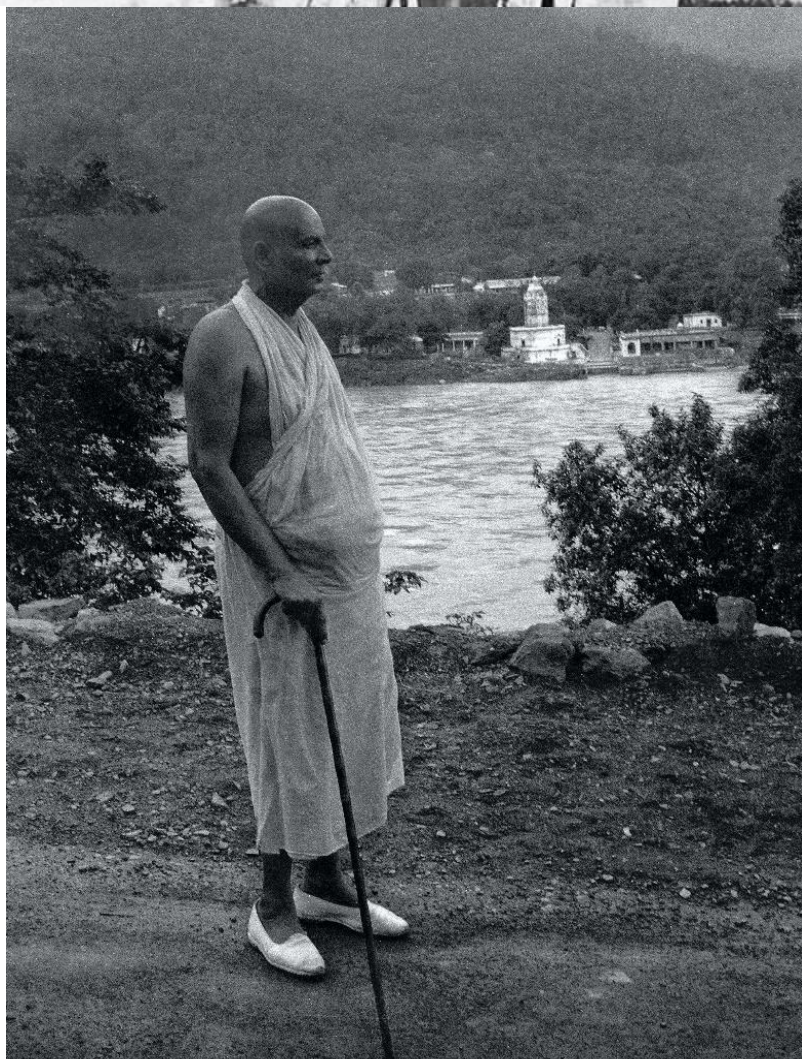
The word 'Yoga' comes from a Sanskrit root 'Yuj' which means 'to join'. In its spiritual sense, it is the process by which the identity of the individual soul and the Supreme Soul is realised by the Yogi. The human soul is brought into conscious communion with the Divine Reality. The science that teaches the way of acquiring this occult knowledge is called 'Yoga Sastra'.

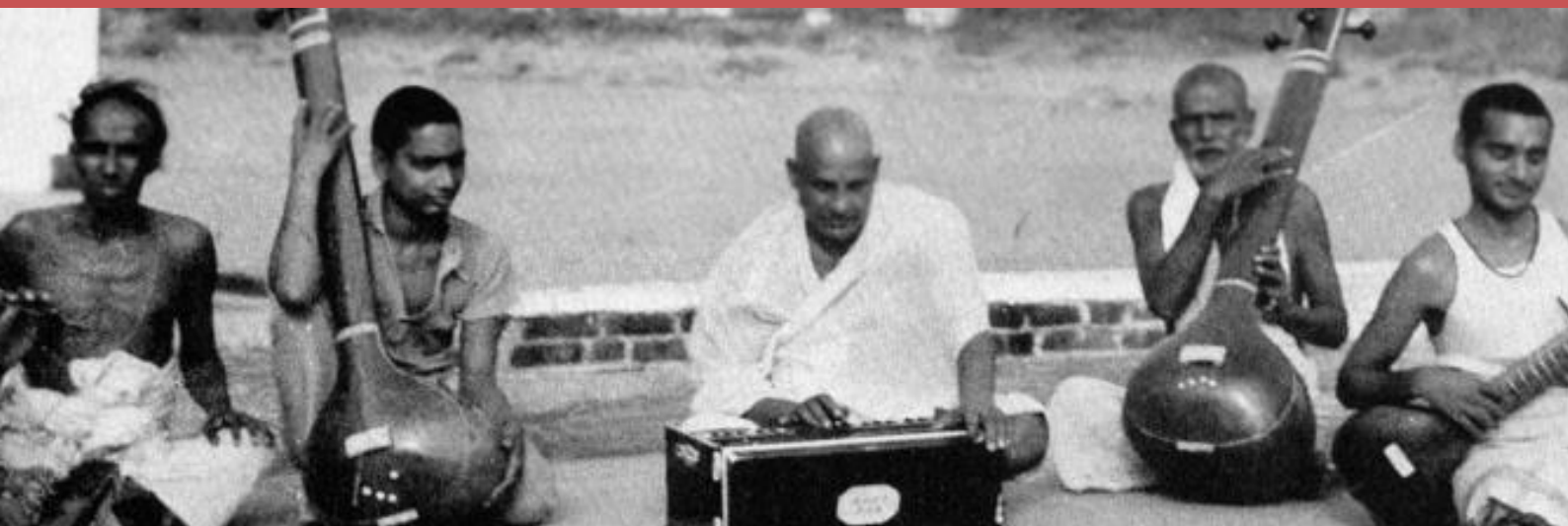
Yoga, in a generic sense, refers to Karma Yoga, Bhakti Yoga, Raja Yoga, Jnana Yoga, Hatha Yoga, Mantra Yoga, Laya Yoga or Kundalini Yoga. In a restricted sense, it means the Ashtanga Yoga or Raja Yoga of Patanjali Maharishi only.

Yoga philosophy is one of the six systems of Hindu philosophy. Unlike so many other philosophies of the world, it is a philosophy that is wholly practical. Yoga is an exact science based on certain immutable Laws of Nature. It is well known to people of all countries of the world interested in the study of East civilization and culture, and is held in awe and reverence as it contains in it the master-key to unlock the realms of Peace, Bliss, Mystery and Miracle. Even the philosophers of the West found solace and peace in this Divine Science. Jesus Christ himself was a Yogi of a superior order, a Raja-Yogi indeed. The founder of the Yoga Philosophy, Patanjali Maharishi, was not only a Philosopher and a Yogi, but a Physician as well.

Yoga is that state of Absolute Peace wherein there is neither imagination nor thought. Yoga is control of mind and its modifications. Yoga teaches us how to control the modifications of the mind and attain liberation. It teaches us how to transmute the unregenerate nature and attain the state of Divinity. It is the complete suppression of the tendency of the mind to transform itself into objects, thoughts, etc. Yoga kills all sorts of pain, misery and tribulation. It gives you freedom from the round of births and deaths, with its concomitant evils of disease, old age, etc., and bestows upon you all the Divine Powers and final liberation through super-intuitional knowledge.

Equanimity is Yoga. Serenity is Yoga. Skill in actions is Yoga. Anything by which the best and the highest in life can be attained is also Yoga. Yoga is thus all-embracing, all-inclusive and universal in its application leading to all-round development of body, mind and soul.





Yoga – What It Is And What It Is Not By Swami Chidananda

In Sanskrit, the primary definition of the term Yoga is the state of union with the Divine or the experience of oneness with the great Reality. Yoga, therefore, represents the experience of Truth, the consciousness of Reality, the union with the Divine. There are also secondary meanings of the term Yoga. Yoga is also a set of scientifically evolved and intelligently formulated practical techniques enabling man to shed himself of all the impurities imposed upon him by the nature of his body, mind and senses, and aiding him to concentrate his thoughts entirely upon the Supreme. Thus Yoga means anything that man may do to purify his lower nature, to restrain his senses, to direct his mind towards God, to come into a deep interior level of worship of the Divine and finally to realise his eternal oneness with the Divine Consciousness.

The application of yoga is universal. It may be applied within the religious framework. Yet it clearly transcends religion. It is supra-religious, far beyond any dogma or doctrine. The extent and duration of its applicability is commensurate with the whole of humanity for all time.

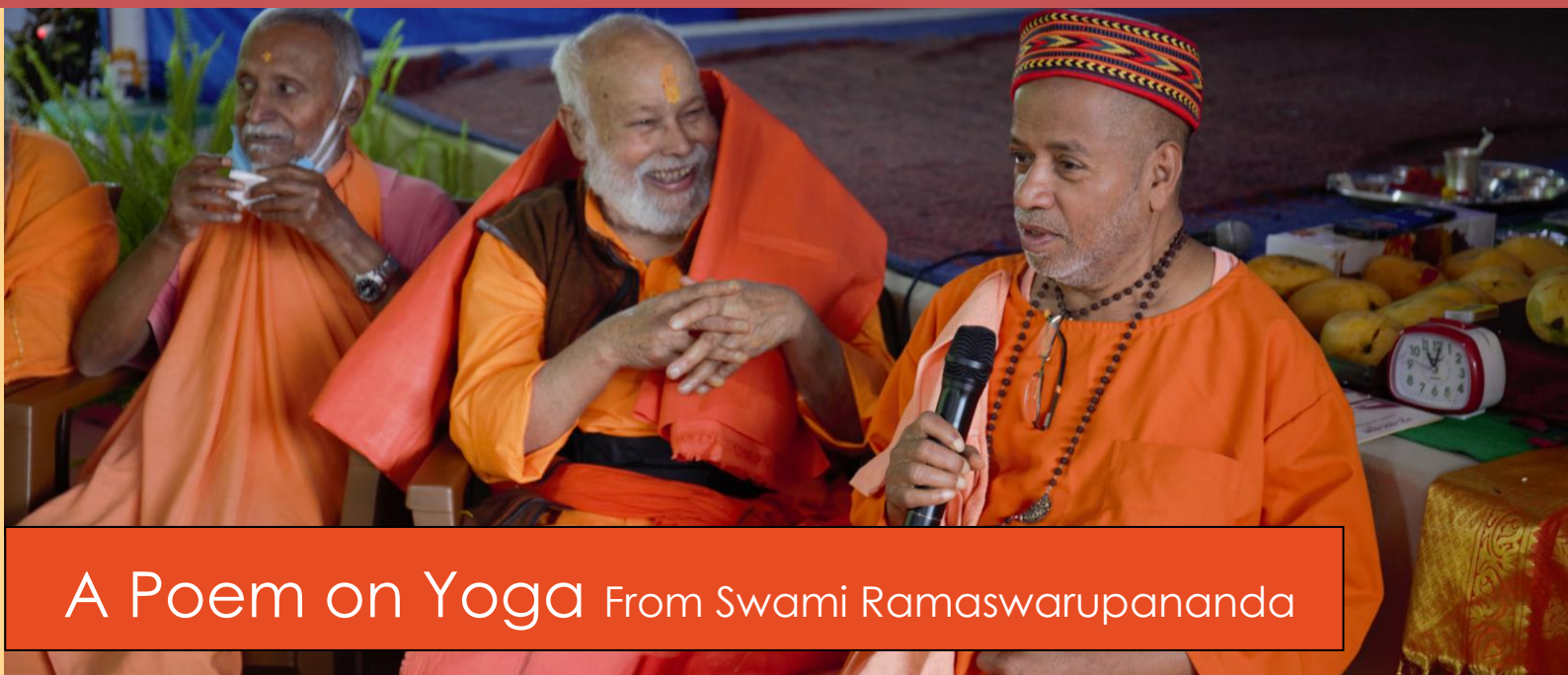
Yoga is not mere acrobatics. Some people suppose that Yoga is primarily concerned with the manipulation of the body into various queer positions, standing on the head, for instance, or twisting about the spine, or assuming any of the numerous odd poses which are demonstrated in the text-books on Yoga. These techniques are correctly employed in one distinct type of Yoga practice, but they do not form an integral part of the most essential type. Physical posture serve at best as an auxiliary, or a minor form of Yoga.



Teachings of The Bhagavad Gita – ‘The Gita & Yoga’

The philosophy of the Srimad Bhagavad Gita is a philosophy of liberating yourself from “I” and “mine” and attachments, of being bold and brave enough to see the truth as it is, and then commencing once again the journey towards the ultimate state of a liberated consciousness.

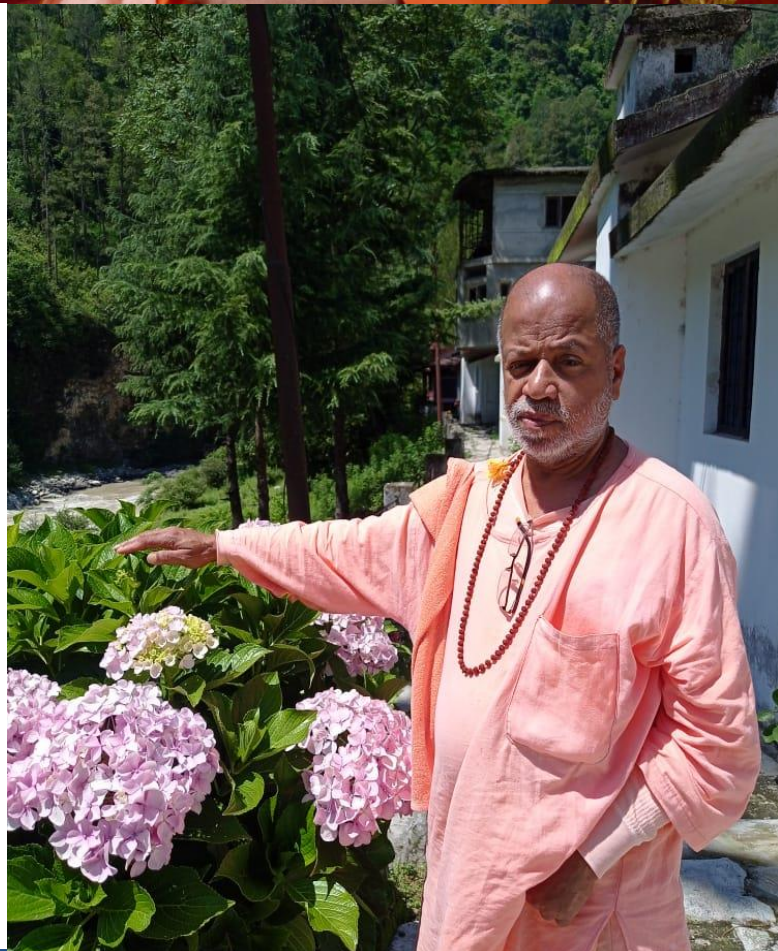
It is the practice of the Gita that gradually removes from one’s interior the ignorance of the reality of our situation. The sadhana of the Gita is the time-honoured methods evolved, formulated, perfected and handed down to us as the great science of Yoga.



A Poem on Yoga From Swami Ramaswarupananda



Yoga is sensitivity,
Yoga is awareness,
Yoga is music,
Yoga is the beginnings of Life, and end also,
Yoga is peace,
Yoga is wisdom,
Yoga is spirituality!



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.



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HEALTHCARE ACTIVITIES

Hospital News

The current running departments of Sivanand Dharmarth Chikitsalaya 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	:	340
Eye patients	:	78
Dental patients	:	55
Mobile camp patients	:	00
Panchakarma	:	00
Physiotherapy patients	:	01
Veterinary medicines distributed	:	02
Pathology Tests	:	03
Ambulance Seva to patients	:	05
Homeopathy patients	:	29



Follow, the path of yoga. Find, the correct methods to navigate through. Perceive Truth. Set yourself free.



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 April: 15

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 : 64

**Number of students in Computer class : 22
(in 2 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 : 12



Ganga Dussehra 2021



To Honour and celebrate the descent of Ganga Maa down upon the Earth and the Three Realms. Our Ashram marked the event with a noteworthy ceremony held on Her Blessed Banks.

A 'Birthday Present' was devotedly filled with all sorts of favourable and divine-trinkets and treasures, worthy of Ma Ganga. Before being skilfully thrown into Her flowing waters.

Swamji presided over the festivities, instilling the deep-reverence of such an event into the attendees. Mother Ganga flows for over 2500kms through the Himalayas and India, providing sustenance for countless scores of people and their livelihoods.

JAI MAA GANGA!!! JAI MAA GANGA!!!





Honouring The Honourable

After scaling the dizzying heights of Mount Everest, Colonel Bisht of Nehru Institute of Mountaineering (NIM), in Uttarkashi, kindly paid our Ashram a visit upon returning from his industrious adventures!

Bishtji was warmly welcomed by Swamiji, Ashramites and Pandits with recitations of Veda Mantras amongst a shower of flowers.

Many were in both attendance and awe, to hear the Colonel recount some of the episodes experienced whilst climbing the highest and most treacherous mountain to navigate in the world.

Colonel Bisht was personally presented with a beautiful wreath of flowers, a 'Certificate of Achievement' from Swamiji to represent such a great feat and accomplishment. Plus, an honorary meal in his honour to celebrate.

Praise Be To Colonel Bisht For His Efforts!!!





Ashram News

Hospitality

Due to Covid 19, Char Dham yatra was not allowed. Only local people were allowed to visit Gangotri temple. So ashram also received almost no Padyatri Mahatmas & needy Padyatris of Chardham Yatra are given privilege of rest in the Ashram for a few days, along with food and medicines. Foreign 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.



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: 64

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 : 2





Swami ji Birthday Celebration

Alongside, Ganga Ma's Birthday we also celebrated the Birthday of another 'Gift from God', our very own Swami Premananda Ji.

The festivities continued throughout the day and into the evening. Including, Bhajan, a magic show, some fantastic local dances and even International Online-calls from well-wishers around the globe wanting to wish Swamiji every best on his special-day.

Swamiji even launched the Seva Samiti's new website.

<https://sivanandsevasamiti.org/>

Check it out for all Ashram-related activities, special events and a wealth of spiritual and enlightening material!!



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**

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 of Yoga Vasistha

BY SWAMI PREMANAND

Yoga is life itself. The classic methods of Yoga have been derived through thorough analysis of the Nature by the Great 'Research Students of The Past'. Many different kinds of Yoga that all ultimately lead to the same goal.

The role of Yoga Sadhana is to purify. Remove the impurities within the system, the mind and the prana.

We are effectively, all sincere Sadhaks that is, broom-sweepers. Sweeping the inner-chambers of our being, so that eventually enough of the dross shall be removed, like iron-fillings smelted out in gold, for us to become once again One with the Absolute-Truth.

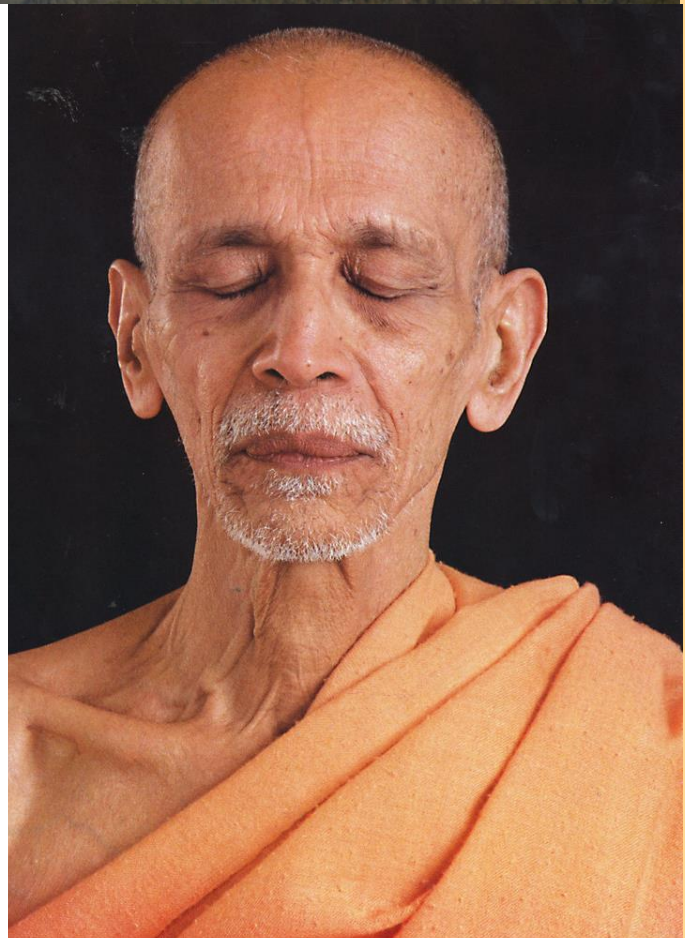
But, it's through those established practices that we remove the barriers that hold us back. Our desires, our attachments, our mind, our ego so that we are again yoked in union.

Every ounce of effort is worth a thousand-theories. Commit yourself to reaching that goal.

For, Yoga leads us to complete freedom. Yoga dissolves the individual into the universal, Yoga ends depression of the mind a Yogi transcends all barriers to life.

May God Bless You All to Reach the Highest Goal of Life!!

OM TAT SAT!!!



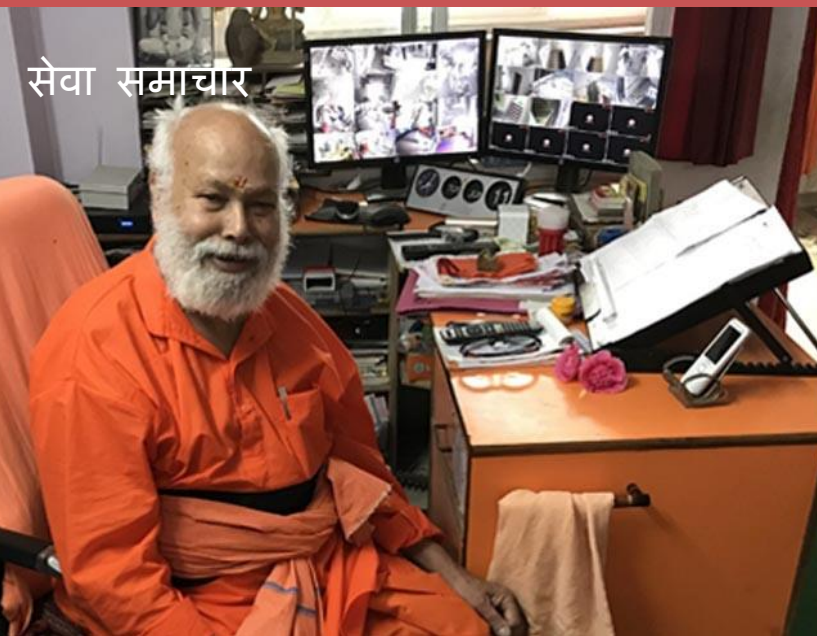
Yoga Sadhana

Yoga, Yokes A Union,
Gospel-Science, Fashions Our Key.
Far-More Than;
Twisting, Turning, Yogic-Seals.
Bleary-Balanced Vritti-Waves,
Upon, Surficial-Chitta; Reveal,
That Which Is; Singularity,
Wrote, Sage Patanjali.

Namaskar Ardhanarishvara,
Aligning, Hatha; Moon And Sun.
Salutations, Ida; Chandrama; Pingala, Surya
Through Sushumna's Conduit; She Runs.
Whilst, Bandhas Clasp Her into Place,
Applied, Mudras Direct; The Breath,
Pranayam, Dhyana; Yogasanas,
Transduce; Triad Attempts.

Ashtanga, Vinyasa, Kundalini,
Many, Proven Paths; That, Lead Our
Way.
Aside, Jnana, Karma, Bhakti; Raja Yoga.
Life's Mechanism; Unpicked, By,
'Research Students of The Past',
What We Celebrate Today.

OM



SWAMI SIVANAND SEVA SAMITI

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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.

