

**September 2023**



# सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti <sup>REGD.</sup>

[sivanandsevasamiti.org](http://sivanandsevasamiti.org)

# सेवा समाचार



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

## Thought for the Month:

### Vedanta in Daily Life

The aim of philosophy is right living. All the Shastras or religious texts of every religion tells us how to live life rightly. They contain the codes of conduct and methods that enable a person to transform all activities into worship of the Divine. If understood in the true sense, the texts are manuals for the people on how to lead a Divine Life, how to spiritualize all the activities and lead a God-oriented life at every moment, all the 24 hours and all the 365 days of the year, throughout one's lifetime. Vedanta is that light which illumines the world of thought and understanding. Vedanta philosophy is not a mere theory, but an exact science which teaches the method of spiritual realisation, the experience of the Self or individual Spirit as Brahman or Absolute Consciousness, where the entire creation is realised as identical with one's Self, where there is no second other than the Self, no duality, only complete one-ness. Through the Mahavakya "Tat Tvam Asi" or "Thou art That", and Upanishadic teachings like "Sarvam Khalvidam Brahma" or "All indeed is Brahman", it speaks of oneness with the Absolute as well as with the entire creation. It removes all barriers, melts all differences, removes petty-mindedness, crookedness, jealousy, selfishness, Greed, hatred, suspicion and cruelty and ultimately unites all.

Gurudev Swami Sivananda, an idealist-realist, a philosopher-humanitarian summed up the teachings of Vedanta in simple phrases or instructions like "Adjust, Adapt and Accommodate", "Be Good, Do Good", "See good in Everything", "Serve, Love, Give, Purify, Meditate, Realise". His very life was an example that taught the most effective way to use all the principles of Nature for progress of the individual towards Self-realisation. To love all, see God in all and serve all, because God is all.

## Seva Samachar

- Thought for the Month
- Guide to Sadhakas
- Serve Humanity and Seek Divinity
- Daily Programme
- Healthcare Activities
- Annual Events
- Special Events
- Ashram News
- Upcoming Events - Bhagvat Saptah
- Teachings from Yoga Vasistha
- BECOME A MEMBER





## Vedanta in Daily Life (Contd.)

But often we are bewildered with the question of how to face the situations that come to us on account of Prarabdha or force of destiny, we fail to understand what is right and what is wrong, what should be the right code of conduct. We face the moral dilemma or Dharma-Sankat. In the greatest epic Mahabharata, we see many such instances. For example, Arjuna faced Dharma-Sankat when he had to decide whether to fight against his own teacher for preserving Dharma, Karna faced Dharma-Sankat when he came to know that he was the eldest of Pandavas and had to decide whether to fight for his friend Duryodhana or fight for his brothers.

In our day to day lives, we often face such ambiguous situations. The golden rule to make the right decision is to listen to the inner voice, the voice that comes from the heart of hearts. In the heart of hearts, everyone knows everything, since the inner self is verily of the nature of knowledge. And so that inner voice always speaks the truth. Problem arises when we fail to listen to that inner voice. More often than not, we get so impacted by the external events that we fail to connect with our inner self, to go into the state of peace and serenity that is required to listen to that inner voice. At this time, the Guru and scriptures comes to our rescue. They repeatedly remind us that

प्रकृतेः क्रियमाणानि गुणैः कर्माणि सर्वशः ।

अहङ्कारविमूढात्मा कर्ताहमिति मन्यते ॥ B.G. 3.27

All actions are wrought in all cases by the qualities of Nature only.

He whose mind is deluded by egoism thinks, "I am the doer."

As soon as we accept this truth, we are immediately freed from all the burdens and anxieties that seem to bewilder us and destroy our peace of mind. We get established in the idea that by the force of nature, the body, mind and senses will be performing the necessary actions appropriate to the time, place and situation, while "I" have nothing to do with these changing times and conditions. In the absence of ego, and any preconceived ideas of good or bad, likes or dislikes, personal beliefs or opinions, we will be able to accept all situations without being influenced by it.

If the self remains saturated with the thought of God Only or by the Bliss of the Self, then it will not be impacted by the apparently visible external adversities or ambiguities as he will not be bothered by anything that is non-Self. Just as the sky remains unaffected, untouched, unconcerned, unmoved by the heat from summer midday Sun or heavy rains or strong winds or sandstorms, in a similar way, one will remain unaffected and will be able to maintain the inner harmony at all times, while performing all the necessary duties in the relative world.

This is the secret to live the Vedantic way of life.



## Guide to Sadhakas

By Swami Sivananda

The first thing a spiritual aspirant has to acquire is mastery over the mind. Like a blind man - look at the objects. Like a deaf man - hear sounds. Do not allow the sense experiences to penetrate within. The mind gets fattened on account of its being fed by sense objects. Restrain the senses by the process of pratyahara (abstraction).

Why should you struggle to curb the mind? Its power is far greater than any other power, but it will become your slave if you surrender to the Lord and allow his divine power to work through you. The control of prana (life force) should be the natural and unfailing duty of all spiritually minded persons. It is the control of prana which paves the way for the non-cogitation of all the externals and the conquest of death.

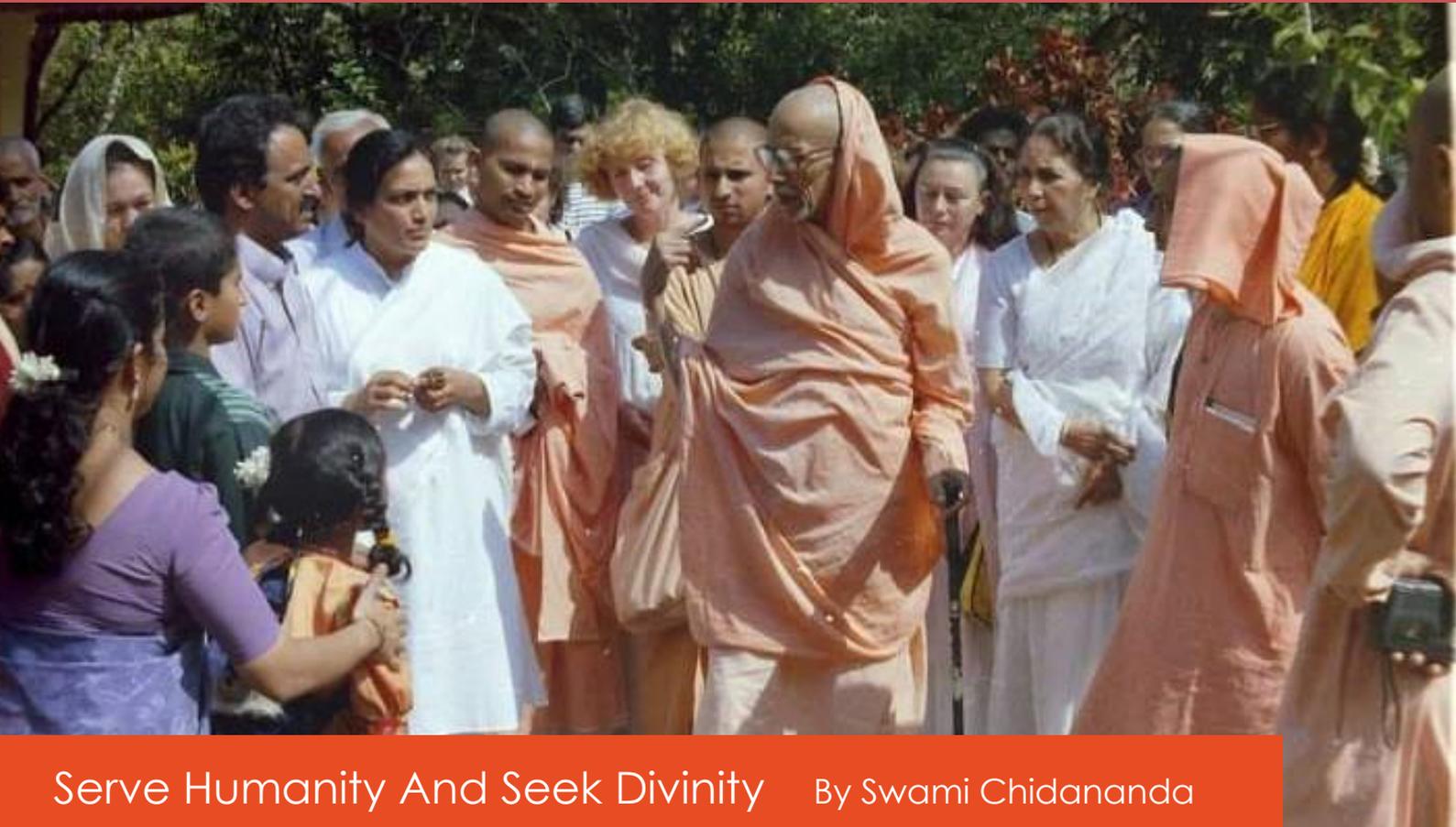
***Firmness of practice in the stainless non-dual principle, control of prana and the subjugation of the mind - these three are the paths to realise the meaning of moksa. Out of these three, one should be mastered thoroughly. Then the effects of all three will be obtained as all three are inseparably related to one another.***

If the mind and prana cease to exist then thoughts will cease to arise - both of these are one only like the flower and its fragrance, or a seed and the oil in it. Prana and mind stand to one another in the relationship of supporter and supported. If either of them is slain then the other also will cease to exist. The destruction of both will confer Moksa.

Spiritual life begins with repentance. Spiritual life begins with aspiration. Genuine aspiration is the pre-condition of success in leading a spiritual life. Aspiration is indeed the fruit of good actions of the past. Guard your spiritual aspirations very carefully. Increase them through viveka (wisdom), sadvicara (pure enquiry) and satsanga (holy company).

Seek God within you, in your heart. Seek him not elsewhere. Seek him with faith. Seek not God for favours. Such favours will not bring you near to God. Cultivate Niskamy Bhakti (motiveless devotion) - pine for his grace and mercy. Quicken and enliven your faith in God. Let the flame of faith grow brighter and brighter daily. Feel His presence everywhere. Obtain His grace through faith, devotion and total self-surrender.

***Devotion to God and Guru, practice of discipline, regular meditation - these will quickly lead to self-realisation. Selfless work is for the purification of the mind. Self-realisation is brought about by discrimination, dispassion, determination and meditation. He who is faithful to truth and who diligently practises meditation, turning inwards in meditation, is put upon the ultimate path which leads to self-realisation.***



## Serve Humanity And Seek Divinity By Swami Chidananda

O Blessed Friend! When will you wake up from this deep sleep of ignorance and enter into the reality of your true real nature – Divine Nature? You are not merely the body and intellect.

Come, come, wake up now. Claim your birthright. Recognise your identity. Enter into experience of the Divine Joy, Peace and Wisdom which is your Eternal Svarupa (essential nature).

O beloved friend! O Radiant Atman! Do it now. You are indeed Divine. You are unchangeable, infinite, immortal Atman.

Life is Sadhana. Living is spiritual process. All actions – mental, verbal and physical – constitute Yajna. Yajna or self-giving is the fundamental principle and PAROPAKARA (doing good to others) is the Mulamantra (the basic sacred formula) of this life.

Live with understanding and wisdom. Understand the meaning and purpose of life. Understand your real nature and why you are here. Here on Earth, you are but a passing traveller. Here all things are temporary. All things pass. Therefore, seek the eternal.

Your real nature is not earthly. It is spiritual and deathless. To realise your Reality, your eternal identity, is the purpose of your life. While you strive diligently for this inner experience, cultivate Ideal Relationship with the world around you. To all beings relate yourself with nobility, sympathy, kindness, love, selflessness and the desire to serve all.

***Compassion to all is the key to blessedness.***

***Humility is the highest virtue.***

***Truthfulness is the greatest treasure.***

***Self-control is the supreme wealth to possess.***

***Egoism is the worst blemish and hence to be eradicated in toto.***

Be an ideal individual. Become a spiritually-illuminated soul. Thus crown your life with Wisdom, Peace and Blessedness. You will then become a blessing to all mankind. I wish you joy and peace.



## 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 daily. Village students, under the guidance of Swamiji, enthusiastically 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 and help to the poor people for houses, marriages and daily needs, etc.

Total No. of such People/ Families supported: 18



Rudra Abhishek



Satsang with Swamiji



Evening Prayers



## 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. And regular medical education at schools.

The new 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.



Pharmacy



Mobile Camp



Eye Check-up

Patients Attended to in Hospital OPD	: 503
Eye	: 140
Mobile Camp	: 148
Panchakarma	: 173
Physiotherapy patients	: 227
Homeopathy	: 45
Pathology Tests	: 31
Ambulance Seva to patients	: 05

**The human body is a miraculous instrument that instinctively knows what it needs. Unfortunately, the human ego often drives us not to listen.**

# Healthcare Activities: Eye and General Medical Camp



Swami Sivanand Seva Samiti conducts frequent free Eye camps and Medical 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 12<sup>th</sup> August 2023, under the leadership of Dr. Om Prakash Verma, MBBS, MS (ophthalmology) and Swamiji, an eye and general medical camp was conducted at Gundiya Gaon village in Puraula tehsil of Uttarkashi district, about 120 Kms from Ganeshpur. The patients were screened and were given necessary treatment such as medications and prescription glasses, health education and counselling. The patients who had cataract and needed surgery were brought to Sivanand Dharmarth Chikatsalaya and were operated on the following day.

Timely follow up was done and all the cases were found successful.

No. Patients treated: 124    Cataract Surgery done for: 12





## Annual Events: Independence Day Celebration



Like every year, on 15<sup>th</sup> of August, the ashram inmates and visitors, hospital staff and villagers came together with patriotic fervour to celebrate India's freedom and to remember the sacrifices that were made to achieve it. The Japanese visitors also participated in the celebrations enthusiastically.

Swamiji said we should all strive for eternal Independence.

He urged everyone to pledge that we all should be ready to sacrifice our lives for Independence, we will never allow it to get destroyed. We were born in this land, we have grown up in this land, this land has nourished us, this land is our dear Mother, and we will do everything to make our nation prosperous, we will even lay our lives to protect our motherland. Bharat Mata ki Jai.



# Special Events:

## Akhand Ramayan Path

The month of Sawan is considered very auspicious for religious observances. Akhand Ramacharitmanas Path was organised on 9<sup>th</sup> of August. Ashram inmates, priests and devotees from the villages participated in large numbers for the 24 hours continuous recitation, Havan and Rudra Abhishek for world peace and well-being. The program was concluded grandly through Maha Prasad distribution (Bhandara) on the 10<sup>th</sup> of August.



# Special Events:

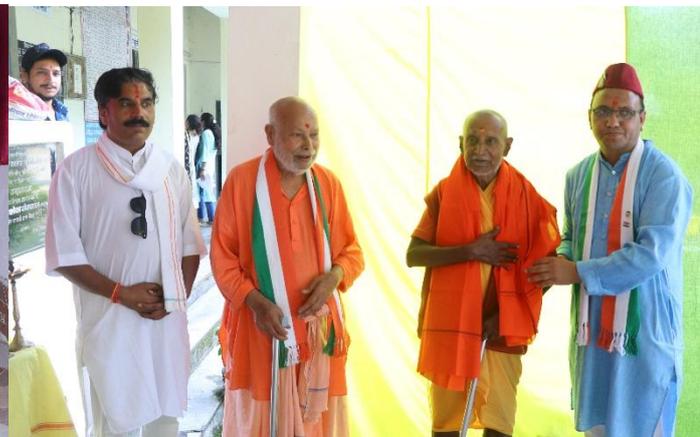
## Educational Support



Swami Sivanand Seva Samiti actively supported Hari Singh Rawat R.I. College at Gangori in the nation-wide "Meri Maati Mera Desh" Campaign.

To enlighten the young minds, competition in different categories like painting, singing, dance, extempore, essay writing etc. for different age groups were held on 12<sup>th</sup> August, which was presided over by the Swamiji and Dr. Chandrasekhar ji. Swamiji and the esteemed judges distributed exciting prizes on 15<sup>th</sup> August which greatly motivated the students.

Swamiji, through stories and humor, elucidated that knowledge is power and students should focus on learning for gaining knowledge (विद्यार्जन).





# Ashram News

## Hospitality

Many Mahatmas, on their way to Gangotri, 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	:	16
Foreign guests	:	24
Ashram inmates	:	22

## 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: 80**

## 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	:	4

## 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 in the month of August: 124**



**Spiritual guidance**



**Annakshetra**



**Paduka Puja**



**Budapest Indian Embassy**

Our General Secretary Swami Yatidharmananda ji went on a **World Tour** starting from 25th of April. He visited several countries in Europe like Austria, Hungary, Germany, Belgium, Spain and Malta. In all these places he conducted several workshops and retreats on Yoga Nidra, Meditation and Life and Teachings of Swami Chidananda.

After spending the whole month of July in propagating Gurudev's teachings at various ashrams of Yoga Vidya in Germany, he went to USA. The culminating destination of his world tour was Chicago to attend the Parliament of the Worlds Religions from 14-18th August.



**Budapest**



**Budapest Hungarian Yoga Association**



**Budapest**







It is a great honour and blessing for all of us devotees and disciples of Swami Chidanandaji Maharaj that Swami Yatidharmanandaji was invited as a luminary of *Parliament of the Worlds Religions* and given the opportunity to speak during the Community Plenary on the main stage. He very appropriately represented our lineage of Worshipful Gurudev Swami Sivanandaji and Swami Chidanandaji at this august gathering of 7500 people from more than 200 diverse religious, indigenous, and secular beliefs from more than 80 nations.

Swami Vivekanandaji spoke at the Parliament of the Worlds Religions in 1893 to become the 1st Monk from India to bring Indian Philosophy to the west. Swami Chidanandaji Maharaj played an important role in reviving it in 1993 after 100 years and spoke as a representative of Sanatana Dharma. After 30 years, in 2023, our Swami Yatidharmanandaji became the only Hindu Monk from India as a speaker in the main stage at the Parliament and he represented Swami Chidanandaji Maharaj with full devotion.

SWAMI SIVANAND SEVA SAMITI

			
SWAMI SIVANANDA	SWAMI CHIDANANDA	SWAMI PREMANANDA	SWAMI YATIDHARMANANDA

📅 August 14-18, 2023 📍 Chicago, USA 🌐 2023PoWR.org



# श्रीमद् भागवत कथा सप्ताह ज्ञान यज्ञ

दिनांक - 8 सितम्बर से 14 सितम्बर 2023

कथा व्यास

पंडित डॉ. श्री श्यामसुंदर पाराशर शास्त्री जी (वृंदावन)

कथा समय

प्रातः 9 बजे से दोपहर 1 बजे तक

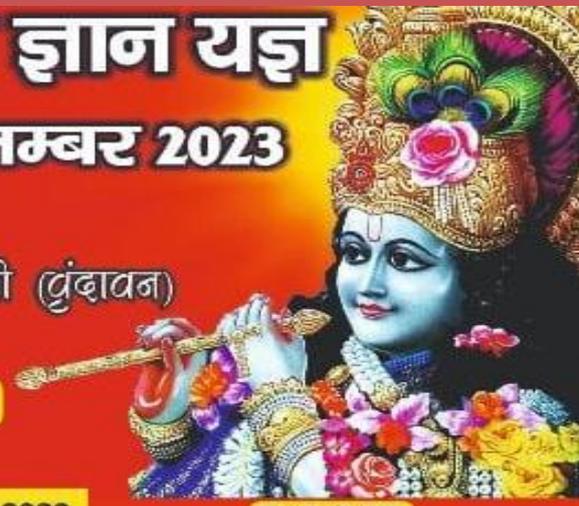
विशेष कार्यक्रम

श्री कृष्ण जन्माष्टमी महोत्सव : 6 सितम्बर 2023

(समय: 8:00 से 12:00 रात्रि)

नंद महोत्सव : 7 सितम्बर 2023

(समय: सायं 5:00 से 8:30)



कथा स्थल

शिवानंद आश्रम, गणेशपुर, उत्तरकाशी  
9412934106, 9899655525



पंडित डॉ. श्री श्यामसुंदर पाराशर जी

## Gyan Yagna – Bhagvat Saptah in September

Swami Sivanand Seva Samiti is happy to inform all the devotees that in connection to Janmashtmi Mahotsav celebration on 6<sup>th</sup> September 2023, we are conducting "Bhagvat Saptah" Gyana Yajna (from 8<sup>th</sup> to 14<sup>th</sup> September), by Vyas Dr. Shyam Sundar Parashar Ji (Vrindavan).

There will be live telecast of the Katha on the YouTube channel ( [@swamisivanandsevasamiti6364](https://www.youtube.com/@swamisivanandsevasamiti6364) ).

Kind donations for this purpose are most welcome.

Donations may be sent to:

Account Holder: Swami Premanand Saraswati

Account Number: 0881000100018980

Bank name: Punjab National Bank (Uttarkashi)

IFSC Code: PUNB0088100

May Lord Krishna & Gurudev Swami Sivanand Ji bless one & all.





## Teachings from Yoga Vasistha: Peace in Chaos

Everyone wants peace and happiness. We move about in the relative world of names and forms and perform multifarious actions with the desire for name and fame, peace and happiness. One desire arises in the mind and to fulfil it, instantaneously multiple thoughts spring forth and we begin to plan and work towards their fulfilment. Our happiness (presence or absence of it) becomes directly related and proportional to the fulfilment of the desire. Thus, desire becomes the cause for momentary happiness and pleasure or sorrow and misery. However, it is difficult to live in the relative world without any desires. So, Sage Vasistha ji advises seekers to have good desires like performing austerities, charity etc. in the initial stages. And as the seeker advances, the good desires get destroyed by itself, like a hailstone, and one becomes desireless. Just like Bhakta Dhruva initially started penance with a desire but by the time he had darshan of Lord Narayana, he had become fully desireless, he had forgotten everything and was completely merged in the thought of the Absolute.

Sage Vasistha ji further explains that the way to become desireless is to be neutral or indifferent (neither accept nor reject) to all that comes our way without our asking, hoping or expecting; and to always live in the present.

What if we are acting without desires but we see someone behaving wrongly? At times, when people or situations appear to behave contrary to our understanding, the mind becomes restless. Sometimes we become so troubled that conflict arises between people and places. But in the relative world, life needs support from all spheres for its existence. We have dependencies on others for our existence, we have relationships, we perform actions in cooperation with others, we cannot survive in isolation. So, we should continue to perform all activities and at the same time, we should not lose our inner peace. Here, we need to remind ourselves of the teachings of Gurudev – “Even this will pass away”. We should follow the golden rule of adjust and accommodate, live and let live. We must also be careful at all times not to step into others' limits or boundaries. We should remember that a wise man will not be perturbed under such circumstances as he will view things from all angles, he knows that all these are just some ideas that keep changing. And at the heart of hearts, he knows fully well that all these things are transitory, momentary only. He holds no personal choices or opinions, listens to his inner voice and accordingly his body, mind and senses perform actions in the relative world effortlessly. We also need to accept and live our life in the light of this truth.

When Yudhishtira was disturbed due to the devastation and sorrow after the great war and was looking for ways to bring happiness and peace in the kingdom, Bhishma Pitamaha told Yudhishtira that to get over all the problems and anxieties of the world, our only duty is to think of the Absolute. All words and their meaning originate from the One, and merge in One. All names and forms are His reflection only. So, we can choose one or many names from the innumerable names to keep up the constant remembrance of the Supreme, the Absolute, as this is the ultimate way to lasting peace and happiness.

## 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](mailto:swami.premananda@gmail.com)

## MEMBERSHIP PLANS

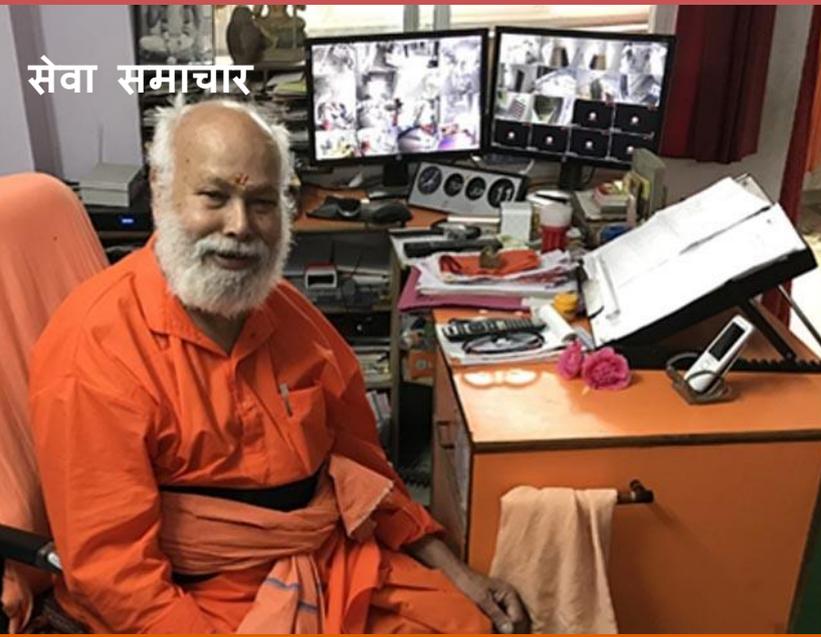
- LIFE MEMBERSHIP:  
RS. 25000/ for corpus fund
- REGULAR MEMBERSHIP:  
RS. 200 PER MONTH OR  
RS. 2000 PER YEAR
- NO PRIVILEGES—WE ARE ALL  
DEVOTEES. ACCESS TO STAY IN  
THE ASHRAM IS A SADHANA

[www.sivanandsevasamiti.org](http://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](mailto: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](http://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](mailto:swami.premananda@gmail.com). All donations should be sent with full name, address, and PAN Card Details.

