

September 2025



सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti REGD.

sivanandsevasamiti.org

सेवा समाचार

SEPTEMBER 2025



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

Thought for the Month: Satya Sankalp

Satya Sankalp means the power of an undivided and steady thought (resolve). When a Sankalp is pure and strong, it manifests without obstruction because there is no opposing force to weaken it. The law of Prakriti, however, is based on division — creating relationships, opposites, comparisons and karmic chains. This leads to worldly entanglement, where energy is scattered, sankalp is weakened and peace is lost.

In Kali Yuga, strength lies not in division but in collective harmony. A worldly person seeks fulfilment in possessions, recognition, and relations, which bring temporary satisfaction but unending restlessness. A yogi, by firm understanding the uselessness of worldly associations, reduces relations and desires, moving inward toward stillness. In this quietitude, mind becomes one-pointed and powerful, and in this steady stillness, whatever thought arises in the mind takes form immediately. Brahma, Vishnu, Sambhu, great sages like Vasishtha ji and all such Ishwarkoti beings have Satya Sankalp, they can manifest and withdraw at will; they are beyond rules of nature or Maya, so thoughts don't bind them. And when they remain thoughtless, they enjoy oneness with Paramatma.

The path for a Sadhak is to gradually reduce Sankalp-Vikalpa and Sambandh.

This is achieved through Pratyahar (withdrawing from distractions), Dharana (steady focus), and Dhyana (inner absorption).

Lesser the relations/associations and Vasanas (desires), lesser the opinions and doubts/uncertainties, stronger will be the Sankalpas, greater will be the Shanti (peace) and Tripti (contentment).

Seva Samachar

- Thought for the Month
- Upanishads - A Treasure of Wisdom
- Yoga in the Home
- Daily Programme
- Healthcare Activities
- Ashram News
- Dharali Relief activities
- Teachings from Yoga Vasistha
- BECOME A MEMBER





Upanishads – A Treasure of Wisdom – By Swami Sivananda

Prostrations to Satchidananda Parabrahman, who is the prop, basis and source for everything! Salutations to all Brahmailya-Gurus or the preceptors of the knowledge of the Brahman!

There is no book in the whole world that is so thrilling, soul-stirring and inspiring as the Upanishads. The philosophy taught by the Upanishads has been the source of solace for many, both in the East and the West. The human intellect has not been able to conceive of anything more noble and sublime in the history of the world than the teachings of the Upanishads.

The Upanishads contain the essence of the Vedas. They are the source of the Vedanta philosophy. Profound, original, lofty and sublime thoughts arise from every verse. They contain the direct spiritual experiences or revelations of seers, or sages, the Rishis. They are the products of the highest wisdom, supreme divine knowledge. Hence they stir the hearts of people and inspire them.

The glory or grandeur of the Upanishads cannot be adequately described in words, because words are finite and language is imperfect. The Upanishads have indeed greatly contributed to the peace and solace of mankind. They are highly elevating and soul-stirring. Millions of aspirants have drawn inspiration and guidance from the Upanishads. They are the cream of the Vedas. They are treasures of incalculable value. They are rich in profound philosophical thought. They are regarded as the very acme of philosophical thought. Their intrinsic value is very great. There is immense depth of meaning in the passages and verses. The language is beautiful.

The Upanishads give a vivid description of the nature of the Atman, the Supreme Soul, in a variety of ways, and expound suitable methods and aids to attain the immortal Brahman, the Highest Purusha.

Ages have passed since they were first presented to the world. Even now they are remarkably sweet and charming. Their freshness is unique. Their fragrance is penetrating. Many cannot live today without the study of the Upanishads daily. They provide supreme food for the soul.

It is said that Schopenhauer, the renowned philosopher of the West, always had a book of the Upanishads on his table, and was in the habit, before going to bed, of performing his devotions from its pages. He said, "In the whole world there is no study so beneficial and so elevating as that of the Upanishads. It has been the solace of my life, it will be the solace of my death".

The Upanishads have undoubtedly exercised and will continue to exercise a considerable influence on the religion and philosophy of India. They present a view of reality which would certainly satisfy the scientific, the philosophic, as well as the religious aspirations of man.



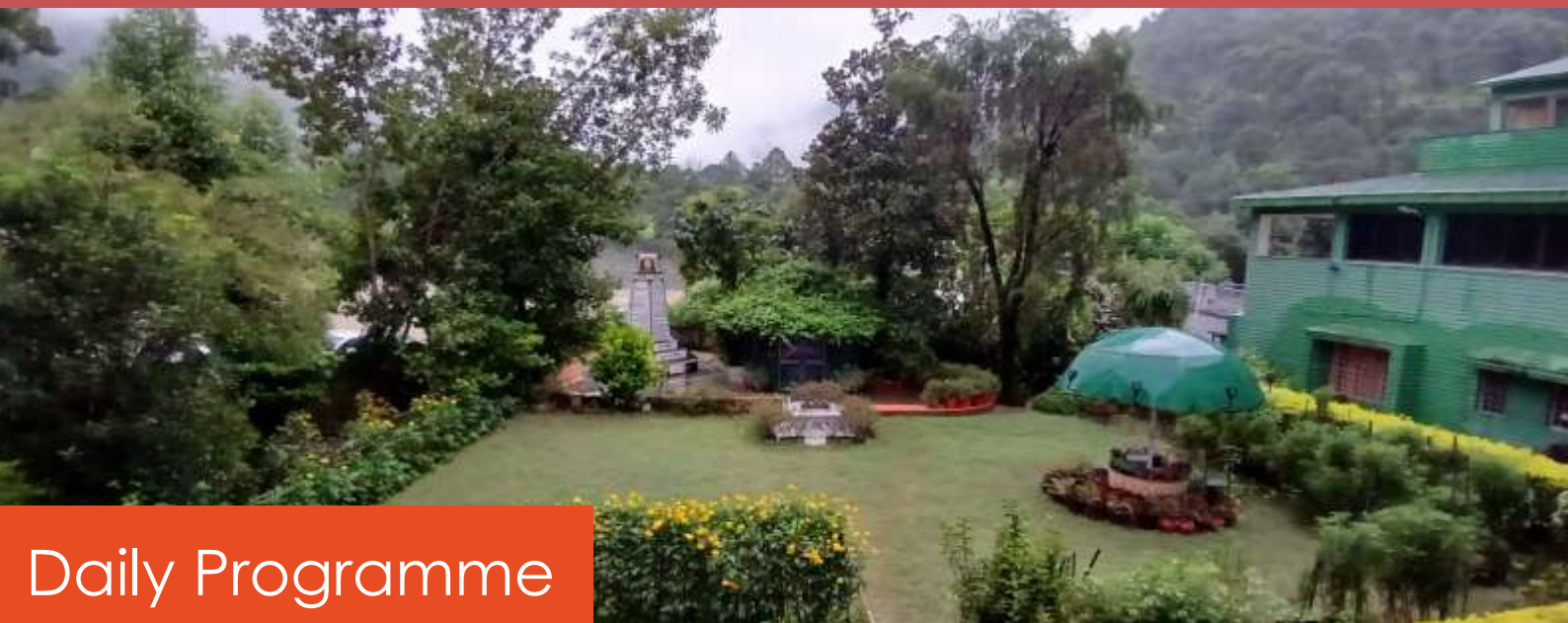
Yoga in the Home

By Swami Chidananda

We take up now the vital subject of how, being in the midst of worldly activities one may yet fulfil the supreme purpose, the spiritual purpose of life on earth. While both the secular life and the spiritual life are a part of you, it is true that the spheres of the two are different, in the sense that the secular life has its sphere outside of yourself and the spiritual life has its sphere within yourself. But then, your spiritual life does have some expression outwardly also, and wherever you are, there your spiritual life has to be. If you are in a family set-up and living the work-a-day life in the busy field of worldly activity, then your spiritual life must be there. This interior life cannot be created by bringing about visible external changes in yourself or in your circumstances. You cannot live the spiritual life better in Rome than in Vancouver. You cannot be a better spiritual man if you are living at the top of a mountain than if you are living at the foot of it. Geography cannot change it. Mere changes of external form cannot really and truly affect your spiritual life, for it is the life of the soul, and wherever you are, the inner self can be looking towards God.

Even in the holiest of surroundings, the most sacred of places, right in the tabernacle of God, if your soul is not in Him, is not lifted up towards Him, then you are not in the spiritual realm at all.





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. 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, 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: 7



Prayers at Gangadhar Mahadev temple



Evening Prayers and Kirtan



A gift of love and laughter while distributing umbrellas



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	: 512
Eye	: 130
Mobile Camp	: 59
Panchakarma	: 379
Physiotherapy patients	: 239
Homeopathy	: 30
Pathology Tests	: 79



**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 2nd August 2025, under the skilled leadership of Dr. Kartik M. Rana (M.S.) from Rishikesh, 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.

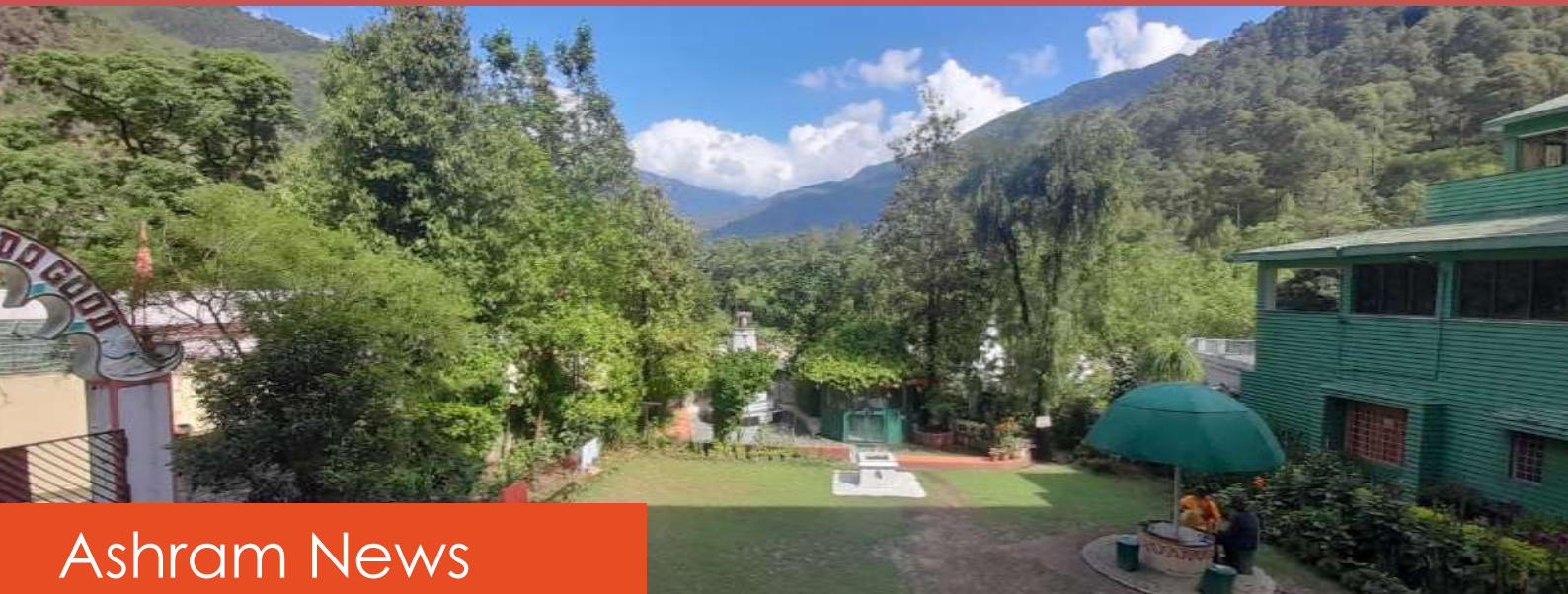
No. Patients --

OPD: 25

Cataract Surgery done for: 12



2 Aug 2025 6:31:08 pm
30.7535852N 78.4757058E
sivanand dharmarth chikitsalaya ganeshpur



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	:	08
Ashram inmates	:	21

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: 50

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, stationary etc.

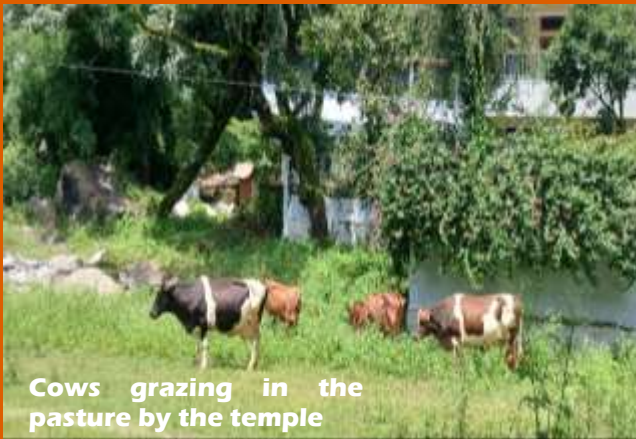
Total No. of Students supported: 82



Swamiji interacting with the Sanskrit vidyalaya (school) students



Preparation with devotion at the Annakshetra



Cows grazing in the pasture by the temple

Glimpses of programs and events at the ashram



In memory of Doctor Swami Hridayananda Mataji (eye surgeon), sadhu bhandara was held on 6th August. Swamiji spoke about the times spent with Gurudev and her while preparing special dishes.



Ashramites celebrated Independence day on 15th August with great enthusiasm and pride for our nation



On August 16, prayers were offered for the well-being of all during the celebration of Krishna Janmashtami



Children dressed as Krishna and Gopis having joyous time



Devotees singing (bhajans) on Janmashtami



Abhishek and Puja of Laddu Gopal



The beautifully decorated Jhula (swing) symbolizing the cradle of Laddu Gopal added to the festive ambiance and joy



On 27th August, Ganesh Chaturthi festival, which commemorates the birth of Lord Ganesha, was celebrated. Devotees gathered together to seek blessings for prosperity, wisdom, and removal of obstacles.



Dharali Relief Camp

On 31st August, Swami Sivanand Seva Samiti and Sivanand Dharmarth Chikitsalaya successfully completed the first phase of relief work in Dharali and Sukhi village of Uttarkashi district, which were devastated by catastrophic flash flood and mudslides earlier this month.

Despite difficult conditions like rudimentary rugged roads, continuous heavy rainfall and mudslides, the volunteers were able to reach the local community and deliver essential supplies to the survivors and migrant workers.



Obstructed Roads



Relief materials

- With the purpose of ensuring basic comfort, nutrition and hygiene, about 2000 Kg of packaged food items, 100 Kg of fresh food items, essential toiletries, clothing items like track suits and jackets, lighting essentials like candles and torches 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 containing school bags, notebooks and other stationery items were distributed to 100 students of Dharali.

Academic support in the form of school fees, uniforms etc. are also being provided through the student support program.

- On-site medical support was provided in the form of consultation and medication for common conditions to more than 60 patients of Dharali and Sukhi.



Swamiji supervising preparations for relief camp



Inmates and staff busy packing relief goods



Watch this short video to see how your support is making a difference

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.

You can be part of this effort too. Every contribution helps us reach more families with food, clothing, medical care, and educational support. Together, we can continue to make a difference. You can find further details at our website SwamiSivanandSevaSamiti-disaster-relief-2025



Teachings from Yoga Vasistha: Power of Prana

In the narrative of the golden rock, the great sage Vasishtha ji mentally creates a hut for meditation in some corner in space. But upon hearing a cry for help, he leaves his gross body in the hut through his yogic powers, and assumes the subtle body consisting of mind, intellect, and subtle Prana. In this subtle body, he travels through space, witnesses multitude of universes and also the dissolution of a universe which initially appeared like a golden rock. Later, he comes back to his hut, and finds his gross body missing.

To the ordinary eyes, the abandoned body (the gross body which Vasishtha Ji had left behind in the hut) may appear dead; yet it is not truly lifeless. The gross Prana in the form of breath leaves the physical body but the subtle Prana remains. It is important to understand that breath is a form of Prana, and Prana is not the entirety of it. Breath is Sthula, gross. Prana is Sukshma, subtle. In the subtle body, it directs thought and perception. It is Prana that sets the mind in motion. Prana is the link between the astral and physical body. Prana operates at every level; it is the fundamental, all-pervading life force or energy.

Yogis have mastery over the Prana and mind; by controlling the external breath, they control the inner vital force too. They know the technique to gather the life forces and steady it in a chosen energy center or Chakra, preserving it during Samadhi or while leaving the physical body and returning when they wish. At this time, the gross body can be compared to a locked room while the owner is away.

In this subtle body, they can travel through realms, meet celestial beings, and even enter other forms. Strong beings—yogis or spirits—can even enter another's body, whether empty or inhabited, just as a stronger mind can overpower a weaker one. A popular narrative describes how Adi Shankaracharya used his yogic powers to leave his gross body and enter the body of a recently deceased prince (Para Kaya Pravesha), allowing him to experience life of a householder for a short time, before returning to his original gross body.

In all these movements—entering bodies, traveling realms, creating worlds—thought is the director and Prana is the prompter. If the mind withdraws from a creation, that creation dissolves - just as a dream disappears when one awakens. So, by withdrawal of thought, even a golden universe disappears like mist or dream.



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

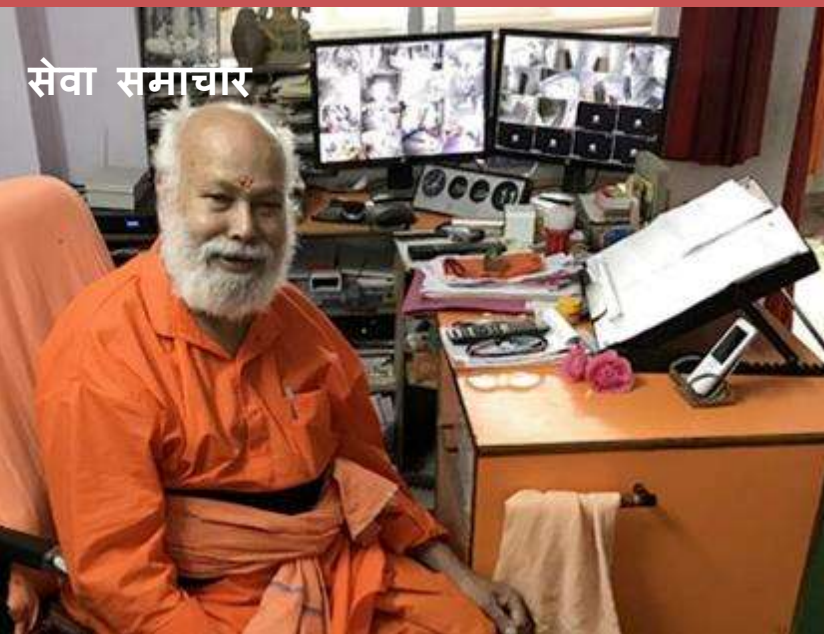
- **LIFE MEMBERSHIP:**
RS. 25000/ for corpus fund
- **REGULAR MEMBERSHIP:**
RS. 200 PER MONTH OR
RS. 2000 PER YEAR
- **NO PRIVILEGES—WE ARE ALL
DEVOTEES. ACCESS TO STAY IN
THE ASHRAM IS A SADHANA**

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.

