



# MONTHLY NEWSLETTER

SEWA INTERNATIONAL - BAY AREA

## Impact

Sewa helped close to 500 families with various needs, 100 active volunteers involved, and 1000+ hours of volunteer time. 200+ sandwiches for homeless people, prepared around 2,300 grocery boxes or a total of 34,500 lbs of food bags. LEAD students contributed to 33 hours of volunteer work.

## Highlights

Through various Sewa Bay Area programs such as LEAD, ASPIRE, SERVE, SELF & Family Services, we actively engaged our youth volunteers. This month, volunteers participated in ongoing Sewa programs and many dedicated their weekend mornings to prepare vegetable/grocery bags and attend Yoga sessions. Several partner organizations also joined hands with us to serve the community.

## Sewa Annual Conference - Atlanta



Sewa International organized its 17th annual national conference in Atlanta on May 6 and 7. Over 120 delegates from across the United States participated in the conference. Sewa's board members, advisers, and its executive leadership participated in the two-day conference. Sewa teams such as marketing, fund development, disaster relief, and programs and projects presented their goals for 2023 and their accomplishments in 2022. Sewa volunteers participated in active and lively discussions on the Sewa projects and different aspects of its work. Sewa Bay Area Karyakartas participated in good numbers at the conference.

## Sewa Community Center (SCC)

Home of Sewa Bay Area hosted a total of 11 events. SCC was used by 382 volunteers for 50.5 hours.

Sewa	Partners	Private	Total Events	Hours Used	Volunteers
4	7	0	11	50.5	382



# EVENTS SPOTLIGHT

## Chai with Sewa - Every first Sunday 3-5pm



Mother's Day was celebrated on Sunday, 7th May at Chai with Sewa event. Sewa Serve team members Kanika Khurana, Anitha Takkallapalli, Padma Chegondi had prepared a trivia game about great mothers. All 30-35 volunteers were split into 7 different teams. Everyone was involved and enjoyed the game. At the end kids spoke about their mothers by appreciating the hard work of moms and were thankful for having them. The event concluded with a cake cutting ceremony. Chai, coffee samosa were served at the end.

## Monthly Meeting



A monthly meeting of the program leads was organized at one of Sewa karyakarta's homes on 21st May. For 2 hours program leads collaborated on how to carry out the respective programs effectively for the month of May. Program leads tried to identify the possible solution for the challenges being faced & also exchanged the ongoing status of their respective programs.





# PROGRAMS SPOTLIGHT

## LEAD

### Youth Mental Health Symposium



May is Mental Health awareness month and the LEAD team conducted a 2 hour symposium with panel discussions, presentations and speeches from students live at SCC on May 13th ( Saturday) 11-1 pm . The panel included sme's like April Rovero , Nivedita Krishnaswamy ji , Rohit Chandra ( Harvard professor on Zoom ) 200 High school students from across the country joined on Zoom and 35 in person.



## SELF - Hike



Over the past couple of months, since the rains have died down, Sewa SELF BayArea program activity has picked up some steam, with an average group size of 10-15 people joining on weekend hikes/trails. The longest of this has been a 7 miles hike on Picchheti trail on 5/13/2023 and the shortest has been a 3.7 miles hike in Ed Levin County park (3.7 miles). Here's quick capture of hikes for the month of

**May** : 5/6/2023 - PGE trail in Rancho San Antonio

5/13/2023 - Picchheti Trail in Steven's creek

5/20/2023 - Alviso Park

5/27/2023 - Stanford Dish Trail



## Neighborhood SERVE

### 1. Hunger at Home:



At the weekly grocery bag preparation, 10-15 Sewa volunteers showed up per week to prepare bags for families in need. With the help of partner organizations, Sewa prepared around 2,300 grocery boxes or a total of 34,500 lbs of food bags. Great to see our young teenagers serving the community.





## 2. Sandwich Sewa:



16 volunteers prepared 200+ Sandwiches within 2 hours on Saturday morning 13th May. Sandwich Sewa was sponsored by one of the core karyakartas on the occasion of her father's birthday.



## 3. McClellan Ranch Preserve:



This Mother's Day, Sewa Volunteers gave back to Mother Nature by joining a fun and fulfilling day of volunteering at the McClellan Ranch Preserve! Helped to preserve and protect our beautiful natural habitat while enjoying the company of fellow volunteers. They helped in restoration of the native meadow at McClellan Ranch Preserve in Cupertino.



## 4. Tracy Interfaith Ministries:



16 Volunteers from Sewa sorted clothes, boxed groceries and packed rice and pasta on Saturday, May 6th, 10:00 AM – 12:00 PM



## 5. Sacred Heart Community Service:



At Sacred Heart Convent, Sewa Volunteers helped pack 120 grocery bags, sorted fruits and veggies, and helped sort clothes on Saturday, May 20th, 9:00AM–12:00PM



# UPCOMING EVENTS

<b>June 2023</b>		
DATE	EVENT	INITIATIVE
Every Saturday, June 3rd, 10th, 17th and 24th, 2023, 9:00 AM – 1:00 PM	<b>Grocery Bags/ Vegetable packing- Hunger at Home</b> Registration Link: <a href="https://forms.gle/1PTHGDoLZJp466v39">https://forms.gle/1PTHGDoLZJp466v39</a>	Sewa SERVE
Saturday, June 10th, 2023, 10:00 AM – 12:00 PM	<b>Sewa Serve @ Tracy Interfaith Ministries</b> Registration Link: <a href="https://forms.gle/wXtd7ouxGYW7usCz8">https://forms.gle/wXtd7ouxGYW7usCz8</a>	Sewa SERVE
Sunday, June 11th 1:00 PM to 3:00 PM	<b>Programs Leads monthly meeting In person at SCC</b>	Org Development
Sunday, June 11th 3:00 PM to 5:00 PM	<b>Chai with Sewa</b> In person at SCC	Org Development
Saturday, June 17th , 2023 from 9:00 AM – 1:00 PM	<b>Sewa Serve @ GreenFriends Farm</b> Registration Link: <a href="https://forms.gle/Ej7JB3ZPXijR4gkX7">https://forms.gle/Ej7JB3ZPXijR4gkX7</a>	Sewa SERVE
Saturday, June 24th, 2023, 7:30 AM – 9:30 AM	<b>Sandwich Sewa</b> Registration Link: <a href="https://forms.gle/MwMG4n1NFsQVKbWD6">https://forms.gle/MwMG4n1NFsQVKbWD6</a>	Sewa SERVE
Saturday, June 24th, 2023, 7:30 AM – 11:30 PM	<b>Sewa Serve @ Second Harvest of the Greater Valley</b> Registration Link: <a href="https://forms.gle/Ej4cCmiWYrQbNtwo8">https://forms.gle/Ej4cCmiWYrQbNtwo8</a>	Sewa SERVE
Saturday, June 24th, 2023, 9:00 AM – 12:00 PM	<b>Sewa Serve @ Sacred Heart Community Service</b> Registration Link: <a href="https://forms.gle/RBbKEZswgFvyREvD7">https://forms.gle/RBbKEZswgFvyREvD7</a>	Sewa SERVE

[I want to volunteer with  
Sewa Bay Area.](#)

<b>For more updates, visit our website and social media pages below:</b>	
Sewa BA Website:	<a href="https://sewausa.org/BayArea">https://sewausa.org/BayArea</a>
Sewa BA Facebook:	<a href="https://www.facebook.com/sewabayarea">https://www.facebook.com/sewabayarea</a>
Sewa BA Instagram:	<a href="https://www.instagram.com/sewa_bayarea/">https://www.instagram.com/sewa_bayarea/</a>
Sewa BA Twitter:	<a href="https://twitter.com/sewabayarea">https://twitter.com/sewabayarea</a>



