



## Sewa International, Atlanta Chapter

### Recent Events

#### Yoga and Stress Management Relief



Yogashree Raghuram, Professor of Yogic Sciences with S-VYASYA Yoga University, Bangalore, India visited Atlanta in the month of May. His primary interests are in using yoga therapy for better management of Stress, Prana Meditation and Bhagavad Gita Satsang. He is also Founder Chairman and Spiritual Guide of Yoga Bharati USA.

Two yoga and meditation sessions were conducted on May 17<sup>th</sup> and 18<sup>th</sup>

in Atlanta area and one session was conducted in Macon. He shared his expertise, the benefits of Yoga and how it can be used to reduce stress. He spoke about the importance of asking questions on



Hindu culture. The historicity of this practice can be traced back to Bhagvad Gita which is a result of questions and answers between Arjuna, the warrior prince, and Lord Krishna. He explained the importance of yoga sutras to better manage the stress. There were over 30 attendees who thoroughly enjoyed and learnt simple pranayama techniques

of stress management in Atlanta area. About 60 members attended a replica event in Macon.

Sewa Atlanta would like to thank Yogashree Raghuram ji for conducting the sessions.



#### Food Drive – Food for the hungry



Food for the hungry program is run by the MSG Foundation a 501(c)(3) organization, at Otwell Middle School cafeteria the 3rd Saturday of every month. On this day, they collect and pack boxes of food that is personally delivered to the families who need them. More than 25 Sewa volunteers turned up for the event and enjoyed the experience of packing the food. They personally transported food packets in their car and delivered it to the needy families.

The food drive is a recurring monthly event on the 3<sup>rd</sup> Saturday of each month, and was successfully conducted in May and June of 2017.

## International Day of Yoga

Yoga is increasingly playing an important role in bringing the world together. On December 11 in 2014, the United Nations General Assembly declared June 21 as the International Day of Yoga. The declaration was a result of a call for the adoption of an International Day of Yoga by Indian Prime Minister Narendra Modi during his address to UN General Assembly on September 27, 2014 wherein he stated: “Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being.”



Sewa International Atlanta partnered with several other organizations and celebrated the event on June 24<sup>th</sup>. Our volunteer, Ajay Houde, lead this community program by getting together various participating organizations under the aegis of the Consulate of India, Atlanta. Over 300 people participated in the event and it was another year of grand success.

## Summer Internship – Get Inspired

*Get Inspired* is an unpaid summer internship program run by various Chapters of Sewa International



across the USA. It is an opportunity for volunteer interns to engage in a structured service project to meet selected needs of the community and attain the broader humanitarian goals of Sewa International. *Get Inspired Atlanta* aspires to engage tomorrow’s leaders with today’s society through leadership,

mentoring, and direct engagement in solving community problems in selected areas of Atlanta.

Unlike other years, this year Sewa Internship provided an opportunity for high school and college students to volunteer with the Bhutanese immigrants and other underserved communities in running Math, Science, and English, tutoring; ACT/SAT training; and, Arts & Crafts. The program is for six weeks and all interns will get certified volunteer hours. This year Summer Internship is being conducted in three locations including Clarkston, with 14 Interns serving 25 underserved children.



The interns also get to manage a fundraiser for the field trip, learn to manage one sports event and publish media reports.

## Success Story

### Help Bhutanese Family

One of the Bhutanese family in the Greater Atlanta area was in distress and needed moral and financial support. The family had a 3 year-old child and faced a series of human tragedy in last few months. Sewa determined that the family qualified for temporary assistance Sewa's perpetual '*Death & Distress Fund*' scheme to fund house rent and utility bills for three months.

The '*Death & Distress Fund*' is a funded by generous donors and are used to pay towards temporary or specific recovery of the financial health of a distressed family that faced a tragic situation.

One of Sewa's family in Atlanta contributed to the family directly by providing grocery during this distress period. The good news is that head of the house recently started a new job and does not need our support now.

Team of Sewa grateful to our donors and congratulate the volunteers for a service that fortunately had positive outcome. Thanks for your continued support.

### Family Services (Case Management)

Yogesh Thapliyal is the Family Services Coordinator for the Atlanta Chapter. In particular, he is responsible for the case management. Every month Sewa Atlanta receives a handful of cases of families in distress, looking for triage information, moral support and occasionally temporary financial assistance.

Sewa Atlanta is very proud to announce two recent but ongoing family cases. Both of them have cases pending in courts for monetary support from spouses in a domestic dispute. For one of the cases, Sewa is paying partial rent from the *Death and Distress Funds* scheme on a temporary basis. In the other case, Sewa Atlanta volunteers were able to find gainful employment for the distressed spouse to get back onto their feet.

## Upcoming Event(s)

### Food Drive

The next 'Food for the Hungry' event in collaboration with the MSG Foundation at the Otwell Middle School cafeteria is being conducted on July 15<sup>th</sup> 2017. As with this program, on the event day collected food is packed and personally delivered to the needy families.

### Run for Sewa

Sewa Atlanta's High School Volunteers are organizing the Annual 5K Run on August 12<sup>th</sup>, 2017 at Riverside Park in Roswell, Georgia. This run is mostly organized by high schoolers in the SEWA Atlanta Youth category. The proceeds for this run will go to Camp Cadi ([www.campcadi.com](http://www.campcadi.com)), an organization that aids with domestic abuse of females of all ages, providing therapy and healing. The run starts at 8:30 am and there will be a complimentary yoga session, breakfast and T-Shirt for all the participants. Join us on this cause to heal with Camp Cadi and mark another year of success.

The ticket can be purchased at <https://www.sewausea.org/event/sewa-atlanta-run-for-sewa>

### Cricket for Sewa

Sewa Atlanta is planning a *Cricket for Sewa* event in September. The dates will be finalized once ground is booked. The event will be a 2-day event. Last year, the cricket tournament was organized around same time frame in which 16 teams participated and was considered a big success. The winners of the tournament were touched by Sewa's efforts in service that they donated the prize money.

## About Sewa International

Sewa International is a non-profit 501(c)(3) Hindu humanitarian organization running service projects with partner organizations in India, USA and other countries in many areas such as healthcare, education, child and women development, refugee support, tribal welfare and disaster relief. Over the last few years, the rejuvenated Atlanta chapter has helped promote the spirit and joy of giving, volunteerism and selfless service in the community through local community service, fund-raising, and Bhutanese refugee support.

For more information, please visit

Sewa Website <https://sewausa.org/chapter/atlanta/atlanta-overview>

Facebook Page <https://www.facebook.com/atlanta.sewa/>