



NEWSLETTER

Sewa International - North New Jersey and New York

July 2020

Sewa responds to COVID 19

Sewa Helpline

Sewa Helpline east coast is being manned by volunteers from all 3 chapters.

Since its inception, Sewa Helpline on the east coast has handled 152 calls till June end. 25 volunteers man the helpline 24/7. The calls come in as early as 6:35am and as late as 11:15 pm from east coast as well as other parts of US. Calls have helped senior citizens, students, international tourists and Covid patient families. Help is provided with grocery shopping, medicine supplies, immigration questions, accommodation and travel.

Sewa COVID-19 Initiative

Sewa donated groceries to 150 Nepali families and 50 Nepali students in New York City. COVID-19 has had a detrimental effect on low income Nepali families and students, Sewa has been supporting them for three months now.



Other activities completed during the month

Sewa North Jersey—Virtual Summer Camp

Sewa Virtual Summer Camp - LEADS participated in planning and now implementing 6 weeks virtual summer camp. This program runs from July 6th to Aug 13th.

Over 30 kids are signed up for the online summer camp.

The activities included in the camp are: math, reading, writing, daily news, science experiments, story time, and games.

Sewa International
Together We Serve Better

Virtual Summer Camp

FOR KIDS ENTERING GRADES 1-5
JULY 6 - AUG 13
SEWA HIGH SCHOOL LEADS ENGAGE YOUNG CHILDREN

CRITICAL THINKING

MATH STEM READING WRITING AND ART
\$25 A WEEK

PUBLIC SPEAKING

MON-THU 9:30 AM - 3:00 PM EST

PLAYING GAMES, CHESS, AND PUZZLES

Registration:
<https://sewausa.org/event-3883439>
Email: northjersey@sewausa.org
www.sewausa.org
Central Chicago, IL 783-992-3784 or
Santhi, IL 978-449-1331 with any questions

Sewa North Jersey - Volunteer Appreciation

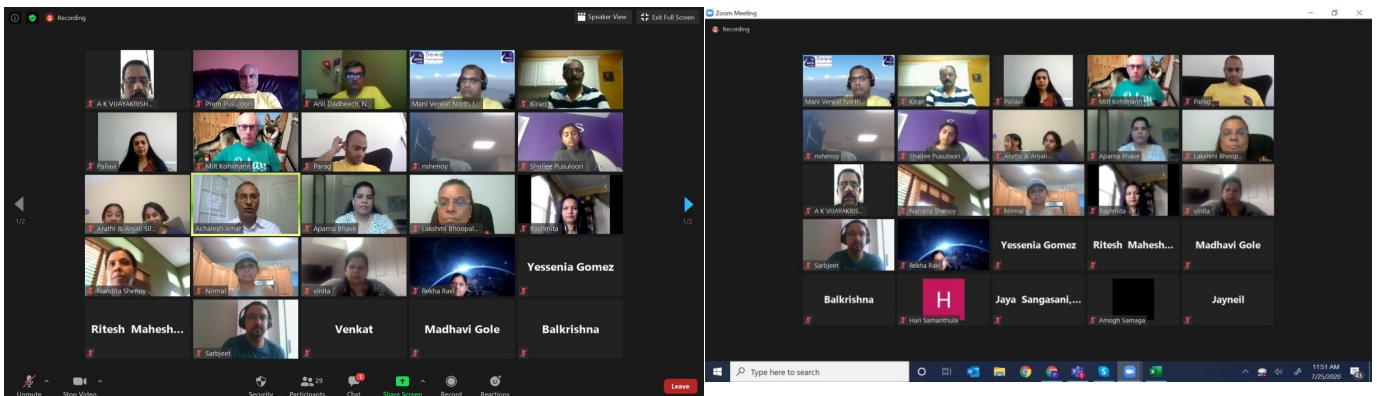
Zoom sessions were held to recognize those who joined hands with Sewa to help with Sewa's COVID-19 initiative.

These initiatives included, Mission Mask, Neighborhood Sewa, and the Sewa Helpline.

Mission Mask: Sewa initiative to sew cloth masks 22 volunteers involved in the effort. Some cutting cloth, some stitching and some transporting the material and finished masks.

Neighborhood Sewa: Sewa initiative to appreciate the local police, EMTs and other Front line workers

Sew Helpline: Sewa Volunteers man the helpline 24/7 to answer and help non emergency cases.



Sewa North Jersey - Soup Kitchen

July 2020

LEADS participated in the Monthly Food Drive to collect food for local Soup kitchen and Food pantries. This program runs for 6 months from (June - Nov 2020). 40 Leads participated in the food drive, with each individual contributing 35lbs of food.

LEADS collected 1,500 lbs of food for July and the collection was donated to the following locations. Morristown, Morris Plains, Parsippany, and Montville.



Sewa North Jersey - Highway Cleanup

July 11, 2020 Parsippany Rt 46

Sewa Volunteers gathered for the first time during the pandemic to clean up the Rt. 46 Highway.



SEWA Westchester - Activities for July

In July Sewa of Westchester kicked-off its LEAD program. This was our first year of LEAD. We have 14 LEAD volunteers from across Westchester and Southern Connecticut. LEADs represent 9 different schools districts demonstrating Sewa of Westchester's reach into the broader community.

The LEAD program is led by Kumari Mihika Singhal. Mihika is a graduate of Northern NJ's LEAD program and she is currently a Sophomore at SUNY Stonybrook and part of the 'Get Inspired' program.

We inaugurated our program on July 4th and our very first webinar on July 5th was an inspiring presentation by Swadeshji Katoch, Director of Disaster Response at Sewa International.

Sewa Westchester LEAD Program Activities:

Webinars: The following webinars encompassing a multitude of topics occurred in July. More to come in August and September:

Webinar 1 (July 4th): Sewa's Outreach to the Bhutanese Refugee Community - Challenges and Successes.

Speaker: Swadeshji Katoch. Director of Disaster Relief Sewa International

Webinar 2 (July 18th): Coronavirus - Description, Transmission and Detection

Speaker: Dr. Alkaji Shukla. Pharmacy Researcher at Diasorin

Westchester's Got Talent:

This is a refreshing new activity in Sewa, which was conceived and executed by LEADs from Sewa of Westchester. The activity caught National Team's attention and it is being executed by other Sewa Chapters as well.

LEADs developed the Flyer which was circulated through various local e-groups

LEADs developed Rules and Privacy Policy, and technology infrastructure (Website, gofundme links, facebook, instagram and google drive) to outreach and save videos from participants.

As of 8/5/2020 over 50 videos were received

Participants have to donate to Sewa's Sponsor a Child Project. Over \$800 has already been collected.



SEWA Westchester - Activities for July

Community Activities:

Fitness Challenge: Every weekday a Sewa Westchester LEAD participant sends in a video of themselves performing a workout which will then be posted to the Sewa Westchester Instagram. So far this challenge has been ongoing for the past two weeks.

Read to Kids: Members of LEAD attend playgroups where they interact and read with children. This has been ongoing for the past couple of weeks.

Game Nights: Sewa LEAD volunteers organize gaming sessions and tournaments that span various game titles including: Minecraft, Fortnite, Roblox and many more. These tournaments serve as a much needed form of community interaction during this pandemic

Book Drive: For the past 4 weeks, we have held a book drive. There are 5 different locations. Members of LEAD were asked to reach out to community members for books they would like to donate. Books will be donated to various organizations who help and serve people in need.

Community Cleanup: In view of social distancing, LEADs are cleaning their own streets

Sewa urges all friends and families to practice social distancing, follow CDC guidelines and remain safe.

Please see helpful links.

<https://www.cdc.gov/> - Official site to get updates on Corona virus

<https://nj.gov/> - New Jersey State update on Corona

<https://www.ny.gov/> - New York State update on Corona

<https://www.google.com/covid19/> - Google Help on Corona

<https://www.ed.gov/coronavirus> - U.S department of education

Upcoming Events August 2020:

- Westchester - Sewa's Talent Show
- Westchester - Webinar 'Experience on Wall St '
- Westchester - Webinar 'Finance and Money Management '
- Westchester- Webinar 'e Commerce- supply and demand, types of business models, COVID impact on economy'
- North Jersey Day Camp - Ongoing Activity
- North Jersey Soup Kitchen Donations - Ongoing Activity
- North Jersey –Sewa's Talent show.

Communication Channels



Please add yourself to North Jersey Volunteers WhatsApp group at following link

<https://chat.whatsapp.com/0qAhEyU3v99DGfe5IV9pPf>

Please visit our Chapter Website, Facebook and Instagram pages:

<https://sewausa.org/Chapter/NewJersey>

<https://www.facebook.com/SewaNorthNJ>

<https://www.instagram.com/sewanorthjersey>

This month's thought:

You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul.

