



# NEWSLETTER

Sewa International - New Jersey and New York

June 2020

## As the country battles the pandemic of Corona. Sewa volunteers have been helping along.

Sewa volunteers from Sewa North Jersey, Sewa Central Jersey and Sewa Westchester NY are involved in all of the following activities.

### Sewa responds to COVID 19

#### Sewa Helpline

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

Since its inception, Sew Helpline on the east coast has handled 142 calls till June end. 12 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 Central Jersey - Hand Masks & Food Distribution

Somerset June 16th, 2020

This event was organized by RWJ (Robert Wood Johnson) foundation's outreach and education program along with Sewa International to provide hand-made masks and food (8 lbs rice bags) to families that are severely affected due to COVID 19.

The event benefitted over 100 families in the underserved areas.



#ProtectYourselfAgainstCOVID-19

### Do You Need a Mask?

Help flatten the curve.  
Wear a mask when out in public.

#### Mask Distribution Event

in  
Emmanuel Church  
100 Grant Street  
Somerville, NJ 08876

**This Tuesday, June 16 from:**  
1 p.m. to 3 p.m.  
&  
6 p.m. to 7:30 p.m.

Educational materials on the prevention of COVID-19 will also be distributed to all community members.

Offered in collaboration with RWJ|R Somerset Community Health, Diversity & Inclusion, SALUD Business Resource Group, Sewa International, and Feeding Hands, Inc.

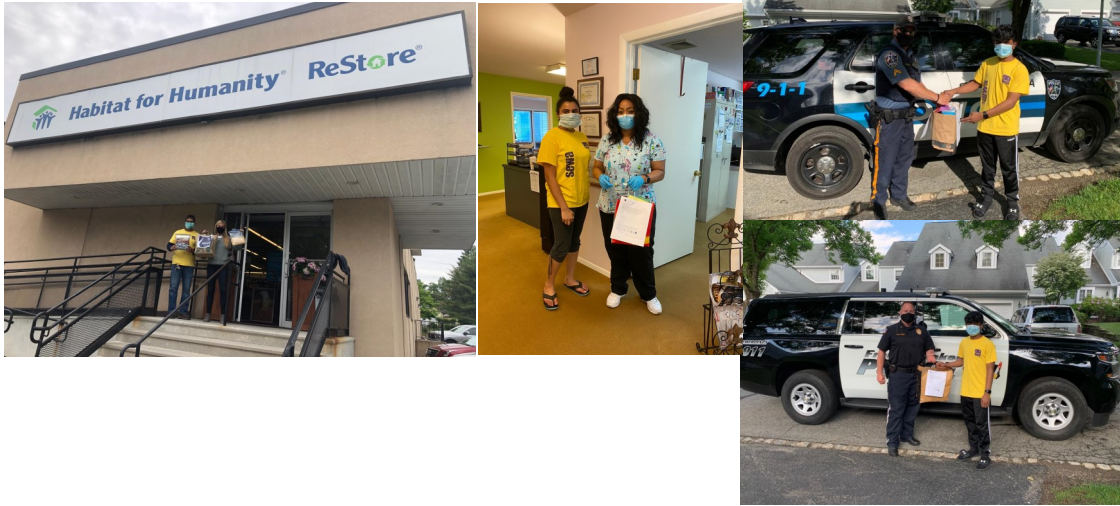
Robert Wood Johnson University Hospital | RWJ Barnabas Health | Somerset

# Sewa responds to COVID 19

## PPE Distribution in North New Jersey

North New Jersey volunteers distributed 100 KN95 to Pine brook Medical in Montville NJ and 105 cloth masks to Habitat for Humanity.

Participants who could not collect their PPE during the Drive Thru event in May, collected their supplies during June.



## Cloth Mask Making in North Jersey Chapter



22 volunteers involved in the effort. Some cutting cloth, some stitching and some transporting the material and finished masks.

Total 2000 cloth masks have been made and distributed till June End.

**North NJ Mask Making**

Denville | Randolph | Parsippany | Montville | Succasunna | Paramus



# Sewa Central Jersey - Other Activities

## Community Garden

As part of the leads community services, Central Jersey leads have started the community gardening. Interesting activities like making compost, making the garden bee friendly and removing weeds are done in these community gardens. Leads learn a lot about nature and are able to contribute to the community by growing vegetables without Pesticides.

### Marlboro

The community garden event in Marlboro is being tended by 5 Monroe leads this summer.

### Cherry Hill

Lead Pranav started a community garden with his family and friends.

### Monroe

4 Sewa leads are participating in the Monroe community garden. The team has successfully harvested cucumbers, tomatoes, zucchini, yellow squash, peppers, eggplants, and mint leaves!



## Watershed Institute – Trail watch, Pennington

As part of the community service Lead Akhil from Cherry Hill cleaned the Watershed Institute trail by removing the dead branches, cleaning the Butterfly Trail and the Bicycle Driveway.



## Other activities completed during the month

### Sewa North Jersey—Virtual Summer Camp

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

LEADS will be conducting an on-line Summer camp program for kids (Grades 1 to 5). LEADS will be teaching Math, Reading, Writing, and engaging kids in quizzes and fun games.

Program runs for 6 weeks, 4 days a week (Mon - Thu)

**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](mailto:northjersey@sewausa.org)  
www.sewausa.org  
Ganesha: 973-992-3784 or Sarthi: 973-449-1333 with any questions

**Sewa North Jersey**  
Email: [northjersey@sewausa.org](mailto:northjersey@sewausa.org)  
www.sewausa.org  
Facebook: /sewausa  
Twitter: /sewausa

### Sewa North Jersey - Webinars

#### International Day of Yoga- Simha Kriya Training by Sadhguru

June 27, 2020

Sewa International-New Jersey and The Isha Foundation organized a free webinar on the topic, “Yoga for Respiratory Health and Immunity” also known as “Simha Kriya”.

**International Day of Yoga with**  
Yoga For Respiratory Health & Immunity  
Saturday, June 27  
9 AM EST

Learn a powerful yogic process specifically designed to support the respiratory system, enhance lung capacity, and boost immunity.  
Free & Open to all ages  
[isha.us/yoga-for-sewa](http://isha.us/yoga-for-sewa)

#### Financial Management for Families and Will & Trust

Date: June 27, 2020

Presented by Kumar S. Nagapuri

The event was very well received, and many have requested for more webinars on the topic.

**sewa usa**

**FINANCIAL MANAGEMENT FOR FAMILIES AND WILL & TRUST**

Join Kumar S. Nagapuri who has helped many families to protect their financial security, retirement income, education plans and estate planning (Will & Trust). He is a trainer and motivational speaker.

**Youth Building**  
6 steps to Financial Security and Financial Prioritization

**Retirement Savings**  
What is Tax deferred vs. Tax advantage? Is it wise to maximize 401k every year?

**Protect and Preserve Wealth**  
How to protect your loved ones and how to avoid Guilt?

**Saturday June 27th 3:00pm EST**  
Join us on 3:00pm EST, 2:00pm CST and 12:00pm PST on Facebook

Stream the event on Facebook Saturday. Find the event on Sewa International's Facebook Page: <http://www.facebook.com/sewainternationalusa/index>

**FACEBOOK: @SEWAINTERNATIONALUSA** **LIVE**

## Other activities completed during the month

### Sewa North Jersey - Soup Kitchen

June 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 1,400 lbs of food for June and the collection was donated to the following locations.

- ◆ Morristown Soup Kitchen - 280 lbs
- ◆ Interfaith Food Pantry - 580 lbs
- ◆ Parsippany Community Center - 540 lbs



## Other activities completed during the month

### Sewa Central Jersey

#### Sewa Kids Online Sessions

Since all the kids are at home & looking for new activities, Central Jersey Sewa Leads have launched a new series called " Sewa Kids Online Sessions" to keep them engaged. The following sessions were held in the Month of June.

- ◆ Amar Chitra Katha Story Time - Anvitha Naikoti
- ◆ Human Body Quiz - Kartik Patidar
- ◆ Quiz on Inventions - Pranav Praveen
- ◆ Disney Channel Show Quiz - Astha Rajpal, Akshara Narahari
- ◆ Are you smarter than a 5th Grader - Ashlyn Sethi & Smera Kalra
- ◆ COVID-19 Pandemic Trivia - Rijul Verma
- ◆ Riddles & Brain Teasers - Sumanth Donur, Adith Tummala
- ◆ Vocabulary Quiz - Reijul Verma, Pranav Palle
- ◆ Country Flags Quiz - Sahan Paladugu
- ◆ Math Quiz - Anvitha Naikoti
- ◆ Infinity Card Workshop - Manvia Gupta
- ◆ SpaceX Quiz - Pranav Ramagiri

#### Mansfield Community Summer Cleanup - Chesterfield & Cherry Hill June 27, 2020 Mansfield

Chesterfield and Cherry Hill Sewa Lead families did their first summer community cleanup on Saturday, June 27th. About 3.5 miles stretch street was cleaned up by 45 volunteers . They collected 16 bags of trash & auto parts. Everyone wore their masks & gloves, and followed the CDC guidelines strictly throughout the cleanup.



## Other activities completed during the month

### Sewa Central Jersey—Chesterfield

#### Food Donations to the local food pantry

Chesterfield Sewa Volunteer has been supporting the local farm & the food bank by buying the fresh produce from the farm & donating them to the food bank.

This month, he donated 20 cases of produce including peaches, potatoes, Iceberg Lettuce, Romaine Lettuce, cucumbers, carrots & oranges ) in two batches. The other volunteering families helped in the delivery of the food to Rise Food Pantry, Hightstown.



#### Birthday Celebration in Special Way

Sewa lead, Nayan Malladi just turned 21 and his family shared the joy of his birthday by donating 10 cases of fresh produce to Rise Food Pantry, Hightstown . What a great way of celebrating a birthday ! Wishing Nayan a very Happy birthday and many more years of success and happiness ahead.



#### PPE Distribution by High School Volunteer

Sewa lead, Neha used money from her savings to buy PPE and donated at Bordentown EMS, HHH&Co to honor National Emergency Day which is observed on May 22nd this year where she volunteers as Junior EMT.

250 Surgical Masks, Sanitizers, and Tylenol Pouches of 200 with 2 tablets in each Pouch and bagged lunches were donated.



**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 July 2020:

- Vedic Math Tutoring by Raashi June 29- July 4th
- Community Garden Edison - Ongoing activity
- Community Garden Monroe - Ongoing activity
- Pennington Watershed Clean up - Ongoing activity
- Kiddie Keep Well Camp - Painting July 6th - July 14th
- Kiddie Keep Well Camp - Bench restoration - July 15- July 30th
- Online Tutoring & Home Work Help Fundraiser - Chesterfield
- Cutlery Packing Project for Trenton Area Soup Kitchen ( TASK)
- Intro presentation session with Bordentown Historical Society
- North Jersey Day Camp—Ongoing Activity
- North Jersey Soup Kitchen Donations— Ongoing Activity
- North Jersey -Virtual Appreciation event for all volunteers involved in the cloth mask project.

## 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>

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

<https://www.facebook.com/centraljersey.sewa>

## This month's thought:

**He alone 'Teaches' who has something to give, for teaching is not talking, teaching is not imparting doctrines, it is communicating.**

**Swami Vivekananda**

**Happy Guru Purnima - July 5th, 2020**

