



MONTHLY NEWSLETTER

SEWA INTERNATIONAL - BAY AREA

Impact

Sewa helped close to 300 families with various needs, 100 active volunteers involved, and 1000+ hours of volunteer time, preparing around 2,300 grocery boxes or a total of 34,500 lbs of food bags. This month's addition was packaging of 150 TK/K Content Bags, 860 bags for 3rd to 5th-grade students, and 385 bags for 6th to 8th-grade students with school supplies. LEAD students contributed to 30.5 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.



Americorp Grants

We are excited to share some incredible news with our Sewa community! Sewa International is awarded the prestigious **Americorps Public Health Grant for Mental Health Program and ASPIRE grant for after school program**. With the new grant in hand, Sewa under ASPIRE, will serve in additional schools in underserved communities. This grant is a catalyst for hope, growth, and transformation for countless young lives. The Mental Health Program, a core initiative of Sewa, is dedicated to promoting preventive aspects of mental well-being, conducting mental health awareness sessions to break down stigmas, and training members and community on Mental Health First aid, a program designed to equip individuals with the knowledge and skills to provide initial support to someone experiencing a mental health crisis or struggling with mental health challenges.

Sewa Community Center (SCC)

Home of Sewa Bay Area hosted a total of 11 events. SCC was used by 310 volunteers for 51 hours.

Sewa	Partners	Private	Total Events	Hours Used	Volunteers
1	10	0	11	51	310

Program Leads monthly meet

A monthly meeting of the program leads was organized at one of Sewa karyakarta's places on 9th July. For 2-3 hours leads collaborated on how to carry out the respective programs effectively for the month of July. Leads exchanged the ongoing status of their respective programs.



PROGRAMS SPOTLIGHT

ASPIRE

Summer School Program



ASPIRE successfully completed 7 weeks of the summer school program! An incredible & enriching experience for all involved. The dedication of 46 volunteers and their efforts have made a significant impact on the 400+ students who participated in the program at Schilling and Lincoln Elementary Schools in Newark, CA.



The variety of enrichment programs offered, including Coding, Robotics, Performing Arts, Art & Crafts, and Science experiments, shows the commitment to providing a diverse and well-rounded educational experience for the students. The program showcase and the distribution of 400+ goodie bags must have been a wonderful way to wrap up the program, celebrating the students' achievements and providing them with some well-deserved rewards and encouragement. A special appreciation to our Prof. Dhapodkar for coordinating one of the schools and going above and beyond by working tirelessly for 60+ hours every week. Their dedication and commitment have surely been instrumental in making this program a success.

LEAD

3rd National Youth Conference (NYC) happened on Saturday, 29th July with over 700 students participating across the USA in zoom. Many Lead students from the Bay Area participated and presented 2023 activities. With 1500 viewers on Facebook, the event was a grand success.



Family Services

SELF - Hike



With an average group size of 10-15 people joining on weekend hikes/trails, Sewa SELF team enjoys hiking with enthusiastic trekkers every weekend.

1st July - Picchetti trial 4.3 miles

8th July - Coyote Creek 5 miles

15th July - Umunhum 8 miles

29th July - Sankat Mochan Hanuman temple



Disaster Relief



Sewa successfully completed the tools donation project to the Klamath River community and donated tools worth \$11000. On Saturday, July 15 Sewa Bay Area chapter joined the official opening of the McKinney Fire LTRG Tool Library where fire survivors and community members could sign up and borrow much needed tools at no cost.

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. Trivalley haven Food Pantry:



On 8th July at Livermore, around 20 Sewa volunteers packed diapers, hygiene kits, sanitary items, pet food and organized cleaning supplies. It was a rewarding sewa and a lot was accomplished in 2 hrs.



3. Tracy Interfaith Ministries:



Volunteers from Sewa sorted clothes, boxed groceries and packed rice and pasta on 15th July



4. Backpack Drive



At Sewa center, volunteers helped in the collection of backpack, school supplies. 15 volunteers came together to sort it out and prepare the bags for distribution on Friday, July 28th.



5. Sacred Heart Community Service:



At Sacred Heart Convent, Sewa volunteers, alongside other groups, contributed to the packaging of 150 TK/K Content Bags, 860 bags for 3rd to 5th-grade students, and 385 bags for 6th to 8th-grade students. Saturday, July 29th, 9:00AM–12:00PM



UPCOMING EVENTS

August 2023		
DATE	EVENT	INITIATIVE
Saturday, August 5th, 9:00 AM – 12:00 PM	Sewa Serve @ GreenFriends Farm Registration Link: https://forms.gle/f1pCvtjV3BDR4EX6	
Sunday, Aug 6th 3:00 PM to 5:00 PM	Chai with Sewa In person at SCC https://forms.gle/zMWQmwojfwxAEEv98	Org Development
Saturday, Aug 12th, 9:00 AM – 12:00 PM	Sewa Serve @ Sacred Heart Community Service Registration Link: https://forms.gle/Qy13ShxL9phmQury9	Sewa SERVE
Saturday, Aug 12th, 10:00 AM – 12:00 PM	Sewa Serve @ Tracy Interfaith Ministries Registration Link: https://forms.gle/Mzud6mxukFQGFHUd9	Sewa SERVE
August 18th, 19th and 20th. Multiple time slots available.	Sewa Serve @ NSF National Contest 2023 Registration Link: https://forms.gle/DqngUmkmcBVTZpEC9	
Saturday, Aug 19th, 11:30 AM – 1:30 PM	Sewa Serve @ Tri-Valley Haven Food Pantry Registration Link: https://forms.gle/XHukDpsnyATVPZmi6	Sewa SERVE
Saturday, Aug 26th, 7:30 AM – 11:30 PM	Sewa Serve @ Second Harvest of the Greater Valley Registration Link: https://forms.gle/i9y9CB6Xe6QJpznM8	Sewa SERVE
Saturday, Aug 26th, 8:00 AM – 11:00 AM	Sewa Serve @ Goodness Village Registration Link: https://forms.gle/FeaGwa8ZjBySkJnF7	

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

For more updates, visit our website and social media pages below:	
Sewa YouTube	https://youtu.be/nNeH3-Fbv44
Sewa BA Website:	https://sewausa.org/BayArea
Sewa BA Facebook:	https://www.facebook.com/sewabayarea
Sewa BA Instagram:	https://www.instagram.com/sewa_bayarea/
Sewa BA Twitter:	https://twitter.com/sewabayarea

