

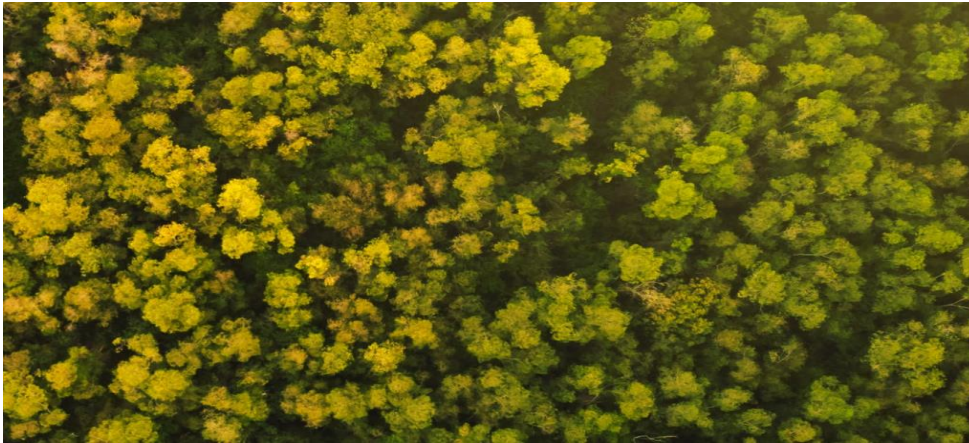
Sewa for 'Earth Day' - Through the Year Cleanups, Recycling, Green Fair, Community Gardening, Organic Farming, River Transportation, & Reforestation

'Earth Day' was first introduced in 1970, with the mission to diversify, educate and activate an environmental movement worldwide. Since then, Earth Day has become a truly historic annual global event celebrated on April 22nd to raise awareness about environmental issues and promote sustainable practices for businesses, governments and individuals alike.

American Society had remained largely unaware of environmental concerns and there was a lack of awareness and education about the impact of human activities on the environment. Earth Day 1970 became a catalyst for raising awareness about environmental concerns. It played a major role in promoting action towards environmental protection and has had an impact on global environmental policies. Over the years, it has led to a growing understanding of the importance of protecting our planet and the need for sustainable practices. Today, people all over the world come together on Earth Day to participate in events and activities that promote sustainable living, from recycling and clean-up efforts to educational programs and advocacy for environmentally friendly policies.

The goal of Earth Day was to bring about a transformational change where sectors across the world are held accountable for their role in our environmental crisis and also calling for bold, creative, and innovative solutions which would require action at all levels, from business and investment to city and national government. As an individual, we yield real power and influence as a consumer, a voter, and a member of a community that can unite for this change. When the voice and actions of thousands or millions of people are united around the world around a shared cause, a movement is formed that is inclusive, impactful, and impossible to ignore. Their collective voice can be incredibly powerful and can lead to positive change. Hence, every Earth Day is a day of action to change human behavior and create global, national and local policy changes.

Earth Day 2023 - 'Invest in Our Planet'



The official theme of Earth Day 2023 is 'Invest in Our Planet' - an important and timely theme for this year. The fight for a clean environment continues with increasing urgency, as the ravages of climate change become more and more apparent every day and is a pressing issue that affects us all.

The Central Jersey Chapter has through the years been involved in multiple environmental conscious service activities and has been a part of the global 'Earth Day' movement every year. This year too, the Chapter volunteers took part in multiple such activities across townships in NJ and PA. The Chapter LEADs volunteered in the clean-up of parks, roads and waterways, carried out organic farming, community gardening and reforestation, assisted in boat building and green fairs, conducted plastics/films recycling drives, and organized recycling workshops.

Chapter Highlights

- ❖ Sewa for 'Earth Day'
- ❖ Green Fun Fair
- ❖ Recycling Workshop and Facility Tour
- ❖ Plastic Bags/Films Recycling Drive
- ❖ Boat Building for River Transport
- ❖ Organic Farming, Community Gardening & Reforestation
- ❖ Park Cleanups
- ❖ Sewa for Walk for Multiple Sclerosis
- ❖ Sewa for 5k Walk/Run for Cancer Survivors
- ❖ Diaper Drive
- ❖ Sewa for Autism Foundation
- ❖ Sewa at Health Camp
- ❖ CPR & First Aid Training
- ❖ Sewa for Domestic Violence Survivors
- ❖ Fundraising for Underprivileged
- ❖ SewaMeals for those in Need
- ❖ Food Bank, Food Pantries & Soup Kitchens
- ❖ Sewa at Temples

Volunteer Spotlight



Yogita Ji has been an active parent volunteer with the Central Jersey Chapter since 2021. Throughout her time with Sewa, she has been a very dedicated volunteer, lending her time to a variety of initiatives.

She resides in Franklin Township, NJ with her husband and 2 daughters. She has a graduate degree in horticulture and is a university gold medalist. Earlier in her career she worked as a horticulture therapist treating kids and elderly patients.

She is very passionate about philanthropy initiatives at work, Sewa and more. She enjoys traveling, dancing, cooking, hosting and is a lively person who loves to connect with the people.

Central Jersey Sewa LEADs volunteered at the Chesterfield Township Green Fun Fair where there were tons of activities relating to Earth Day, where visitors got an opportunity to learn more about how they could protect the Earth for themselves and future generations.

One activity that was very informative was the Recycling Right Workshop. This workshop, a very informative and educational session was organized by the Chapter in partnership with Burlington County Recycling Center. This workshop emphasized on the importance of recycling and provided information about which products and materials to recycle, and which to trash for landfilling. They also explained how important it is to recycle shredded papers and batteries separately, to avoid fire incidents. The LEADs also learned about how the facilities work, and the challenges they might face if the separation of items is not done properly. LEADs helped in planning and organizing the workshop.

The volunteers then further went on to make a huge contribution to the planet by planting 50+ trees in the township.



Sewa Recycling Right Workshop



Sewa Volunteers Tree Planting and at Green Fun Fair

Central Jersey LEADs also volunteered at multiple cleanups to help restore Edison State Park, Colonia Park in Woodbridge, Papianni Park in Edison, Inman Park in Franklin Township, and Memorial Field Park at Mount Laurel township, NJ. LEADs worked together to pick up trash and debris that was left in the park and green space. They worked together on picking up litter such as water bottles, plastic caps, plastic bags, and other sorts of trash, sweeping paths, removing fallen branches and leaves, and disposing it all off in the right manner.



Park Cleanups by Sewa Volunteers

LEADs also volunteered at the 17th Annual Stream cleanup project organized by The Watershed Institute to help remove trash from areas around local streams. These cleanup events are a great way to learn and help improve wildlife habitat and keep local roads and waterways clean.

LEADs helped at different locations including Ewing, Monroe, East Windsor, and the Plainsboro Preserve. LEADs at Ewing and East Windsor collected a lot of small and bulk items that could prevent proper drainage in the stream or could block the water flow. LEADs at Monroe Community Garden also collected about two bags full of garbage. Volunteers at Plainsboro Preserve worked on Scudders Mill Road picking up trash and recyclable materials filling up a total of four garbage bags. They also learnt to promote reforestation and conservation of natural resources.



Road and Waterways Cleanups by Sewa Volunteers

Central Jersey Chapter LEADs have been conducting a plastic bags/films recycling drive since March 2023 this year. The need arose when although plastic usage has significantly reduced, residents were still disposing of plastic bags and films in recycling bins which was not the effective way to recycle their plastic bags. Though plastic bags/film drop-off bins were set up at the municipal buildings for this purpose, not many residents are aware of it.

The Chapter took on the task of encouraging the residents across townships towards this effort to prevent non-recyclable materials being unknowingly put in recycling bins. LEADs have spread this awareness across townships and counties.

LEADs have so far collected ~700 pounds in this recycling drive and will continue with this drive in the ensuing months. The collection so far was dropped off at the Chesterfield and Burlington County Recycling Centers.



Plastics/Films Recycling Drive by Sewa Volunteers

Chapter LEADs have also been volunteering at Kiddie Keep Well Camp Garden in Edison and at the Marlboro Community Garden. At the KKWC garden they helped in cleaning, weeding, and watering the 15 garden beds. The fresh organic produce obtained from the LEADs' efforts at the garden will be used in the KKWC kitchen to feed the unprivileged children attending these camps. At the Marlboro Community Garden LEADs prepped for the upcoming season by weeding, sifting compost, dispersed wood chips, and distributed soil in the different plots. As always they ended the volunteering session with a learning session with the head Gardener, where this time they learnt about planting and maintenance of Dahlias.



Community Gardening by Sewa Volunteers



Chapter LEADs continued their volunteering at Ramblin Sol Farm, a Community Supported Agriculture (CSA) organic farm to facilitate their sustainable farming efforts by tilling, sowing, harvesting, and more. Through their service, they are exposed to the practical challenges of minimizing chemical pollution by reducing pesticide use and gain valuable experience in the field of regenerative agriculture.

This month the Sewa youth volunteers planted around **100+** blueberry plants, and filled **30+** trays of seedlings, contributing to the local community by helping to inaugurate a new growing season. They also helped in the greenhouse to plant seeds in trays for themselves, which they then took to their homes to start with their own backyard gardening to grow produce this spring to fall.

LEADs also helped the farm to recover from a recent storm. The picture below showcases the youth volunteers in action, cleaning up walking trails by moving fallen tree branches out of the way. In addition to this task, the group also helped fill approximately **450** small containers with soil so that the farmers could be ready for potting the baby plants. Thankfully, with many helping hands working together, the trail was restored and in good condition.



Organic Farming by Sewa Volunteers



Central Jersey LEADs volunteered at reforestation efforts in Mill Creek in Levittown, Pennsylvania where they helped plant ~110 trees over 3 acres of land battling invasive knotweed, and vines threatening the ecosystem.

LEADs helped with weeding out invasive species, planting Sycamores, Gray Birch, River Birch, Tulip Poplar, Swamp White Oak, and Red Chokeberry, and spreading mulch. These plants have yet another benefit-- they serve as a Riparian Buffer to lessen storm water runoff.

Through this effort, LEADs learned about invasive trees, native trees and how and where to plant trees. They learned about different varieties of plants, and the way invasive plants spread across the area. They also learned about trees that could survive in abundance of water. Overall, our LEADs describe it as a unique experience.

While it was physically taxing labor and long distance travel, the LEADs were able to gain knowledge, positive experience and skills from this event and were also able to enjoy a sunny day!



Sewa Reforestation Efforts



Chapter LEADs continued with their collaboration with the Lower Raritan Watershed with building cedar wood boats that are free for public use, encouraging people to get out on the water more and as a mode of transport across the Raritan river.

LEADs have been finishing measuring and gluing down wood strips for the boat and have started carving off excess wood. The volunteers have been given more opportunities to hone their woodworking skills as they have been introduced to new tools and skills, such as chiseling. The project is reaching its final stretch and LEADs hope to see this boat, and all their hard work, come to fruition very soon where it would be put to serve the people of the community and use more environmentally friendly forms of transportation.



Sewa Boat Building for River Transport

Central Jersey volunteers in partnership with Chesterfield Township & Burlington County Recycling Authority, also organized a recycling tour and workshop at Chesterfield Township.

Every day, thousands of non-recyclable materials are unknowingly put in recycling bins, clogging recycling machinery and causing operational problems, facility shutdowns, and safety hazards to employees. The facility separates trash from plastic, glass, and other recyclable items, and they make sure items are in good condition to recycle so that machines don't get jammed or damaged.

The workshop was conducted by recycling experts from Burlington county. It was an opportunity for all the Sewa volunteers to understand reducing, reusing, and recycling, about the dos and don'ts of recycling, and how our everyday items are to be recycled and keep our environment eco-friendly. The workshop showed the process that aluminum, paper, and plastic go through in order to reproduce the packaging material for newly manufactured goods. It taught about changing habits to better benefit the environment. The LEADs also had fun learning about how technology is used to operate the machines.

This aim of the recycling tour by the Chapter was to educate and encourage all to do our part in recycling right & keep our towns clean. LEADs learnt that recycling helps us not add to landfills, conserve natural resources and protect the environment.



Sewa Recycling Tour & Workshop

Earth Day is a special day when we show our love and appreciation for our planet by taking action to protect the environment. It's a great opportunity to learn about the many ways we can live more sustainably and reduce our impact on the Earth. Whether it's planting trees, cleaning up litter, reducing waste, finding local recycling programs, suggesting eco-friendly products, switching to renewable energy sources, keeping track of our carbon footprint; there are so many things one can do to live sustainably, help individuals and communities make more environmentally conscious.

It's important to recognize the impact we have on our planet and take and inspire action to preserve it for future generations. It's great to see the impactful efforts of the Chapters LEADs', the young volunteers, through the years to bring about this positive change.

Earth Day is an important reminder that we all have a role to play in protecting our planet.

Together we can invest in our planet.

Sewa Walk for Multiple Sclerosis

Multiple sclerosis (MS) is a chronic autoimmune disease that affects the central nervous system (CNS), which includes the brain, spinal cord, and optic nerves, which controls everything we do. It results in disruption of transmission of signals between the brain and other parts of the body, leading to a range of physical and cognitive symptoms that can be unpredictable and vary widely in severity and duration. Currently there is no cure for MS, though there are treatments available that can help manage symptoms and slow the progression of the disease.

Central Jersey Chapter stepped up to help with 'Walk MS' is an important fundraising event by the National Multiple Sclerosis Society that brings together individuals and communities to raise awareness and support for Multiple Sclerosis (MS). Walk MS events provide a platform for people to share their stories and connect with others affected by the disease while raising funds to support MS research and programs that improve the lives of those living with MS. With continued support and advocacy efforts, breakthroughs in treatment and a cure for MS are possible.



Chapter LEADs volunteered at the MS Walk event in Hamilton, NJ which was held in the Veterans Park. The event had a successful turnout with over 450 participants. Chapter volunteers were able to contribute to the success of the event by helping with various tasks such as site set-ups, participant check-ins, manning hydration stands, and providing encouragement to the participants by cheering them with cowbells and posters. It was inspiring to see that despite the weather conditions, both the participants and volunteers remained committed to the cause and worked together to make the event a success.

Volunteering for important causes like this is a meaningful and rewarding experience for the LEADs, as it provides an opportunity to make a positive impact in the community and learn more about important issues.



Sewa Diaper Drive

In March 2023, a wonderful initiative was taken by the Central Jersey Chapter and The Crosswicks United Methodist Church to support families in need of diapers and wipes. Diapers and wipes are essential items for parents of infants and young children, but the cost of these items can add up quickly, making it difficult for families who are struggling financially to provide for their children. The Diaper Drive can make a big difference in the lives of these families by providing them with much-needed supplies.

Central Jersey LEADs continued with this drive in the month of April and collected around **12,000 diapers and 8,000 wipes**. The initial lot of collected items were donated to The Maker's Place, a diaper bank and resource center that can distribute them further to those who need them the most.



Mayor of Chesterfield, Denise Koetas-Dale, was present to receive the donations and express appreciation for the Chapter volunteers' efforts, a testament to the positive impact the LEADs are making in their community.

Sewa at Autism Foundation

The collaboration between AttachAvi Autism Foundation and Sewa International Central Jersey to create a program focused on social-emotional learning is particularly noteworthy, as social-emotional skills are essential for all individuals, especially for those with special needs.

The program involves Central Jersey Sewa LEADs spending time on physical games, educational activities, singing songs, and engaging in other fun activities with the children. These activities give the children the opportunity to develop both their physical and cognitive abilities and the practice of conversation skills help build confidence and social skills, which are essential for success in various aspects of life. It is a program that is a fun and well-rounded experience for all involved and is a meaningful and rewarding experience for the Chapter LEADs.

Sewa at Annual YMCA 5K Walk/Run in Support of Cancer Survivors

This month the Central Jersey Chapter assisted the YMCA of Metuchen and Edison at their Annual 5K Run/Walk event. The event was an annual event to raise awareness and funds for the LIVESTRONG program, a free exercise program to support cancer survivors who are living with or beyond cancer and to help them to improve their physical and mental health.

LEADs and parent volunteers came together to volunteer to help and support such a worthy cause and it was encouraging to see so many people getting involved. This is a great example of how community organizations can work together to support those in need and make a real difference in people's lives.



Sewa at Health Camp

Central Jersey LEADs volunteered with the Indian Health Camp of NJ, to conduct a free Health Screening and Disease Prevention Fair.



In the month of April, the Central Jersey Chapter collaborated with the Indian Health Camp of NJ, to conduct a free Health Screening and Disease Prevention Fair. It was a wonderful opportunity for community service for the LEADs in the area of health care. Providing free health screenings and disease prevention resources was an excellent way to promote health and wellness in the community.

The LEADs team played an essential role in the success of the event. Their assistance with registration and guiding patients to specific rooms, and assistance in other areas helped ensure the smooth running of the fair and contributed to a positive patient experience.

Sewa CPR + First Aid Training

Having individuals trained in CPR (Cardiopulmonary Resuscitation) and first aid is crucial for handling emergencies and potentially saving lives. The Central Jersey Chapter of Sewa International made a commendable effort to organize this training in 2 batches of 6 hour sessions in the month of March and April 2023 for their adult and youth volunteers. Having trained individuals within an organization can make a huge difference in being prepared for any emergencies that may arise.

The fact that the session was conducted by the Mansfield Emergency Rescue Squad is also noteworthy, as they have extensive experience and knowledge in providing CPR and First Aid. These sessions were held in Chesterfield Township and it's fantastic to see organizations and townships coming together in taking proactive steps to ensure the safety of their members and community.

LEADs have learned how to administer CPR in emergencies, including the techniques that differ for adults, children, and infants. They practiced timed chest compressions and giving breaths, as these are critical components of CPR. They also learned about the automated external defibrillator (AED), an important aspect towards preparedness in an emergency situation. AEDs are widely available in public places, and knowing how to use one can mean the difference between life and death for someone in cardiac arrest. LEADs are now well-equipped to handle emergency situations that may require CPR or the use of an AED.

LEADs also learned about first aid and how to respond to common injuries such as bleeding wounds, burns, concussions, allergic reactions and specific cold, and heat-related emergencies. They also learned about the proper use of gloves thus preventing the spread of germs. First aid knowledge can be critical in helping to save lives and prevent further injury or illness.

It was a comprehensive training and provided valuable skills to the LEADs. Having basic life support skills can make a significant difference in emergency situations, and being able to offer assistance can be crucial in saving someone's life. LEADs received certification in CPR and First Aid, as this can open up opportunities for them to volunteer in different settings and make a difference in their community.



Sewa for Domestic Violence Survivors

Sewa Central Jersey LEADs volunteered at the Manavi Gala in their commitment promoting gender equality and addressing issues of violence against women.

LEADs played an important role in setting up an event. They were responsible for ensuring that the event space was set up properly and that attendees would be comfortable. They also ensured all gala invitees were provided information about the organization and its mission.



Sewa Fundraising

The LEADs at the Chesterfield Township Green FunFair did a great job in supporting Sewa International's Sponsor-a-Child Program by using their creativity and entrepreneurial skills to raise funds. By setting up their own booth and selling handmade bracelets and offering henna/mehndi craft to visitors, they not only raised money but also raised awareness about the cause.

The **\$437** raised from the booth will go a long way in supporting impoverished children and providing them with educational opportunities. The LEADs' efforts have helped to create a positive impact and have made a difference in the lives of many children.

SewaMeals for those in Need

A large number of people, including children, are struggling to get access to nutritious food on a daily basis. The pandemic has only exacerbated the issue of food insecurity for many individuals and families. Central Jersey Sewa for a few years now has taken action to address this problem by preparing healthy meals for those in need and donating them to make a big difference in the lives of individuals and families who are struggling to make ends meet.

In the month of April 2023, Chapter LEADs again volunteered to prepare home cooked meals and with the support of sponsors were able to feed more than **300**. They prepared Bread Rolls, Veggie Salad, Dip, Pasta, 7-layer Dip, Chickpea Salad, Pita Bread, Mexican Rice, Roasted Potatoes, Pretzels, Muffins, and Brownies. The reviews of the food were highly positive and the April SewaMeals service as usual was a huge success.



April Meals' Sponsors:
Puja & Sameer Jain
Smitha & Krishna Madireddy
Malini & Muralidharan Krishnan
Shilpa & Mukul Rathi (State Farm)
LEAD Advita Jagannathan family
LEAD Anjali Pyeddu family
LEAD Suja Sudhakar family

April Meals' Recipients:
Westminster Presbyterian Church-Trenton, NJ
United Methodist Church in New Brunswick

Cooking or baking a meal for the SewaMeals project is a positive and rewarding experience for the LEADs involved. The experience was both fun and educational, and that it helped emphasize the importance of having food on the table.

LEADs were able to connect and share this experience with each other while preparing and packing the meals. LEADs also then delivered the food to the Churches and helped distribute it to those in need. This was a very meaningful experience for the LEADs that fosters a sense of empathy and connection with the people being helped.



The Central Jersey Chapter appreciates that the meal sponsors, parents, and LEADs were able to come together and make this month's meals possible.

Thank you to all who contributed to making this meal a success!

Sewa at Food Banks, Food Pantries, and Food Shelter

In addition to providing meals, the Central Jersey Chapter helps address food insecurity in our communities by donating to local food banks, food pantries, and relief agencies. By supporting programs that provide access to healthy food in underserved areas, the Chapter works towards creating a more equitable and just food system for all.

After a small hiatus, LEADs once again came together two Saturdays this month to prepare food for the Ozanam Homeless Shelter in Edison.

While some staple items, like a bean salad, pasta, and a fruit cream have stayed on the menu, LEADs have experimented with making burgers this month as well. They have perfected an assembly line to assemble burgers, making the work quick, efficient, and fun.

The work by the LEADs demonstrates that anyone can contribute to this cause, regardless of their culinary expertise. By volunteering their time and putting effort into preparing food, the LEADs are making a significant difference in the lives of those at shelter. Providing nutritious meals to individuals who are in need can offer them comfort, nourishment, and a sense of support.



Chapter LEADs volunteered at RISE food pantry to distribute food and other supplies to more than **100 people**. Additionally, they helped make community bags and snack boxes. These provisions can be invaluable for individuals and families facing food insecurity, providing them with essential nourishment and sustenance.

The LEADs also distributed gifts and other goods such as socks, toys, candles, books, and more. These additional items can bring joy and comfort to individuals who may be facing challenging circumstances.

The Chapter LEADs' volunteer work at RISE food pantry showcases their commitment to fighting hunger and poverty in New Jersey. By assisting with the distribution of food and supplies they made a significant impact on the lives of those in need.



Sewa International Central Jersey partnered with Replenish in a drive-by food drive to collect non-perishable food donations to help restock food pantries in communities within Middlesex county. The effort is to help achieve food security and provide access to nutritionally adequate food and other basic necessities to all residents in Middlesex County.

LEADs joined the Replenish team in Monroe Township to help with directing cars, unloading donations from vehicles, and sorting them into different categories. It was great to see the generosity and unity in action when a community comes together to donate towards this cause.

Overall, the drive-by food drive and the involvement of LEADs highlight the dedication and commitment of individuals and organizations towards addressing food insecurity and meeting the essential needs of the residents in Middlesex County.

Chapter LEADs also volunteered at the Food Pantry at the First Presbyterian Church in Metuchen, NJ. LEADs packed **200 bags** of food for **100 families**.

It was an opportunity for the LEADs to contribute to the community and learn valuable lessons in the process. By participating in this event, your LEADs were able to understand the importance of food and the impact it has on individuals and families. They also gained knowledge about the different food groups needed to create a balanced and nutritious meal, which is crucial for maintaining good health.

Overall, this experience not only benefited the families receiving the food but also provided your LEADs with a valuable opportunity for personal growth and development.



Every month on Thursdays and Saturdays, LEADs volunteer at the Franklin Food Bank and assist with numerous activities like sorting, bagging and restocking products on the shelves. This helps to maintain the organization and efficiency of the food bank, ensuring that food items are readily available for distribution.

They also made "meal bags" filled with products, as well as assisted the visitors in shopping. With this they are not only providing much-needed support to the food bank but also helping to ensure that individuals and families in need have access to essential food items.

Helping others in need has fostered a strong sense of empathy and compassion in the LEADs, and witnessing the direct impact of their efforts was an incredibly fulfilling experience.

Sewa at Temples

Central Jersey Chapter LEADs volunteered at the Rama Navami celebrations in various temples across townships in Central Jersey. Rama Navami is an important Hindu festival that commemorates the birth of Lord Rama, who is considered one of the most revered deities in Hinduism.

By actively participating and volunteering at the celebrations, the Central Jersey Chapter LEADs not only show their respect and support for the Hindu community but also contribute to fostering cultural understanding and harmony. Such events provide an opportunity for people from different backgrounds to come together, learn about Hindu traditions, and celebrate the rich cultural heritage of the community.

Volunteering at the festival could involve various activities such as assisting with decorations, organizing cultural programs, helping with food preparation and distribution, or providing general support to the event organizers. These contributions play a significant role in ensuring the smooth execution of the celebrations and creating a memorable experience for the attendees.

By engaging in these volunteer activities, the Central Jersey Chapter LEADs demonstrate their commitment to community service and the promotion of interfaith and intercultural dialogue. Their involvement not only benefits the Hindu community but also contributes to the overall social fabric and inclusivity of the region. When organizations and individuals actively participate in and support religious and cultural festivities, it showcases the diversity and unity that exists within communities.

It was a wonderful event at the Sai Pariwar Temple in North Brunswick.

LEADs distributed food to all the temple devotees and staff and contributed to the cleanup process after the event. Such acts of service help maintain the temple's cleanliness and maintain the sanctity of the temple premises.

LEADs also assisted in the important task of counting up the money donated to the temple for the celebration of the Hindu festival. It ensures transparency and accountability in managing the temple's finances. This process helps in maintaining accurate records and using the donations for the betterment of the temple, its activities and the community.



At Radha Gopinath Temple in Edison, for this auspicious event, LEADs served delicious food to temple devotees and assisted in the kitchen.

By contributing their time and effort, LEADs made a positive impact on the temple-goers by providing them with a delightful experience as well as created a sense of connection and positivity among the volunteers and those being served.

LEADs had a wonderful experience of participating and volunteering at Om Sri Sai Balaji Temple in Monroe for the occasion of Sri Rama Navami Festival, Aditya Hridayam chanting, and Fundraising Events.

Aditya Hridayam is a stotram dedicated to Lord Surya, the Sun God, and is found in the ancient Indian scripture, the Ramayana. It was composed by the sage Agastya to invoke the energy and blessings of the Sun God and is often recited or chanted by devotees for various purposes, including health, vitality, courage, and success. Aditya Hridayam is a significant part of Hindu tradition and has been passed down through generations as a sacred stotram. It holds deep spiritual and symbolic significance, representing the divine energy and power of the Sun.

LEADs played a crucial role for setting up a successful event by arranging the speakers around the stage, vacuuming the carpets, and arranging chairs and tables for comfortable seating arrangement. They ensured that everything is organized and in place for the attendees. They also took the initiative to maintain the sanctity of the temple premises by watering the holy plants, cleaning the temple, and packed laddus in ziploc bags to ensure that prasadam is prepared and distributed efficiently for the devotees. LEADs also assisted with folding sarees, serving food, and cleaning dishes, to ensure hospitality and food service aspects of the events. They also set up signs outside the temple and cafeteria to guide visitors and ensure a smooth temple experience.



The involvement of LEADs in organizing and executing these activities at temples demonstrates their commitment to serving the community and promoting the values of the Hindu festivals. These volunteering opportunities also provides an opportunity for the LEADs to connect with others and deepen one's spiritual journey.

*'Vasudhaiva Kutumbakam' – The World Is One Family
Together We Serve Better*

Newsletter Team



Akash Talluri
Grade: 10
Interests: Soccer, Music
Favorite Sewa Project: SewaMeals, Newsletter



Ananya Madireddy
Grade: 10
Interests: Piano, Theatre, Traveling
Favorite Sewa Project: SewaMeals



Anika Kundu
Grade: 11
Interests: Programming, Music, Reading
Favorite Sewa Project: Autism Foundation



Eyrah Naveen
Grade: 8
Interests: Playing Viola, Reading, Fencing
Favorite Sewa Project: Medical Camp



Krithika Parthasarathy
Grade: 10
Interests: Drawing, Music
Favorite Sewa Project: SewaMeals



Krittika Podalakup
Grade: 11
Interests: Reading, Color Guard, Violin
Favorite Sewa Project: Boat Building



Parima Bhatt
Grade: 9
Interests: Reading, Swimming, Piano
Favorite Sewa Project: Treats for Troops



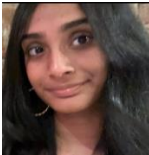
Raghav Akula
Grade: 11
Interests: Saxophone, Piano, Biking, Track & Field
Favorite Sewa Project: Neshaminy State Park Tree Planting



Riya Muddasani
Grade: 10
Interests: Tennis, Music
Favorite Sewa Project: SewaMeals



SaiNidhi Tekale
Grade: 8
Interests: Singing, Dancing, Music, Baking, Theatre
Favorite Sewa Project: SewaMeals & Watershed Cleanups



Sruti Chaparala
Grade: 10
Interests: Reading, Music, Biking
Favorite Sewa Project: Burlington County Recycling Tour + Presentation



Taanya Kumar
Grade: 9
Interests: Ice Skating, Baking, Reading, Music
Favorite Sewa Project: Bracelet Making Fundraiser

Upcoming Events

- ❖ Om Memorial 5K Run/Walk for Cancer
- ❖ Sewa Backyard Organic Garden
- ❖ Adopt-A-Highway Cleanup
- ❖ Plastic Bags/Films Recycling Drive
- ❖ Spring/Summer Cleanups
- ❖ Organic Farming, Community Gardening & Reforestation
- ❖ Boat Building for River Transport
- ❖ Sewa for Autism Foundation
- ❖ Sewa at Food Banks, Food Pantries, and Soup Kitchens
- ❖ SewaMeals for those in Need
- ❖ Sewa at Community Events
- ❖ Sewa at Temple

REGISTRATION

- Central Jersey SewaMeal Sponsorship
Donation towards SewaMeal Sponsorship
- Central NJ Chapter General Donation
General Donation to Central NJ Chapter of Sewa International

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Click → <https://sewausa.org/event-5084580> and fill the information

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