

Sewa CPR + First Aid Training

Cardiopulmonary Resuscitation (CPR) a life-saving skill empowers everyday people to become heroes, enabling them to resuscitate someone who goes into cardiac arrest.

About 350,000 cardiac arrests happen outside of hospitals each year, and about 7 in 10 of those happen at home. About 9 in 10 people who have cardiac arrest without immediate access to urgent care die. It helps improve these odds. If it is performed in the first few minutes of cardiac arrest, CPR can double or triple a person's chances of survival. CPR saves lives.



Central Jersey Chapter of Sewa International, USA organized a certified CPR + First Aid session for their adult and youth volunteers in the month of March, 2023. The six-hour session was conducted by the Mansfield Emergency Rescue Squad (EMS) & was held in Chesterfield Township.

The LEADS learnt to administer CPR in emergencies and the techniques that differ for adults, children, and infants. They practiced timed chest compressions and giving breaths. Additionally, they were introduced to the automated external defibrillator (AED), a medical device that detects a person's heart rhythm and sends a shock to restore the original heartbeat through a series of voice commands.

They also learnt about the most efficient way to give First Aid when dealing with injuries such as bleeding wounds, burns, concussions, allergic reactions, and specific cold and heat-related emergencies, and also the technique to wear and remove gloves with the minimal spread of germs.

The training educated LEADS on remaining calm and to offer their knowledge and skills in case of any emergency medical situation. Through this training, LEADS have developed the basic life support skills needed to save the life of a loved one or even a stranger. With an increased level of confidence LEADS left the building at the end of the day CPR certified!

This certification also enables the LEADS to volunteer with the Rescue Squads and at hospitals.



This first ever CPR Training initiative by the Central Jersey Chapter turned out to be a very fulfilling experience for the Chapter volunteers and further sessions have been planned for more of the volunteers in the ensuing months.

Central Jersey Chapter would like to thank Mansfield Emergency Rescue Squad for this opportunity and Chesterfield Township for their use of their facility.

Chapter Highlights

- ❖ Sewa CPR & First Aid Training
- ❖ Keep My Street Green Program
- ❖ Adopt-A-Highway Cleanup
- ❖ Plastic Bags/Films Recycling Drive
- ❖ World Water Day & Boat Building for River Transport
- ❖ Composting to Save Soil, Organic Farming, Community Gardening & Reforestation
- ❖ Spring Creek and Park Cleanup
- ❖ Sewa at JRA, Food Pantries, Shelters, & Easter
- ❖ SewaMeals for those in Need
- ❖ Black Influence 365/24/7
- ❖ Sewa Dental Camp and Sewa at Blood Camp
- ❖ Sewa for Autism Foundation
- ❖ Sewa at Watershed Institute & Library
- ❖ Sewa Diaper Drive
- ❖ Sewa at Temple

Volunteer Spotlight



Sowjanya Ji Damera is an active Sewa parent volunteer since 2020. In 2021 she started handling the Monroe Center Social Media team and in 2022 she stepped up to manage the Center's Newsletter and Social Media team where she works closely with the LEADS on writing articles and uploading posts on the various Sewa service activities. Sowjanya Ji loves to help out the Sewa community in any way she can; some of her favorite memories as a parent volunteer in Sewa include helping at the Marlboro Community Garden with her children and helping deliver SewaMeals to feed those in need. In addition, she has been very involved in contributing to the Chapter newsletter in its nascent phase. In her free time, she loves to do arts and crafts, test out new recipes, and plant vegetables! Sowjanya Ji resides in Monroe, NJ with her husband Srinivas Ji, an active Sewa supporter and her two daughters, Central Jersey Sewa LEADS Saanvi and Shreshtha Damera.

2023 Keep My Street Green – Adopt A Street – Clean Oceans – Begins!

Keep My Street Green – 2023!



Do your bit towards the bigger goal of decreasing the amount of litter that goes into oceans. These efforts made at home are the first step towards a more Sustainable Jersey!

Every day around 8 million pieces of plastic make their way into our oceans and as of today there is around 5.25 trillion pieces of plastic debris in the ocean of which, 269,000 tons float on the surface. As per the National Oceanic and Atmospheric Administration, a federal agency focused on the condition of the oceans and the atmosphere, the majority of pollutants that make their way into the ocean come from human activities along the coastlines and far inland.

One of the biggest sources of pollution is *runoff*, which flows into the ocean and forms garbage patches due to rotating ocean currents. These patches eventually break off into micro plastics that spread throughout the oceans. Millions of birds and marine animals are killed by plastics every year. In addition, heavy metals and other contaminants can accumulate in seafood, making it harmful for humans to consume.

'Keep My Street Green' is a local effort to save our Oceans from Plastic Pollution through the "Adopt A Street" Program. This project is part of the Sustainable Jersey goals commitment, an initiative meant to foster environmental sustainability within NJ, one community at a time. It consists of a network of municipalities and school districts working together to build a better world for future generations. In this effort Sustainable Jersey partners with state agencies, foundations, schools, corporations, and non-profit organizations like Sewa International, USA. The task in hand simply comes down to keeping our streets free from trash and keeping our storm drains free from plastic debris and garbage.

Over the years, our Central Jersey LEADs have taken on many environmental sustainability initiatives like reforestation efforts, parks, waterbody and highway cleanups, community gardening projects, organic farming and composting, and plastic recycling drives. In these endeavors the Chapter has partnered with township Green Teams, schools, libraries, and local communities.

In March 2022, the Central Jersey Chapter introduced this program for the LEADs where they worked closely with township Green Teams & the Environmental Commission to expand this program across Central Jersey. They also created flyers and sent it out to communities and schools encouraging all to join the program as well. The LEADs took on the responsibility of adopting streets in their neighborhood and keeping them clean from spring through fall last year.

In March 2023, as we move towards spring and summer we notice more people spending their time outdoors. As a result, litter becomes more prevalent in communities, parks, roads, and other public places. So once again this year the goal of the LEADs is to continue adopting and cleaning streets, spread awareness, and encourage others to do the same to collectively make a difference.

These commendable efforts by the LEADs are their way of doing their bit towards the bigger goal of decreasing the amount of litter that goes into oceans. The LEADs start this effort with the earnest belief that efforts made at home are the first step towards a more Sustainable Jersey.

Sewa Adopt-A-Highway Cleanup

The Central Jersey Chapter, in its commitment to the 'Adopt-A-Highway' statewide program by the New Jersey Department of Transportation (NJDOT) and the New Jersey Clean Communities Council, adopted to clean and maintain a 2.5 miles stretch of Route 27 at Metuchen.

The aim of this program is to reduce litter on state highways, enhance the appearance of New Jersey's landscape, protect the health and welfare of New Jersey residents, and promote a booming economy.

Since 2019, the LEAD and adult volunteers of the Chapter have been cleaning the highway every quarter. This quarter too, the LEADs took on this commitment in March 2023. They completed the mandatory highway safety online training, a prerequisite for this cleanup. LEADs collected trash in various forms such as bottle caps, coffee cups, and cigarette butts. This project helps clean the highway and improve the overall ambience of the town of Metuchen but it also brings awareness to the LEADs about the environmental impact of their actions.

The Chapter would like to thank the Metuchen Police Department for their support in this effort.



Sewa Plastic Bags/Films Recycling Drive Continues

The Central Jersey Chapter, in partnership with Crosswicks library of Chesterfield Township, Burlington County, NJ has organized a plastic bags/films recycling drive through May 31st, where residents can drop off plastic bags & films at the drop off locations setup by the Chapter.

Although plastic usage has significantly reduced in the County, residents are still disposing of plastic bags, plastic sleeves, bubble wrap, plastic shipping envelopes, bread packages, and more in an incorrect manner. The County aims to keep these plastic films and bags out of recycling bins and wants residents to have an effective way to recycle their plastic bags. They have set up a plastic bags drop-off bin at the municipal buildings for this purpose, but not many residents are aware of it.

The Chapter is encouraging the townships residents also towards this effort to prevent non-recyclable materials being unknowingly put in recycling bins, clogging recycling machinery and causing operational problems, facility shutdowns, and safety hazards to employees.

In 2022, the Chapter LEADs had conducted a successful recycling drive, and this year too they continue with the same and have also committed to educating residents and bringing about awareness on the importance of following the recycling procedure. They have collected plastics from homes in their neighborhood and asked friends and family to donate their plastics for this drive. Volunteers have also set up plastic drop-off boxes in various locations, such as Northern Burlington High School. The LEADs have further spread this awareness across other townships and counties.

As of date the Chapter LEADs have collected ~**130** pounds in this recycling drive and will continue with this drive in the ensuing months.



Sewa on World Water Day & Boat Building for River Transport

World Water Day is observed annually on March 22nd by the United Nations to highlight the importance of freshwater. The day is observed to advocate for the sustainable management of freshwater resources. The theme every year focuses on topics relevant to clean water, sanitation, and hygiene, a Sustainable Development Goal 6 established by the United Nations General Assembly. The target of Sustainable Development Goal 6 is “clean water and sanitation for all”. The theme for the year 2023 was ‘accelerating change to solve the water and sanitation crisis’ with a promise that “everyone would have safely managed water and sanitation by 2030”.

Central Jersey LEADs with a goal to educate and bring awareness to this important cause that impacts all, volunteered at the Watershed Institute at Pennington to celebrate World Water Day by hosting interactive sessions to visiting kids with indoor and outdoor activities - a fun approach to educating the visitors on the importance of freshwater.



LEADs set up the activities as well as their stations, which included water tasting, water slate art, water play table, water colors, H₂O Olympics, touch a fish, making origami hummingbirds, lab and lunch assistant, and outdoor games.

Once the event began, LEADs gave a quick introduction of the program about how different games and activities work and encouraged the kids to take part in all stations. They educated the children on where the water came from, the water cycle, conservation, and scientific principles of water. After leading and explaining different games to the visitors, LEADs also helped in cleaning up the stations after the event was over.

Visitors were able to learn about groundwater and how water comes from different sources, to our sinks. LEADs expressed that this was a fun event and it was enjoyable to see the enthusiasm of the visitors. They had a great experience working with the children and visitors who came to the event while also learning about certain scientific principles of how the Watershed works and about freshwater.

In the month of March, Central Jersey LEADs continued with being actively involved in the boat building for the Lower Raritan River Transport. Their efforts have contributed significantly to the success of the project. Building a boat can be a challenging and time-consuming task, so it's impressive that the LEADs were able to make substantial progress each week and learn new methods along the way.

By measuring the wood strips, sanding some of the pieces for the canoe, and leveling out the wood on the bottom of the canoe hull, the LEADs have played an essential role in ensuring that the boat is structurally sound and safe to row in real water. This is a significant accomplishment and shows the dedication and hard work of the LEADs.

Moreover, participating in different activities of boat building every week has given the LEADs a chance to develop new skills and learn more about the boat building process. These skills and experiences can be valuable in their personal and professional lives, and they can also use them to contribute to future community service projects.

The hard work and dedication of the Central Jersey Sewa LEADs have made it possible for the LRWP to run smoothly and be successful. Well done, LEADs!



Sewa Composting to Save Soil, Organic Farming, Community Gardening & Reforestation

Soil is a finite resource. It plays a vital role not just in the environment, but in human health too. The minerals, the nutrients that make up our muscles and bones almost entirely come from soil. While it's very critical to increase agricultural production to feed and nourish billions of people all over the world, what is also critical is that our soils are getting thinner and most depleted of nutrients. We still continue to harvest more nutrients than we replace in the soil. Additionally, soil conservation goes hand in hand with water conservation. Healthier soils retain more water.

In 2022, the Central Jersey Chapter continuing their service towards environmental sustainability initiatives, took a step to affirm their commitment to the health and future of our planet by being part of the 'Save Soil' a global movement to address the soil crisis. This year the Chapter in continuance with their commitment, volunteered at a soil composting facility, the Bucks County Compost (BCS), to prevent much of our compostable waste from going to the landfill. BCS is a facility that transforms compostable waste into organic living soil, rich with nutrients and life.

Central Jersey LEADs were coached on what can be composted, how to separate the compostable waste from the non-compostable one and creating conditions conducive for composting. LEADs volunteered to help with the segregation, turning piles, filing hay, etc. The composting results in organic living soil that is delivered back to residential backyards and to the local farms. This results in replenishing the pesticide and fertilizer laden dead and depleted soil with living organic soil, thus helping to restore the health and vitality of the land.

Volunteering was a rewarding experience for everyone involved. The volunteers not only contributed to a global cause, but also gained valuable knowledge and skills on composting and its benefits to the environment, such as reducing landfill waste, enriching the soil, preventing erosion, saving water, and mitigating climate change. LEADs are even furthering the cause by encouraging others to join them in composting at home or in their communities.



Central Jersey Sewa LEADs also volunteered at the Ramblin Sol Farm in the month of March. This service program has provided the volunteers with unique opportunities to learn about gardening, harvesting, and even maintenance work at the farm, while also making an impact in the local community.

The volunteers harvested over **900 pounds** of carrots for the farm in this effort. The pictures shown display the large team effort that was required to harvest this amount of produce as well as the preparations needed for the **100 pounds** of organic and affordable food to be then dropped off to local food bank and food pantries like the Camden Cathedral Kitchen, Rise Food Pantry, South Jersey Food Bank, and even some temples in the area.



The LEADs also volunteered to get the fields ready for the spring season by taking out the weed mats, putting away the heavy sandbags, pulling out last year's plastic and irrigation, and taking down some trellising. It was a lot of back-breaking work and the Chapter would like to thank all the LEADs and the adult volunteers who were part of this effort. In the coming weeks, the volunteers will be helping with seedling varieties of produce plants and thus continuing with their efforts at organic farming.



In March, the Central Jersey LEADs braved the near-freezing weather to help install a riparian buffer along Black Ditch, a tributary of Mill Creek in Levittown, Bristol Township PA.

The riparian buffer project aims to reduce stormwater runoff and improve water quality by removing invasive shrubs and planting native trees and berry producing shrubs. The native plants will help stabilize the stream banks, filter pollutants, provide shade and food for aquatic and terrestrial wildlife, and spread their seeds by feeding birds.



The LEADs worked tirelessly to remove the invasive shrubs that were choking the stream and competing with the native plants. They also prepared the site for planting the native species that will create a more diverse and resilient ecosystem.

LEADs not only worked for a worthy cause but also gained valuable knowledge and skills in riparian buffer management.

Riparian buffers have many benefits for the environment and society, such as protecting drinking water quality, intercepting non-point source pollutants, preventing erosion and sedimentation, decreasing flooding, and enhancing biodiversity.

The riparian buffer installed by the LEADs will help restore the health and functioning of Black Ditch and Mill Creek.

The Central Jersey LEADs also volunteered at the Marlboro Community Garden and Freehold Community Garden for their spring cleanups.

LEADs kick started the spring session at the Marlboro Community Garden by shoveling compost into wheelbarrows and placing it into the designated bins in the garden, while other LEADs sifted the compost so that it's ready to be used for plants. The LEADs also shoveled unprepared compost into the bin so that it can be mixed with enzymes. Few LEADs gathered the semi-broken down leaves into buckets and transferred them in the "Browns" box. LEADs then removed weeds surrounding specific sections in the garden.

At Freehold they shoveled mulch and wood chips into wheelbarrows and laid it out on pathways between the beds. They also mulched the perimeter of the fence- barreling and spreading it out in teams. They also helped clean up the garden by removing weeds.



At Marlboro, LEADs additionally received valuable lessons on planting potatoes, sweet potatoes, peas, bok choy, and radish from the master gardener.

Sewa at Trail & Parks Cleanup

A walk along a nature trail is one most of us look forward to but when we find plastic and trash around that spoils the beauty of nature and leads to the destruction of our environment is when we realize how park cleanups are essential to maintaining the beauty and cleanliness of public spaces.

With the goal of keeping our environment safe, Central Jersey LEADs cleaned up The Song Bird Trail at Barnes Wildlife Preserve. The volunteers collected almost **20 bags** of trash, fighting and ducking to get the difficult pieces of trash that have been blown by the wind and the public's carelessness of littering.

The LEADs were shocked by the amount of trash there was to be found but at the same time they enjoyed discovering the different types of animals and insects, and the beauty of nature around us. They worked hard and together to scavenge any last pieces of trash they could find.

Their goal was to keep not just clean up the trails but also to bring about awareness on how to keep our environment livable.



Chapter LEADs also took the initiative to make a positive impact in their community by taking part in the Metuchen Woodwild Park Cleanup. The LEADs focused on clearing the park's pathways, removing various debris such as twigs and trash.

On a cold and windy March morning, Chapter LEADs showed up at Swales Park in Edison, NJ for the park clean up. The LEADs focused on picking up trash and garbage such as water bottles, wrappers, plastic, and debris from around the park and woods area.

The LEADs put in a lot of effort despite the cold weather, and made a very positive impact by doing an excellent job of cleaning up the park.

It is wonderful to see the Chapter LEADs taking action to make a difference in the environment around us. Their dedication and efforts are inspiring, and it's heartwarming to see them committed to continuing their work each year.



Sewa at Jewish Relief Agency, Food Shelter, Food Pantries, and for Easter

The Central Jersey Chapter of Sewa International, USA continues with its collaboration with the Jewish Relief Agency, a non-profit organization in PA to provide food to local families in need and today delivers food packages to over 3,200 households.



Chapter LEADs volunteered to pack food packages for distribution to families in need. The packages included non-perishable and perishable food items with some basic essentials like toilet paper.

The packing process was very well organized which helped the volunteers finish the task in no time. After the food was packed LEADs helped deliver them to the assigned families in the community.

The picture shows the Sewa team that helped pack and deliver food to these homes in the month of March.

Central Jersey LEAD visited the RISE food pantry in Hightstown to volunteer in a food distribution activity where they distributed groceries and other basic items to people in need. Food was distributed to more than **100** people.

On Thursdays and Saturdays of the week, Chapter LEADs also volunteer at the Franklin Food Bank and perform various tasks such as sorting, bagging and restocking products on the shelves. They also create "meal bags" filled with products donated by local supermarkets.

The LEADs love helping out because it gives them a sense of accomplishment when they help the community.



Since we are approaching Easter, Chapter LEADs volunteered at First Presbyterian Church to pack Easter food baskets for the Easter events.

LEADs helped in packing baskets along with birthday cake supplies and made birthday cards for future events.

As a team, each of the LEADs has contributed their time into making someone else's day the best and colorful.



Twice in the month of March, Chapter LEADs went to the Marketplace at Aldersgate United Methodist Church, to help with packaging items such as bread, meat, baked goods, canned food, fruits, as well as essentials like toilet paper, diapers, etc. At the food pantry they also walked each shopper through tables of food and supplies to make sure they got what they needed. They also helped with the initial setup of the area, and sorted food in the pantry.

LEADs found the experience very rewarding of helping at the Aldersgate Outreach Community Center that serves the food insecure community in Middlesex County. Since most of the shoppers who come to this marketplace are Spanish speaking, LEADs had an opportunity to put their Spanish skills to use to serve the people.



This month too, twice a month, the LEADs contributed to the Ozanam food shelter. Their dedication and hard work in preparing nutritious meals for the people residing at the shelter is truly praiseworthy. It's heartening to know that they put in so much effort in chopping, peeling, washing, cooking, and creating a diverse range of meals for the shelter. The LEADs prepared and donated meals which included salads, muffins, cheese sandwiches, and mac & cheese, and the second Mexican-inspired meals consisting of burritos, chips, salsa, fruit cream, and water.



LEADs show their commitment to providing not just basic sustenance, but also tasty and varied meals. Their contribution is particularly significant because it makes a positive impact on the lives of those in need. Access to nutritious and delicious meals is an essential aspect of well-being, and the LEADs have made a significant difference in this regard. Their hard work and dedication are a testament to the power of community service and volunteerism, and they certainly deserve appreciation for their efforts.

SewaMeals for those in Need

More than **34** million people, including **9** million children, are struggling to get nutritious food every day. The pandemic has increased food insecurity even more. Each month Central Jersey LEADs prepare healthy meals for families who are in need. The prepared meals are then delivered and donated to local churches, food pantries, and food shelters.

In the month of March 2023, the LEADs volunteered to prepare home cooked meals and with the support of sponsors were able to feed **300**. They prepared Italian cuisine of pita bread, lettuce & cucumber salad, corn salad, pasta, chips and Indian cuisine of Jeera/Cumin Rice, Veggie Pulav, Channa Masala. Dessert made was red velvet cake, muffins, and Sooji Kesari.

The reviews of the food were highly positive and the March Sewa meals service as usual was a huge success.



March Meals' Sponsors:
Jaya Prasanthi Gandreddi & Achuta Nagireddy
Lakshmi & Krishna Pendyam
Meenakshi Viswanathan & Venkatesan Krishnamoorthy
Puja & Sameer Jain
Shilpa & Mukul Rathi (State Farm)
LEAD Srujan family
LEAD Samanvi Potturi Family
LEAD Sowmya Family



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

The Chapter extends its gratitude to the meal sponsors, parents and the LEADs for their generous service and making this month's meal possible!



Sewa Seminar - Black Influence 365/24/7

Sewa International Central Jersey LEADs attended an informative presentation on black history month. The speaker, Clayton Muhammed, the Chief Communications Officer at City of Aurora, IL, and multi-award winning educator, public relations professional and public speaker, spoke about many prominent Americans figures such as Dr. Martin Luther King Jr. and Rosa Parks, and how they strengthened and shaped the American society.



This former teacher explained how many common inventions were created by his people, though not as widely recognized, and were instrumental in simplifying everyday tasks, and their influence continues to be felt to this day. Some of these inventions include the air conditioner, dustpan, door knob, folding chair, fountain pen, automatic door, stoplight, hairbrush, curling iron, dryer, ironing board, shoe-making machine, chips, and the home security camera. He spoke about Thomas A. Stewart who created the self-wringing mop, Nathaniel Alexander who invented the collapsible chair, and Lydia Newman, who held the patent for the first hairbrush.

Overall, the presentation gave LEADs an insight into the history of the section of the American community who were of African origin and it gave them a view of their culture in America.

Central Jersey Chapter would like to thank the Chicago Chapter who organized this event and for providing an opportunity to LEADs nationally to listen to this educational & informative presentation.

Sewa Dental Camp

The Central Jersey Chapter in partnership with Dr. Daya Bale from Only Smiles Dental had organized their first ever free dental camp on March 12th, 2023. The main aim of the camp was to provide basic dental health education and motivate dental hygiene maintenance. Dr. Daya Bale carried out oral screening with great care to find out the prevalence of dental diseases. About 17 patients took advantage of this free service.

The LEADs & parent volunteers did a commendable job at the patient check-desk. Congratulations to the family services team on the great success of this first ever camp & looking forward to many such camps in coming years.



Sewa at Blood Camp



The Chapter LEADs and adult volunteers also got an opportunity to assist the staff members of Metuchen YMCA in their Blood Drive that was conducted in March.

Volunteers helped the staff with registering the blood donors and in other areas of the camp. This opportunity gave the LEADs an experience into the process of blood donation and also how to maintain a safe and hygienic environment.

LEADs expressed their opinions of this blood drive to be a very unique experience where they got the chance to interact with the donors and the medical staff.

Sewa at Autism Foundation

Chapter LEADS continued with their volunteering at the AttachAvi Autism Foundation this month of March too. They helped young kids aged 4 to 7 years old through various educational yet fun activities. Some of those tasks include singing with them, completing puzzles, and dancing. They also helped them with crucial skills such as physical exercise and social skills.

Sewa at Watershed Institute

In March, the Watershed Institute in Pennington held a Winter Fairy Festival where kids came and joined in different fun-filled activities which included dancing, organizing games, storytelling, and art.

Adult and LEAD volunteers from Central Jersey Chapter helped out at this event by setting up various stations. Once the visitors began to arrive, LEADs interacted with little kids and encouraged them to experience the stations like building fairy houses and making mud cookies, while cheering the kids to participate in the different activities. Finally, they helped clean up after the event was over.

This was a great opportunity for the LEADs to interact with young children.



Sewa at Library



In celebration of the Holi Festival, Chapter LEADs came together with the New Brunswick Free Library to help set up a Holi event. There were various activities including face painting, henna tattoos, etc.

They also helped at the welcome desk where in the Hindu traditional way they welcomed guests with the *tikka*, as a welcome and an expression of honor when the guests arrived.

Sewa Diaper Drive Ensuens

In March 2023, the Central Jersey Chapter partnered with The Crosswicks United Methodist Church and started a Diaper Drive across townships in Central NJ. The free disposable diapers and wipes collected by the volunteers will be donated to The Maker's Place, a diaper bank and resource center in Trenton, New Jersey from where it will be further distributed to families in need who are looking for these donations, since items are expensive and beyond their means. This effort is a way to promote the strengths found in diverse and inclusive communities.

Central Jersey LEADs have so far collected ~**6,000** diapers and ~**6,500** wipes.



Sewa at Temple

During the festival of *Gaura Poornima* otherwise known as 'Golden Full Moon', Chapter LEADs helped the staff of Radha Gopinath Temple with various tasks such as cooking, dishwashing, meal preparation, and cleaning the temple. Their involvement significantly reduced the staff's workload. Their efforts reflected their dedication to maintaining the temple's cleanliness and sanctity. It is through such collective efforts that one can preserve our traditions and heritage for future generations.



Central Jersey LEADs volunteered at the Om Sri Sai Balaji Temple in Monroe where they were assigned multiple tasks. The first task was to arrange the speakers around the stage, organizing and setting up prior to the event. They then worked on setting up the temple tarp sign by constructing pillars and a rim to hold the sign.

Overall, it was a fun and learning experience for the LEADs who were excited to return to the temple and volunteer there again this year!



Chapter LEADs also assisted the Hindi teacher at Radha Gopinath Temple in teaching the Hindi classes. The LEADs provided various forms of assistance, including checking students' homework, printing worksheets, and teaching the *anaram*.

The LEADs enjoyed participating in this event and found assisting the temple staff with teaching the classes, fulfilling. They were happy to contribute their efforts to help students learn Hindi and found it a valuable experience for themselves too.

Chapter LEADs volunteered at Ananda Mandir in Somerset, NJ, for the NATS event Balala Sambaralu. Math, poetry, and cultural dance competitions were held at the event.

LEADs registered the participants and guests at the event and were responsible for directing them to their reporting location. One of the LEAD was the emcee at the event and was responsible for announcing the events and the participant names. LEADs helped to proctor and grade the competitions that were being held and distribute participation certificates after the performances. They also helped with the setup and serving water and food during the event. Sewa LEADs helped run the program smoothly. They found this an interesting experience.



For the first time Central Jersey Chapter LEADs got to experience flower Holi, or Holi played with flowers when they volunteered at the Radha Gopinath Mandir, for the 'Flower Holi' event where colors were substituted with flower petals.

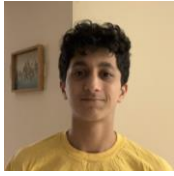
Holi is a popular and significant Hindu festival celebrated as the Festival of Colors, Love and Spring. It celebrates the eternal and divine love of the Lord Krishna and Radha. Holi marks the beginning of spring and the colors represent the onset of spring season. Visitors to the event, including the Mayor of Edison, were invited to share and spread the beauty of the Hindu culture.

In Radha Gopinath Mandir, LEADs helped in the kitchen and with serving food to the guests. They also helped in cleaning post the event. It was a wonderful opportunity for the LEAD to experience the colorful celebration.



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

Newsletter Team



Advait Koli
Grade: 11
Interests: Polo, Volleyball, CS
Favorite Sewa Project: KKWC and Vadhthal Dham



Anirudh Mandula
Grade: 11
Interests: Swimming, Music, Singing, Gym
Favorite Sewa Project: KKWC, Boat Building



Chetana Bidesi
Grade: 11
Interests: Dancing, Tennis, Reading, Sketching, Biology
Favorite Sewa Project:



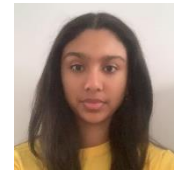
Deepika Sundaram
Grade: 8
Interests: Crocheting, Singing
Favorite Sewa Project: Food Bank



Elekia Muralidharan
Grade: 10
Interests: Jewelry Craft, Art, Music, Flute, Dance
Favorite Sewa Project: Card Craft, SewaMeals



Maanya Patil
Grade: 10
Interests: Dancing, Writing, Reading, Volleyball
Favorite Sewa Project: Bracelet Making, JRA



Ridhini Thiru
Grade: 10
Interests: Dancing, Art, Reading
Favorite Sewa Project: Bracelet Making, SewaMeals



Risha Thiru
Grade: 8
Interests: Dancing, Painting, Rollerblading, Math
Favorite Sewa Project: Bracelet Making and Food/Coat Drives



Saanvi Damera
Grade: 12
Interests: Baking, Music
Favorite Sewa Project: AttachAvi Autism Foundation



Saanvi Sheeri
Grade: 10
Interests: Guitar, Drawing, Dancing, Painting
Favorite Sewa Project: Christmas Ornament, Bracelet Making



Shridhar Garg
Grade: 9
Interests: Running, Reading, Swimming
Favorite Sewa Project: AttachAvi Autism Foundation, SewaMeals



Sreeya Kavuri
Grade: 11
Interests: Dancing, Drawing, Reading
Favorite Sewa Project: Franklin Day



Tanay Durg
Grade: 12
Interests: Debate, Tennis, Stocks, Guitar, Piano, Clarinet, Boba, Food, Sleep
Favorite Sewa Project: Holiday Toy and Clothing Drive

Upcoming Events

- ❖ Sewa CPR & First Aid Training
- ❖ Walk MS Hamilton
- ❖ Sports for Sewa
- ❖ Recycling Facility Tour
- ❖ Clean Ocean Action Spring 2023
- ❖ Plastic Recycling Drive
- ❖ Keep My Street Green
- ❖ Sewa for Earth Day
- ❖ Organic Farming, Community Gardening & Reforestation
- ❖ Spring Park Cleanup
- ❖ Boat Building for River Transport
- ❖ Burlington Recycling Facility Tour
- ❖ Sewa for Autism Foundation
- ❖ Sewa at Food Bank, Food Pantries & Soup Kitchens
- ❖ Sewa at Jewish Relief Agency
- ❖ SewaMeals for those in Need
- ❖ 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

Register

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