



# NEWSLETTER

## Sewa International- New Jersey & New York

### North Jersey: International Day of Yoga

June 19, 2021

The North Jersey chapter conducted the "International Day of Yoga" on June 19th, 2021 from 9:30 AM to 11:30 AM at the PAL centre in Parsippany. About 80 participants joined Sewa North Jersey's International Day of Yoga celebration. During the session various Asanas were practiced along with Subodh Yoga, Pranayama, and Meditation with the Art of Living organization.



### North Jersey: Wayne Hills Honors Society Car Wash Fundraiser

The Wayne Hills High School Honors Society conducted a car wash event to raise funds for Sewa International's India COVID-19 relief project. 35 students participated in the event, and more than 200 customers came to show support, and get their car washed. Prem Ji Pusuloori, Sewa International's Director of Programs and Projects visited the event to thank the students for fundraising, and to update them on Sewa's relief efforts.



## Westchester & North Jersey : Good Karma 5K

The Sewa Westchester Chapter, in partnership with Good Karma NY, hosted a virtual 5K walk/run from June 12, 2021- June 20, 2021. 70% of the proceeds collected from this race will go to Sewa International's COVID-19 relief in India. The Westchester Chapter LEAD participants were instrumental in spreading the word about this event, and registering people to participate. There were a total of 1594 participants nationwide, and \$74,005.48 was raised.



## North Jersey: BioBlitz

As a part of the Sewa North Jersey Environmental Awareness track, Sewa partnered with the Whippany River Watershed Action Committee (WRWAC), and helped them conduct a nature walk in Lewis Morris Park. The Sewa LEAD Participants and volunteers ensured smooth operations of the planned events.



## North Jersey: Monthly Food Drive

The North Jersey Chapter collected 80 pounds of non-perishable food items throughout the month of June. The donations were dropped off at the Parsippany Community Food Pantry.

## North Jersey: Highway Clean-Up June 26, 2021

Six volunteers participated in the Rt.46 Highway clean-up for the month of June.



## North Jersey: Jersey Cares

The North Jersey Chapter partnered with Jersey Cares, a non-profit organization focused on recruiting volunteers for specific programs, to help with a Senior Citizen program called *Pet Therapy and Book Buddies*. As a part of this program, Sewa's LEAD participants show their pets or read a short story on a virtual session which is streamed to the Senior Care Center in Wayne, NJ.

## 🎉 Volunteer Spotlight: Sameen Ji Desai 🎉

Sameen Ji Desai and his family have been associated with Sewa North Jersey since 2015. Sameen Ji has been a dedicated karyakarta since his early days. Sameen Ji has organized LEAD programs and events starting from the first LEAD program in the North Jersey chapter. In the past Sameen Ji also helped with soup kitchen delivery, Cricket for Sewa, and Family Services. Currently, Sameen Ji is a part of the Environmental work stream. Sewa is glad to have Sameen Ji and his passion to serve the community selflessly.



## Program Spotlight: ASPIRE

The ASPIRE Program was born out of Sewa's heartfelt response not simply to the perceived need, but to the genuine request for help from refugee children in Houston. Sewa's mission is to empower communities by sharing resources and skills needed to enhance their lives. For underserved youth in Houston and now in other chapters, that empowerment is taking place through the ASPIRE Program. The focus is on the overall development of children, nurturing them with the knowledge and qualities required for social and academic success, such as emotional intelligence, competence in core subjects, critical thinking, and creativity.

The ASPIRE centers are highly popular in the communities that they serve. The centers are open after school hours when students would ordinarily be home alone. This provides a safe and motivating space for them to work together. Because the tutors at the centers are working directly in the apartment complexes where the students live, the tutors get to know families on a personal level. This type of relationship creates a unique opportunity not just to provide academic help, but also family assistance and guidance when applicable. Because many families that ASPIRE serves are new to the United States, this type of support from a local contact is invaluable. Currently, the North Jersey Chapter ASPIRE program is in the works, and help is needed. Please reach out if you can help.

**For more information visit <https://sewausea.org/Aspire-Description>  
Donate at <https://sewausea.org/Donate-for-ASPIRE>**



## Upcoming Events:

### North Jersey:

1. LEAD National Conference
2. Serving at Habitat for Humanity
3. Green Team Storm Drain Challenge
4. On-going Soup Kitchen Donation
5. Cricket4Sewa Registration Open:  
[sewausea.org/event-4353039](https://sewausea.org/event-4353039)



Visit our Chapter Website, Facebook, and Instagram Pages:

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

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

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

Join the North Jersey Volunteers WhatsApp Group:

*Sewa urges everyone to practice social distancing, follow CDC guidelines and remain safe.*

### Helpful Links:

<https://www.cdc.gov/> - Official site to get updates on COVID-19

<https://nj.gov/> - New Jersey State update on COVID-19

<https://www.ny.gov/> - New York State update on COVID-19

Quotation: “There is no higher religion than human service. To work for the common good is the greatest creed.”

- Woodrow T. Wilson

*Om Sarve Bhavantu Sukhinah*