

Sewa Medical Camp – Free Health Screening

Central Jersey Chapter of Sewa International, USA conducted its first ever Medical Camp – a Free Health Screening Camp in the month of February, 2023.

Central Jersey Chapter Coordinator Rajesh Ji Sharma, Head Coordinator Ritesh Ji Maheshwari and Family Services Lead Selvaraj Ji Mudaliyar planned, organized and managed the camp assisted by chapter adult volunteers and Family Services volunteers.

It was an event which entailed months of planning which involved multiple calls with the Doctors, setting up the proper wellness screening stations, setting up online registrations for patients, designing flyers, outreach to partner organizations, social media event promotion, setting up and coordinating with the Lab for the blood work for registered patients, helpline calls to all registered patients and sending out vouchers for blood work, providing waiver forms, and ensuring all health information captured was protected and all measures were taken to ensure it was all in compliance with U.S. Health Insurance Portability and Accountability Act (HIPAA).



The Chapter partnered with Purpose LLC for the use of their large facility to conduct the camp, Avantic Medical Lab, Edison to provide free blood work to registered participants prior to their health screening, and Linden Pharmacy to provide free medical supplies and glucose meters needed on site.

Dr. Vivek Bansal – Endocrinologist, Dr. Deepali Prasad – Nephrologist, and Dr. Nikita Varshney – Cardiovascular Medicine, screened the patients using the blood work reports and tests performed at the camp. The Doctors were accompanied by their office assistants to help at the camp too.



Chapter Highlights

- ❖ Sewa Medical Camp
- ❖ Sewa Plastic Bag Recycling Kickoff
- ❖ Sewa LEADs Seminar on Energy, Electricity & Nuclear
- ❖ Sewa LEADs' Handmade Jewelry for Fundraising
- ❖ Sewa for Habitat for Humanity
- ❖ Sewa for Boat Building for River Transport
- ❖ Sewa at Temple
- ❖ SewaMeals for those in Need
- ❖ Sewa at Food Banks, Pantries, Shelters, Soup Kitchens & Jewish Relief Agency
- ❖ Sewa Fundraiser by LEAD

Volunteer Spotlight



Shital Khabe Ji has been an active parent volunteer with the Central Jersey Chapter since 2021. Within the past year, Shital Ji has also taken the role of the monthly newsletter and social media coordinator for the Chesterfield Center. She enjoys working with the LEADs to spread the word about the chapter's current projects. She has taken active efforts to promote Sewa events in her local neighborhood, such as the Sewa Diwali Food Drive and Plastic Recycling Drive. She is also active in preparing and delivering the monthly SewaMeals. Before joining Sewa, she was also involved in fundraising for the nonprofit organization Asha For Education. Shital Ji resides in Florence, NJ with her husband and two daughters. Outside of Sewa, she enjoys reading, practicing mindfulness, and traveling to new places with her family.

The Doctors conducted an information session with the chapter volunteers to educate and train them on the proper procedures to be taken in recording the patients' numbers from their testing.

Young Sewa LEADs also helped in the setup and assisted at the camp in registering patients, recording BMI with height, weight measurements, monitoring blood pressure, and enabling the camp to run in a well-organized and efficient manner for the Doctors and the registered patients. For the LEADs and the adult volunteers this was a wonderful opportunity to learn these lifesaving skills.



The camp was a success with ~90 registrations with 40 of those pre-registered having got their blood work done at no cost. There were also many walk-in patients who heard of the camp through word of mouth positive feedback. The patients were given informative material, and where needed patients were also provided with OneTouch Glucose Meters and Test Strips for Self-Monitoring their blood glucose.





The Chapter sincerely appreciates the Doctors, their office assistants, and partner organizations Purpose LLC, Avantic Medical Lab, and Linden Pharmacy who facilitated this free health screening camp and also would like to thank all individuals who registered for the camp.

The patients were all unanimous in their positive feedback right from finding the flyers posted at various places across towns, smooth registration process, receiving calls from Sewa volunteers to enable the blood work, and being well taken care of at Avantic Medical Lab for their blood work. They appreciate the personalized treatment and medical advice on diet and wellness given by the Doctors, the health kit provided by Linden Pharmacy and went further on to mention they appreciated the onsite facility provided by Purpose LLC and how well they were taken care of by the Sewa volunteers at the camp!

The Chapter appreciates the volunteers and LEADs who stepped up to run this free health screening camp – the first ever by the Central Jersey Chapter!

The Chapter would like to thank Sujata Ji Mittal who coordinated between the chapter and the Doctors to conduct the camp, Shanta Ji Ravi who organized the homemade hot lunch for all Doctors, assistants and volunteers on site, and Subbaiah Ji Muthu Krishnan who captured photos and videos of the event.

Together We Served Better!

Sewa Plastic Bag Recycling Drive Kickoff

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. A large majority of these non-recyclable materials are plastic bags, shrink wrap, and other forms of plastic film.

As they cannot be recycled in curbside recycling, the Central Jersey Chapter, in partnership with Crosswicks library of Chesterfield Township, Burlington County, NJ has organized a plastic bag recycling drive.

From now through May 31st, residents can drop off plastic bags & films at the drop off locations setup by the chapter.

Sewa International Central Jersey Chapter
in partnership with
Crosswicks Library
presents

PLASTIC BAGS & FILM PACKAGING RECYCLING DRIVE

RECYCLABLE PLASTICS

- Grocery Bags
- Newspaper Bags
- Bread Bags
- Ziploc bags
- Case Wraps
- Wraps Packaging
- Storage Bags
- Plastic Shipping Envelopes
- Bubble Wraps/Air Pillows
- Dry Cleaning Bags

ALL BAGS MUST BE CLEAN, DRY & EMPTY

DROP OFF BY MAY 31ST

DROP OFF LOCATIONS ON NEXT PAGE

Email: sewa.chesterfield@gmail.com

DROP OFF LOCATIONS

PERMANENT COLLECTION CENTER
Chesterfield Township Recycling Facility

TEMPORARY DROP OFF LOCATIONS - TILL MAY 31

- Chesterfield Township Municipal Building
- Crosswicks Library, Chesterfield
- 143 Preservation Blvd, Chesterfield
- 12 Alluvial Dr, Chesterfield
- 29 Canter Pl, Chesterfield
- 20 Gallop Way, Chesterfield

there is NO PLANET B

All Bags Will Be Recycled By Chesterfield Township's Designated Recycler

Email: sewa.chesterfield@gmail.com

If more than **500** pounds of plastics are collected in the drive, the chapter would have enabled the Crosswicks library to get a bench from Trex - a company that manufactures eco-friendly composite decks from a blend of reclaimed wood and recycled plastic film - which will be installed at the library.

The Central Jersey Chapter is always striving to seek opportunities to better communities across townships in NJ. In 2022, the chapter had conducted a plastic recycling drive, and on a successful drive had ensured a bench being donated to Chesterfield township! The Chapter then went further to enable the township by designing and creating a flyer to be put up on the township's official website, and to be distributed to all the residents in the township, to educate residents and bring about awareness on the importance of following the recycling procedure.

The Chapter encourages everyone to reduce the usage of the plastic bags wherever possible and also, make sure to recycle the used plastics in the right manner.

Sewa Educational Seminar: Energy, Electricity and Nuclear

Central Jersey Chapter LEADs attended an Educational Seminar on Energy, Electricity, and Nuclear. The seminar was well attended with around **78** LEADs joining in.

The Seminar was very informative, and in some instances an eye-opener for the young LEADs. The seminar was about climate change impact based on energy and electricity sources, the initiatives and progress in powering, the future of clean energy, and they also learnt about the internship and career opportunities in the energy field. The seminar ended with a very interactive Q&A session.

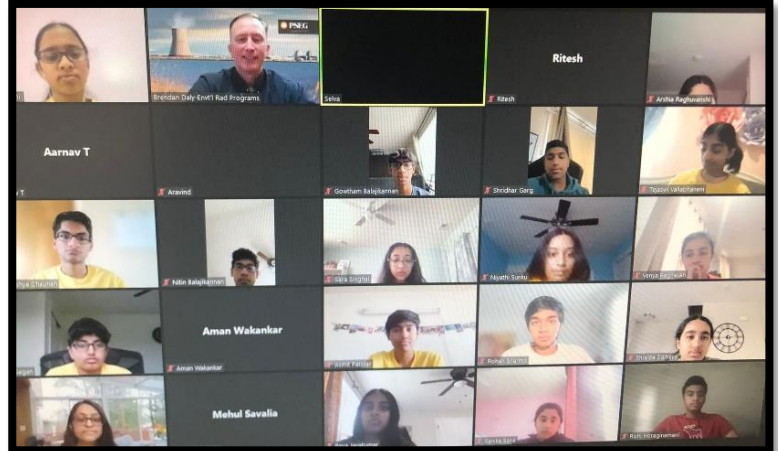
The LEADs learnt about different forms of energy, their effect on the environment, the pros and cons of nuclear energy, and also how it can be used to benefit people. They got an insight into nuclear power plants and the science behind them, and how electricity travels from the plant to our homes. They also learnt how the world is moving from fossil resources to nuclear to generate power and how though it's a costly option but an effective one. The seminar cleared some misconceptions and LEADs also learnt some interesting trivia like how white cloudy emissions from a nuclear power plant is just vapor and not any harmful gasses.

The seminar triggered further interest in the LEADs which led them to look up on more information on the subject matter. LEADs also got a glimpse into the possibilities of considering nuclear engineering for their undergraduate program and as a career option.

The LEADs found the seminar to be educational, interactive and fun!

"I really enjoyed listening to the seminar. Seeing that the world needs to take bigger steps away from fossil fuels in order to combat climate change, the seminar highlighted some of the lesser known aspects of nuclear energy. I found it very insightful and it deepened my understanding of nuclear energy and how it is set to play a role in the future."

- Central Jersey Chapter LEAD



"A special thanks to Sewa and everyone else involved for organizing this amazing seminar. I found the seminar as an insightful and informative experience. I was able to learn a lot about energy and nuclear plants. It's truly fascinating how nuclear energy works. Overall, the seminar was effectively planned out and well-organized. I'm very glad I was able to take part in such a learning opportunity."

- Central Jersey Chapter LEAD

Sewa LEADs' Hand Crafted Jewelry for Fundraising

Central Jersey Chapter LEADs every year look for creative ways to raise funds for 'Sponsor a Child' – SAC, for the Sanitation, Hygiene and Empowerment Project for the Girl Child – SHE program, and for the SewaMeals program.

'SAC' is a flagship program of Sewa International USA that was launched in 2013. This program seeks to provide education, cultural training, and opportunities to improve the health and wellbeing of underprivileged children in India and Nepal. The beneficiaries of the program have increased over the years across the 2 countries.

The 'SHE' project for the girl child was conceived to provide sanitation and hygiene facilities for underprivileged girls who belong to vulnerable sections of Indian society. Along with sanitation facilities, the program focuses on menstrual hygiene, education, and empowering women and girl child through skill development workshops.

The SewaMeals is a flagship self-sustained program of the Central Jersey Chapter which was initiated in 2020, where the youth volunteers cook homemade meals for the homeless, food shelters, and food pantries across townships in NJ in order to provide consistent access to adequate food for the food insecure.

The Chapter LEADs this month of February 2023 designed and crafted bracelets, necklaces, and earrings using beads, and other materials. The LEADs made ~3000 pieces of hand crafted beautiful and professionally made jewelry which were unique in design and style - truly commendable and impressive!

It was an opportunity for the LEADs to be at their dedicated, creative best, and it also gave the high school LEADs a way to quietly be immersed in a task which gave their young minds the rest they needed.





LEADs are next eagerly looking forward to selling these well-made durable jewelries in the spring, summer, and fall fairs in the coming year where they will set up a Sewa International booth to sell these beautifully made items and also give them an opportunity to talk about Sewa International and all its humanitarian causes.

The Chapter truly appreciates the tremendous effort and commitment of the LEADs. It's heartwarming to know that their efforts will make a positive impact on the communities across NJ and further fund the great causes of Sewa International, USA.

Sewa for 'Habitat for Humanity'

This month of February 2023 too, Central Jersey Sewa LEADs continued with their volunteering efforts at Habitat for Humanity in the endeavor to improve living conditions and to provide affordable and safe homes for low-income and historically underserved families from accessing adequate, affordable shelter.

When it comes to Habitat ReStores, managed by Habitat for Humanity, stores can get quickly disorganized, with customers hunting for all sorts of interior fixtures for their homes. Hence there is a need to have the Sewa LEADs help out at the Habitat ReStore facility in Maple Shade, NJ with reorganizing the store. The LEADs assisted by reorganizing rugs, restoring certain products to their original places, stocking new items to their respective shelves, and more.



Sewa for Boat Building for River Transport



The LEADs have continued to work with the Lower Raritan Watershed in their boat building project, which aims to create cedar wood boats completely from scratch. Their goal is to eventually provide free transportation via boats for public use, and they hope that their efforts will help motivate people to get more in touch with nature as they engage in fun excursions on the Raritan river.

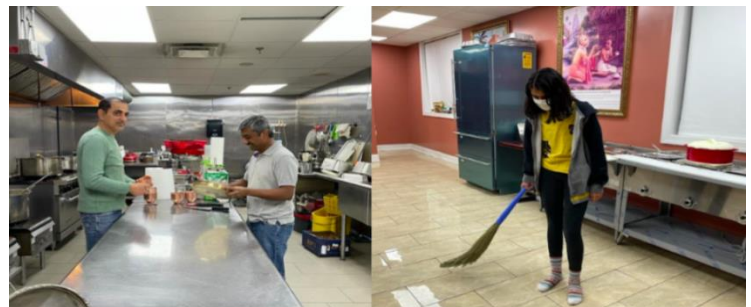
By providing major hands-on experiences and knowledge about the physics of boat-building, this project excels at teaching LEADs new lessons as well as giving back to the community. The focus of the LEADs this month, essentially gluing together cedar strips and applying prolonged pressure to shape the wood along the boat's structure, is a crucial step in the boat-building process.

It's amazing to see how the LEADs are learning new skills while also contributing to a worthwhile cause.

Sewa at Temple

This month LEADs came together and assisted the staff of the Radha Gopinath Temple with their tasks, such as cooking, dishwashing, meal preparation, and cleaning the temple.

By doing so, they have not only lightened the workload for the staff but also contributed to maintaining the cleanliness and sanctity of the temple. The LEADs did an excellent job in assisting the staff, and we sincerely thank them for their time and effort.



SewaMeals for those in Need

The Central Jersey LEADs continued with their service of providing homemade, healthy meals for the homeless, food shelters, and food pantries, in order to provide consistent access to adequate food for the food insecure and thus enabling them to live healthy, active lives.

This month of February 2023, the LEADs volunteered to prepare **44** meal kits consisting of PBJ sandwiches, chips, granola bars, water bottles, and bananas. The Sewa LEADs wanted to provide tasty nourishing meals for those in need. The PBJ sandwiches were packaged in zip lock bags which were then placed into a paper bag with the other meal items in order to keep all of it fresh.

Chapter LEADs also prepared hot home cooked meals to feed **~350**. They prepared salad, pita bread, hummus, marinara pasta, roasted veggies, mexican rice, black beans, pico de gallo, lettuce, and veggie fajitas. Dessert made was red velvet cake, and muffins.

The LEADs prepared the meals, packed them, and delivered them to the recipient churches, food pantries, and food shelters and further helped in packaging individual meals and in distributing the meals to the food insecure.

February Meals' Sponsors:

Puja and Sameer Jain
Roopa and Arvind Bellur
Shital and Manoj Khabe
Shilpa and Mukul Rathi (State farm)
LEAD Aditya Chakraborty family
LEAD Anvita Malepati family
LEAD SaiNidhi Tekale family
LEAD Srividya Mudaliyar family



February Meals' Recipients:

Trenton Soup Kitchen
United Methodist Church in New Brunswick
Westminster Presbyterian Church in Trenton

The Chapter extends thanks to the meal sponsors and the LEADs for their commitment to service.



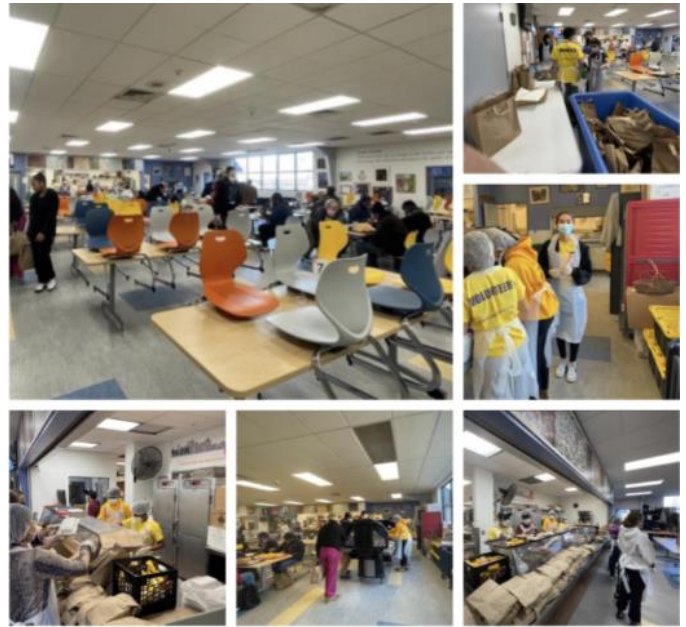
Sewa at Jewish Relief Agency, Food Bank, Food Pantry, Food Shelter, and Soup Kitchen

In February, the chapter LEADs had the opportunity of serving at the Trenton Soup Kitchen.

Although the LEADs had volunteered with TASK many times before by donating food and produce, this event was the first time the LEADs had the opportunity to serve people there.

The LEADs helped to serve and distribute delicious and nutritious to-go meals and dine-in meals to the homeless population of Trenton. It gave the LEADs a whole new perspective to the needs of the community.

The head of TASK, was impressed by the work ethic and dedication of the chapter LEADs.



LEADs and adult volunteers continued with volunteering at Hands of Hope food pantry, a nonprofit organization that the chapter partners with.

They sorted and arranged food items to give to people in need by checking the expiration dates of the food and bagging varieties of food for individual families.

At the Ozanam food shelter, LEADs' contribution in preparing meals for people in the shelter is truly commendable.

They helped a great deal in preparing many meals for the shelter, and worked very hard in order to do so. They prepared burrito bowls which included rice, beans, corn, salsa, sour cream, and lettuce.

Kudos to them for their efforts in making a positive impact in the lives of those in need.





This month too, the Sewa LEADs have helped with the food packing and delivery at Jewish Relief Agency in Philadelphia.

The LEADs completed a variety of tasks such as potato packing, apple packing, assembly line packing, making grocery kits, helping properly dispose of the boxes and waste, and delivering the food to the people in need. It was great seeing all volunteers come together under one roof.

The LEADs also delivered the food they had packed to nearby senior living centers. Volunteering here was a great hands-on experience and it gave the volunteers insight into all the work behind the scenes of relief agencies/organizations such as JRA!

Chapter LEADs also volunteered at Franklin Township Food Bank on Thursdays and Saturdays throughout February.

They assisted in bagging, sorting, and stocking the produce, as well as worked at the register. They also helped the local community with their shopping.

The LEADs of the Central Jersey Chapter are always looking forward to volunteering at the food bank where the mission is to serve the food needs of the local community in an atmosphere of dignity and respect.



Sewa Central Jersey LEAD Fundraiser

Central Jersey Sewa LEAD raised funds to the amount of **\$75** for Sewa International Sponsor-A-Child (SAC) program through a fundraising effort where the LEAD engaged all the kids at a Dance Birthday Party. The Chapter appreciates the commitment of the LEAD towards a good cause.

Vasudhaiva Kutumbakam' - The World Is One Family

Fundraiser

Sewa Central Jersey Chapter

For our SHE program of Sanitation, Hygiene & Empowerment of the Girl Child

For our SAC program to provide education, cultural training, and opportunities to improve the health and wellbeing of underprivileged children.

Fundraiser Details: Lead a group of kids through proper stretching and a fun dance session

Event/Name: Dance Birthday Party
Date: February 26th, 2023 from 11:30 AM to 2:00 PM
Venue: 1775 Oak Tree Road, Edison, NJ, 08820
Event Id: N/A, Private Event
Link to Fundraiser: <https://sewausa.org/event-5084580>

Sewa International is a 501 (c) (3) humanitarian, nonprofit organization serving humanity irrespective of race, color, religion, gender or nationality. Our mission is to serve humanity in distress, aid local communities, run developmental projects for the underserved, and assist people in transformational change through the power of innovation by mobilizing partners, donors, and volunteers.

Together We Serve Better

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

Newsletter Team



Adarsh Girish
Grade: 10
Interests: Programming, Piano
Favorite Sewa Project: Boat Building



Akhilesh Pulavarti
Grade: 10
Interests: Tennis, Chess
Favorite Sewa Project: Jewish Relief Agency



Anushka Dasari
Grade: 11
Interests: Dancing, Family/Friends
Favorite Sewa Project: Franklin Township Diwali



Arshia Raghuvanshi
Grade: 10
Interests: Art, Dance, Guitar
Favorite Sewa Project: Jewish Relief Agency



Richa Nayak
Grade: 10
Interests: Karate, Dance, Tennis
Favorite Sewa Project: SewaMeals



SaiSiddharth Tekale
Grade: 10
Interests: Tennis, Music
Favorite Sewa Project: SewaMeals



Samarth Suresh Shastry
Grade: 11
Interests: Soccer, Tennis, Coding
Favorite Sewa Project: SewaMeals



Sanjana Bellur
Grade: 8
Interests: Music, Taekwondo
Favorite Sewa Project: SewaMeals



Shruti Sonavane
Grade: 11
Interests: Cross Country, Painting, Drawing
Favorite Sewa Project: Hands of Hope Food Pantry



Shubhan Byram
Grade: 9
Interests: Music, Volleyball
Favorite Sewa Project: Marlboro Community Garden, SewaMeals



Tanisha Khabe
Grade: 12
Interests: Singing, Piano, Reading
Favorite Sewa Project: SewaMeals



Tanya Sennamsetty
Grade: 8
Interests: Painting, Volleyball
Favorite Sewa Project: Sewa Meals and Franklin Township Food Bank



Venya Raghavan
Grade: 10
Interests: Dance, Guitar, Theatre
Favorite Sewa Project: AttachAvi Autism Foundation

Upcoming Events

- ❖ Dental Camp
- ❖ CPR & First Aid Training
- ❖ Black Influence 365/24/7
- ❖ Rte 27 Highway Cleanup
- ❖ Plastic Recycling Drive
- ❖ Diaper Drive
- ❖ Organic Farming
- ❖ BCS Composting
- ❖ Spring Creek Cleanup
- ❖ Reforestation
- ❖ Boat Building
- ❖ Sewa at Temple
- ❖ Sewa for Autism Foundation
- ❖ Sewa at Food Bank, Food Pantries & Soup Kitchens
- ❖ SewaMeals for those in Need
- ❖ Sewa at Community Events

REGISTRATION

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

[Register](#)

Please use below QR Code or link and proceed to click 'Register' to donate



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

Communication Channels

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