

## 2<sup>nd</sup> National Youth Convention of Sewa International, USA

This year's Sewa 2<sup>nd</sup> National Youth Convention was held virtually on July 30th. The convention was well attended by more than 650 LEADs & GIs – 'Get Inspired', across the country. The theme for the Convention was Environmental Conservation and Protection of our natural resources. The virtual convention aimed to provide Sewa youth with a platform to present all of their inspiring work, interact with other LEADs, and get motivated by each other.

The four-hour program consisted of a speech by Keynote Speaker Ami Sharma, cultural performances, videos from all Chapters, and also breakout sessions for LEADs and parents to participate in live discussions with subject matter experts on a topic of their choice. Additionally, there was a presentation from Nilesh Ji on Sewa UK's effort in evacuating refugees in Ukraine. Lastly, towards the end of the program, all the Sewa LEADs passed a resolution to protect our environment from soil degradation.



The Central Jersey Chapter was very actively involved in the Convention. Apart from the Chapter video, the LEADs also prepared a 50 seconds video for the Sewa theme song & LEADs moderated the breakout sessions. Thanks to Sewa volunteers Mandar Ji Sarpotdar, Sashi Ji Khurana & members of Monroe Indians for Civic Action (MICA) Prakash ji Parab & Hitesh Ji, for providing professional video & drone recording support for the Sewa theme song.

### Chapter Highlights

- ❖ 2<sup>nd</sup> National Youth Convention
- ❖ Jagannath Dham Family Camp
- ❖ Sewa Summer Tutoring Program and STEM Camp
- ❖ KKWC Camp for the Underprivileged
- ❖ Manavi - Support for Domestic Violence Survivors
- ❖ Organic Farming, Backyard Produce, Community Gardening
- ❖ Reforestation, Park, Street and Garden Cleanups
- ❖ Sewa Meals for the Homeless
- ❖ Sewa Inspiring Communities

### Center Highlights

- ❖ BookSmiles Volunteering
- ❖ Watershed Volunteering

### Volunteer Spotlight



Susmita Ji from Westfield, NJ has been part of The Central Jersey Edison Center since 2021. As a parent volunteer she has dedicated several hours to volunteering activities such as highway cleanups, Sewa Meals, and collecting books and clothes for donations, and has also organized a handful of activities. She coordinates the Sewa Tutoring program end to end for the Edison Center along with other Center coordinators. Her passion for Sewa is obvious in the way she advocates for the organization and constantly encourages those around her to participate. She is a Vice President of the Trading Equities Desk at the Manhattan office of J.P. Morgan Chase & Co. In her spare time, she loves painting, cooking, and taking walks with the family dog. Originally from Uttar Pradesh, India, she with her husband and daughter are now a family that volunteers with Sewa

## Jagannath Dham Family Camp

Jagannath Dham a 75-acre serene Campsite/Retreat Center in Belfast, New York is where one can visit and get the opportunity to experience Yoga, Meditation, Vedic Mathematics, 'Samskritam' and an Eco-friendly. This camp encourages 'Yuva Sangams' - youth gatherings towards growing as well-rounded members of society, by harnessing the inspiring lessons the ancient Hindu scriptures and role models have to offer. It is a camp with activities to develop strong character and leadership skills, emphasizing values such as self-discipline, self-confidence and a spirit of selfless service 'Sewa' for humanity. It encourages maintaining Hindu cultural identity in harmony with the larger community.



***Fostering a feeling of family, learning to enjoy the basics of living and inspiring all towards a spirit of 'Sewa' - Selfless Service for Humanity.***

Keeping up with the annual tradition, this year too, the Central Jersey Chapter got a chance to participate in an overnight stay at this retreat on the 23rd and 24th of July. Many Sewa LEADs and their families participated in this retreat. Despite the long drive to this destination, the adults and kids were eager to start with the day's activities. Upon arriving, the camp participants, a total of 30, were served a delicious lunch prepared by Sewa volunteers Akhila Ji Kamath, and Chitra Ji Kupp. The two enterprising volunteers of the Central Jersey Chapter, had everything organized and all essentials and groceries ready and had also done some meal prep which saved a lot of time which could be utilized for other activities that were planned by the Chapter Joint Coordinator Sandesh Ji Kamath.

The retreat started with a welcoming orientation session by Sandesh Ji for all participants. The first-day schedule included cooking a meal, mulching plants, and a visit to the 'goshala' where all interacted with Steve Ji who takes care of all the cows. The weather was very pleasant with a slight drizzle on camp day, but all still managed to enjoy the outdoors. There were cultural programs, fireworks, campfire, and stargazing also planned for the evening and it was all very refreshing, entertaining and fun!

On the second day, there was early morning Yoga, followed by a session where Central Jersey Chapter Coordinator Rajesh Ji Sharma and Sandesh Ji encouraged a discussion on volunteering with Sewa, and more eminently how all could help communities and people in need. This was followed by a wonderful brunch where all adults pitched in to help. Before leaving the retreat, all volunteers came together to clean up the camp, and completed all chores and housekeeping to leave the retreat in the pristine and serene condition they found it! The Sewa families enjoyed their stay and the various Sewa activities. It was a much needed relaxing weekend for all!

The Central Jersey Sewa families highly appreciate the efforts by Sandesh Ji who not only planned and managed the whole event but was also instrumental in giving all a glimpse into 'back to the basics' form of living and of being 'one with the Sewa family' and thus encouraging all LEADs and families an opportunity to be a part of this wonderful retreat.



## Summer Tutoring by Sewa LEADS – a fundraising effort!

Starting the week of July 11th, 2022, Central Jersey Sewa began a six-week summer tutoring program in Language Arts and Math for 1st-10th grade students. This is a great opportunity for LEADs to become an instructor to a student, and prepare them for the upcoming school year. With the kickoff of this program, many LEADs have shared their experiences in the process, claiming that their sessions are productive and a source of joy. LEADs developed a special bond with their students over their shared interests, and working together helped their students gain full mastery of the topics.

### STEM SCIENCE CAMP

COST	TIMING
<b>\$45 for 15 sessions</b>	July 5 - July 19 1 PM - 2 PM EST Everyday

**REGISTRATION** <https://sewaua.org/event-4874261>

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**DESCRIPTION**

Recommended for middle school students (Grades 5 - 8)

We will be enlightening the minds of your children by introducing them to the world of High School Biology, Chemistry and Physics.

- Fundraiser by Sewa High School Leads giving back to their community
- "All proceeds go to provide Meals to Ozanam Shelter, New Brunswick & Westminster Presbyterian Church, Trenton. Currently we provide 600 meals each month"

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**CONTACT**

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 Phone Number: (856) 316 - 6962  
 Twitter, Facebook: @JerseySewa

Central NJ Chapter

## Visual Art Lessons

Helpline Number: 702.900.SEWA  
 Facebook.com/JerseySewa  
 Twitter.com/JerseySewa  
 Instagram.com/sewainternationalcentraljersey  
 centraljersey.sewa@gmail.com

Saturdays  
8-9 P.M. EST

Virtual on Zoom

PAINT, PENCIL, DIGITAL ART, & THEORY

STARTING JULY 23, 2022

Instructor:  
Sanjay R.

\$5 PER SESSION

Donation Link:  
<https://sewaua.org/event-4497319>  
(Select U.S. Central Jersey Chapter)

All proceeds will go to Sewa International, a non-profit organization dedicated to doing service and giving back to the community.

### GET READY TO LEARN!

## ONLINE TUTORING & HOMEWORK HELP FUNDRAISER

1st - 10th Graders

JULY 11- AUG 19 (6 WEEKS)

Sewa LEAD High school volunteers are giving back to the community this summer by helping students get ready for next year's curriculum

REGISTER BY JUNE 22nd AT  
<https://sewaua.org/event-4851775>

**Program Details**

- One-on-One sessions
- Two 1 hour weekly sessions for 6 weeks
- Flexible Timings
- Covering Math & Language Arts
- Parent volunteers to supervise & monitor the progress.

\$60 for the entire program ( all proceeds go to Sponsor-A-Child & SHE (Hygiene & women empowerment) program.

For more information, visit <https://sac.sewaua.org/>

Email: [centraljerseysewa@gmail.com](mailto:centraljerseysewa@gmail.com)  
 Contact: 702-900-SEWA

LEADs have been tutoring kids on various topics of STEM such as Science, Algebra, Coding, Arts and Crafts. Kids are given an opportunity to explore and learn. LEADs give an understanding to high-school level kids from 6-8<sup>th</sup> grade so they are better prepared for high school. They first introduce a topic, teach it and then have a class discussion. Optional homework was provided for the kids to do if they were interested.

All the proceeds from the tutoring initiative are being put towards the SAC and SHE program. 'Sponsor-A-Child' program focuses on sponsoring underprivileged children in India and helping them receive the education they need to be successful. The SHE program focuses on 'Hygiene and Woman Empowerment', yet another great cause that Central Jersey Sewa supports.

All in all, the tutoring program has been absolutely smooth sailing so far, the Chapter has started receiving wonderful feedback from parents of students and many LEADs are excited to partake in it in future summers as well.

DNA & RNA

Mitosis

FOR EVERY ACTION  
THERE IS A REBIDY OVERREACTION

Types of Energy

Ecology

Genetics

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Central NJ Chapter

Physics Equations

WAAVES  
It's wavy

STATES OF MATTER  
It matters

TOOS

These Science classes are very good, great material, nicely organized and sequenced. Classes are taught with optimum pace with good communication and a lot of patience. ... a lot of fun and keeping kids engaged. Thanks for all your teams' effort.

## Sewa at Kiddie Keep Well Camp for the Underprivileged

Central Jersey LEADs have continued with their summer volunteering at KKWC Camp in July where LEADs took turns through the month in 3 shifts. The LEADs helped with preparing 3 meals of the day for the campers as well as with pre and post meal cleanup of the dining hall.

The camp dedicated to providing summertime enjoyment to under-resourced Middlesex County children has given an opportunity for the Central Jersey LEADs to provide a fun, safe and health focused, away from home camping experience to children of Middlesex County.



## Manavi – Sewa Support for Domestic Violence Survivors

Selvaraj Ji our Central Jersey Chapter's volunteer once again stepped up in his continuous support for Manavi, an organization that addresses the needs of South Asian women who are victims of domestic violence and sexual assault. Selvaraj Ji has been diligent in delivering groceries and other essential items to the survivors every month through the year. This month of July, he additionally took on the responsibility of helping out in assembling furniture for the survivors. The CNJ Chapter highly appreciates this spirit of volunteerism displayed by Selvaraj Ji.



## Beans and Potato Harvesting, Onion Weeding, Backyard Garden Produce, Community Gardening

### Beans, Potato Harvesting and Onion Weeding at Ramblin' Sol Farm

For the past several months, LEADs have been working together with Ramblin' Sol Farm on multiple events. They have been through Ramblin' Sol's journey of growing their crops from the beginning and encouraged Organic farming in Sewa with the farm's help.



Recently, the farm produced a huge number of beans and LEADs from various locations took part in plucking a whole row together. Each bean picked provided a wholesome experience for the LEADs as they have seen the growth of the plants since they were mere seeds. After working in the sun for multiple hours, the result was definitely rewarding since almost one hundred and fifty pounds of beans were harvested from just one row of plants.

The plucked beans were donated to numerous organizations including Trenton Soup Kitchen, RISE Food Pantry, Cathedral Kitchen, KKWC, and the BAPS Shri Swaminarayan Temple. This experience was most definitely fruitful as LEADs have not only learned to harvest beans from Ramblin' Sol Farm, but have also done a great service by distributing organic food to soup kitchens and temples.

On Sunday, July 17th, around 25 Central Jersey Sewa volunteers did a great job with removing the weeds around the onion plants at Ramblin' Sol farm. Though it was 2 hours of backbreaking work, everyone had a great time working together.

In appreciation of the hard work done by the volunteers, the farm donated 15 boxes of Squash & Cucumbers to Sewa of which 9 boxes were donated to RISE Food Pantry and the rest were donated to the Cathedral Kitchen.



20 Central Jersey Sewa LEAD volunteers harvested over 400 pounds of potatoes at Ramblin' Sol Farm. Lack of rain had made the soil dry and hard, increasing the effort required. Despite this, the volunteers did a great job.

In appreciation for the hard labor put in by the LEADs, the farm once again donated 2 boxes of potatoes (30 pounds) & 2 boxes of squash & zucchini (30 pounds) to Sewa which were subsequently donated to Camden Cathedral Kitchen and Radha Gopinath Temple.

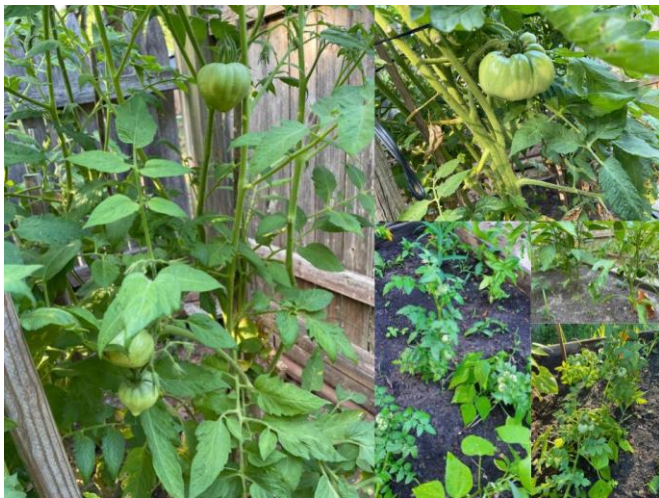


## Backyard Garden Produce

LEADs from Central Jersey have been working on maintaining the backyard gardens that they have created by routinely watering the plants, weeding their gardens, and harvesting produce. The LEADs have a yield of beans, cucumber, tomatoes, eggplant, carrots, onions, peppers, beetroot, kale, and mint. Thus far, the produce has been donated to the Trenton Soup Kitchen, Share My Meal, and the United Methodist Church.



## Community Gardening



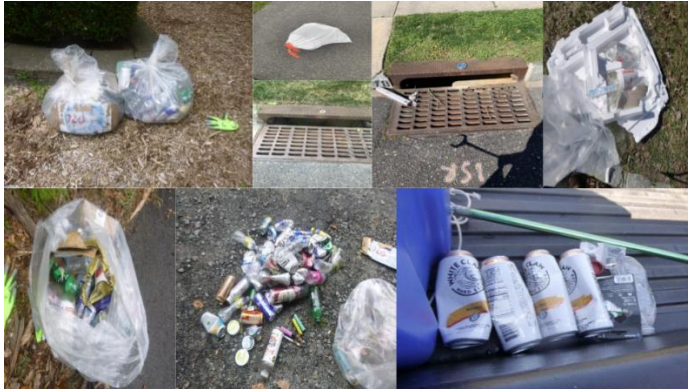
Throughout the month of July, Edison Center LEADs helped at the KKWC Garden where the LEADs were tasked with taking care of a variety of growing produce and also harvesting vegetables like beans, cucumbers, eggplants, tomatoes and green peppers.

Monor Center LEADs had an eventful volunteering experience at Marlboro community garden in July. About a dozen LEADs and parent volunteers participated in this activity by mulching, composting, weeding and cleaning up garden beds. Thanks to Ellen and Bob Simonetti for inspiring and teaching various aspects of gardening to our volunteers.





## Streets, Parks and Garden Cleanups and Reforestation Efforts



LEADs from various communities from Central Jersey demonstrated their support for the environment by cleaning up trash in their neighborhoods through the 'Keep My Street Green' initiative.

Cherry Hill Center LEADs have been working towards their goal of cleaning their streets during the summer as there is an increase in trash with more people being outdoors.

The efforts made by the LEADs are the steps of success towards a clean New Jersey!

On Sunday, July 10th 2022, Edison Center LEADs and adult volunteers helped with the cleanup at Swales Park - an Edison Community Garden Initiative.

This task included digging the manure from the site and transporting it to the garden center.



Monroe Center LEADs volunteered to maintain the West Windsor Arts Council's entry way and the lawns. The LEADs cleaned up the pots and raked the dead leaves from the surrounding area to make sure their spot was clean and free from trash.

Additionally, LEADs cleaned the front area and mulched the area to control weeds. They also planted plants in the pots and watered them and collected trash in the area.

Cherry Hill Center LEADs have been gathering and working together on cleaning up public places such as trails, parks etc. from February 2022.

This month the LEADs volunteered at the reforestation efforts at Neshaminy State Park to grow new plants and trees and thus contribute to the beneficial of the environment.





## Sewa Meals for the homeless and food shelters and volunteering at food pantries

In July 2022, Central Jersey Chapter LEADs continued with providing home cooked meals for the underprivileged.



LEADs across Edison, Monroe and Somerset Centers prepared and delivered a variety of appetizers, salads, entrees, dessert, kids meals and water.

The meals consisted of chickpea salad, vegetable and tofu pasta, garlic pita, vegetable pulao, Mexican rice, rajma/bean soup, mac and cheese, vegetable sandwiches, muffins, brownies, granola bars. Kids meals consisted of grilled cheese sandwiches, baby carrots, cookies, fruits and juice boxes.

The Monroe Center Sewa Meals for this month was kindly sponsored by:  
Devanshi Voleti family  
Safa Biradar family



The Meals were delivered to:  
Hands of Hope, Edison  
United Methodist Church, New Brunswick  
Westminster Presbyterian Church, Trenton

Central Jersey Chapter would like to thank the LEADs, parents, & sponsors who contributed to this effort this month!

On July 16th, LEADs of the Edison Center volunteered at Hands of Hope. The volunteers took on the task of checking the expiration dates of the food and bagging a variety of food for families in need.

This was an opportunity for the LEADs to make a difference in society by supporting the less fortunate.





## Book Smiles



Cherry Hill Center LEADs have been helping the BookSmiles Book Bank in Marlton, NJ with sorting bins of books into various categories. BookSmiles gives an opportunity for children to read clear-quality books leading to better academic success.

Across these past few weeks, the LEADs have been helping the center managers clean up and organize their bookshelves. The LEADs have also helped with book drives hosted by the center, unpacking new books and helping to sort them.

## Watershed Fairy Festival

The Watershed Institute hosted the Fairy Festival in the month of July. LEADs volunteered at the festival, where they assisted in a variety of tasks, such as the cleaning up of the mermaid splash and obstacle course activities. Volunteers assisted in the flower fairy station, where they assembled fairies out of the common household objects that they had.

Overall, it was a great experience for those who attended, as well as the LEADs that volunteered!



## Sewa - Inspiring Communities

Sewa Central Jersey Chapter has constantly tried to build strong community relationships and influence the community towards service towards all. This month of July 2022, the Chesterfield Center community in recognition and appreciation of the Center's efforts stepped up to contribute to the Chapter's various humanitarian causes.

The Chesterfield Cricket Club held a charity cricket tournament and donated a generous amount of \$1000 from the funds that they accumulated during the game to the Sewa Central Jersey Chapter.

Sewa Central Jersey is extremely grateful to the Cricket Club for this donation. Sewa expressed their gratitude in a tweet saying that they were glad to see, "support from all age groups, which helps the continuity of our commitment to serve the community".



Lemonade stands are a great method for kids to make money independently. Recognizing this, 3 young girls created a lemonade stand through which they raised \$45.27 after selling lemonade for over an hour.

They then donated the money to the Central Jersey Chapter and stated that they wished the money to be put towards food donations for people who may need it. When asked why they wanted to donate the money instead of spending it, they said that there were people in the world who needed it more than them so they wished to help those people.

Despite the summer heat, the young girls were motivated by their love for their community and to raise funds for a good cause. The wonderful initiative by these young girls is inspiring for all of us at the Central Jersey Chapter.

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



## Newsletter Team



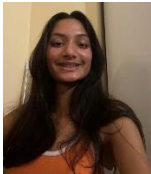
**Abhilash Rayapureddy**  
**Grade:** 11  
**Interests:** Art, Dance, Singing  
**Favorite Sewa Project:** KKWC Garden



**Akhilesh Pulavarti**  
**Grade:** 10  
**Interests:** Guitar, Science, Biking  
**Favorite Sewa Project:** KKWC Camp



**Anvita Malepati**  
**Grade:** 8  
**Interests:** Swimming  
**Favorite Sewa Project:** Sewa Meals



**Ashira Agarwal**  
**Grade:** 11  
**Interests:** Art, Baking  
**Favorite Sewa Project:** Rartian Bay Park Cleanup



**Avaneesh Subramanian**  
**Grade:** 11  
**Interests:** Tennis, Travelling, Music  
**Favorite Sewa Project:** Sewa Meals



**Medha Inapuri**  
**Grade:** 9  
**Interests:** Drawing, Baking  
**Favorite Sewa Project:** Ramblin' Sol Farm



**Ramya Lakshmi**  
**Grade:** 12  
**Interests:** Reading, Writing, Painting  
**Favorite Sewa Project:** Metuchen Farmer's Project



**Reya Jayakumar**  
**Grade:** 10  
**Interests:** Volleyball, Running, Walking  
**Favorite Sewa Project:** Hands of Hope



**Sai Siddharth Tekale**  
**Grade:** 10  
**Interests:** Tennis, Biking, Soccer, Music  
**Favorite Sewa Project:** Sewa Meals



**SaiRakshitha Ramesh**  
**Grade:** 11  
**Interests:** Photography, Writing, Baking, Volleyball  
**Favorite Sewa Project:** Sewa Meals



**Sarvesh Premkumar**  
**Grade:** 10  
**Interests:** Baseball, Science  
**Favorite Sewa Project:** Hands of Hope



**Suhav Kavuri**  
**Grade:** 11  
**Interests:** Volleyball  
**Favorite Sewa Project:** Boatbuilding



**Venya Raghavan**  
**Grade:** 10  
**Interests:** Guitar, Dance  
**Favorite Sewa Project:** Hands of Hope

## Upcoming Events

- ❖ India Independence Day Celebration
- ❖ National Night Out
- ❖ Chesterfield Historical Society
- ❖ Chesterfield Community Support
- ❖ Crosswick Library Gardening
- ❖ Sewa Summer Tutoring Program
- ❖ Summer STEM, Coding, Algebra and Arts & Crafts Camps
- ❖ Kiddie Keep Well Summer Camp
- ❖ Manavi - Support for Domestic Violence Survivors
- ❖ 'Keep My Street Green' Project
- ❖ Backyard Produce Gardening
- ❖ Volunteering at Community Gardens and Farms
- ❖ RISE Pantry volunteering
- ❖ Art Council Visit
- ❖ Reforestation
- ❖ Sewa Meals
- ❖ Sewa at Temples

## Communication Channels

Please visit our Chapter website and Follow us on Twitter, Facebook & Instagram

**Web:** <https://Sewausa.org/centraljersey-Chapter>

**Twitter:** @JerseySewa

**FB:** @JerseySewa or Sewa Central Jersey

**Instagram:** sewainternationalcentraljersey

**Email:** CentralJersey.Sewa@gmail.com

**Helpline:** 702. 900.SEWA