

+ Sewa Central Jersey Chapter Blood Donation Drive

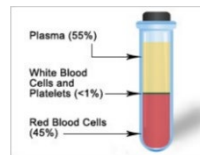
The Central Jersey Chapter conducted its first-ever **blood donation drive** in June, in partnership with Maheshwari Mahasabha of North America (MMNA) and the American Red Cross. The event was successful, attracting a significant number of **33** donors who made generous donations of blood and blood components and **26** precious units of blood was collected. Each unit collected can help save at least 1 life, and in some situations, upto 3!

In the United States, nearly 16 million blood components are transfused each year, highlighting the ongoing need for blood donations. The process of providing lifesaving blood products, such as whole blood, red cells, platelets, or plasma, begins with the selfless act of blood donation by each one of us.

With someone in the U.S. needing blood every 2 seconds, and approximately 29,000 units of red blood cells required daily, the importance of blood donations cannot be overstated. However, the supply often falls short of meeting the demand, as only around 3% of age-eligible individuals donate blood yearly. Blood Donation Drives like the one conducted by the Chapter, are crucial in helping to meet this constant demand for blood.

The blood collected from the Central Jersey Chapter's blood donation drive will be used to save lives in various medical treatments. Patients may receive a pint of whole blood or specific blood components based on their medical need. This approach, known as blood component therapy, allows multiple patients to benefit from a single pint of donated whole blood. It is essential for surgeries, cancer treatment, chronic illnesses, and traumatic injuries.

One donation can help save more than one life.



For this blood donation drive, Chapter volunteers were involved in planning and organizing the event, coordinating the drive to ensure a smooth donation process, promoting the event with designing and distributing flyers, and publicizing the event for maximizing participation. Volunteers were trained on the donation process, confidentiality, safety protocols, and donor care. They assisted in donor registration, preliminary health screenings and helped setup a comfortable and hygienic donation area equipped with donation beds or chairs, medical supplies, and refreshments. They adhered to strict infection control measures and maintained a sterile environment for healthcare professionals, who were present to collect blood safely. They also monitored donors and provided post-donation care, including snacks, beverages, and rest for donors to recover.

The Chapter received a positive feedback from the donors and the friendly and helpful nature of the staff and volunteers clearly made a significant impact on the donors, ensuring a positive experience. Creating a supportive and welcoming environment was crucial for this drive and this positive experience will only encourage more people to participate in future blood donation drives and increase awareness of the cause.

Chapter Highlights

- ❖ Sewa Blood Donation & Drive
- ❖ Sewa at Health Camp
- ❖ Support for American Cancer Society
- ❖ Sewa for Autism Foundation
- ❖ Sewa for Maternal & Pediatric Healthcare
- ❖ SAC Fund Distribution Update
- ❖ Fundraiser for SHE Program
- ❖ Donation for Sewa
- ❖ NJ Adopt-A-Highway Cleanup
- ❖ Sewa at Green Fair
- ❖ Community Gardening, Organic Farming, & Reforestation
- ❖ Sewa Meals for those in Need
- ❖ Sewa at Food Agency, Food Bank, Food Pantry & Marketplace
- ❖ Sewa at Community Events
- ❖ Edison Center Annual Picnic
- ❖ Sewa at Temples
- ❖ Sewa Appreciation Letters
- ❖ Graduating Sewa LEADs - Class of 2023!

Volunteer Spotlight



Malini Muralidharan Ji has been an invaluable parent volunteer for the Chesterfield Center since 2022, consistently demonstrating dedication and enthusiasm. Her contributions have been extensive, encompassing various initiatives such as the Sewa Diwali food drive, candy & coat drive, and SewaMeals. She also plays a crucial role in meticulously tracking the volunteer hours for 66 LEADs within the Center. Alongside her supportive husband, daughter, and beloved dog, Malini Ji resides in Chesterfield. When she is not engaged in Sewa activities, she finds solace in reading spiritual books and nurturing her garden, cultivating both her mind and the natural beauty surrounding her.

Sewa at Health Camp

In the month of June, Chapter LEADs had the incredible opportunity to also volunteer at the **IHCNJ Health Camp** held in Trenton, New Jersey. This impactful health camp was hosted at the Christina Seix Academy. The dedicated LEADs played a crucial role in ensuring the smooth flow of the camp, assisting with patient check-ins, guiding individuals to the appropriate stations, and providing valuable support to the doctors and nurses as needed.

LEADs had the privilege of assisting at the EKG and vision stations, where they gained valuable experience in aiding patients in these areas. This hands-on involvement not only enhanced their understanding of the healthcare field but also allowed them to make a meaningful difference in the lives of underprivileged parents and grandparents of the academy's attending children.

The dedication and assistance of the LEADs were instrumental in the camp's overall success.



Sewa at Blood Drive



In June, Central Jersey LEADs again volunteered to assist the organizers of the **YMCA Metuchen Blood Drive**. Their efforts in checking in and registering the blood donors helped streamline the donation process. Additionally, LEADs provided sweet and salty food and drinks after the donation to help replenish the donors' energy and keep them comfortable. Ensuring that the donors didn't feel any weakness after donating blood was crucial for their well-being.

It was a very busy event and the community was actively participated in this important cause with **60 donors**, and the LEADs' assistance was invaluable in managing such a high volume of donors which was highly appreciated by the organizers of the event.

Sewa in support of American Cancer Society

Central Jersey LEADs volunteered and participated in the **RUN FOR DAD** event, a 5K Run and 2-mile walk event, organized by the American Cancer Society. It was a fantastic community event aimed at raising funds and awareness about prostate cancer and with over **1,000** attendees, the event was quite impactful.

LEADs volunteered at setting up the event, distributing food and water to runners, and guided runners and traffic and made a significant impact on the overall success of the event. By their volunteering efforts LEADs not only supported the cause but also played a vital role in creating a positive and enjoyable experience for the participants.

Prostate cancer is a significant health concern, and events like RUN FOR DAD play a vital role in supporting research, education, and support programs for those affected by the disease.

These events bring communities together to support a common cause, and by volunteering and participating, the LEADs helped raise awareness and funds that will aid in research, education, and support for those affected by this disease. Their dedication and efforts of the LEADs were commendable, and has contributed to advancing the mission of the American Cancer Society and supporting individuals and families impacted by prostate cancer.



Sewa for Autism Foundation

Central Jersey LEADs have been volunteering at the **AttachAvi Autism Foundation** and it's been a wonderful and fulfilling experience for both the Sewa LEADs and the children at AttachAvi!

LEADs spent time with the kids, helping them with social and communication skills. They engaged them in activities like dancing, celebrating birthdays, and playing, activities that are enjoyable and beneficial for children with Autism. LEADs dedicated their time on Fridays, Saturdays, and Sundays across multiple time slots in their commitment and dedication to making a difference. This kind of consistent engagement allows for a more significant impact on the kids' development and well-being.

Volunteering with AttachAvi has enabled LEADs to help create a more inclusive and supportive community for individuals with special needs. It has been an amazing experience for the Chapter LEADs, as they had the opportunity to contribute, learn, and gain valuable experiences.

Sewa in support of Maternal & Pediatric Healthcare

The Central Jersey Chapter partnered with the **EKAM**, a non-profit organization in their **5K Run/Walk** event to provide life-saving, timely and quality medical care to new mothers and children. The goal was to take action and contribute to improving maternal healthcare, due to the distressing reality of many young mothers being at risk due to a lack of proper healthcare facilities. LEADs helped with publicizing the event by going door-to-door and installing signs in their neighborhood lawns to promote the cause. LEADs later themselves participated in this 5K run/walk, to support the cause further.



Sewa SAC Sponsor-A-Child Program – An Update on the Fund Distribution

The '**Sponsor a Child**' (SAC) program by Sewa International, USA has truly been making a positive impact on the lives of underprivileged children in Bharat, by providing education, cultural training, opportunities to improve their health and wellbeing, and empowering these children for a better future.

The SAC Sewa National Team has identified and shortlisted **9,600** children from various regions in Bharat who are in need of financial support for higher education. With a sponsorship cost of **\$360 per child** for one year of education, or \$30 per month or \$1 per day, the program is making education accessible to those who might not have had the opportunity otherwise. Periodic updates on each child's progress is provided by the SAC National Team to ensure transparency and help donors stay connected with the impact they are making.



\$360 per child for one year of education, or \$30 per month or \$1 per day



The Central Jersey Chapter has taken on a commendable responsibility of funding one year of school education fees for **14** children from Covid-impacted, low-income families across multiple states in Bharat, including Assam, Chhattisgarh, Jharkhand, Karnataka, Madhya Pradesh, Manipur, and Tamil Nadu. The funding for their education is made possible through fundraising Sewa activities organized by the Chapter LEADs and through generous donations received by the Chapter.

It's heartening to see the commitment and dedication of the Chapter and all those involved in supporting the program. On behalf of the children benefiting from the program, the Chapter expresses their gratitude to everyone who is looking to contribute and making a difference in these children's lives. By supporting their education, we are not only helping them secure a brighter future but also empowering them to break the cycle of poverty and create positive change in their communities.

Fundraising for Sewa SHE Program



A wonderful **fundraising** activity was organized by a Central Jersey LEAD to raise funds for the SHE – Sanitation, Hygiene & Women Empowerment program of Sewa International. In coordination with the Village Pointe Community Board, the young LEAD set up a Face Painting & Tattoo booth at an annual community pool party for the kids in her community.

The booth offered a wide range of designs for the children to choose from, including floral designs and cartoon characters. Additionally, there was a temporary tattoo station for the older children, where they could select a small design to be drawn on their skin.

The event provided an opportunity for parents and children to donate to the SHE Program on learning about it. In addition, the Village Pointe Community Board also made a donation in the form of a check to Sewa International. In total, **\$150** was raised through these contributions.

The Chapter appreciates the commitment of the young LEAD in using her artistic skills to engage the community for the worthwhile cause of Sewa International.

Donation for Sewa

The **Chesterfield Cricket Club** has made a generous contribution to the Central Jersey Chapter of **\$500**, which represents a portion of the funds raised during their charity cricket tournament held in Chesterfield.

The Chapter wishes to express our sincerest gratitude for this thoughtful and impactful donation. The support by the club plays a vital role in empowering the efforts of the Chapter to make a positive difference in the community.

Thank you for recognizing the importance of our mission and for your commitment to helping those in need!



Sewa Adopt-A-Highway for Cleanup

'**Adopt-A-Highway**' is a comprehensive, statewide, volunteer program created by the New Jersey Department of Transportation and the New Jersey Clean Communities Council to encourage volunteers to clean and maintain state highways. In 2019, the Central Jersey Chapter adopted the 2.5 mile stretch on the Route 27 Highway in Metuchen for this purpose and Chapter LEADs and adult volunteers have been dedicated to cleaning the highway every quarter since then.

The Chapter has been actively participating in the Adopt-A-Highway program this year to clean and maintain this stretch of the highway. This program not only aims to reduce litter on state highways but also has broader objectives such as enhancing the appearance of New Jersey's landscape, protecting the health and welfare of residents, and promoting the economy.

By completing the mandatory highway safety online training, the Chapter volunteers ensure their own safety while carrying out the cleanup activities. Their efforts in removing debris and litter from the highway has contributed to a cleaner and more pleasant environment for both residents and visitors.

Apart from the practical benefits of cleaning the highway, this project also raises awareness among the LEADs about the environmental impact of their actions. By actively participating in this program, they gain firsthand experience in the importance of responsible waste disposal and the detrimental effects of litter on the environment. This awareness can lead to more environmentally conscious behavior not only during the cleanup activities but also in their daily lives.

Overall, the efforts of the Central Jersey Chapter in adopting and maintaining the stretch of Route 27 Highway demonstrate their commitment to creating a cleaner, safer, and more aesthetically pleasing community in Metuchen.



Sewa at Green Fair, Community Gardening, Organic Farming, & Reforestation



Central Jersey Chapter Sewa LEADs actively participated in the **Bordentown Green Fair** in the month of June, in yet another demonstration of their dedication to environmental advocacy. LEADs engaged in various activities such as assisting with tent setups, facilitating plant exchanges, and also took the opportunity to inform visitors about the mission of Sewa International. LEADs also managed the Sewa vendor booth where they sold their hand-made bracelets and offered henna services to raise funds for the Chapter's various causes.

The fair itself provided numerous attractions aimed at promoting eco-friendly behaviors and sustainable practices. One notable feature was the presence of tents that exclusively sold soap bars made from natural ingredients, emphasizing the importance of using chemical-free products for a greener Earth. Additionally, a captivating display of electric cars showcased the significant role they play in reducing pollution. By highlighting these eco-friendly alternatives, the fair aimed to inspire attendees to make sustainable choices in their everyday lives.

Participating in the Green Fair proved to be an enriching opportunity for the LEADs, as it provided them with a heightened appreciation for environmental stability and preservation, and the individual actions that contribute to a cleaner world. They gained invaluable knowledge about the value of safeguarding our planet and the role each person can play in creating a sustainable future.

Kiddie Keep Well Camp, one of the oldest camps in the US, is a century old organization that provides the families of Middlesex County, NJ, a fun place for county residents to learn, grow and stay connected to the community, free of charge!

Central Jersey Sewa has been associated with KKWC Camp for a number of years, where the Chapter volunteers help at the camp over the summer and has done their part to support the camp by taking ownership of the Camp's vegetable gardens.

This June, Chapter LEADs helped clean the garden and covered it with cardboard boxes, allowing for better soil structure in the garden.

Using cardboard boxes as a gardening technique, known as sheet mulching or lasagna gardening involves layering organic materials like cardboard, compost, and mulch to create a nutrient-rich and weed-suppressing environment for plants. The cardboard acts as a barrier, suppressing weed growth by blocking sunlight and preventing weed seeds from germinating. This reduces the need for manual weeding and helps maintain a cleaner and more organized garden.



As the cardboard breaks down over time, it contributes organic matter to the soil. This improves soil structure and enhances its ability to retain moisture, nutrients, and beneficial microorganisms. It also encourages earthworm activity, which further enhances soil fertility. The cardboard layer further helps conserve water by reducing evaporation from the soil surface.

The produce harvested by the volunteers from this garden is then donated to KKWC kitchen.

The **Rows for Hungry** event in June is a recurring project aimed at addressing food insecurity in the local community.

Central Jersey LEADs, in collaboration with master gardeners, took part in this project by growing vegetables with the goal of donating the produce to local food banks and soup kitchens. By doing so, they provided nutritious food to those in need and contributed to the fight against hunger in the community.



"Rolling along with sunshine on our backs, calluses on our hands, and Jersey soil at our feet!"



In June, LEADs participated in a garlic harvesting initiative at **Ramblin Sol organic farm**, and it was a remarkable experience for them. It offered a unique opportunity for the volunteers to engage in an activity they had not encountered before.

Participating in this initiative imparted valuable knowledge about the specific agricultural process to the LEADs. Through hands-on involvement in harvesting garlic, the LEADs gained practical insights into the techniques and labor involved in sustainable farming practices. This experience has fostered a deeper appreciation for the effort and care required in cultivating organic crops.

This initiative also highlighted the importance of community support in sustainable agriculture. By assisting the farm in their harvest, the LEADs actively contributed to the local farming community and learned about the significance of supporting small-scale, organic operations. This firsthand experience has instilled a sense of responsibility and encouraged the volunteers to promote sustainable farming practices and advocate for local agriculture in their own communities.

The farm's in appreciation for the hard work put in by the LEADs, provided each volunteer family with a handful of freshly harvested garlic. The **Marlboro Community Garden** is a thriving initiative that brings together members of the Marlboro community to promote organic gardening practices. The garden offers educational programs to improve the gardening skills and knowledge of students.

Sewa LEADs volunteered in the garden this month and performed multiple activities like removing the vines and weeds, cleaning up the fences, removing the wood chips to extend the garden, and watered the plants, all essential tasks for maintaining a healthy and productive garden.

LEADs had an educational lesson related to multiple harmful organisms that are common in the garden and how to remove them and save the plants. Identifying and addressing harmful organisms is crucial in preserving the health of plants and preventing any potential damage they may cause. By sharing knowledge about these organisms and the appropriate removal techniques, the volunteers were empowered to take care of the garden more effectively.



LEADs once again came together in June, for the **Neshaminy State Park** cleanup and reforestation, a pivotal initiative aimed at revitalizing the natural landscape. Their efforts encompassed the remediation of 2 acres of land by reclaiming the native habitat from invasive plants.

In recent years, the LEADs have made significant strides in environmental preservation, having already planted an impressive quantity of approximately 1200 shrubs and trees within the state park.

They have eradicated invasive species, and have been able to sustain an ecological balance and maintain a safe haven for wildlife species. They introduced indigenous flowering shrubs and trees which have cultivated an essential nourishment source for pollinators and other insects. These collaborative efforts of the Sewa LEADs have resulted in the gradual transformation of the park into a pristine environment, preserving the natural beauty of the community and providing an ideal habitat for wildlife to prosper.

SewaMeals for those in Need

SewaMeals is a wonderful initiative by the Central Jersey Chapter to combat food insecurity in communities across New Jersey. Chapter LEADs put in an effort to prepare and deliver **250** fresh, nutritious home-cooked meals every week throughout the year in their commitment to helping families in need.

The meal selection provided by LEADs is diverse and offers a range of options to cater to different tastes and dietary preferences. This month of June, the meals included 50 peanut butter and jelly sandwiches, granola bars which provided convenient and portable options for individuals. Additionally, the LEADs prepared kale lettuce salad, 3-bean salad, garlic pita bread, and hummus as an offering of healthy and refreshing choices. There was also an option of heartier meals, by the LEADs who cooked pasta, jeera rice, peas pulav, and channa masala, which were flavorful and filling options. They also baked muffins, brownies, and cupcakes, which was a treat for the recipients. LEADs then assembled the meals into kits and delivered them to the recipients, thus ensuring that families in need received not only delicious meals but also had convenience and ease of access.



June Meals' Recipients:
Cathedral Church, South Jersey
Ozanam Food Shelter, Edison
United Methodist Church in New Brunswick
Westminster Presbyterian Church-Trenton, NJ

June Meals' Sponsors:
Puja & Sameer Jain
Malini & Muralidharan Krishnan
Shilpa & Mukul Rathi (State Farm)
Potturi Family
LEAD Atharva Kadam family
LEAD Sanika Bane family



The kale and lettuce used in the salads were from the organic backyard gardening Sewa project by the LEADs of the Chapter, another great initiative. These produce were harvested from their own backyards and were nutritious and delicious additions to the meals. The LEADs also generously donated additional produce to the Cathedral Church in keeping with their community spirit.

The Chapter is extremely grateful to all people involved, which include the LEADs, their parents, and the meals' sponsors. Once again, together, we made a difference.

Sewa at Food Agency, Food Bank, Food Pantry & Marketplace

In June, Sewa LEADs traveled to Philadelphia, to assist at **Jewish Relief Agency**. Upon their arrival, the LEADs joined forces and engaged in the important task of packaging boxes filled with essential items destined for distribution throughout the area.

LEADs carefully packed a diverse range of supplies, including pasta, canned goods, and various other necessities like toilet paper. Once their collaborative effort to package the boxes was over, the LEADs took their involvement a step further by personally delivering these crucial supplies to individuals and families in need.

After delivering the packages, they were able to donate a few extra boxes of goods to another family, amplifying the organization's mission and spreading awareness of its profound impact.



This month Central Jersey Sewa LEADs also volunteered at the **Franklin Food Bank** and assisted with numerous activities. At FTFB the LEADs have learnt to work in a very active environment, adapting to different circumstances while helping the community.

Working in a food bank often requires flexibility, teamwork, and the ability to handle various tasks efficiently. Sorting and stocking food items, packing them into appropriate packages, and distributing them to individuals and families in need are all crucial steps in ensuring that the community receives the necessary support. Volunteering in such an environment helps LEADs develop skills like organization, time management, and empathy towards others.



The experiences gained from volunteering at the Franklin Food Bank have a positive impact on the Central Jersey Sewa LEADs. They have learnt the importance of community service and helping those who are less fortunate.

These experiences also foster a sense of gratitude and compassion, as the LEADs witness firsthand the impact of their efforts on the lives of individuals and families in need.

During this month's **Marketplace** event at the Aldersgate United Methodist Church, Central Jersey, Sewa LEADs volunteered in assisting customers in finding the food and supplies they needed and ensured that everyone had a smooth and convenient shopping experience.

LEADs also helped in packaging items like bread, baked goods, as well as essentials such as toilet paper and diapers to help meet the basic needs of the community. They also played a vital role in setting up and organizing the food, ensuring that everything was well-arranged and easily accessible to customers.

It's commendable that Sewa LEADs volunteered to make a difference in the lives of those they assisted.





During the month of June, the Ramblin Sol organic farm generously donated over **60** pounds of assorted produce in appreciation of the Chapter's volunteering efforts at the farm through the year. Our dedicated Sewa volunteers ensured that the donated items were safely transported and dropped off at the **Rise Food Pantry**.

The Central Jersey Chapter deeply appreciates the farm's support and their shared vision of making a positive impact on the lives of those in need. Together, we are making a difference.

Sewa at Community Events

The Central Jersey LEADs did a fantastic job volunteering at the **Watershed Solstice Trail Run** and supporting The Watershed Institute's conservation and education initiatives. Their assistance with the event's preparation, execution, and cleanup have been invaluable.

The LEADs guided runners along the course in a dedicated and committed effort to ensure a smooth and enjoyable experience for all participants.

Many runners expressed their appreciation to the LEADs at the end of the run. These positive feedback reaffirm the value of the LEADs to the community and their contribution to making events like the Watershed Solstice Trail Run successful.



Chapter LEADs' also volunteered at the **Chamakte Sitaaray** Event at Colonia High School this month. The LEADs helped at this spectacular celebration and also used the opportunity to contribute to the promotion and expansion of Sewa International's reach and influence.

The event itself, with its captivating live dance performances, provided a platform to showcase the vibrant and diverse Indian dance forms, thereby celebrating the rich tapestry of Indian culture.

By participating in this event, the LEADs effectively conveyed the profound message of Sewa International to a broader audience, thereby increasing awareness about the organization's mission and work.

Chapter LEADs volunteered at the **Juneteenth** event organized by the Crosswicks Friends Meeting House and Interfaith Community Builders in Chesterfield. Juneteenth is a significant holiday that commemorates the end of slavery in the United States, specifically marking the date when news of the Emancipation Proclamation reached Texas on June 19, 1865.



The Sewa team was actively involved in helping with the event's preparations. From rearranging chairs to assisting elders in finding seating, their efforts ensured a comfortable environment for everyone. The posters made by the LEADs were helpful for attendees to navigate the event.

LEADs also managed a mehndi (henna) booth and organized craft activities. Many people, both kids and adults, got the chance to experience henna tattoos for the first time. It was also a joy for the LEADs to converse with the people and hear their stories while creating beautiful designs on their hands. The presence of a stage for performances, storytelling, and stalls selling handmade jewelry, ethnic clothing, and chachkas added to the festive atmosphere.

LEADs had the opportunity to enjoy the music, participate in a scavenger hunt, and savor the delicious food. It was an event that provided valuable learning experiences and opportunities for community engagement.

Sewa Picnic

The Edison Center of the Central Jersey Chapter had the annual **Sewa picnic** on June 10th this year. It was an enjoyable and relaxing opportunity for all the LEADs, parents and volunteers across the Chapter to come together and spend quality time as a Sewa family.

Having delicious food at the picnic added to the enjoyment of the event. Since food has a way of bringing people together and creating a sense of camaraderie, it was definitely the case in this instance where all of them shared a meal and engaged in conversations while savoring tasty dishes.

The presence of fun games and interesting activities at the picnic also contributed to a festive atmosphere. Games was a great way to break the ice between families, encouraged interaction, and created lasting memories. Everyone had a great time playing various games and engaging in different activities throughout the day.



It was a memorable and enjoyable occasion. It brought people together, fostered a sense of community, and provided a fun-filled day for everyone involved.

Events like these in the Central Jersey Chapter play an important role in building strong bonds and promoting a sense of belonging within the Sewa family.

Sewa at Temples

The Central Jersey Chapter LEADs have been actively involved in volunteering at various temples in NJ and providing assistance wherever needed. Their efforts in supporting the Radha Gopinath Temple and the Om Sri Sai Balaji Temple are truly commendable.


At the Radha Gopinath Temple, the LEADs showcased their commitment by assisting in cleaning and setting up refurbished rooms for the priests. Their dedication to ensuring the temple's activities run smoothly is highly appreciated, and the priests expressed their gratitude for the support received from the young Sewa LEADs.

Similarly, at the Om Sri Sai Balaji Temple, the LEADs took on various tasks such as arranging chairs, moving pots, and packaging prasadam for distribution to devotees. Additionally, they actively participated in temple events by welcoming devotees and guests, distributing prasadam and food, and addressing any queries that arose.

Their enthusiasm and willingness to go the extra mile in serving the temple community are commendable. Their selfless service undoubtedly made a positive impact on the temples and the people they serve.



Sewa Appreciation Letters




The Children's Home Society
OF NEW JERSEY®
Saving Children's Lives and Building Healthy Families Since 1894

June 20, 2023

SEWA

Dear Friends,

On behalf of our staff and Board of Trustees, we would like to personally thank you for your recent contribution to The Children's Home Society of New Jersey. Your donation of thousands of diapers will be put to good use in our early head start, maternal child health programs, and more.



Our agency is committed to saving children's lives and building healthy families throughout New Jersey and Eastern Pennsylvania. Your generous gifts not only provide our children with tangible items they need, but instill confidence, gratitude, and hope in their hearts.

Thank you for caring. We are truly proud to partner with you in our mission of saving children's lives and building healthy families!

Sincerely,

Donna C. Plesons *Lisa Thibault* *Parvati Carlano*

Donna C. Plesons, President & CEO, CHSNJ | Lisa Thibault, Dir. of Marketing, Communications & Fund Development, CHSNJ | Parvati Carlano, Dir. of Corporate Development & Volunteerism, CHSNJ

Diapers are one of the most frequently requested needs by parents who are struggling to make their little ones happy. Thank you so much!

The Children's Home Society of New Jersey is a 501(c)(3) non-profit organization. Since no goods or services have been rendered to you in exchange for your contribution, the entire value is tax-deductible, as provided by law. Under the laws of the State of New Jersey, the fair market value of donated items or services is to be determined by the donor and assigned at his or her direction. Our tax identification number is 23-0634066. Donors to CHSNJ may be listed in agency publications; please call (609) 695-6274 to update your listing preferences at any time.

CWLA
Member Agency

635 South Clinton Avenue • Trenton, NJ 08611-1831
Phone: (609) 695-6274 • Fax: (609) 394-5769 • Internet: www.chsnj.org
At the historic Rockling Market

The Central Jersey Chapter of Sewa International took on the initiative of organizing and donating essential supplies like diapers and wipes to support families in need.

The Chapter LEADs collected and donated 1000's of diapers and wipes to the Children's Home Society of New Jersey. By providing essential supplies like diapers and wipes to families, Sewa International played a vital role in easing the burden on these families and ensuring they had access to necessary items for their children's well-being and hygiene.

These efforts have been well appreciated by the Children's Home Society of New Jersey.

CROSSWICKS LIBRARY COMPANY EST 1817

We cannot express the gratitude we have for your donation of 450 pounds of plastic film toward our goal of 500 pounds you will be happy to learn that we exceeded our goal and saved 670 pounds of plastic. That is a lot of plastic not ending up in our ocean.

with this, we have earned a new bench for our Public library. We could not have done this without you. This bench will be enjoyed by so many people and is being placed outside for the public's enjoyment.

We continue to collect plastic and are hoping to obtain another bench that can be enjoyed by the public.

*Crosswicks Board of Trustees
Rebecca*

480 Main Street • P.O. Box 147 • Crosswicks, NJ 08513 • 609-286-0277 • www.crosswickslibrary.com

The Central Jersey Chapter of Sewa International took a proactive approach to raise awareness and encourage responsible recycling practices in the community, particularly focusing on the **Plastic Bags/Films Recycling Drive**.

The Chapter LEADs organized a proactive awareness campaign to educate and engage the residents of Central Jersey on the importance of recycling.

The highly successful efforts of the LEADs have culminated in an eco-friendly composting bench (a blend of reclaimed wood and recycled plastic film) being acquired for the Crosswicks Library in Chesterton Township. This initiative not only provided a practical solution for waste management but also served as a visible reminder of the responsible recycling practices promoted by Sewa International.

The efforts of the Chapter's involvement in this recycling and environmental initiative has contributed to the environmental consciousness and sustainable practices in Burlington County and has been acknowledged and appreciated by the Crosswicks Library.

Sewa International is a non-profit organization that operates with the principles of selfless service and compassion. Through various Chapters and initiatives, it strives to provide humanitarian aid, support disaster relief efforts, and contribute to community development projects around the world. The Central Jersey Chapter is one of the branches of this organization, dedicated to serving the community in the region and beyond.

The act of charity and support in the Diaper Drive demonstrated Sewa International's commitment to helping communities during challenging times and making a positive impact on the lives of families in need. The efforts of the Plastic Bags/Films Recycling Drive reflect Sewa International's commitment to promoting sustainable practices and making a positive impact on the environment.

These acts exemplify the proactive and philanthropic spirit of the organization and its members.

Sewa Central Jersey LEADs - Class of 2023 Graduates!



Advait Dinesh Nair
West Windsor Plainsboro High School North



Aniketh Byram
Monroe Township High School



Dinesh Karnati
Cherokee High School



Dhriti Cagathi
Lenape High School



Manavi Gupta
Marine Academy of Science and Technology
Highlands



Meera Batra
Central Jersey College Prep Charter School



Muskan Seksaria
Bridgewater-Raritan Regional High School



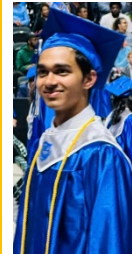
Pranav Reddy Palle
Cherry Hill High School



Raghav Akula
Moorestown High School



Rijul Verma
Cherokee High School



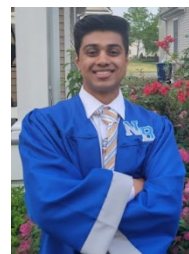
Rohan Sharma
West Windsor Plainsboro High School North



Saanvi Damera
Monroe Township High School



Sai Kalyan Jogannagari
Hillsborough High School



Sanketh Kamath
Northern Burlington School



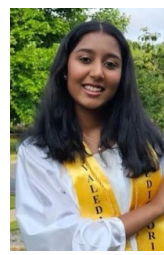
Shriya Simha
North Brunswick Township High School



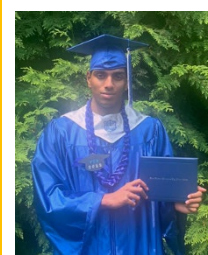
Suhas Kavuri
Thomas Edison Energy Smart Charter
School



Tanay Durg
Moorestown High School



Tanisha Manoj Khabe
Florence Township Memorial High School



Vedant Dinesh Nair
West Windsor Plainsboro High School North



Congratulations to the High School Graduates from the Central Jersey Chapter's LEAD program!

Completing high school is a significant achievement, and your participation in the LEAD program has undoubtedly played a crucial role in your success. As part of the LEAD program, you have demonstrated a commitment to personal growth, leadership development, and community engagement. You have honed your skills, expanded your knowledge, and embraced new experiences that will undoubtedly shape your future endeavors.

Through this program, you have not only acquired academic knowledge but also gained valuable life skills and leadership qualities that will serve you well in the years to come. Your dedicated volunteering efforts with the Chapter, whether its providing for the food insecure, helping those with special needs, supporting the under-resourced, contributing to environmental sustainability, supporting the research and cure of diseases, and raising funds to address critical issues related to child welfare and women's empowerment through Sewa International's SAC and SHE programs, you have made a positive impact on your school community and beyond.

Graduating from high school is an important milestone, marking the end of one chapter in your life and the beginning of another. As you move forward, remember the lessons you have learned, the friendships you have made, and the relationships you have built during your time in the LEAD program. These experiences will continue to guide and inspire you as you pursue your goals and make a difference in the world.

On behalf of Sewa International, the Central Jersey Chapter and the LEAD program, a heartfelt congratulation to each and every one of you. You have worked hard, persevered through challenges, and shown exceptional dedication. As you embark on the next phase of your journey, may you continue to strive for excellence, embrace new opportunities, and make a positive impact on the world around you.

Congratulations again, Class of 2023 High School Graduates!

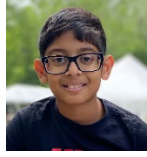
The Central Jersey Chapter,
Sewa International

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

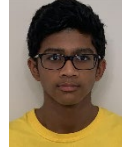
Newsletter Team



Aditi Manjunath
Grade: 11
Interests: Painting, Lacrosse, Music
Favorite Sewa Project: Hands of Hope Food Pantry



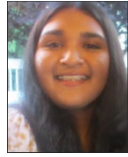
Akhil Nalamalapu
Grade: 8
Interests: Animals, Football, Video Games, History
Favorite Sewa Project: Treats for Troops



Anirudh Prodduturu
Grade: 11
Interests: Reading, Coding, Basketball, Volleyball
Favorite Sewa Project: Treats for Troops



Ankhita Prakaas
Grade: 10
Interests: Drawing, Painting, Dancing
Favorite Sewa Project: Indian Independence Day Parade



Ankita Narayan
Grade: 11
Interests: Science, Dancing, Tennis, Cooking, Coding
Favorite Sewa Project: Jewish Relief Agency Food Packing



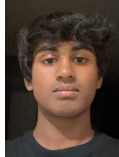
Asmit Patidar
Grade: 11
Interests: Cricket, Basketball, Video Games
Favorite Sewa Project: Boat Building for Environment



Devanshi Voleti
Grade: 12
Interests: Bharatnatyam, Acting
Favorite Sewa Project: SewaMeals



Diya Narayanan
Grade: 10
Interests: Dancing, Reading, Music
Favorite Sewa Project: SewaMeals



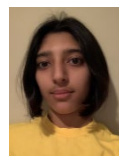
Gagan Voonna
Grade: 10
Interests: Gaming, Sports
Favorite Sewa Project: Treats for Troops



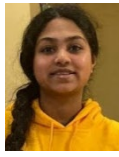
Krishiv Das
Grade: 11
Interests: Violin, Photography, Reading
Favorite Sewa Project: Boat Building for Environment



Medha Inapuri
Grade: 10
Interests: Drawing, Baking, Reading
Favorite Sewa Project: SewaMeals



Radha Pant
Grade: 9
Interests: Soccer, Science, Biking, Running, Art
Favorite Sewa Project: Jewish Relief Agency Food Packing



Sanjana Kamath
Grade: 9
Interests: Dancing, Painting, Soccer, Flute, Music
Favorite Sewa Project: Ramblin Farm, SewaMeals

Upcoming Events

- ❖ National Youth Conference
- ❖ Malhaar Music Concert – A Central Jersey Fundraiser
- ❖ Sewa Python Coding & STEM Summer Camp – Fundraisers for Save-A-Child Program
- ❖ KKWC Summer Camp for the Under Resourced
- ❖ Sewa for Autism Foundation
- ❖ Community Gardening, Organic Farming, & Reforestation
- ❖ Sewa at Food Banks, Food Pantries, and Food Shelters
- ❖ SewaMeals for those in Need
- ❖ Sewa at Temples
- ❖ Jagannath Dham Summer Camp

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

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FB: @JerseySewa or Sewa Central Jersey

Instagram: sewainternationalcentraljersey

Email: centraljersey@sewausa.org

Helpline: 702. 900.SEWA