

### HIGHLIGHTS

- Vaccine awareness by TAMU
- 5K Walk/ run
- Seniors Sewa Medicare workshop and Diwali Milan
- Senior Sewa Essential Documents workshop
- Sewa presents at CenterPoint Energy Diwali event
- Volunteer spotlight

### EVENTS OF THE MONTH

#### Vaccine Awareness by TAMU



Sewa International Houston team led by Rashmi Singh, Shalini Kapoor and Hemlata Gupta started the holiday season with thanking and involving first responders, senior citizens and multiple public figures. The Houston team participated in an event hosted by Police department Beaumont TX. TAMU team participated in 'Senior Expo' serving 1700 senior citizens, educating and assisting them in taking various boosters and flu shots. The Mayor of Bay city stopped by our booth during the Dia De Los Muertos event and discussed some of the community needs.

#### 5K Walk/run

Sewa International Houston S.E.L.F team in partnership with Avalon, Brazos Landing, Commonwealth communities in Sugar Land organized a 5k walk on November 5, 2022, at Sugar Land Memorial Park. Around 90 participants enjoyed the event in a beautiful morning weather and got motivated to embrace an active and healthy lifestyle.



# EVENTS OF THE MONTH

November 2022

## SENIORS SEWA - MEDICARE WORKSHOP AND DIWALI MILAN



Sewa International Houston- Family Services organized a Medicare workshop followed by Diwali Milan for the seniors of Sugar Land group on November 5, 2022, at Fort Bend Library, Sugar Land. The program started with a brief overview of Medicare and Health Insurance for Seniors by Sudhir Mathuria followed by musical entertainment and dance. Around 40 members enjoyed the fun-filled Diwali Milan with live music performances.

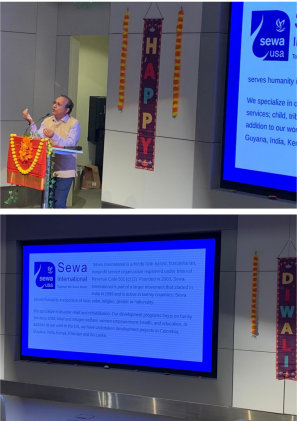
## SENIORS SEWA - ESSENTIAL DOCUMENTS

Sewa International Houston - Seniors Sewa Katy group successfully conducted a workshop on "Essential Documents" by Arvind Thekdi on November 15, 2022, at Cinco Ranch Branch Library, Katy. Around 39 participants attended this informative session which was followed by a fun bingo game.



## SEWA PRESENTS AT CENTERPOINT DIWALI EVENT

Sewa International was invited to the Diwali event organized by CenterPoint Energy Group on November 14, 2022. Sewa International's Achalesh Amar presented Sewa's video and also did a 7 min presentation on Sewa International projects. It was great to see few familiar faces who volunteered with Sewa in the past and new people also expressed interest in volunteering.





# Sewa

International

Together We Serve Better

## VOLUNTEER SPOTLIGHT

November 2022

### PVSA AWARD TO SEWA YOUTH VOLUNTEERS

The President's Volunteer Service Award (PVSA) is a prestigious national honor offered in recognition of volunteer commitment. This award honors individuals whose service positively impacts communities and inspires those around them to take action. It's a great pleasure for Sewa International as our 28 young student leaders will be given PVSA awards for their outstanding service. The award ceremony will be held at the GSH event center, Houston on December 4, 2022. One of the Gala Dignitaries will hand out the presidential recognition certificates and pins for the evening.

The award winners are:

#### **GOLD**

Agrima Amar, Aryan Gupta,  
Nayonika Pande, Riya Dabi,  
Sumedha Shanker

#### **SILVER**

Kavin Gidwani, Madison Trang,  
Navika Amar, Pravdeep Banwait,  
Pooja Thirunagari, Sahasra Hamsaneni

#### **BRONZE**

Aashna Patel, Aashita Patel,  
Abhash Basumatary, Adithya Gorthi,  
Aditya Oak, Aditya Meenakshisundaram,  
Anshul Nayak, Arya Sivakumar,  
Elsa Syed, Kayla Le,  
Mahi Sharan, Milen Popat,  
Navin Sankar, Roshan Greene,  
Riya Shah, Shreyus Loyalka,  
Tanvi Jain

# UPCOMING EVENTS

November 2022



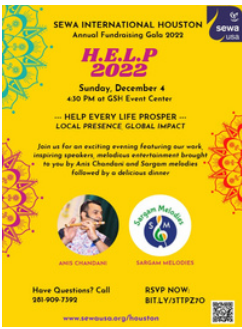
## 5K WALK/RUN

Sewa Houston in association with HSS, Meenakshi Temple Society and Love to Share Foundation America are organizing a 5k walk/run on December 3, 8.30 am at Tom Bass Regional Park, Pearland. Register at: <https://sewausea.org/event-5033357>

## SEWA ANNUAL GALA - DECEMBER 4

Sewa Houston is excited to announce our Annual Fundraising Gala "Help Every Life Prosper" on Sunday, December 4, from 4:30 PM at GSH event center.

To reserve your table, register at : <https://sewausea.org/event-4958888>.



## SENIORS SEWA WORKSHOP - DECEMBER 10

Sewa Houston Family Services presents a workshop for seniors on "Dementia: Commonly ignored conditions by people or society?" by Amar Sonar on December 10, from 2:00 to 4:00 PM at Gayatri Temple, Katy. Register at the link: <https://forms.gle/jw5u5qfTaxLxYBUAA>



## SENIORS SEWA WORKSHOP - DECEMBER 10

Sewa Houston Family Services presents a workshop for seniors of Sugar Land group with games and other fun activities on December 10, from 2:00 to 4:00 PM at Fort Bend County Library, Sugar Land, TX. Register at the link: <https://forms.gle/SHSKmqkUPhCvS16a7>

