

HIGHLIGHTS

- Sewa Booth – Katy Diwali
- Seniors Sewa Yoga workshop
- Senior Sewa Medicare workshop
- 5K Walk/ Run
- Volunteer spotlight

EVENTS OF THE MONTH

Sewa Booth - Katy Diwali



Experience of our intern, Ishaan Vijayvargaya at Sewa Booth Katy Diwali Mela

On Saturday, October 22, Diwali Mela was held in Katy, Texas in the Greater Houston Area. Sewa was kind enough to give me my first real volunteering experience and allowed me to see things from a different perspective, especially after the pandemic. The experience helped me to meet new people, and approach them, improving my communication skills. Two lovely people I got to work with were Neil and Cyrus Jagtap. Together, we accumulated a lot of interested people to the table. At first it was a little challenging to go up to people as, unsurprisingly, most were already part of Sewa. But once we got into the flow, we started getting families and their children interested in the programs offered such as Sewa's ASPIRE program, meant to help the youth get involved with the community. I had a lot of fun celebrating Diwali with my peers while benefitting a greater cause.

EVENTS OF THE MONTH

October 2022

SENIORS SEWA - YOGA WORKSHOP



Sewa International Houston- Family Services organized a workshop for seniors- "Yoga as a way of life for healthy aging" by Smitha Mallaiah on October 8 at Fort Bent Library, Sugar Land. The participants of Senior Sewa Sugar Land group appreciated the presentation on how lifestyle changes in Yoga way can improve overall health and help in healthy aging.

SENIORS SEWA - MEDICARE WORKSHOP

Sewa International Houston - Family Services conducted a Medicare workshop for the Seniors of Katy group at Gayatri Temple, Katy on October 15, 2022. Ahead of Medicare sign-up time, different insurance options for seniors with the latest amendment were presented in this workshop by Sudhir Mathuria. The workshop was attended by 50+ participants.



5K WALK/RUN

Sewa International Houston in partnership with Hindu Swayamsevak Sangh successfully conducted 5k walk/run on October 15 at Arbor Park under S.E.L.F program. Around 100 participants of all age groups enjoyed a short warm up session followed by the 5k walk/run. Every finisher received a 5k Sewa Medal. The participants enjoyed the event and were motivated to embrace an active and healthy lifestyle.



VOLUNTEER SPOTLIGHT

October 2022

SHALINI KAPOOR



Shalini Kapoor has been volunteering with Sewa for few years. When Sewa International partnered with Texas A&M for Vaccine awareness in rural areas, Shalini joined the team as Event Manager. She supervises 6 Community Liaisons. Under her leadership, Houston Chapter is performing the best having organized 50+ events in 5 counties so far. She is our Champion when it comes to training, coordinating, supervising and even participating in these events. We appreciate her devotion to the vaccine awareness program and community service.

NAYONIKA PANDE

Nayonika Pande is in 10th grade and she lives in Sugar Land, TX. She loves to help the community by wholeheartedly supporting Sewa International's mission to serve humanity. She started to work with Sewa International earlier this year and was a part of the Sewa LEAD Summer Internship, where she directly served the local community. She supported Sewa's mission by volunteering at Houston Food Bank for the non-profit organization Brighter Bites, assisted underprivileged children in Houston, as a part of the Sewa ASPIRE program, and volunteered in Sewa's environmental initiative - Vasundhara Sewa. She also volunteered at Sewa events and Diwali Mela. She completed the teen CERT (Community Emergency Response Team) program this summer.



UPCOMING EVENTS

October 2022



Seniors Sewa
Enriching Golden Years with Seniors
Family Services Initiative
Sewa International



Essential Documents
By Arvind Thekdi
Followed by fun Bingo game

November 15, 2022
2 PM - 4 PM

Location
Cinco Ranch Library, 2620
Commercial Center Blvd, Katy,
TX 77494

Registration link
<https://forms.gle/jw5u5qfTaxLxYBUAA>

SENIORS SEWA WORKSHOP - NOVEMBER 15

Sewa Houston Family Services presents a workshop for seniors "Essential Documents" on November 15 from 2:00 to 4:00 PM at Cinco Ranch Library, Katy. Register at the link : <https://forms.gle/jw5u5qfTaxLxYBUAA>

5K WALK/RUN - DECEMBER 3

Sewa Houston in association with Sri Meenakshi Temple Society, Love to share Foundation America, and Hindu Swayamsevak Sangh are organizing a 5k walk/run on December 3, 8.30 AM at Tom Bass Regional Park, Pearland. Register at the link below : <https://sewausa.org/event-5033357>



**Sri Meenakshi Temple Society,
Love to Share Foundation America,
Hindu Swayamsevak Sangh
and Sewa International**

5K Walk/Run*
Dec 3, 2022 | 8:30 am CST
Tom Bass Regional Park @ Pearland

Use the QR code to register

Encourage physical fitness and development of balanced lifestyle under the theme of "S.E.L.F." (S= Sleep, E=Exercise, L=Living in the present / Lifestyle, F= Food & Diet).



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SEWA INTERNATIONAL HOUSTON
Annual Fundraising Gala 2022

**H.E.L.P
2022**

Sunday, December 4
4:30 PM at GSH Event Center

... HELP EVERY LIFE PROSPER ...
LOCAL PRESENCE GLOBAL IMPACT

Join us for an exciting evening featuring our work,
inspiring speakers, melodious entertainment brought
to you by Anis Chandani and Sargam melodies
followed by a delicious dinner




ANIS CHANDANI | SARGAM MELODIES

Have Questions? Call 281-909-7392
RSVP NOW: [BIT.LY/5TTPZ70](https://bit.ly/5TTPZ70)

www.sewausa.org/houston

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://sewausa.org/event-4958888>. Sponsorship opportunities are available.