

### HIGHLIGHTS

- Donation drive for Turkey/Syria earthquake victims
- SERVE - Volunteering at Houston Food Bank
- Vaccine Awareness by TAMU
- Seniors Sewa Katy - Self Care and Well Being workshop
- Seniors Sewa Sugar Land - Disaster Preparedness workshop
- S.E.L.F. 5K Walk/Run
- Volunteer Spotlight
- Upcoming Events
- Sewa Youth Programs

### EVENTS OF THE MONTH

#### Donation drive for Turkey/Syria earthquake victims



Sewa International Houston's AmeriCorps team organized a donation drive on February 18 in support of the victims of the earthquake in Syria and Turkey. People from different communities all over Houston came together to donate hundreds of items including food, clothing, hygiene items, outdoor supplies, tents, hand warmers, shoes and baby necessities. Sewa AmeriCorps was able to secure partnerships with the National Association of Christian Churches (NACC) to ensure the delivery of these goods to both Turkey & Syria, the American Turkish Association of Houston for help promoting the event, and the Syrian American Club of Houston who promoted the event and provided several volunteers from their community for the event.

The Sewa AmeriCorps team received more than 150 cardboard boxes donated by Home Depot, Lowe's and U-Haul into which volunteers sorted and packed all of the donations and transported them to the NACC office. Over 200 boxes were taken to the NACC warehouse, filling over three pickup trucks, a trailer, an SUV, and a big U-Haul truck. NACC has partnered with Turkish Airlines and will deliver these supplies by air to Syria and Turkey.

## EVENTS OF THE MONTH

February 2023

### SERVE VOLUNTEERING AT HOUSTON FOOD BANK

As a part of monthly SERVE volunteering initiative, 27 Sewa volunteers including 14 high schoolers volunteered at the Houston Food Bank starting early morning. They sorted the oranges and prepared 5 lbs. bags. At the end, 1600 bags were prepared in a 4-hour shift followed up by cleaning of the place to make it ready for the next shift.



### VACCINE AWARENESS PROGRAM- TAMU



Sewa TAMU Houston team participated in a glorious event organized by SMAP (Shivaji Maharaj Antar Rashtriya Parivar), Houston to celebrate Chatrapati Shivaji Maharaj Jayanti on February 19, 2023. Around 2000 people from different communities attended the event to witness unity in diversity. Many renowned Sewa members including event managers from Dallas and Austin also attended this event.

## EVENTS OF THE MONTH

February 2023

### SENIORS SEWA KATY- SELF CARE AND WELL BEING



Seniors Sewa - Katy organized " Self-Care and Well Being" workshop for the seniors on February 11 at Gayatri Temple Katy. This session started with an amazing dance performance by 8-year-old Sameesha Raghuwanshi followed by presentation on Self Care and Well Being by Lezine Moundaya from AmeriCorps and Valentines theme celebration based on "Jab we met" stories, musical games and gifts. The event was appreciated by participants.

### SENIORS SEWA SUGAR LAND - DISASTER PREPAREDNESS

Seniors Sewa - Sugar Land organized "Disaster Preparedness" workshop followed by Valentines Day celebration on February 11 at Eldridge Park, Sugar Land. This session was conducted by Connie Swift and Kira Reyna from AmeriCorps. The Valentine's Day celebration was full of fun, individuals enthusiastically shared their stories. The session concluded with light snacks and hot tea.



### SELF 5K WALK/RUN



Sewa International Houston- SELF Team organized a monthly 5k on February 11 at Cullinan Park, Sugar Land partnering with Vadtal Dham- Shri Swaminarayan Hindu Temple, Gujrati Samaj of Houston and Sringeri Vidya Bharati Foundation. Around 120 people participated and thoroughly enjoyed and got motivated to adopt an active and healthy lifestyle. The event was kicked off with warmup exercises and Surya Namaskar. All including young and old merrily jogged through the trail to finish their 5k and collected their Sewa medals.

## VOLUNTEER SPOTLIGHT

February 2023

### CHAITRALI THOTE

Chaitrali Thote worked in advertising and media for 5 years in India. After moving to the USA, she started a career as a paralegal in immigration law firm. She has been associated with Sewa International from last 6 years. Besides being a strong voice for child education, child welfare, and women empowerment, she is an avid reader, loves to travel and is passionate about theater.



### BHAWNA LUTHRA



Bhawna Luthra is a licensed marriage and family therapist and licensed professional counselor who has been in practice for last 14 years in Houston. She has been associated with Sewa International for several years and has worked on few grants. She is active with Family Services Program and assist families dealing with family crisis and mental health issues. She has given workshops with nationwide Sewa Chapters on topics such as Raising emotionally healthy children, Building healthy relationships, stress management and power of breath and meditation.

# UPCOMING EVENTS

February 2023

## S.E.L.F 5K WALK/RUN - MARCH 4



Sewa Houston in association with Hindu Swayamsevak Sangh, Sri Govindaji Gaudiya Matha, and Sri Satyanarayana Temple are organizing a 5k walk/run on March 4, 8 AM at John Paul Landing Park, Cypress.

Register at: <https://sewausea.org/event-5167360>

## SENIORS SEWA WORKSHOP SUGAR LAND - MARCH 11

Sewa Houston Family Services is organizing a workshop on "Self-Care and Well Being" for the seniors of Sugar Land group on March 11, 2PM to 4PM at The Imperial Park Recreation Center, Sugar Land, TX.

Register at the link:  
<https://forms.gle/SHSKmqkUPhCvS16a7>



## SENIORS SEWA WORKSHOP KATY - MARCH 14

Sewa Houston Family Services presents a workshop for seniors of Katy Group on "Colorful Eating for our body" by Meena Kankani on March 14 from 2 PM- 4 PM at Cinco Ranch Library, Katy.

Register at the link:  
<https://forms.gle/jw5u5qfTaxLxYBUAA>

# SEWA YOUTH PROGRAMS

February 2023

## SEWA SERVE AMBASSADORS PROGRAM

Sewa Houston is now accepting applications from High school students, sophomores for the "Sewa Serve Ambassadors program". Interested candidates can send their resume to - [educationhouston@sewausea.org](mailto:educationhouston@sewausea.org) - [Contacthouston@sewausea.org](mailto:Contacthouston@sewausea.org) [Alpana2@yahoo.com](mailto:Alpana2@yahoo.com)  
Last date to apply for the program is March 12.



**Sewa Serve Ambassadors Program**

**Inviting Applications**

Sewa Ambassadors are motivated High School students who want to take more responsibility and initiative by representing Sewa in a positive light in their school community.

**Who can apply:**

- Sophomore/juniors/seniors in High School
- Sewa International summer Internship experience (Preferred)
- Committed to in-person volunteering
- Volunteering experience in HS and school-based clubs

**How to apply:**

- Send Resume and Email of Interest
- A 300-word essay on what motivates you to volunteer and help in the local community.

**Email resume to:**

[educationhouston@sewausea.org](mailto:educationhouston@sewausea.org)  
[contacthouston@sewausea.org](mailto:contacthouston@sewausea.org)  
[Alpana2@yahoo.com](mailto:Alpana2@yahoo.com)

**Benefits:**

- Leadership development
- Recommendations for college applications for deserving students
- Opportunity to represent Sewa at events
- PVSA awards recommendations

**Apply Before : March 12, 2023**

## SEWA SUMMER INTERNSHIPS - LEAD & GIH



**EXCITING INTERNSHIP OPPORTUNITIES**  
INVITING APPLICATIONS FOR SUMMER 2023

**LEAD INTERNSHIP**

LEAD is summer program geared for High School students. Each LEAD intern will be assigned and mentored by a GIH intern peer. This program offers the opportunity to develop skills that can be utilized in their educational & professional careers. Students get to serve the community and learn from leading members of the Houston area.

Starting from: June 3 to August 12  
Application Fee : \$200

**GIH INTERNSHIP**

Get Inspired Houston (GIH) is an annual summer internship program offered to young adults / college students. GIH is geared towards providing a platform to practice diverse professional skills related to running a nonprofit in a hands-on manner all while, playing an instrumental role in Sewa International's ongoing community project.

Starting from: May 20 to August 12

Apply at : [www.sewaaspire.com/internships](http://www.sewaaspire.com/internships)    [sewahoustoninternship@gmail.com](mailto:sewahoustoninternship@gmail.com)

Sewa Houston team is accepting internship applications for the class of 2023 for GIH and LEAD program. LEAD Internship is starting from June 3 to August 12 and GIH Internship from May 20 to August 12. Those interested can apply at: [www.sewaaspire.com/internships](http://www.sewaaspire.com/internships)