

### HIGHLIGHTS

- Sewa Volunteers at Chevron Houston Marathon
- MLK Day event by Sewa AmeriCorps Team
- COVID 19 Vaccine awareness by TAMU
- Seniors Sewa Katy - Chair Yoga workshop
- Seniors Sewa Sugar Land - Financial Planning Workshop
- S.E.L.F 5k walk/run
- Volunteer spotlight
- Upcoming Events

### EVENTS OF THE MONTH

#### Sewa Volunteers at Chevron Houston Marathon



Sewa International Houston Chapter volunteers participated and volunteered at the 51st Chevron Houston Marathon held on Sunday, January 15, 2023. 100+ Sewa volunteers manned the Mile 8 mega refueling station serving the 27000+ runners who passed through it. More than 60 of these volunteers were high school and middle school students and their energy and enthusiasm was on full display. 40+ members of Sewa's SELF program completed the Full/Half Marathons. It was the first marathon for half of these runners and some of them recorded their personal best time. The runners not only got water and energy drink but also much energy and love. All the volunteers had a sense of gratitude for every cup/drink that was served. It was an environment of celebration for the runners, the volunteers and for everyone associated with this Marathon.

# EVENTS OF THE MONTH

January 2023

## MLK DAY EVENT BY SEWA AMERICORPS TEAM

Sewa International Houston AmeriCorps Program gathered area AmeriCorps programs, non-profit organizations, community influencers and volunteers with the unified goal of continuing the Reverend Dr. Martin Luther King's unfinished work to "redeem the soul of America" and build a beloved community in which everyone is cared for, absent of poverty, hunger and hate. Volunteers gathered in early morning light to weed, mulch and seed a community garden in the heart of Alief. They also scraped and painted a giant removal container and an arbor. Participants were so inspired by the event that almost all have pledged to continue supporting the Community Garden and tree planting project which addresses the environmental crisis.



## VACCINE AWARENESS PROGRAM- TAMU



African American Health Coalition and 100 Black Men Metropolitan Houston Chapter hosted its inaugural State of African American Health Town Hall on Thursday, January 12, 2023, at Hardy Community Center, Houston. The event was open to all residents in Houston and surrounding areas. The Houston TAMU team partnered in this event. There were more than 300 participants including physicians, officers from Harris County public health and Sheriff's department, social workers and behavioral health specialists.



## EVENTS OF THE MONTH

January 2023

### SENIORS SEWA KATY- CHAIR YOGA WORKSHOP



Sewa International Houston- Family Services organized a Chair Yoga workshop for the seniors of Katy group on January 10 at Cinco Ranch Library, Katy. The program started by Usha Mehra ji explaining the importance and significance of Makar Sankranti which was followed by Chair Yoga sessions by Meena Kankaniji. She conducted Chair Yoga sessions showing the seniors how to keep your body fit and moving with the help of Yoga exercises which helps in improving strength and flexibility.

### SENIORS SEWA SUGAR LAND - FINANCIAL PLANNING WORKSHOP

Sewa International Houston - Family Services organized a financial planning workshop for seniors of Sugar Land group on January 14 at Fort Bend Library, Sugar Land. This was a very good interactive session by Vijay Kane ji followed by entertainment activities for the seniors.



### SELF 5K WALK/RUN



Sewa International Houston- SELF Team organized a monthly 5k on January 21 at George Bush Park, Katy partnering with Sai Durga Shiva Vishnu Temple and Katy Hindu Community. Around 100 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

January 2023

### HOUSTON MARATHON WOWS SEWA INTERNATIONAL VOLUNTEERS

The 51st Chevron Houston Marathon was held on January 15 where participants from all the 50 states and more than a dozen countries met to run across Houston. Over one hundred Sewa Volunteers helped along the Mile 8 Mega Refueling Station serving the thirsty runners. More than 50 of these volunteers were high school and middle school students and their energy and enthusiasm were on full display. Bharathraj Hassan, Santosh Jha, Sudarshan were Sewa International's group lead for the Marathon. Sewa International's volunteer captain for the event said, " It was a joy to train and work with so many of our young and old volunteers. Houston Marathon and we will surely have more runners and more volunteers from Sewa participating next year."



### AVI DABI

Avi is 9 years old and was one of our youngest and most energetic volunteer at the Sewa Houston Chapter Annual Gala. He helped with all the tasks with a smile on his face and focus on completing the tasks. Thank you, Avi!!

# UPCOMING EVENTS

January 2023



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



**Self care & Well Being**  
By Lezine Moundaya  
AmeriCorps

**SATURDAY, FEBRUARY 11, 2023**  
2 PM - 4 PM

**Location**  
Gayatri Temple, 20914 Park Row,  
Katy, Tx 77449

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

## SENIORS SEWA WORKSHOP KATY - FEBRUARY 11

Sewa Houston Family Services presents a workshop for seniors of Katy Group on "Self Care and Well being" by Lezine Moundaya on Saturday, February 11 from 2 PM- 4 PM at Gayatri Temple, Katy.

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

## SENIORS SEWA WORKSHOP SUGAR LAND - FEBRUARY 11

Sewa Houston Family Services is organizing a Disaster Preparedness workshop on Saturday, February 11, 2 PM - 4 PM for the seniors of Sugar Land group at Eldridge Park, Sugar Land, TX.

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



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



**DISASTER PREPAREDNESS**  
By Connie Swift  
AmeriCorps

*And Valentine Day Celebration*

**Saturday, February 11, 2023**  
2 PM - 4 PM

**Location**  
Eldridge Park, 2511 Eldridge Road,  
Sugar Land Tx 77478

**Registration link**  
<https://forms.gle/SHSKmqkUPhCvS16a7>

## S.E.L.F 5K WALK/ RUN - FEBRUARY 11



**Vadtal Dham Shree Swaminarayan Hindu Temple, Gujarati Samaj of Houston, Sringeri Vidya Bharati Foundation South and Sewa**

**5K Walk/Run\***  
Feb 11, 2023 | 8:00 AM CST  
Cullinan Park, Sugar Land

Use the QR code to register

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



Contact: Kalpana Rao (832-432-4009)  
Helen Patel (832-476-2183)  
Narayana Prasad (281-811-3722)  
Rajesh Khatri (281-248-8722)

**Sewa International, USA**  
11000 Katy Road, Houston, TX 77058

Sewa Houston in association with Vadtal Dham Shree Swaminarayan Hindu Temple, Gujrati Samaj of Houston and Sringeri Vidya Bharati Foundation South are organizing a 5k walk/run on February 11, 8 AM at Cullinan Park, Sugar Land. Register at:  
<https://sewausa.org/event-5134427>