

HIGHLIGHTS

- Volunteering at "Restore - Habitat for Humanity"
- Vaccine Awareness at Holi events
- S.E.L.F. 5K Walk/Run
- Seniors Sewa Sugar Land - Self Care and Well Being workshop
- Seniors Sewa Katy - "Colorful Eating for our body" workshop
- Sewa "Brunch for a cause"
- Volunteer Spotlight
- Upcoming Events

EVENTS OF THE MONTH

Volunteering at "Restore - Habitat for Humanity"



On March 11 & 18, 2023, Serve Houston volunteers provided volunteering service to Restore, Habitat for Humanity. The "Restore" sells new and gently used furniture, home improvement stuff & appliances. The profits generated from selling the items are used in building and improvement of houses.

Sewa volunteers performed mostly physical work, mostly spending time outdoors cleaning and organizing outdoor storage area. Subsequently they organized the appliances, made appliances and furniture ready for customer pick up. For two weeks in a row, they served by sorting and arranging clothing and crockery for those in need. As they were organizing on shelves, customers were picking from shelf right away. Time well spent in making our community a better place!

EVENTS OF THE MONTH

March 2023

VACCINE AWARENESS AT HOLI EVENTS

Sewa Houston TAMU team painted the town in rainbow colors with multiple events at India House, SDSV temple Katy, and Texas Gaushala, Houston during Holi celebrations week in March. From Halloween to Christmas, the team celebrated all festivals around the Houston area while promoting health awareness. During the Holi time, they reached out to communities not only to educate and to embrace them but also to spread the message that serving other people also contributes to our own happiness.



25TH SELF 5K WALK / RUN EVENT



Sewa International Houston SELF team organized their **25th** 5k walk/run on March 4 at John Paul Landing Park, Cypress, partnering with Hindu swayamsevak Sangh, Sri Govindaji Gaudiya Matha, Sri Satyanarayan Temple of Greater Houston.

The event went very well in a beautiful weather on Saturday morning, over 120 people enjoyed the event. Our partner organizations HSS led the warmup exercises/ yoga, newly started Satyanarayan Temple (SSTGH) found a community around, Gaudiya Math gave a unique experience with their khichari for all participants.

EVENTS OF THE MONTH

March 2023

SENIORS SEWA SUGARLAND - SELF CARE AND WELL BEING

On March 11, Seniors Sewa Sugarland meeting was fun filled event with presentation by Dr Prameela on "Self-Care and Well Being". The workshop was followed by Holi celebration which started with a Holi song and poems. Dr. Sarita Mehta then explained the importance of different colors during Holi and a plate full of different colors was passed around for members to greet each other on this special occasion. The participants enthusiastically shared their memories about Holi and how Holi is celebrated in different parts of India with their personal experience. The meeting ended with melodious songs by Prakash Majmudar and Bharti Majmudar and snacks provided by the Mahendra & family.



SENIORS SEWA KATY - COLORFUL EATING FOR OUR BODY



Seniors Sewa Katy group organized their monthly meeting on March 14 at Cinco Ranch Library. The meeting included an educational workshop on "Colorful eating for our body". This was followed by a talk on personal volunteer experience abroad. Meena Kankaniji shared the importance of "colorful eating", food by season and locally grown food. It was a very interactive session and members were really engaged and asked many questions. Raj Khosla shared her amazing volunteer experience in Cambodia. Mansukh Vaghela also shared his experience of volunteering.

VOLUNTEER SPOTLIGHT

March 2023

SEWA BRUNCH FOR A CAUSE



Gowri Selvamani



Viji Raja



Revati Vasudevan

Earthquake relief for Turkey and Syria



A group of dedicated volunteers organized a successful fundraising event "Brunch for a cause", to raise funds for earthquake relief for Turkey and Syria. The event was held on Sunday, March 5, 2023 and organizers are grateful for the overwhelming support they received from the community. The event was organized by a team of volunteers who worked tirelessly to make it a success. The team relied on pre-orders to plan and prepare the meals and requested that customers avoid cancelling their orders at the last minute to ensure a seamless ordering and pickup process. The team behind "Brunch for a cause" expressed their gratitude and appreciation for the overwhelming support they received from the community.



UPCOMING EVENTS

March 2023

SENIORS SEWA PICNIC - APRIL 8



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

Seniors Picnic
Fun, Music, Games, Yoga and Food
SATURDAY, APRIL 8, 2023
10 AM TO 2.30 PM

Location
George Bush Park, Pavilion 1, 16756 Westheimer Road, Houston, 77082

*Note: Car parking is close to location 3500 South Barker Cypress, Houston, Tx

Non-refundable fee: \$5 per person

Registration link:
<https://forms.gle/ZnJkJPvhqU8wdimQ6>

Pay by Zelle at: controller@sewausa.org
Or Contact:
Meera Kapur, Prakash Majumdar, Manju Gupta, Kiran Bhatia

Seniors Sewa is organizing a picnic for seniors on Saturday, April 8, 10 AM- 2.30 PM at George Bush Park, Pavilion 1, 16756 Westheimer Road, Houston. Join us to enjoy a fun filled afternoon with good music, food, games, yoga and spend good time together. Please register at: <https://forms.gle/ZnJkJPvhqU8wdimQ6>

S.E.L.F 5K WALK/ RUN FUNDRAISING - APRIL 15

Sewa Houston invites you to participate in Annual Fundraising 5k on April 15, 7.30 AM at George Bush Park, Katy. This event is being done to raise the funds for ASPIRE initiative involving education for underserved, immigrant and refugee children in Greater Houston area. Please register at: <https://sewausa.org/event-5146580>



Walk, Run for a Cause
Sewa International Fundraising 5K
Helping refugee & immigrant kids
Apr 15 | 7:30 am
George Bush Park, Houston

Use the QR code to register

ASPIRE (Achieving Students Progress, Instilling Resilience, and Excellence) is an after-school program that provides supplementary language intervention and helps improve academic performance for children from underserved, refugee, and immigrant communities. Sewa is offering tutorials at various schools and three Sewa ASPIRE centers in the Southwest Houston, that benefit over 200+ students.

Contact: Nishil Jain | 713-834-4900
Mahesh Bhat | 281-248-6727
Yash Havallimani | 713-478-2263

Motiv Properties | Lakeview Dental | Value Global, LLC



UPCOMING EVENTS

March 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 sewahoustoninternship@gmail.com

Sewa Houston team is accepting internship applications for the class of 2023 for GIH and LEAD program. GIH internship is starting from May 20 to August 12 and LEAD internship from June 3 to August 12. Interested candidates can apply at: www.sewaaspire.com/internships

SEWA DANCING STARS 2023 - AUGUST 26

Sewa International Houston invites you to its annual dance competition event "Sewa Dancing Stars 2023" on August 26, 2023 at Houston Durga Bari Society. For more information email: sewadancingstars@gmail.com



SAVE THE DATE
SEWA DANCING STARS 2023
ENTRIES INVITED FOR GROUP PERFORMANCES IN CLASSICAL, BOLLYWOOD AND FOLK INDIAN DANCES
Saturday, August 26, 2023
10.30 am to 6.30 pm
Venue
13944 Schiller Rd,
Houston, Tx 77082
Email - sewadancingstars@gmail.com