



Sewa UK News

August / September 2023

Welcome to Sewa UK News, bringing you the latest news and updates on activities from across the country and globe. This update includes:

1. **Adventure4Sewa:** Charity Through Adventure Events - Ben Nevis, Fort William, Everest Base Camp Trek and Wales Walk, London Marathon 24
2. **Cycle4Sewa:** Well done to the 70 participants
3. **Medics4Sewa:** Chitrakoot Oxygen Plant installation
4. **Sewa UK** Strategy Day
5. **Youth4Sewa:** Get ready to go, sign up
6. **Sewa UK supports Suriname children**

Stay tuned for more updates.

In your service

Sewa UK Team

Adventure4Sewa - Charity Through Adventure Trek

Congratulations to Upendra Bhanderi and the team of seven adventurers for completing the challenging trek to Everest Base Camp. Their remarkable journey raised an impressive £3,683 for SEWA UK, contributing to our important Sewa work across the globe.

This accomplishment is a testament to their commitment to adventure with a purpose and making a positive impact on communities in need. Thank you for your inspiring efforts! Another team of 20 from Reading are embarking on this trek this October - Good Luck !

Do encourage raising funds for Sewa UK if you, your family or your friends are thinking of doing a trek, walk or something adventurous!



**Adventure4Sewa - Charity Through Adventure Event - 26th Aug 2023 -
*Team HSS Scotland Ben Nevis Trekking Challenge 2023***

Ben Nevis is the highest peak of United Kingdom, it is 3rd year in row this event has been organised successfully. This challenge is test of stamina, endurance and team spirit.

The event was well organised and co-ordinated by HSS Scotland Team as a part of CTA initiatives to raise fund funds for Sewa UK which supports a number of projects in Bharat. All the key information including the kit, transport, starting point and regular weather forecast was communicated to the team well in advance and timely manner.

All of us were eagerly waiting for the day and finally it did arrive, 26th August, 10 am, Ben Nevis Visitor Centre.

We had a team of 30+ determined trekkers consisting of all ages from various towns including Edinburgh, Glasgow, Aberdeen, Manchester, Solihull, Birmingham, Reading and Wycombe. This included 10+ in age range of 7-14 years.

Team left in batches to accommodate more time for slow walkers and latecomers trekkers and weather on day was treacherous and deceiving, it was ideal trekking weather in the morning but as the day progressed, it surprised everyone with drizzle and pockets of heavy rain as if it was testing the preparedness and morale of the team.

Team had few shorter and longer breaks during the course, and mid-way of the course on waterfall, most of us refilled our water bottles to gear up for latter half of the hike, which was going to be challenging as you will not find any vegetation or shelter after this point.

On the way, gloomy weather, pockets of heavy rain, foggy and poor visibility didn't deter the morale of our team, even after soaked-up completely from head to toe they carried on to conquer peak after peak.

At some point it felt like there is no end to this hike, but the team boosted each others morale and carried on and finally we able to see the peak and the team had a sigh of relief, as it certainly was herculean task for first timers.

After reaching to the peak we had our snacks and food together before getting queued for the group and individual photo sessions at the summit.

It was a big moment for the whole team, but even bigger for first timers Bal and Balikas.

After spending some time at the peak, the team started Beating Retreat for the base at their own pace.

Most of us completed the trek successfully and returned to their home on the same day, and the best part was that no one suffered any injury.

As of part this event, we targeted to raise £1000 for SewaUK and we are at £546, while still aiming to achieve the target.

All in all, it was an amazing experience.

Big to all the trekkers and supporters!!



Adventure4Sewa - On September 23, **Charity Through Adventure** team organised its 10th annual Wales Walk challenge under perfect weather conditions. This year, 31 participants took on the rugged Tryfan circular walk, a challenging journey with stunning rock formations that showcased Mother Earth's beauty.

Participants faced the demanding trail with determination, conquering 2, 3, or 4 peaks based on their goals and abilities. Their shared purpose was to raise funds for Sewa UK, making the day even more rewarding.

The Tryfan circular walk served as a reminder of nature's awe-inspiring beauty and the importance of its preservation. As the sun set on this memorable day, it left behind a sense of accomplishment, camaraderie, and appreciation for our planet's treasures.

Charity Through Adventure's Wales Walk is a testament to the power of combining adventure with philanthropy, proving that noble causes can be as rewarding as conquering challenging peaks.



Adventure4Sewa - London Marathon - Sunday 21st April 24 - Register your interest to try and get a place and raise funds for Sewa UK - <https://sewauk.org/London-Marathon>



Cycle4Sewa - 3rd Sept 23 - This year we had over 70 cyclists who were under 16 years of age joined us at our London event!

Huge congrats to all the winners!

Mens 18+ cycling - Jainil Patel - 159km

Boys under 18 cycling - Arjun Kothari - 362km

Under 10s cycling - Keshav Purohit - 84km

Ladies cycling - Aadiya Sahadev - 71km

Running - Vishal Sah - 55km

Walking - Jayesh Hirani - 120km

Sewa UK would like to give a huge shout out and thank you to all of this year's sponsors and volunteers as the event wouldn't be able to run without your support. Sewa UK would like to congratulate all 70 participants and through their determination, a total of over 7000km were cycled by over 200 cyclists.

“Vasudhaiva Kutumbakam ~ The World Is One Family”

Donations for Cycle4Sewa can still be made at
https://sewauk.org/campaignDetails/Cycle4Sewa/C4S23_General



Medics4Sewa - Chitrakoot - Post Covid India Appeal - Your generous donations have supported replacement of old single oxygen cylinders to a sustainable long term oxygen plant, giving a constant supply of life saving oxygen. Thank you all.



Rickshaw Run 23: Bhajan Night Fund Raiser Event - 7th Oct 23

Woolwich RR23 Participants Host

BHAJAN NIGHT

In Collaboration With Sewa UK & SKSS Temple Woolwich

FREE ENTRY


SKSS Temple Woolwich
St. Margarets Grove, London SE18 7RL


7th October 2023
7:00 PM - 11:00 PM

Bhajan By SHIV SHAKTI BHAJAN MANDAL - SEHA RAM MANDIR

  

Light Refreshments Will Be Available
RSVP to Darshna Patel : 07926238570

Sewa UK Strategy Workshop: An amazing day with the whole team strategising on Sewa UK's growth plan over the next 5 years. Watch this space on new initiatives and opportunities to take on various roles within the wider teams. If you are interested, do get in touch.



Youth4Sewa: 4 youth ready to go to India for up to 8 weeks. Y4S is an unpaid summer internship connecting dynamic individuals from diverse backgrounds with NGOs in India and the UK. Interested? [Register](#)



Register for Youth4Sewa

Youth4Sewa is an unpaid summer internship connecting dynamic individuals from diverse backgrounds with NGOs in India and the UK. It's a collaboration between Sewa UK and National Hindu Students Forum (NHSF). Youth4Sewa cultivates and develops a spirit of Sewa (selfless service) and inspires individuals to work for the wellbeing of humanity.

[Register](#)

Sewa UK supports Suriname: 300 school kits donated to children

The endeavors of Sewa International Suriname predominantly encompass initiatives in the spheres of education, healthcare, and support for vulnerable social segments.

A comprehensive overview of a substantial portion of our accomplished projects can be accessed via our official Facebook page:
<https://www.facebook.com/SewaInternationalSuriname/>



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Registered Office: 1100 Stratford Road, Hall Green, Birmingham, B28 8AD.

T +44 (0)121 777 4045, info@sewauk.org.

Charity No. 1135425, registered in England & Wales No.06976220

