

Stories Inside

- Recognition event in South Jersey, NJ
- Earthquake Training in the Bay Area, CA
- Senior wellness program in Chicago, IL
- Wellness walk/run in Katy, TX
- Volunteers removed litter in Los Angeles, CA
- Temple service drive in Boston, MA
- Virtual enrichment session for Students in Atlanta, GA
- Sewa RTP held a burrito drive in Morrisville, NC
- Sewa Expands Planned and Smart Giving
- Sewa Academy Engages over 800 Learners in February
- *Upcoming Events*

A conversation in a cab triggers donations to Sewa...

See page 8



Namaste,

Executive Corner

Sewa (service) is spirituality in action. Since Vedic times, our rishis reflected on the essence of life and discovered a simple truth: we move toward the divine by controlling our senses through inner discipline and selfless service. When we serve others, we serve the same divinity present in all beings. For us, *sewa* is *kartavya*—duty, it is not optional. When we perform our duty to the best of our ability, we practice *Adhyatma* (spirituality) through action.

Core Tenets of our *Karyapaddhati*

Karya is the mission, *Karyakarta* is the heart, and *Karyapaddhati* is the steady rhythm that harmonizes our processes, teamwork, and conduct, ensuring consistency, discipline, and effectiveness. These elements help ensure that our work survives the individuals and serves for the ages. *Vyavahar* (conduct) guides how we work and serve. We believe there is a volunteer for every task and a task for every volunteer; everyone has a role. When someone has even one free hour, we value that hour. When someone has special skills, we encourage them to use those skills. Team members move from “Aham” (I) to “Vayam” (We), and we become complete.

Many Views, One Decision

We believe in “many opinions, one decision.” We stay disciplined with time and commitments because reliability builds confidence. When we align our thoughts, words, and actions, coordination replaces competition. We see society as one family. We involve people in the process. We listen to their needs, respect their ideas, and work side by side. Success is not just the number of meals served but the relationships built.

Three Characteristics of Sewa

To translate its vision into reality, Sewa has developed a unique *Karyapaddhati*, which rests on three core values: *Samuhikata* (Collectivity), *paarasparikata* (Mutuality), and *Anamikata* (Anonymity). Together, these principles shape how we think, lead, and work.

Gundavarapu Explains Body–Mind–Intellect Model at Sewa Samvad in Dallas, TX

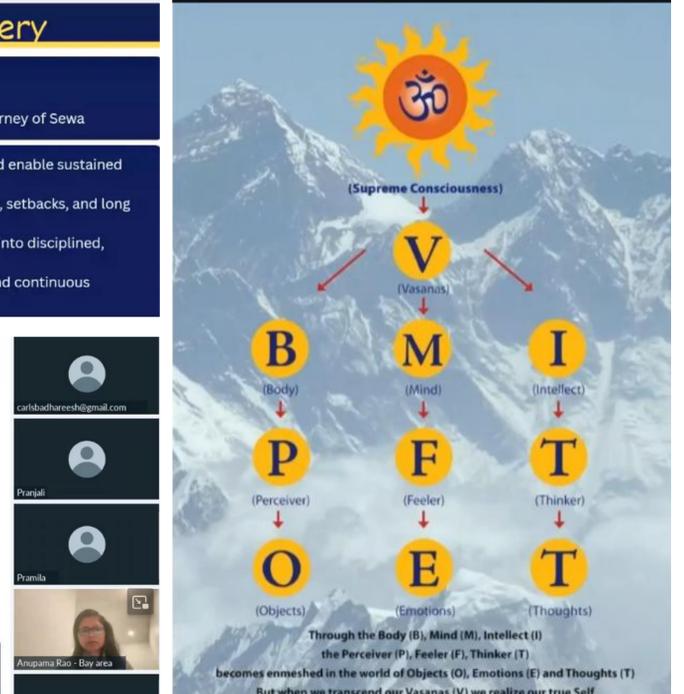


Inner Discipline & Self-Mastery

- Sewa is a long journey, not a sprint.
- Sustained service requires inner discipline as much as outer action.
- This session is about sustaining ourselves for the long and fulfilling journey of Sewa

- स्वस्थ-स्थिति (Svastha-Sthiti) - Health as duty - a cared-for body and mind enable sustained service
- मनोबल (Mano-Bala) - Mental fortitude - dhairya and virya to face stress, setbacks, and long effort
- कार्यदक्षता (Kārya-Dakṣatā) - Mindful planning - translating commitment into disciplined, effective action
- विवेक (Viveka) - Discernment - self-reflection, openness to feedback, and continuous refinement

Internal Discipline (Yamas)	External Observances (Niyamas)	Benefits
Saucham (Purity)	Ahimsa (Non Violence)	<ul style="list-style-type: none"> • Steady and Calm Mind • Stronger Will • Purity of Heart • Clarity of Thought • Softens the Ego
Santosha (Contentment)	Satya (Truthfulness)	
Tapas (Austerity)	Asteya (Non Stealing)	
Swadhyaya (Self Study)	Brahmacharya (Moderation)	
Ishwara Pranidhana (Surrender to God)	Aparigraha (Non Possessiveness)	



Srikanth Gundavarapu presented the Body–Mind–Intellect framework at the Sewa Samvad in Dallas, TX

The Body–Mind–Intellect (BMI) framework drawn from the Bhagavad Gita and the Yoga Sutras helps people to increase focus, build endurance, and achieve emotional balance, said Sewa’s president, Srikanth Gundavarapu, in Sewa Samvad recently.

Addressing a virtual gathering on February 15 from Dallas, TX, he explained that the body acts through the senses, the mind processes emotions, the intellect discerns right from wrong, and the ego claims ownership of actions. Swami Chinmayananda, the Hindu spiritual leader and founder of Chinmaya Mission, articulated the BMI framework, which showed how the body, mind, and intellect shape our actions.

Speaking on “Inner Discipline and Self Mastery,” Srikanth said that individuals grow when they identify with the higher Self rather than just the body or mind. The BMI framework helps us control our senses, mind, and intellect through meditation and the study of the scriptures. He said journaling and physical activities are tools that would enable this journey.

‘I’ to ‘We’ : The Collective Strength of Sewa’s Karyapaddhati

Sewa International Expands to Andaman & Nicobar Islands with Tuberculosis Nutritional Support Program



Sewa's Advisor, Shyam Parande, distributed tuberculosis nutritional kits at Marine Community Hall during the program launch in Sri Vijaya Puram, Andaman & Nicobar Islands, India

Sewa International launched a tuberculosis (TB) nutritional support initiative as part of the TB-Free India program in India's Andaman & Nicobar Islands on February 17, marking its entry into the island. Addressing the participants, Shyam Parande, Sewa's Advisory Board Member, said the expansion reflected efforts to take the TB Free India program to the remote and border regions of India.

Jinesh Lal, Executive Director, Sewa International Bharath (SIB), said the initiative strengthens nutritional support systems and promotes coordinated action for community health. In the event Sewa distributed nutritional and medicine kits to 10 patients and their families event. Over 20 Sewa volunteers worked on organizing the event, and the World Health Organization consultants advising the TB Free India program, officials from the Andaman & Nicobar Islands Administration & Health Department, and Cochin shipyard staff also participated in the event.

San Diego Annual Banquet Raises Over \$30,000 for Women and Child Programs



Attendees gathered during the annual fundraising banquet in San Diego, CA

Sewa's second annual banquet in San Diego raised over \$30,000 in support of women's empowerment and child education programs, reflecting a strong show of community support for Sewa. More than 130 attendees participated in the event, including Dr. K. J. Srinivasa, Consul General of India in Los Angeles; Antonio Martinez, San Ysidro School District Board member; Alicia Jimenez of Hearts & Hands Working Together; Varinda Missett of Interfaith Community Services; and Latha Sundar, educator and mentor. The banquet brought together Sewa's supporters, civic leaders, and nonprofit partners and showcased the impact of ongoing service programs to donors and the local community.

Organizers presented updates on Sewa International's Sponsor a Child (SAC) and SHE (Sanitation, Hygiene, and Empowerment Project for the Girl Child) initiatives in India and highlighted local family service efforts. The chapter also launched its year-long activities for the 9/11 Day of Service project supported by AmeriCorps.

Tree Plantation Drive at Vitthal Rukmini Mandir in Rosenberg, TX



Volunteers plant and landscape temple grounds during the Plantation drive in Rosenberg, TX

Volunteers planted native Texas saplings and improved temple pathways at the tree plantation drive in Rosenberg on February 8. Around 120 participants aged 5 to 80 joined volunteers, planting 3-gallon native Texas trees across the temple's 11-acre grounds, enhancing the temple's landscape. Families and senior participants worked side by side, sharing work and Sewa spirit.

Event organizers prepared planting zones and coordinated logistics to maintain steady progress. Volunteers also repositioned paver blocks and bricks, making the walkway stable and improving its appearance. The temple administration appreciated volunteers and said their efforts were a long-term investment that would improve shade in the temple's premises and increase its overall appearance. Local Sewa volunteers said the event provided people an opportunity to work collectively towards increasing trees in Rosenberg and improve the temple that provides them a sacred place to gather and pray.

Dhyana and Disaster Readiness: Earthquake Training in Dublin, CA

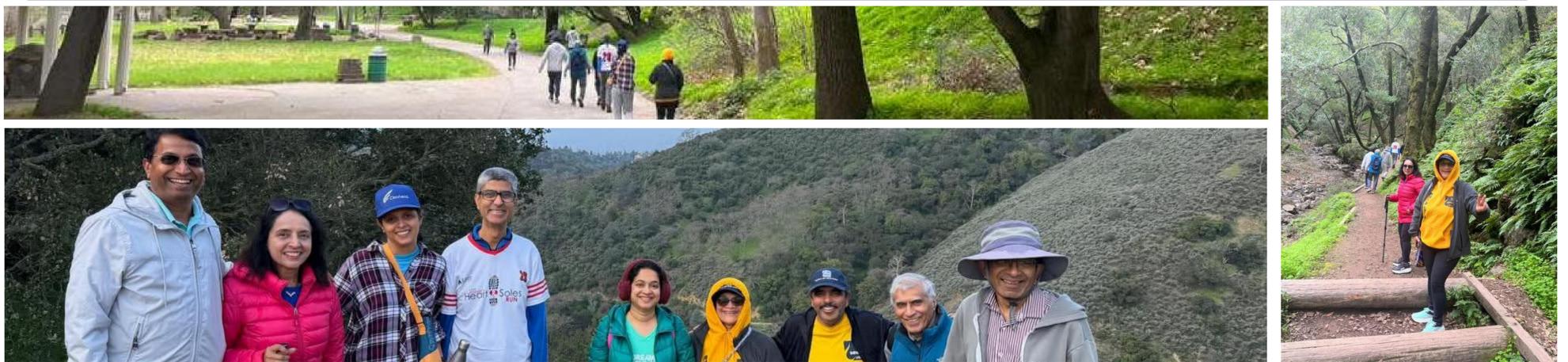


Participants engaged in preparedness and mindfulness training in Dublin, CA

Sewa Bay Area conducted an intensive training in safety planning, risk awareness, and practical emergency response skills at the Earthquake Preparedness and Mindfulness workshop on February 14. Twelve participants shared experiences and practiced response strategies together. The workshop also featured breathing exercises that reinforced calm decision-making when faced with adversity. Teen volunteer Veer presented preparedness lessons under Vikram Kapur's guidance and presented data on past earthquakes.

Guest visitor Sherry Hu observed the session and praised the youth leadership and focus on preparedness. Participants reflected on practical ways to remain steady during crises and discussed how *Vipasana Dhyana*, an ancient Indian technique that is rebranded in the West as mindfulness, supports clear thinking under pressure. Rajesh Shastry, East Bay Chapter coordinator, emphasized that consistent awareness strengthens readiness and helps people respond thoughtfully when unexpected situations arise. The program continues in diverse contexts across regions to build informed, confident individuals prepared to act calmly when emergencies occur.

Trail Walk Encourages Active Living and Mindful Well-Being



Sewa Bay Area volunteers completed a trail walk in San Jose, CA

Sewa Bay Area volunteers organized a nature walk in the Alum Rock Park in San Jose on February 7. Taking a stroll, nine participants shared their thoughts, laughter and life experiences while enjoying the nature that surrounded them. They appreciated Sewa's efforts in organizing the event which provided them an opportunity to relax and reenergize. It also gave them a break from their daily routines and allowed them to bond with other Sewa volunteers.

South Jersey Sewa Volunteers Contribute 15,000 Service Hours in 2025



Attendees gathered during the recognition event in South Jersey, NJ

Sewa Volunteers in South Jersey contributed over 15,000 hours of service involving over 170 projects like tree planting, Park Bench cleanup, and cooking and serving food at homeless shelters. Sewa South Jersey chapter showcased its impact in the annual "Sewa Milan" event on February 15, organized to recognize its donors, volunteers, and partners.

The event that drew over 220 attendees also honored 102 youth volunteers and presented plaques to three partner organizations. More than 400 volunteers took part in Sewa's activities last year. A bevy of public officials attended the event and appreciated Sewa's contribution to the local community. Mayor Kristan Marter, State senators Latham Tiver, Troy Singleton, and Sewa's Vice President, Administration, Syam Kosigi, addressed the gathering. Sarah Steward, CEO of Homefront, a non-profit dedicated to ending homelessness, and Francis Mitokpe also spoke at the event. Chandhra Mulinti, Chapter Coordinator, thanked "all who contributed to making the event a memorable celebration of service, community, and gratitude." Video Link: [South Jersey Sewa Milan](#)

Senior Wellness Initiative Launches with Strong Participation



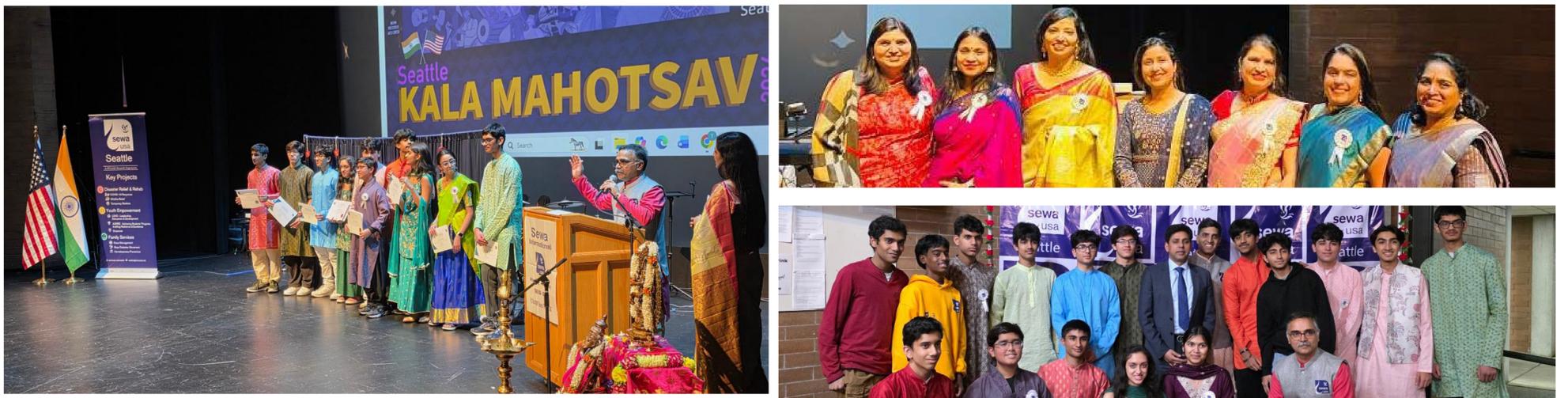
Senior wellness program launched at Vernon Township Community Center, Chicago, IL

The Sewa Chicago Chapter Family Services (FS) team started a new initiative that brought together 31 seniors despite harsh winter weather. It also launched ongoing township-supported programs focused on health, staying active, and social connection.

Participants played an interactive BINGO game that encouraged participation and social connection. The event marked the start of ongoing monthly programs supported by local grants at the Senior Sewa Program launch in Vernon Township on January 31.

The event was held at the Vernon Township Community Center and included remarks from Daniel Didech about plans for active aging and social engagement. Chapter Coordinator Nagrajan Rajaram said regular gatherings help improve well-being, reduce isolation, and build strong support networks.

Kala Mahotsav Showcases Arts, Talent, and Cultural Expression



Sewa Seattle Chapter volunteers and performers gathered during the festival in Bellevue, WA

The Sewa Seattle Chapter held a dance, music, and yoga program, “Kalamahotsav” at the Bellevue College Theater cultural festival in Bellevue on January 31. Over 130 artists presented 17 performances to an audience of nearly 350 people. Suresh Sharma, Consul, Community Affairs, from the Consulate General of India, Seattle, praised Sewa’s work. He also appreciated Sewa volunteers for organizing a large event to showcase the talent of the Indian diaspora. Over 40 volunteers, including 30 LEAD (Leadership, Education, and Development) interns spent over 250 hours of service organizing the event.

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Executive Corner Collectivity (Samuhikata)

'I' to 'We': The Collective Strength of Sewa's Karyapaddhati

Collective is the cradle that nurtures sustainable progress which is born of cooperation, not competition. In other words, alone I am incomplete, but together we are complete. For example, I can run fast alone, but together, as a community, we can go far. Therefore, collective leadership means leadership based on shared responsibility and collective representation. As a result, unity, equality, interdependence, and cohesion become central values.

Mutuality (Paarasparikata)

Mutuality goes beyond simple teamwork; it is the practice of deep-rooted respect, interdependence, and reciprocal support. It acts as the organizational glue, where every member's growth is inextricably linked to the progress of the whole. It means that members assist one another and move forward as a team. Cooperation, assistance, and reciprocity form its foundation. True organizational spirit develops when each member merges their existence with the organization and becomes inseparable from it. Consequently, trust and goodwill grow stronger. Sewa's reputation becomes our reputation, Sewa's progress becomes our progress, and Sewa's prosperity is our prosperity.

Anonymity (Anamikata)

In Hindu thought, anonymity elevates the work above the worker. For instance, the authors of the four Vedas and the 18 Puranas are mostly unknown. This tradition reflects a culture where contribution matters more than recognition—everyone's effort, but no one's name. Ideological unity ensures harmony, not conflict, and keeps the mission above individual identity.

For us, sewa is sacred. “Nar Sewa is Narayan Sewa.” When we serve with humility and integrity, spirituality becomes action. It builds our character, strengthens society, and elevates the individual.

Sincerely,

Sandeep Khadkekar
VP, Organization

Service Project Combines Environmental Care and Direct Relief Efforts



Sewa volunteers supported environmental and relief work in Bay Area, CA

Volunteers from the Sewa Bay Area worked together at indoor and outdoor stations, with 15 participants mulching rose gardens to improve soil and knitting hats for unhoused people during cold weather. Their joint efforts supported sustainable farming and hands-on relief work at Green Friends Farm during the Bay Area service event on January 31.

Rajesh Shastri, East Bay Coordinator, said that the volunteers worked and stayed coordinated throughout the day. This initiative connects environmental care with humanitarian support through ongoing volunteer engagement and collaboration.

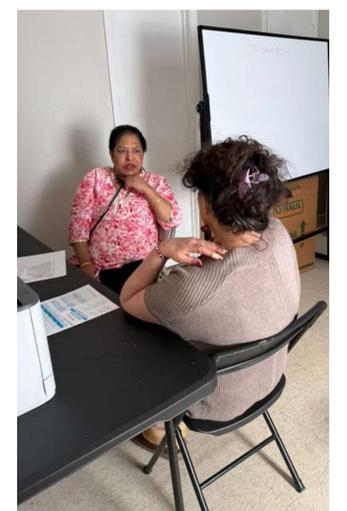
5K Walk/Run Strengthens Preventive Health Engagement



Participants joined the wellness walk/run in Katy, TX

The Sewa Houston organized a wellness event with over 170 participants and Surya Namaskara warm-up sessions. The event also marked the 6th year of its monthly 5K runs along scenic park trails. The event was held in partnership with Katy Hindu Community, Hindu Swayamsevak Sangh, and Shiva Vishnu Mandir of Katy, where organizers managed exercises, participant support, and event logistics. The 5K walk/run in Katy on February 7 also promoted the SELF (Sleep, Exercise, Lifestyle Practices, Food, and Diet) program's focus on long-term wellness. Mahesh Bhatt, Chapter's Joint Coordinator, shared updates on service initiatives and reinforced consistent participation.

Health Clinics Expand Access to Essential Care in Houston



Residents received coordinated health services in Houston, TX

Sewa ASPIRE (Achieving Students Progress, Instilling Resilience, and Excellence) partnered with AmeriCorps and Harris County Public Health to provide medical support to nearly 50 residents at two locations in Houston on February 9. The clinics were supported by four doctors from the Indian Dental Association, one medical student, AmeriCorps members, and volunteers. They helped with registration, health screenings, outreach, consultations, pediatric guidance, preventive education, and vaccination support. Organizers coordinated clinical workflows and referral pathways to support continued follow-up. Partners said collaboration strengthens health awareness and connects residents with reliable care resources.

Volunteers Restore Adopted Highway Through Coordinated Cleanup in Los Angeles, CA



Sewa Volunteers removed litter along an adopted highway in Los Angeles, CA

Sewa Los Angeles chapter volunteers removed litter from an adopted stretch of highway on February 22. Volunteers worked in coordinated teams, collecting 11 bags of trash and clearing debris along the roadway. Starting their day early, volunteers brought the required equipment and completed the cleanup by removing scattered litter and restoring highway cleanliness.

Srinivas Kothapalli, Chapter Coordinator, said that the cleanup showed Sewa's ongoing commitment to environmental responsibility and public stewardship in heavily traveled corridors. "Regular maintenance prevents waste buildup and protects surrounding ecosystems from harmful pollutants. "Adopt a Road initiative strengthens civic participation and demonstrates how sustained local action preserves shared public spaces. Residents benefit from cleaner surroundings, while continued engagement encourages responsible habits that support long-term environmental health and collective wellbeing," Kothapalli said.

Volunteers Work With Living Arroyos to Restore Creek Habitat in Livermore, CA



Volunteers cleared creek debris and supported habitat restoration in Livermore, CA

Sewa volunteers removed litter and stabilized habitat conditions during a joint environmental effort at Tranquility Circle in Livermore on February 21. More than 17 volunteers from the Sewa Bay Area joined hands with over 30 volunteers from Living Arroyos, a multi-agency partnership between the Cities of Livermore, Dublin, and Pleasanton, Zone 7 Water Agency, and the Alameda County Resource Conservation District. Teams cleared waste along the waterway and supported habitat recovery.

Guru Prasad, Director, West Region, said this effort supported ongoing environmental stewardship and watershed protection. Organizers coordinated tasks, equipment, and safety oversight to maintain workflow. Staff from Living Arroyos acknowledged the partnership and noted continued restoration needs. Prasad described the work as sustained care for local ecosystems across the region.

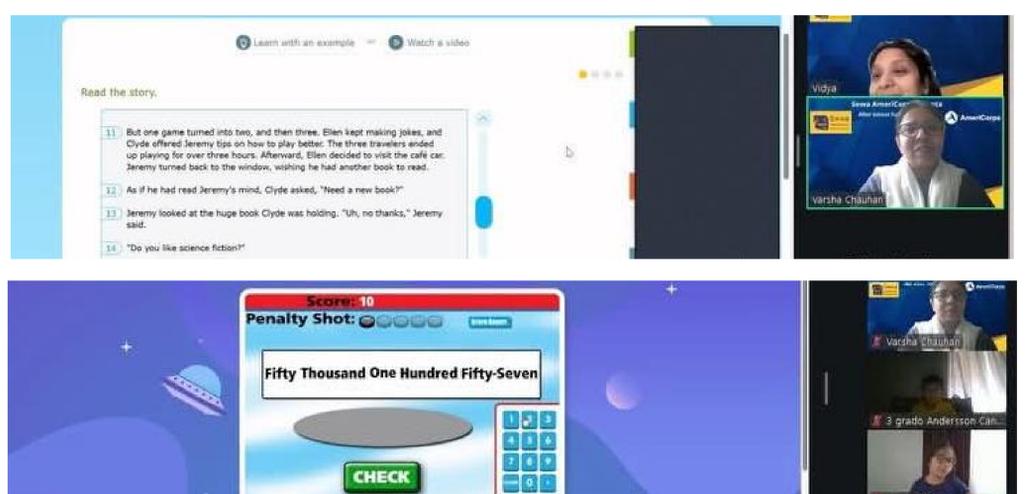
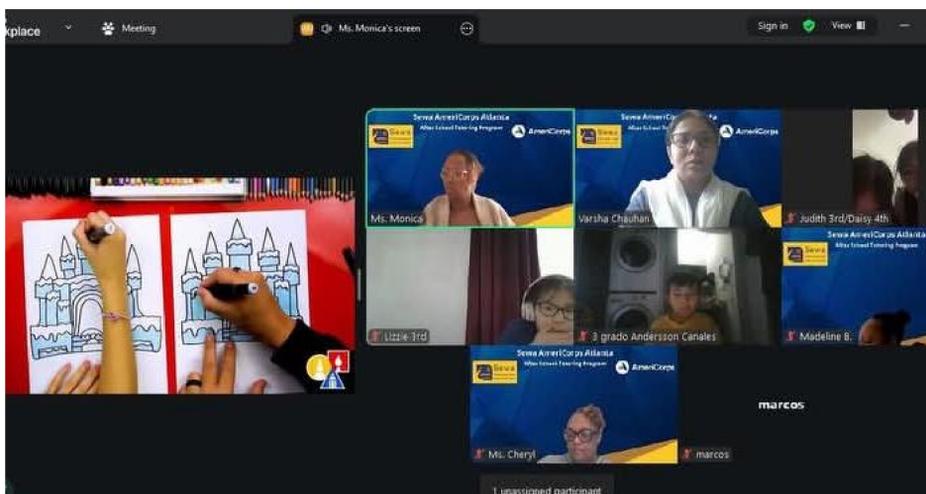
Boston Youth Volunteers Assemble Meal Kits and CLean Temple in Massachusetts



Volunteers from the Sewa Boston prepared kits (first photo from left) and helped with temple service (second & third photos) in Boston, MA

Sewa engaged youth volunteers in a service drive in Boston on February 5. In partnership with The Brown Bag Project, volunteers assembled 150 hygiene kits and 100 meal kits for residents in Worcester, MA. In a separate event, young volunteers cleaned and organized Shri Gita Mandir in Shrewsbury, MA. Kumar Subramanian, Chapter Coordinator, said that these efforts strengthened ongoing service activities.

Virtual Enrichment Session Strengthens Student Learning in Atlanta



Students participated in a virtual enrichment session in Atlanta, GA

Sewa Atlanta held a virtual enrichment session that helped students improve reading and math despite heavy snowfall and schedule changes. Students enjoyed engaging through learning activities on IXL (a K-12 online learning platform), Gimkit, and Bookit (interactive quiz games), along with guided drawing. The session helped maintain learning and participation during the virtual program in Atlanta on February 1.

AmeriCorps members guided activities and supported younger learners, building foundational literacy that helps students read to learn. Rupesh Sharma, Chapter Coordinator, said that virtual sessions sustained academic progress during disruptions, while interactive formats kept engagement high. He said structured instruction and coordinated educational support encouraged consistent participation in ongoing learning program.

Burrito Drive Delivers Meals Through Fire Department Partnership



The Sewa Research Triangle Park (RTP), NC team held a burrito drive on February 25 in partnership with the Morrisville Fire/Rescue Department, preparing meals and delivering them to the Durham Rescue Mission for lunch.

Volunteers baked, packed, and delivered food with support from Tom Dooley, a firefighter and rescue professional, affiliated with the Morrisville Fire/Rescue Department.

The effort strengthened partnerships and continues to support coordinated service that meets local food needs. Participants used the facilities at the Morrisville Fire station to prepare meals.

Sewa volunteers prepared and delivered burritos in Morrisville, NC, to support local hunger relief

Farm Support Drive Strengthens Sustainable Agriculture



Sewa volunteers completed farm support work in Livermore, CA

Volunteers from the Sewa Bay Area worked on the farm in Livermore on February 7. They handled pruning, garden bed preparation, irrigation and plumbing setup, planting, and maintenance at Fertile Ground Works, a nonprofit urban farm and community gardening organization. Over 20 volunteers, including three students aged 8 to 12 served at the farm.

Utpal Dixit, Chapter Joint Coordinator, said that volunteers coordinated assignments and logistics to maintain an efficient workflow across multiple planting zones and equipment stations. Volunteers collaborated across teams to support crop health and strengthen practical learning in sustainable farming. The Fertile Ground Works staff expressed gratitude, noting the effort helped them to accomplish their planned land care initiatives.

When a Conversation Inspires an Unexpected Gift



The volunteer meeting at Sewa Boston's office had just ended, but the energy it created lingered long after everyone left. A few young Sewa volunteers, still reflecting on the annual planning session, climbed into an Uber Cab and began the ride home. Their conversation naturally turned to the meeting they just attended.

Volunteers spoke about the year ahead, the chapter's annual plan, and the concept of selfless service that brought them together. They shared stories about the people whose lives had been touched, the goals met, and how volunteers poured their energies into Sewa initiatives to serve others. Their words carried conviction, warmth, and quiet determination.

The driver listened to their conversation without interrupting. At first, he simply glanced at them through the mirror. Then he asked a few thoughtful questions. What inspired them? How did their work help others? What kept them going?

They answered honestly, speaking not with rehearsed explanations, but with sincerity. Gradually, the atmosphere in the car shifted. What began as a routine ride became a shared moment of reflection. As the trip neared its end, something unexpected happened. Before they stepped out, the driver reached into his wallet and handed them \$15. He asked only one thing — that they donate it to the cause on his behalf. He did not want a receipt. He did not want recognition. He simply wanted to give.

The amount was small, but the gesture carried profound meaning. In that brief journey, genuine passion had moved a stranger to act. It was a simple reminder: when service comes from the heart, people feel it. And sometimes, the quietest moments create the most lasting impact.

Sewa Academy Engages over 800 Learners in February

In February, Sewa Academy delivered:

- Structured leadership training through standardized material
- Scalable courses
- Expanded its focus on governance, compliance, and program excellence
- Over 30 courses offered across five portals
- Conducted by Sewa USA, Sewa International Bharat, Sewa Bridge, and partners
- Great participation, 800+ learners in February
- Helped strengthen organizational capacity

This Month's New Courses

Course Name	Vertical	Learning Outcome
Understanding Sponsor A Child (SAC)	Programs	Learn SAC sponsorship, donor engagement, and compliance to support student education.
Sewa Chapter	Organization	Learn how to form and grow a mission-aligned, sustainable Sewa chapter.
Sewa Chapter Structure	Organization	Understand chapter structure and leadership roles for effective operations.
Grant Utilization Report (GUR)	Administration	Understand GUR workflow and compliance for timely, accurate reporting.
Project Impact Report (PIR)	Administration	Master the PIR framework for accurate reporting and impact documentation.

Planned and Smart Giving Supports Long-Term Impact

Sewa International expanded planned giving options for supporters. Options include donations through wills, beneficiary designations, stock gifts, IRAs, and donor-advised funds. The program offers free estate planning tools through FreeWill. Planned giving helps families create a lasting impact while maximizing tax efficiency. The initiative supports sustainable giving for future generations.



Please find the plans below: gacy.org/tax-smart-gifts/

Planned Giving

- ✓ Include Sewa in your will or living trust
 - ✓ Name Sewa as an IRA/401(k) beneficiary
- Benefits: Clarity | Control | Confidential | No Cost Today | Impact Tomorrow
- Start free: <https://sewausea.mygiftlegacy.org/>

Smart Giving

Donate appreciated assets for tax advantages:

- ✓ Stocks & Mutual Funds
- ✓ IRA Qualified Charitable Distributions
- ✓ Donor-Advised Funds

Bitcoin

Benefits: Avoid Capital Gains | Income Tax Deductions | Greater Impact Per Dollar

Explore options: <https://sewausea.mygiftlegacy.org/tax-smart-gifts/>

Upcoming Events

- March 14, 2026: Sewa Los Angeles – Burbank Holi Celebrations | Johnny Carson Park, 400 Bob Hope Dr, Burbank, CA
- April 5, 2026: Chaitra Navaratri Celebrations | West Bank Dr, Westlake Hills, TX
- April 12, 2026: Sponsor A Child (SaC) Fundraising Drive | Houston Metro Area, TX

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