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## On Sewa

**"Sewa is seeing every opportunity to serve as divine grace, and every challenge as a step toward deeper commitment."**  
**-Gauranga Das Prabhu**



## Executive Corner

## How Sewa Became a Global Movement of Service and Hope

Namaste All,

As one year gently comes to a close and another unfolds before us, I pause in deep gratitude. I am grateful to each one of you for volunteering with Sewa and for the privilege of serving an organization shaped not by buildings or balance sheets, but by people and purpose.

This past year took me across the country —north to south, east to west - visiting Sewa chapters, meeting volunteers, seeing impact on the ground. I shared meals, met families, and listened to stories. I met volunteers who serve quietly and tirelessly, donors who give with trust, partners who walk alongside us, and beneficiaries whose resilience humbles the soul. In every place, I felt the same heartbeat —Sewa, a rhythm rooted in compassion.

That compassion translated into meaningful action. Across 46 chapters, our Serve teams organized over 595 service events, engaging over 8,398 volunteers who contributed more than 36,158 hours of selfless service. Through ASPIRE (Achieving Students Progress, Instilling Resilience, and Excellence), over the last school year, our mentors and volunteers tutored and trained nearly 1,800 students daily. Our STEM (Science, Technology, Engineering, and Mathematics) camps and learning initiatives continued to open doors for young minds. Through the SHE (Sanitation, Hygiene, and Empowerment Project for the Girl Child) program, we touched the lives of 2,500 girls and trained 900 women, strengthening skills, confidence, and pathways to financial stability. These numbers reflect not scale alone—but lives changed, futures shaped, and dignity restored.

Whether responding to floods in Texas or fires in Los Angeles, teaching the underserved, nurturing leadership through the LEAD (Leadership, Education, and Development) program, or engaging in simple yet powerful acts of service—road cleanups, blood drives, food distribution, and healthcare outreach—our volunteers show us what selfless action truly means.

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## "Sewa is a Practice of Ego Dissolution": Gauranga Das Prabhu



**Gauranga Das Prabhu, spiritual leader; Krishnan Bala Subramanyan, a Sewa volunteer; Preeti Pustake, a participant; and Anupama Rao, anchor (clockwise) during an online session**

Gauranga Das Prabhu, an Indian Hindu monk, shared insights on distinguishing sewa (selfless service) from traditional charity and philanthropy while launching the volunteer development talk series on January 16. He described sewa as the essential *dharma* (righteousness) of the soul, not merely an activity. He explained that *dharma* differs from routine action because it rests on a stable identity and pure intent, noting that service without the right inner disposition can lose its essence.

Speaking at *Sewa Samvaad—Sewa Paramo Dharmaha*, spiritual leader Gauranga Das outlined five principles of *sewa* (service) : commitment, remembrance of purpose, guidance from mentors, a lifelong mission, and service as spiritual practice.

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## How Sewa Became a Global Movement of Service and Hope

## "Sewa is a Practice of Ego Dissolution": Gauranga Das Prabhu

Gauranga Das encouraged volunteers to view every opportunity to serve as divine grace and every challenge as preparation for deeper commitment. He emphasized a four-point daily reflection framework to integrate service with daily spiritual practice: gratitude review, service self-assessment, an adjustment prayer for more conscious service, and reading one verse daily from spiritual texts such as the Bhagavad Gita, Mahabharata, or Bhagavata Purana. Gauranga Das explained how the Four Inner Pillars—inner identity, pure intent, clear thinking, and compassion—help keep service meaningful rather than routine.

Gauranga Das further explained that service becomes meaningful when actions align with inner identity and intention, guiding the purification of the heart and fostering a deeper connection with the divine. Emphasizing that *sewa* begins with identity, he urged participants to see themselves as servants rather than doers seeking recognition. During the Q&A session, Gauranga Das described service as action, as inner growth, and as a way of being, while highlighting ego risks such as seeking credit, expecting results, and comparing one's service with others. He noted that selfless service tames the ego and becomes a path to inner growth through humility and surrender. Like a tumor, the ego must be removed. *Sewa* helps us do that.

Introducing Gauranga Das, senior *Sewa* volunteer Balasubramanyan said the session invited volunteers to renew inner strength so that service remains joyful, selfless, and sustainable. Over 180 participants attended the session, which offered guided reflection and practical tools applicable to personal life, family responsibilities, and service roles. As part of the upcoming volunteer development series, *Sewa*'s President, Srikanth Gundavarapu will speak to attendees online on February 15 at 6:00 PM PT.

## Healthcare at Doorsteps: *Sewa* ASPIRE Takes Clinics to Houston Apartments



**Sewa AmeriCorps medical teams served residents at apartment clinics in Houston, TX**

Sewa AmeriCorps team delivered medical services at the health clinics in Houston on January 17. The team served residents at two apartments, engaged four physicians, and included medical students and AmeriCorps members supporting care and outreach. Sewa AmeriCorps ASPIRE (Achieving Students Progress, Instilling Resilience, and Excellence) organized clinics at Villa Madrid and Trails of Woodlakes in partnership with the Indian Doctors Association – Houston and the Indian Dental Association. Physicians Arvind Bhimraj, Jyotika Kapur, Shubha Shetty, and Supriya Ramanathan provided consultations and guidance. Medical students from Texas A & M (Agricultural and Mechanical) assisted with intake and follow-up. Sewa AmeriCorps members led door-to-door outreach to raise awareness and encourage participation.

## Atlanta: Enrichment Session Builds Skills Through Games and Reading

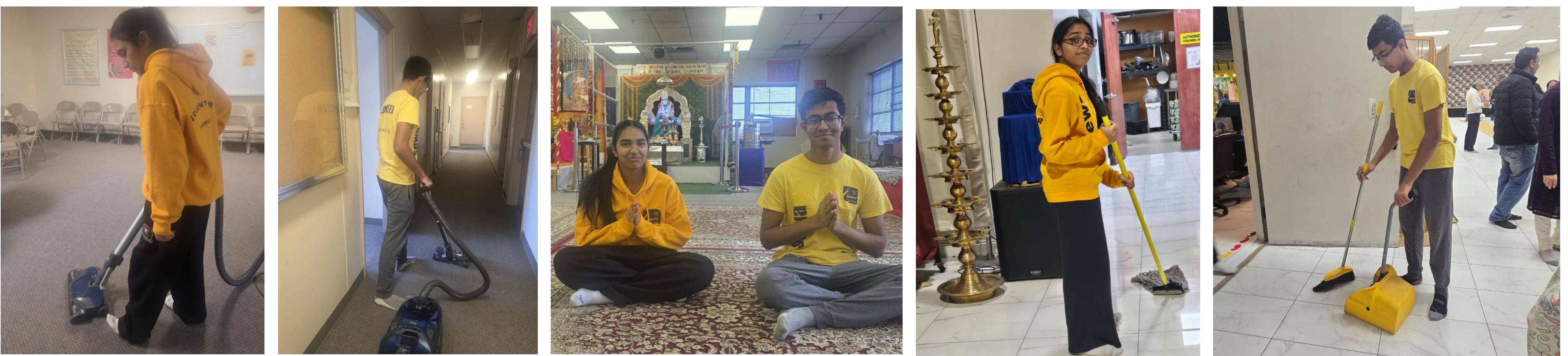


**Students joined enrichment activities at Sienna Ridge apartments, Atlanta, GA**

Sewa AmeriCorps ASPIRE students took part in learning activities at the enrichment session in Atlanta on January 2. The program engaged in-person and virtual learners through building tasks, games, and reading, with four-paragraph texts used for skill practice and a final directed drawing exercise to reinforce focus and creativity.

At Sienna Ridge apartments, students built structures and played "UNO" and "Guess Who Am I" to support teamwork, communication, critical thinking, and confidence. For those who joined online, instructors led a reading session on sloths and comets, where students identified main ideas, found supporting details, and summarized passages in their own words. The program ran under Sewa AmeriCorps ASPIRE, which provides academic support and enrichment.

## LEAD Students Support Temple Services Through Hands-On Volunteering



LEAD volunteers supported evening services at Sai Mandir (first three photos) in North Brunswick, NJ, and Radha Gopinath Temple (next two photos) in Edison, NJ

LEAD (Leadership, Education, and Development) students and volunteers supported temple services during the evening *pooja* (worship) in North Brunswick, New Jersey, on January 3. Over two days LEAD students and volunteers served at two temples, supporting hundreds of visitors through coordinated food service and facility assistance. At Sai Mandir, teams served food, organized and replenished the *prasad* (*Sacred food*) table, distributed *prasad* and holy water, served food, washed dishes, and kept all areas clean and organized. LEAD students addressed needs as they arose to maintain a welcoming environment.

On the next day, volunteers supported activities at Radha Gopinath temple by assisting with setup, organizing materials, and coordinating with temple staff to keep programs running smoothly. Organizers said the back-to-back efforts strengthened teamwork and ensured smooth operations during peak hours. Volunteers focused on service, safety, and respectful coordination throughout both events.

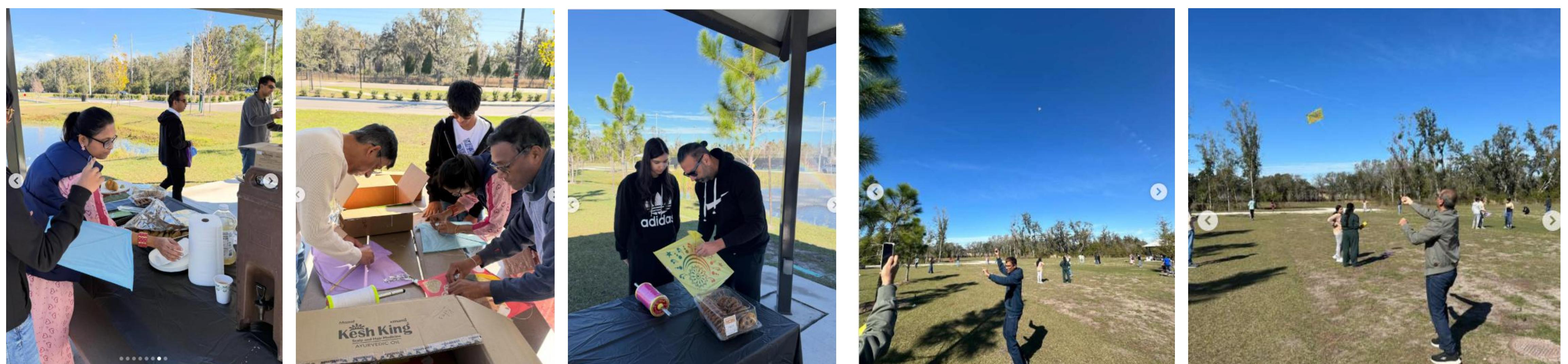
## LEAD Students Support Veterans with Games and Companionship



LEAD students assisted residents at Veterans Home, in Central Jersey, NJ

LEAD (Leadership, Education, and Development) students volunteered to help residents at the New Jersey Veterans Memorial Home in Central Jersey, NJ, on January 6. They supported several residents and conducted a group bingo session, assisting with transport to and from rooms and common areas. They helped residents reach the cafeteria for bingo, then sat beside veterans to help mark cards and keep play inclusive. Teams cheered participants and kept the pace steady so everyone could join. After the game, volunteers assisted veterans using wheelchairs back to their rooms. Staff coordinated movement and safety while students followed care guidelines while serving residents.

## LEAD Students Raise Funds Through Kite-Flying for Education



LEAD Students hosted a kite-flying fundraiser in Tampa, FL

LEAD (Leadership, Education, and Development) students organized a kite-flying fundraiser at the outdoor event in Tampa, FL, on January 17. The fundraiser event drew over 30 participants, raised \$250, and supported one education program that provides textbooks, uniforms, and learning support. Students planned and led the "One Kite, One Textbook" activity, coordinated with families and friends, and managed the collections. Sewa allocated funds to the Sponsor a Child (SAC) program, which provides academic support to underprivileged students. Participants flew kites, shared activities, and learned how small donations expand access to education.

## Sacramento, CA: Annual Banquet Raises Funds for Health and Family Programs



Fundraising banquet drew large crowd in Sacramento, CA

Sewa Sacramento chapter hosted a fundraising event at the annual banquet in Sacramento, CA, in December. The evening drew over 140 attendees, featured multiple cultural performances, recognized youth leaders, and raised funds to support health clinics and expanded family services in 2026. Guests watched classical dance, musical tributes, and a "Brighter Minds" demonstration, and they honored outstanding LEAD (Leadership, Education, and Development) volunteers. Speakers outlined plans to open new clinics, expand family services, and increase medical kit distribution. A video highlighted over 100 past service events, disaster relief, and food and mask distribution. Local leaders addressed the audience and emphasized long-term service and youth development.

*Contd... from page 1*

### Executive Corner

### How Sewa Became a Global Movement of Service and Hope

Sewa work is more than service; it is a spiritual journey. Through serving others, we are transformed ourselves.

I traveled to India four times this year, visiting programs we support—Sponsor a Child, SHE, Sewa Fellowship, and *Divyang Sewa Kendra*. Standing face to face with beneficiaries, listening to parents share how Sewa changed the trajectory of their children's lives, I witnessed impact not as data, but as lived reality. Some moments filled me with pride; others brought me to tears. These are the moments that remind us why we do what we do.

I am here to share something important: Sewa is strong, and Sewa is growing. It is creating a lasting imprint—not only across the United States and India, but in other countries where the seeds of Sewa are being planted. What began as a service has evolved into a global movement of shared responsibility and hope.

As we step into 2026, we carry both humility and ambition. We aim to grow our chapters, our reach, and our impact even further this year. More importantly, we seek to deepen impact by offering every stakeholder—beneficiaries, volunteers, youth, and donors—a more holistic Sewa experience. This means investing in people, building capacity, strengthening training, and enhancing our technological foundation. To do this, we aspire to raise \$10 million through individuals, foundations, corporate partnerships, and grants—not as an end in itself, but as fuel for service.

You are our quiet strength. Our constant. Our reason for hope.

For Sewa to flourish, those who serve must also be cared for. As you reflect on your personal, professional, and social goals for the coming year, a Sanskrit verse comes to mind:

क्षणशः कणशश्वैव विद्यामर्थं च साध्येत्

Bit by bit, moment by moment, knowledge and abundance are built.

It is a reminder that lasting change is not created in grand gestures alone, but through small, sustained acts done with intention. With that spirit, I invite you—gently, sincerely—to consider a few simple practices that have helped me personally:

1. If you already exercise regularly, please continue. If not, begin with just 30 minutes, 2-3 times a week—and invite your family to join you.
2. Meditate at least once a week for 15 minutes and grow from there.
3. Reach out each week to a volunteer you don't already know—simply to check in.
4. Set aside at least \$10 a week for a charity of your choice.

Spend a few minutes each day reading, writing, or reflecting on principles of compassion, self-discipline, and service—and let them guide your actions. For me Gita has been a constant companion and guide. These are small steps—but their impact is profound.

In my journeys across the country, I met a donor who donates \$25 every single day. When asked why he doesn't give one large check instead, he said: "This is how I express gratitude to the Almighty—for what I have been given. I need to be reminded every day." That, to me, captures the essence of *sewa*.

With deep gratitude—for your trust, your support, and the opportunity to serve alongside you—I wish you, your families, and your loved ones a year filled with purpose, compassion, and quiet joy.

**Srikanth Gundavarapu**  
President

## Winter Storm Relief Mobilizes Support for Vulnerable Residents in Irving, TX

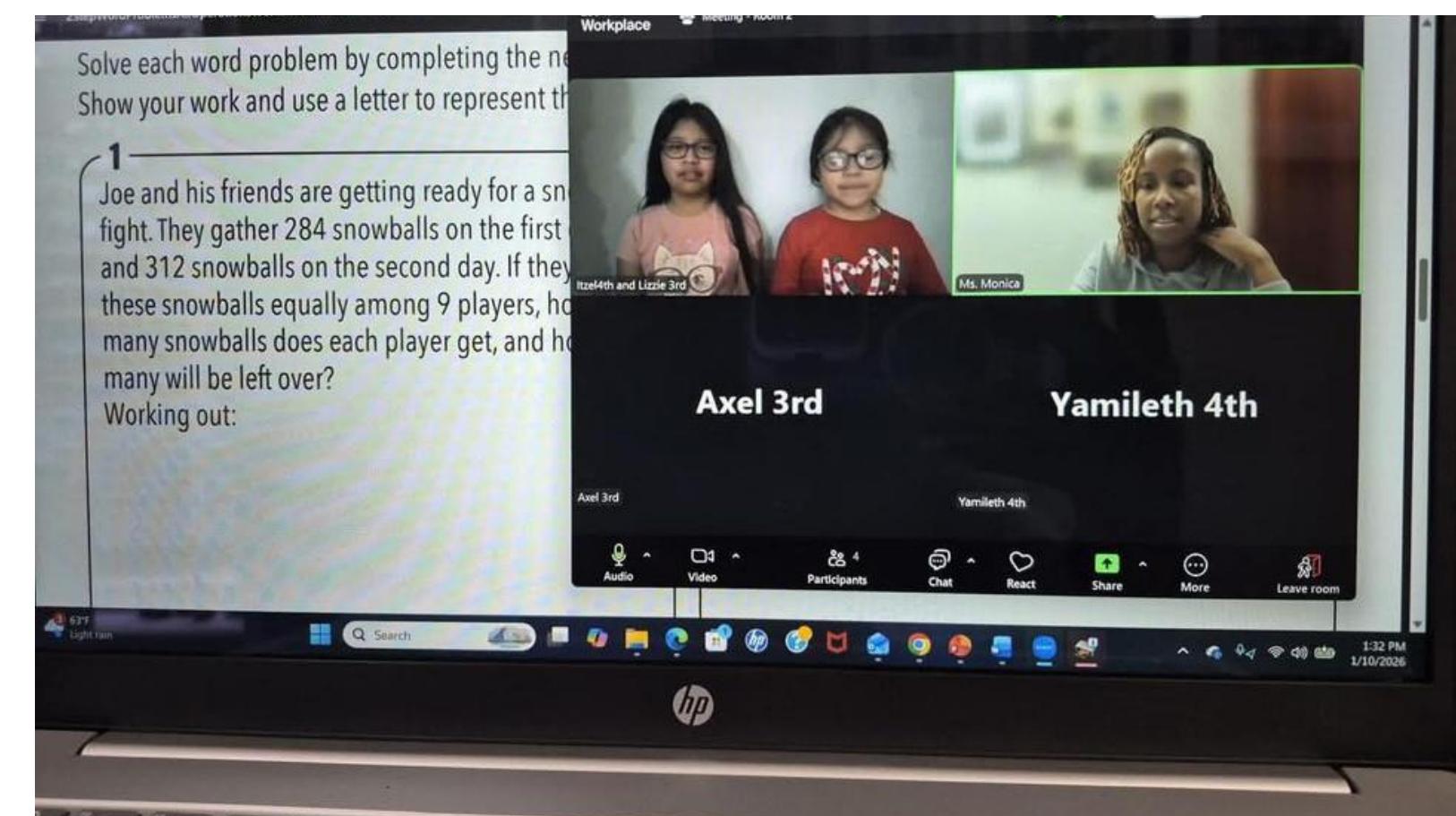
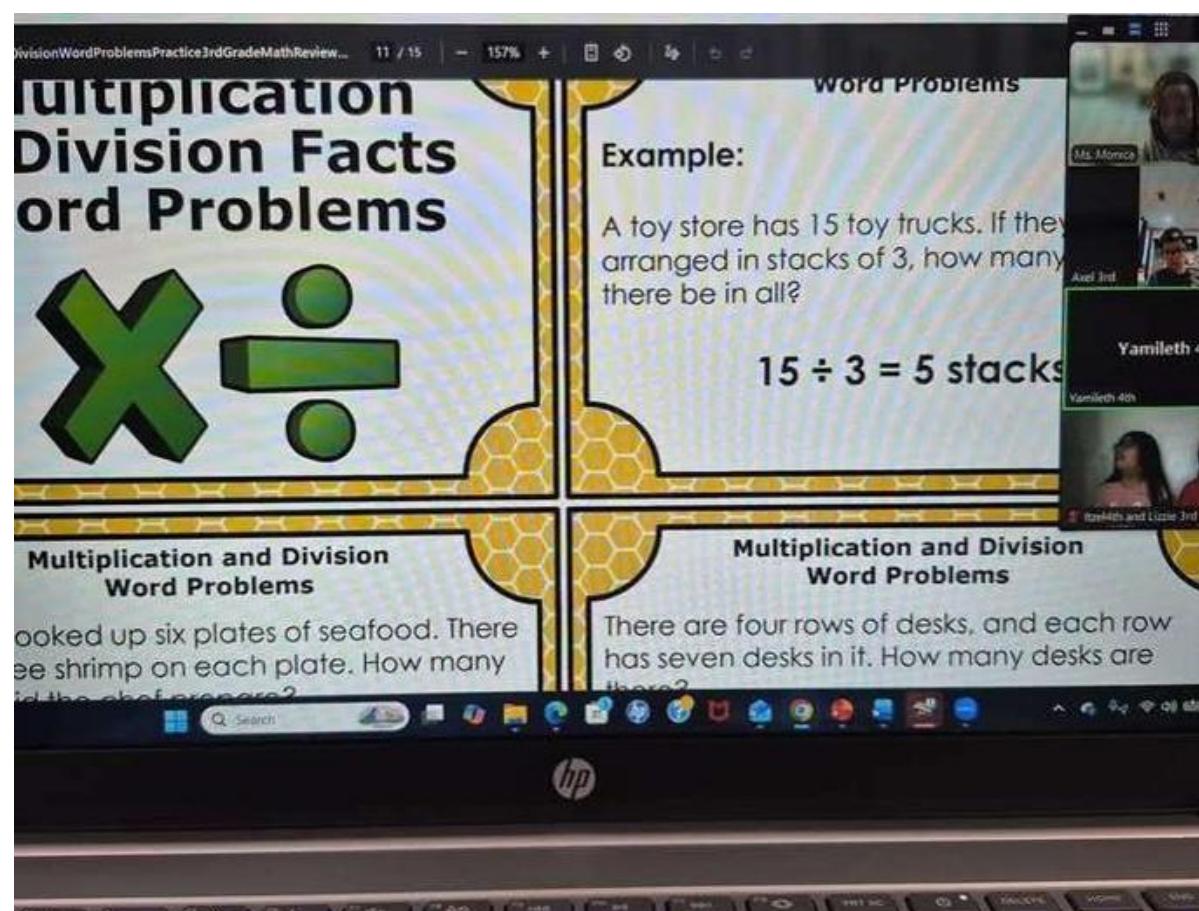


**Winter storm relief coordination and supplies delivered in Irving, TX**

Sewa volunteers discussed winter storm preparedness with city leaders at the coordination meeting in Irving, TX, on January 25. The team met with two city council members, placed volunteers on standby, and delivered over 150 pounds of food, 100 emergency blankets, and hygiene supplies to support residents facing freezing temperatures. Inclement weather shelters are scheduled to operate till February first week, requiring sustained logistical support and replenishment.

Sewa confirmed readiness to provide ongoing assistance as conditions evolve. Volunteers are coordinating with local city administration to ensure timely distribution of relief material and shelter support across Irving and nearby areas.

## AmeriCorps Members Bring Learning to Life Through Hybrid Tutoring



**AmeriCorps members supported hybrid tutoring at Sienna Ridge in Atlanta, GA**

AmeriCorps members delivered in-person and virtual math support at the tutoring session in Atlanta, GA, on January 11. Members worked on-site at Sienna Ridge Apartments while others led a live virtual lesson, helping students practice multiplication and division through guided activities. The draw-along session blended step-by-step instruction with creativity, reinforcing patience, resilience, and confidence alongside core math skills.

The hybrid approach expanded access to learning and kept students engaged despite challenging weather. Virtual instruction paired visual creativity with problem-solving, while on-site support reinforced concepts through direct interaction. The program continues to emphasize consistent academic support, adaptable teaching methods, and skill-building that strengthens classroom learning and student confidence.

## Blanket Drive Mobilizes Rapid Relief During Houston Freeze



**Sewa volunteers delivered emergency blankets across Houston, TX, during winter freeze**

Sewa volunteers coordinated large-scale winter relief deliveries at the emergency response effort in Houston on January 25. The initiative mobilized dozens of volunteers to donate over 2,000 blankets, delivering 1,800 within 24 hours to emergency management offices and partner organizations across three counties. Supplies supported over 10 shelters prepare for subfreezing temperatures during the winter freeze in January.

The effort focused on rapid distribution to protect vulnerable residents from cold exposure. Teams worked closely with local agencies to stage, transport, and document deliveries efficiently. Ongoing coordination ensures remaining supplies reach shelters as conditions evolve. The program continues to emphasize preparedness, timely logistics, and volunteer-driven response during extreme weather events.

## Delivering Food to Shore Cleanup: SERVE & LEAD Volunteers in Action



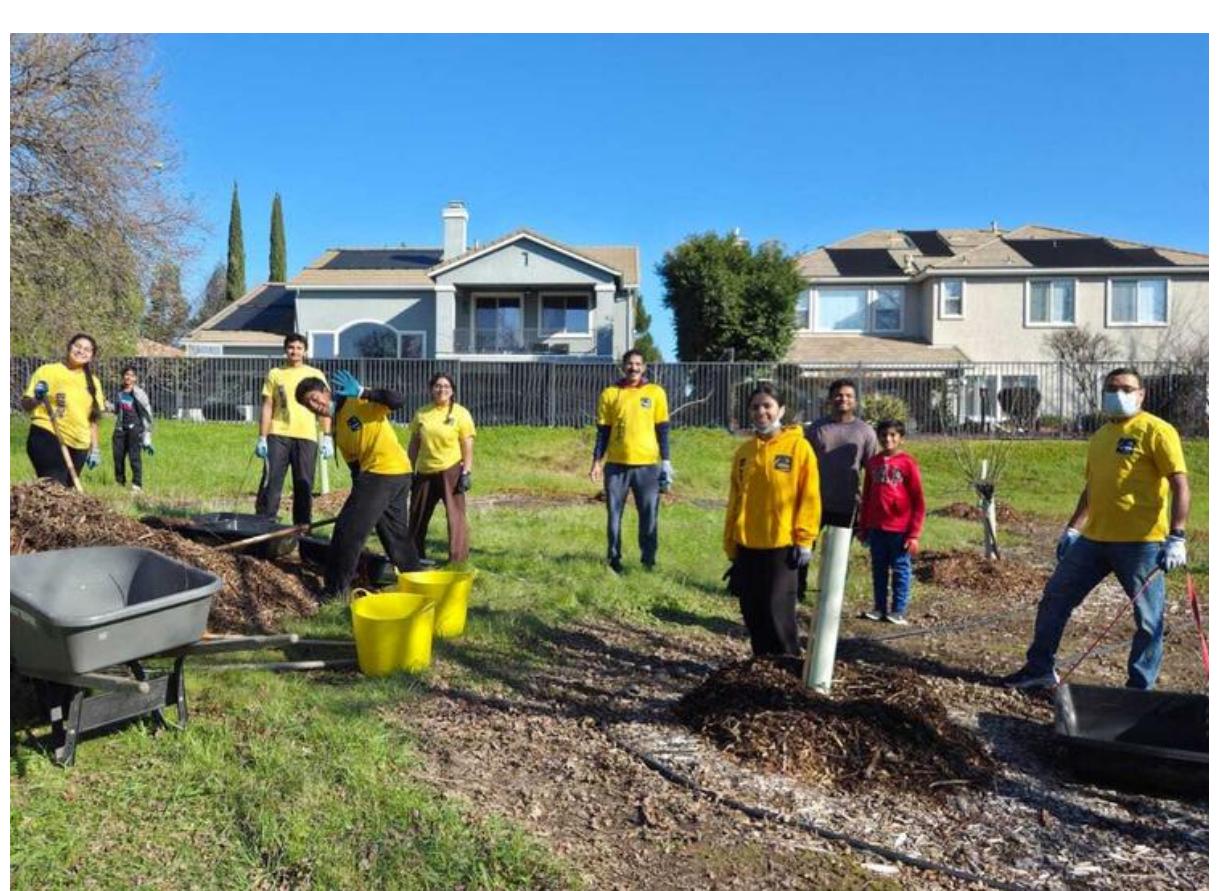
**Livermore, CA**, SERVE volunteers supported temple services at the service event in Livermore on January 1. About 40 volunteers assisted with food packing, traffic flow, kitchen support, and general help. Teams coordinated tasks, managed lines, and ensured smooth operations during peak hours, helping visitors complete rituals and receive meals efficiently.



**San Diego, CA**, LEAD (Leadership, Education, and Development) volunteers led a shoreline cleanup at the environmental stewardship event in San Diego on January 17. Student and adult volunteers removed trash along the river with support from the San Diego River Park Foundation, improving safety and habitat quality for visitors and wildlife.



**Western Massachusetts, MA**, SERVE volunteers prepared and delivered meals for seniors at the service event in Longmeadow on January 3. Six LEAD volunteers packed and delivered about 65 meals from the parish center during three service hours. The effort supports weekly Meals on Wheels delivery and helps seniors receive nutritious food at home.



**Roseville, CA**, SERVE volunteers supported park maintenance at the mulching event in Roseville on January 17. Fifteen volunteers, including nine LEAD (Leadership, Education, and Development) students and six adults, spread mulch at Dugan Park with the Roseville Urban Forest Foundation, helping protect trees, improve soil health, and support long-term urban forestry care.



**South Jersey, NJ**, SERVE volunteers packed and prepared meals for underserved residents at the food drive in Chesterfield on January 10. Twenty LEAD volunteers assembled pasta, rolls, salad, and desserts at a church partner site. The team chose to proceed without delay to ensure timely meal support for families in need.



**South Jersey, NJ**, SERVE volunteers organized and cleaned grounds after a major ceremony at local temple in Willingboro on January 17. Twenty-two teen and adult volunteers supported post-event setup and cleanup at Jeeyar Ashramam. The effort restored the site quickly and supports ongoing use for religious and cultural programs.

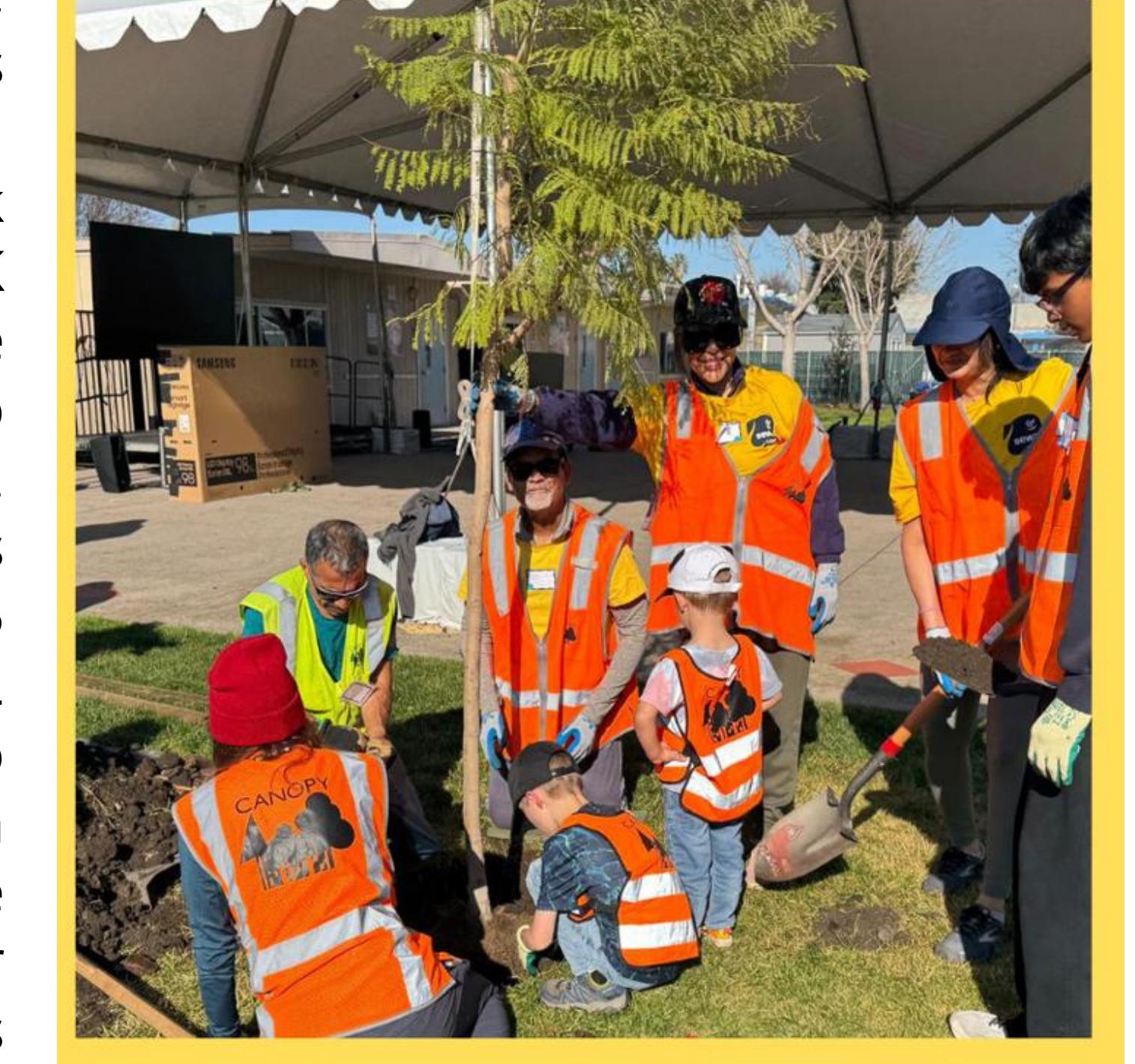
## Planting Trees & Meditation: Family Service & 9/11 Volunteers Drive Change



**Dublin, CA**, Family Service volunteers hosted a group meditation healing session in Dublin on January 17. Seventeen participants joined guided movement, stretching, and meditation. The session promoted calm, focus, and connection. Attendees reported feeling relaxed and energized, and feedback praised the interactive format and mindfulness-based approach to family wellness.



**Cumming, GA**, 9/11 volunteers supported site upkeep at the Bench Staining event in Cumming on January 17. Ten volunteers contributed 20 hours, shifting from staining to cleanup and garden bed maintenance due to cold weather, improving temple grounds and preparing plants for winter protection.



**Raleigh, NC**, 9/11 volunteers planted trees at the Tree Planting event in Raleigh on January 19. Twenty-one volunteers worked three hours at Optimist Farm with Trees for the Triangle, improving green cover and supporting local climate resilience. The effort marked Martin Luther King Jr. Day through service and environmental stewardship.



**Rosharon, TX**, Sewa volunteers removed damaged materials and cleaned greenhouse sites for storm recovery at the repair project in Rosharon on January 3. Twenty-four volunteers partnered with the American Red Cross to clear plastic, sort debris, and prepare two structures for restoration. The work supports long-term disaster recovery and safe rebuilding.

# San Francisco Mayor Recognizes Sewa International at India's Republic Day Celebration



**Mayor Daniel Lurie at Indian Republic Day celebrations, San Francisco, CA**

San Francisco Mayor Daniel Lurie recognized Sewa International and Indian American contributions at India's 77th Republic Day celebration in San Francisco, CA, on January 26. His remarks at the Consulate General of India acknowledged decades of civic engagement, highlighted the 77th milestone of the Republic, and noted celebrations that brought thousands together, while underscoring Sewa's ongoing work.

Mayor Lurie said, "It's an honour truly to be here tonight to celebrate India's Republic day. On January 26, 1950 India adopted its constitution and affirmed a belief in democracy, equality and the dignity of every person. Those values resonate deeply here in San Francisco, caring for one another is a universal responsibility." He emphasized enduring ties through culture, innovation, and a sister-city partnership with Bengaluru. Dr. Srikanth Reddy, the Consul General of India in San Francisco also addressed the gathering.

## Volunteers Deepen Understanding of Organizational Vision and Roles

Nearly sixteen Sewa volunteers took part in a Volunteer Development workshop held in Houston, TX, on January 18. The session focused on strengthening organizational understanding and alignment through discussions on the Vision and Mission, *Karyapaddhati* (ways of working), volunteer qualities and responsibilities, and the Organizational Development Plan. The program concluded with an engaging question-and-answer session, allowing participants to clarify concepts and share insights.

Attendees highlighted the value of structured learning forums, noting that the presentations and content helped deepen their connection to the organization's principles. Many suggested holding these workshops at least twice a year and inviting both new volunteers and those who have been actively involved for six months or more. The feedback underscores the importance of continued learning and leadership development.



**Workshop on volunteer roles and organizational alignment, held in Houston, TX**

## Upcoming Events

**PLEASE JOIN US FOR OUR**  
**FREE CLINIC**  
**FEBRUARY 7 10AM-1PM**

**OUR SERVICES:**

- PHYSICAL EXAMS
- HEALTH SCREENINGS
- CHECK-INS WITH PHYSICIANS

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10202 Club Creek Dr.  
Houston-77036

Trails of Woodlake  
2222 Westerland Dr.  
Houston-77063

Contact Tarvinder Taneja: (301) 979-0148

AmeriCorps Texas  
sewa USA  
ASPIRE COMMUNITY CENTERS

TEXAS INSTRUMENTS  
Harris County Department of Education  
Harris County Commissioner LESLEY BRONES  
EDWARD POLLARD  
EMERSON  
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**Sewa International USA**

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**Virtual Classes**  
Offered by a Certified Yoga Therapist

**BENEFIT**

- Improved Glycemic Control
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- Prevention of Complications
- Enhance flexibility, Strength & Circulation
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**Feb 9th - Feb 27th, 2026**  
Monday to Friday  
06.00-7.30 PM CST

**Register Here**

**\$10**  
Includes one color packet  
Children under 5, no fee!  
Ticket sales are final.  
group discounts available

**Call us for more info**  
832-677 3963

**Sewa International EAST BAY HOLI 2026**

Join us this Holi to celebrate the festival of colors with family and friends! Let's unite in joy and togetherness!

Play Holi, spread hope — support the Sewa SHE program for women's dignity and strength.

Buy Tickets Today!  
<https://tinyurl.com/SewaEastBayHoli2026>

**\$10**  
Includes one color packet  
Children under 5, no fee!  
Ticket sales are final.  
group discounts available

**Flash Mob**  
**DJ & Music**  
Food for purchase

**For sponsorship opportunities email**  
[@bayarea@sewausa.org](mailto:@bayarea@sewausa.org)

**07th March, 2026**  
10:30 am to 3:00 pm  
Emerald Glen Park  
4201 Central Pkwy, Dublin, CA 94568  
For more details Contact - 408-347-5845

**https://sewausa.org**  
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**Sewa International USA Boston Chapter**

**NRITYAMEVA JAYATE 2026 (Dance & Singing Competition)**

Celebrating Rich Indian Tradition of Dance, Arts and Music

**VENUE**  
KEEFE REGIONAL TECHNICAL HIGH SCHOOL,  
750 WINTER STREET FRAMINGHAM, MA

**DANCE CATEGORIES**  
1. CLASSICAL  
2. NON CLASSICAL

**DATE & TIME**  
21ST MARCH, 2026  
11AM -7PM  
( Only 10 Entries )

**REGISTER NOW**

**FEES:**  
Dance - \$20  
Singing - \$50  
PER PARTICIPANT

**HURRY UP!**

**REGISTRATIONS CLOSES ON 22ND FEB !**

**GUEST REGISTRATION**  
FEES: \$10

All Proceeds from this event will support Sewa SHE programs

- February 7-8, 2026: Sewa Phoenix Volleyball Tournament 2026 | S Dobson Rd, Chandler, AZ
- February 28, 2026: Sewa for Seniors | Vernon Township Community Center, N Main Street, Buffalo Grove, IL
- February 28, 2026: Sewa Life South Blood Drive | Estates at Old Atlanta, Forsyth, GA
- March 7, 2026: Sewa Los Angeles Holi Celebrations 2026 | Campus Canyon Park, Moorpark, CA
- March 7, 2026: Sewa Atlanta Holi Celebration | Cumming Fairgrounds, Cumming, GA

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