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Yoga**

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Three Generations of Teachers Lead International Day of Yoga Celebrations in San Antonio, TX



Sewa volunteers organized International Day of Yoga in San Antonio, TX

Sewa organized the 12th Annual International Day of Yoga celebration at Hemisfair's Civic Park in San Antonio on June 20, attracting about 175 participants.

Ritwik Jadav, Vice Consul at the Consulate General of India; Sherry Dowlatshahi, Chief of Protocol and Head of International Relations, City of San Antonio; and Dr. Sukh Kaur, San Antonio District 1 Councilwoman, attended the program. During the event, organizers announced they had achieved the \$25,000 fundraising goal to support iDoYoga San Antonio and Sewa initiatives, while recognizing TIPS (Texas Indo-American Physicians Society) for providing nearly \$35,000 in cumulative grants over the past 12 years.

Held under the theme "Yoga for All Ages, By All Ages," the event featured yoga and meditation sessions led by three instructors from different generations—Saanvi Agrawal, Melinda Gonzalez, and David Gillis—demonstrating yoga's accessibility across all age groups. Nearly 40% of attendees represented the broader non-Indian community, reflecting the growing appeal of yoga.

Students from Swaranjali marked the 150th anniversary of Vande Mataram, while participants also commemorated the 250th anniversary of the United States by singing the national anthem. Sewa recognized local yoga teachers and community leaders for their contributions to promoting yoga.

Sewa International to Support Pediatric OCD and Tic Disorder Research at the Mass General Hospital in Boston, MA

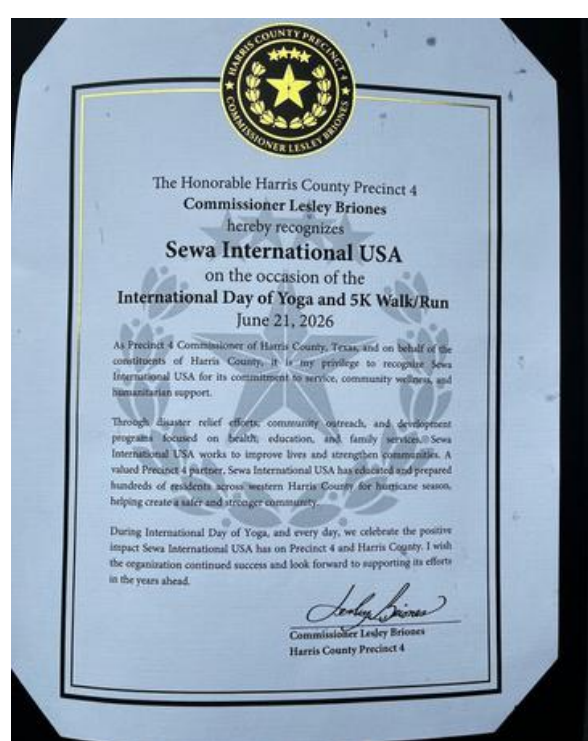
Sewa International received a \$125,000 grant from an anonymous foundation to support ongoing research on Pediatric Psychiatry OCD (Obsessive-Compulsive Disorder) and Tic Disorders at the Massachusetts General Hospital in Boston, MA, in early June. The funding will help advance research aimed at improving the understanding, diagnosis, and treatment of OCD and tic disorders in children and adolescents.

OCD and Tic Disorders are neurodevelopmental conditions characterized by intrusive thoughts and repetitive actions. While OCD causes individuals to experience persistent, distressing worries that compel them to perform repetitive behaviors to find relief, Tic Disorders manifest as sudden, involuntary physical movements or vocal sounds that are difficult to suppress.

Based on data from 2016 to 2019, referenced by a study conducted by the Center for Disease Control (CDC), OCD affects roughly 1% to 2.3% of children and adolescents (about 1 in 100 kids) in the United States. Persistent tic disorders, including Tourette's syndrome, affect about 1 in 50 children (around 1.4 million people nationwide, particularly those aged 5 to 14). Srikanth Gundavarapu, President of Sewa International, said, "We are deeply grateful to our donor who wants to remain anonymous for this generous grant, which reflects a shared commitment to advancing research and improving treatment for children and families affected by OCD and tic disorders."

Gundavarapu added that this support will help sustain important research efforts, leading to a better understanding, earlier interventions, and an improved quality of life for those impacted by these disorders. "We thank the foundation for its trust and partnership in supporting research that has the potential to create lasting benefits for children, families, and communities," he said.

Hundreds Celebrate International Day of Yoga across Houston, TX



Sewa volunteers supported International Day of Yoga events in Houston, TX

Sewa Houston supported and participated in over forty International Day of Yoga events across the Greater Houston area with yoga performances on June 20 & 21. The Consul General of India, D. C. Manjunath Chennappa, Sugar Land Mayor Carol McCutcheon, elected local government officials, and community leaders attended the June 20 morning program, which drew more than seventy people. Later that day, Sewa volunteers assisted at the Official Consulate General of India's International Day of Yoga event, attended by over 100 participants.

Despite heavy rains on June 21, more than fifty Sewa volunteers and supporters gathered at George Bush Park in Katy for another yoga event. During the program, Harris County Precinct 4 Commissioner Lesley Briones presented Sewa International with a proclamation recognizing its contributions on International Day of Yoga. Don McCoy, the Mayor of Fulshear, Texas, City Council Member Abhi Utturkar, and other local leaders joined Sewa for celebrating Yoga.

Sewa collaborated with partner organizations, including Hindu Swayamsevak Sangh (HSS), to organize and support multiple health and wellness events over two days, reflecting growing interest in this year's International Day of Yoga theme, "Yoga for Healthy Ageing." The event also featured a chair yoga session led by Meena Kankani that attracted over 50 participants.

International Day of Yoga Brings Together 125 in Denver, CO



Sewa volunteers supported International Day of Yoga in Denver, CO

Sewa organized the International Day of Yoga celebration in Denver, CO, on June 21, bringing together about 125 participants. Sewa International Director (Grants) Mahesh Raghunandan addressed attendees during the program. The event featured yoga sessions and presentations by yoga teacher Snehal Kulkarni, representatives from Art of Living, Isha Yoga, Kriya Yoga, Spiritual Tablets, Vivekananda Yoga University, and Shri Ramachandra Consciousness.

Participants learned about *asanas* (postures), *pranayama* (breathing techniques), *dhyana* (meditation) for stress management, and healthy food habits. Sewa LEAD (Leadership, Education, and Development) students supported the event.

Physicians Guide Participants at Sacramento, CA, Health Fair



About seven physicians provided health consultations and guidance to 21 participants at Sewa's first Health Advisory Fair in Sacramento, CA, on June 20.

Participants earned a CPR (Cardiopulmonary Resuscitation) certification after completing a three-hour course on essential life-saving techniques. The fair also included bone marrow donor registration awareness, mental health counseling and wellness resources, and information from WeEmbrace for families of children with special needs.

Hosted at the Chinmaya Mission Campus in Sacramento, the event brought together healthcare professionals, volunteers, and partner organizations.

Participants Celebrate Fathers' Day in Seattle, WA

Sewa organized a Fathers' Day celebration in Seattle on June 21, with more than 70 participants, including 23 families and 10 LEAD (Leadership, Education, and Development) students.

Cardiologist Dr. Tina P. Shah presented practical information on recognizing the warning signs of heart attacks and strokes and emphasized the importance of seeking immediate medical attention.

Educational sessions focused on public safety and heart health. Nick Curry, Communications Training Officer with the King County 9/11 Office, explained when and how to use emergency 9/11 services and highlighted language interpretation support available for Indian-language speakers.



Volunteers Prepare Kynd Kits for Multiple Causes in Denver, CO



Sewa volunteers prepared Kynd Kits in Denver, CO, for diverse beneficiaries

Sewa volunteers assembled Kynd Kits containing art materials and encouraging messages to support individuals facing various challenges at a service project in Denver, CO, on June 6.

Volunteers prepared kits designed for several beneficiary groups, including individuals experiencing homelessness, immigrants, people undergoing chemotherapy, survivors of domestic violence, and those affected by food insecurity or limited access to education.

Additional kits focused on environmental awareness, financial literacy, and support for the LGBTQ+ community during Pride initiatives.

Participants carefully organized the contents of each kit and included artwork and empowering messages intended to provide encouragement and emotional support.

The activity allowed volunteers to address diverse needs through a single event. By preparing the kits, Sewa volunteers contributed resources that partner organizations can use to support individuals and families across a range of social and economic challenges.

Sewa Distributes Reusable Bags at Raleigh, NC, Farmers' Market



Sewa volunteers distributed reusable cloth bags at the Raleigh, NC, farmers' market

As part of the Go Green project, Sewa youth distributed over 40 reusable cloth bags to visitors at the North Carolina State Farmers Market in Raleigh, NC, on June 13. The bags were created from gently used T-shirts and distributed to encourage people to reduce plastic use and adopt more sustainable habits.

While handing out the bags, Sewa youth spoke with visitors about environmental responsibility and explained Sewa's mission and ongoing service activities. The initiative provided an opportunity to engage with the public while promoting practical ways to reduce waste and protect the environment.

Seniors Join Paint-a-Bag Workshop in Dublin, CA

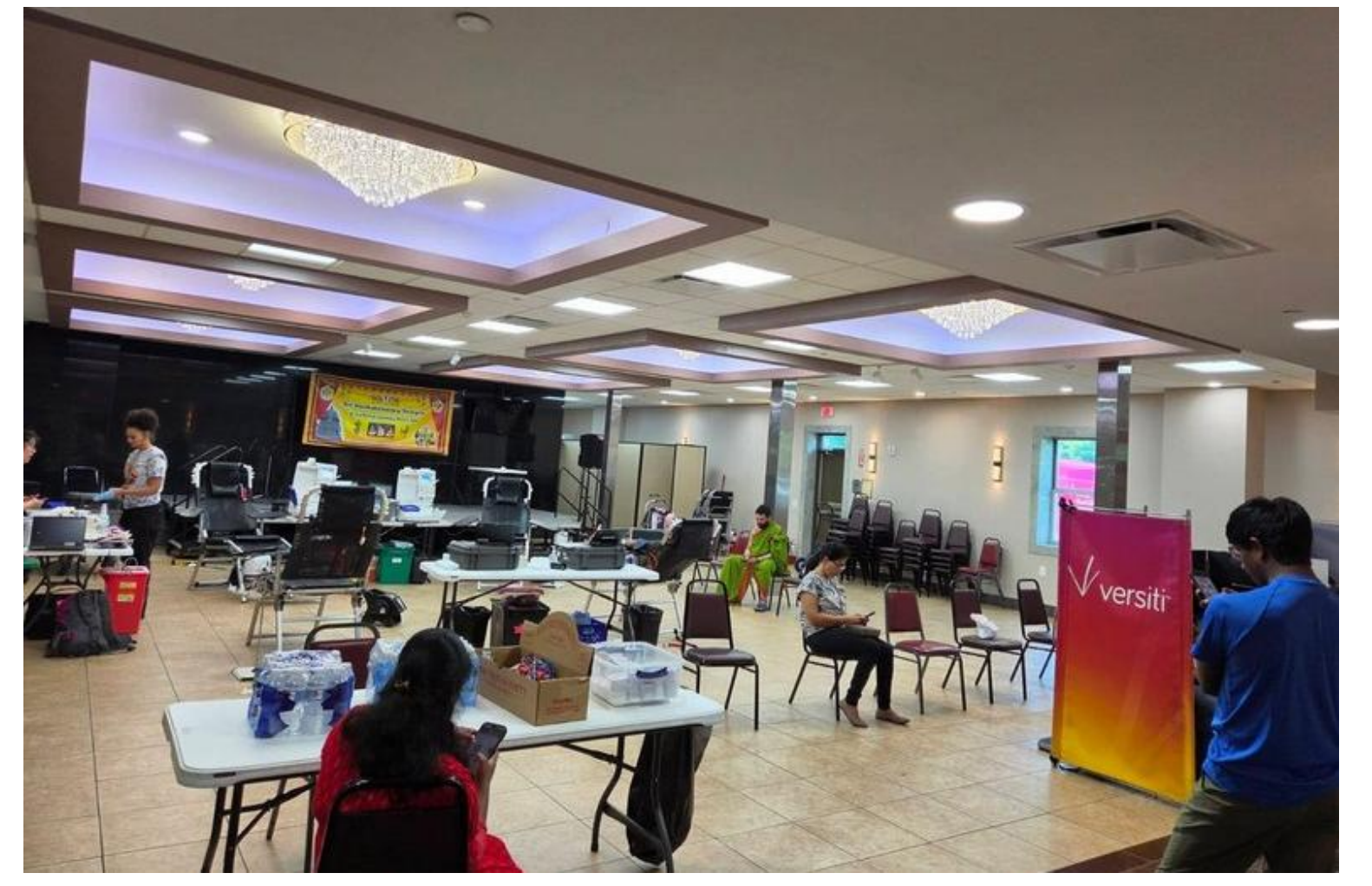


Sewa volunteers hosted a Paint-a-Bag Workshop for seniors in Dublin, CA

Sewa Bay Area hosted a Paint-a-Bag Workshop for nearly 50 seniors at the Dublin Senior Center in Dublin, CA, on June 12. The workshop encouraged creativity and self-expression while allowing seniors to connect through hands-on art and meaningful conversations. Participants painted reusable bags using vibrant colors, stencils, and freehand artwork.

Senior participants enjoyed an afternoon of collaboration, strengthening friendships and staying actively engaged. Several participants donated their completed bags to Sewa, while others took their creations home.

Sewa Partners with Local Temple for Blood Donation Drive in Novi, MI

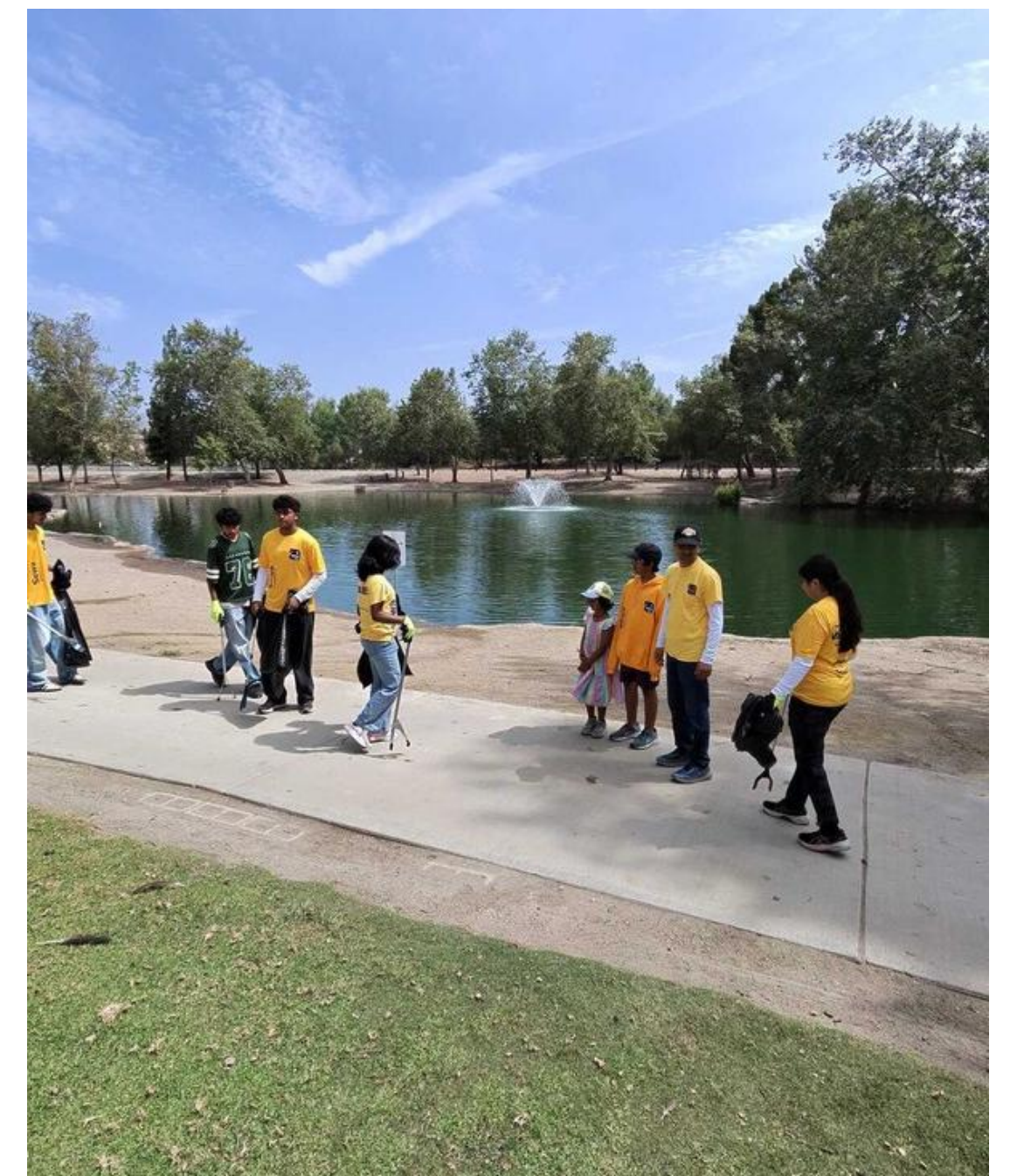


Sewa volunteers supported a blood donation drive in Novi, MI

Sewa organized a blood donation drive in partnership with the Sri Venkateswara Temple Committee and Versiti Blood Center in Novi, MI, on June 11. Community members donated 22 units of blood to support patients in need. Each unit equals 450 to 500 ml of blood.

Versiti Account Representative Katie Del Piano said that the drive exceeded its collection goal and became the most successful event of its kind since September 2024. The donated blood will help meet the needs of hospitals and patients requiring transfusions and other critical treatments. Volunteers coordinated donor registration, event logistics, and participant support throughout the drive, helping ensure a smooth donation experience.

Volunteers Clean Duck Pond Public Park in Simi Valley, CA



Sewa volunteers cleaned Duck Pond Park in Simi Valley, CA

As part of Sewa Los Angeles Serve and LEAD (Leadership, Education, and Development) programs, volunteers worked together to clean and refresh a public park at Duck Pond Park in Simi Valley on June 6. They collected litter, cleaned walking paths, and helped improve overall appearance of the park. Nearly 17 Sewa volunteers and family members contributed 51 volunteer hours during the park cleanup initiative.

Volunteers Distribute Sandwiches to Veterans in Orangevale, CA



Sewa volunteers distributed sandwiches in Orangevale, CA

Sewa volunteers prepared 20 sandwiches on June 5 and distributed them at Main Avenue in Orangevale, CA, on June 6 as part of Sewa's Serve initiative.

Working in partnership with Jake's Journey Home, the volunteers distributed sandwiches to veterans, individuals experiencing homelessness, and others facing food insecurity.

More than 20 people received the sandwiches during the four-hour service activity.

Volunteers Move Compost Loads in Chesterfield, NJ



Sewa volunteers hauled and unloaded compost in Chesterfield, NJ

Nearly 19 Sewa volunteers hauled and unloaded three mini-truckloads of compost in Chesterfield on June 14. Volunteers worked at the Chesterfield Community Garden, transporting and distributing compost needed to support the garden's growing season. The project required significant physical effort, with volunteers loading, moving, and unloading compost throughout the day.

Parent volunteers handled the heavier tasks and ensured the compost was delivered efficiently. Ms. Roseann Greenberg, a former community leader, provided guidance and supervision during the activity and offered her truck to transport the compost between locations. The effort helped prepare the garden for future planting and maintenance activities while supporting the ongoing development of this shared green space.

Students, Performers, and Supporters Gather at Boston, MA, Fundraising Event



Sewa volunteers supported UJWAL 2026 in Boston, MA

Sewa Boston brought together supporters, students, performers, and community partners at UJWAL 2026 in Boston on June 13. The event highlighted two local initiatives supported by Sewa. The ASPIRE (Achieving Students Progress, Instilling Resilience, and Excellence) program provides after-school STEM (Science, Technology, Engineering, and Math) education to middle and high school students in Lowell Public Schools. Sewa also partners with the World Food Movement to provide fresh hot meals to community college students.

A fireside chat featuring participating students was one of the evening's highlights. Students shared their experiences and discussed how the programs have influenced their education and personal growth. Attendees also heard remarks from Middlesex Community College President Phil Sisson. The program featured musical performances by Kunal Gunjal and the Soundscapes team, as well as the Samarthanam Sisters. Their performances entertained attendees throughout the evening and contributed to the event's celebratory atmosphere.

Volunteers Donate Fresh Produce through Garden Initiative in Seattle, WA



Sewa volunteers harvested and donated fresh produce in Seattle, WA

Sewa volunteers harvested vegetables that they grew through the chapter's community garden initiative and donated it to local organizations in Seattle, WA, on June 7.

Using plants donated by local nurseries, volunteers cultivated a variety of crops, including cherry tomatoes, cucumbers, cabbage, kale, and beetroot. The harvested produce was distributed to organizations serving the local community.

Hero House, a mental health clubhouse, receives about 100 pounds of fresh produce annually through the initiative. The Bellevue Fire Station has received 30 pounds of fresh produce so far this season.

Volunteers regularly maintain the garden, harvest crops, and coordinate donations to ensure fresh vegetables reach community partners. Additional produce is expected to be harvested and distributed throughout the month.

Volunteers Join Historic Parade in Chesterfield, NJ



Sewa volunteers joined the Independence Day Parade and performed in Chesterfield, NJ

More than 80 Sewa volunteers participated in the Chesterfield Township Historical Society's 250th Independence Day Parade at the anniversary celebration in Chesterfield, NJ, on June 6. The event brought together local organizations and residents to commemorate the nation's history and heritage. Sewa volunteers marched in the parade, engaging with community members along the route and representing the organization's commitment to service and civic participation.

Several volunteers also entered the bike decoration contest, adding creativity and enthusiasm to the celebration. Following the parade, the Sewa Band was invited to perform for attendees. The group presented a one-hour program of patriotic music, entertaining participants and contributing to the festive atmosphere. The event provided an opportunity for Sewa volunteers to connect with residents, participate in a significant local celebration, and showcase their ongoing involvement in community activities.

Volunteers Advance Food Drives and Outreach across Boston, MA



Sewa volunteers supported outreach and food service activities in Boston, MA

Sewa Boston volunteers carried out meal service, food distribution, and outreach activities throughout the month at multiple service projects across Boston, MA, on June 1. As preparations continued for the chapter's upcoming gala, volunteers remained actively engaged in several community service initiatives. They participated in the monthly "Cor unum" (a gathering of people with a shared purpose) meal preparation program, helping provide fresh meals to underserved individuals and families. Volunteers also organized a Spring Food Drive to support efforts addressing food insecurity in the region.

In addition, Sewa volunteers attended local events and community gatherings, where they hosted information tables and engaged with residents. They shared information about Sewa's mission, ongoing service projects, and volunteer opportunities available across Greater Boston. Through meal preparation, food collection efforts, and public outreach, volunteers supported local needs while increasing awareness of opportunities for service and civic engagement.

Food Drive Supports Families across Irving and Lewisville, TX



Sewa volunteers distributed nearly 100 food boxes in Irving and Lewisville, TX

Sewa North Texas volunteers distributed nearly 100 food boxes to families in need during food distribution drives held in Irving and Lewisville, Texas, on June 7. Each box contained more than 30 pounds of non-perishable groceries, providing enough food to support a family for about one week.

Sewa organized the distribution in partnership with DFW Ekta Temple and the Art of Living (AOL). Youth and adult volunteers from the participating organizations worked together to sort, pack, and distribute the food boxes, ensuring they reached families facing food insecurity. Despite severe weather conditions, volunteers continued their service efforts and delivered food assistance to local families.

“Dharma In The Digital Age” Conference Focuses On Emerging Digital Trends



Sewa volunteers supported the Dharma conference in Houston, TX, with event coordination

Over 20 Sewa adult and youth volunteers supported the three-day “Dharma in the Digital Age” conference at the University of Houston in Houston, TX, on June 5–7. More than 200 scholars, researchers, AI professionals, and guests attended the event. Sewa International Houston partnered with Hindu Swayamsevak Sangh (HSS), Hindu Yuva, and Dharma Civilization Foundation (DCF) to host the three-day event. The conference provided a platform for discussions on the intersection of dharma, technology, and emerging digital trends.

Sewa volunteers planned and executed the conference, managing community outreach, registrations, logistics, food coordination, audio-visual operations, hospitality, and program support. Their teamwork and dedication helped ensure a smooth experience for attendees throughout the event. Volunteers also collaborated with local dance schools and cultural organizations to organize cultural performances that complemented the conference sessions.

Fire Safety Training Emphasizes Using Smoke Alarms to Prevent Fires



Sewa volunteers supported fire safety training in Houston, TX

Sewa partnered with the American Red Cross to provide fire safety education and smoke alarm awareness training to community members and local contractors at a fire safety program in Houston, TX, on June 6. The training emphasized the importance of working smoke alarms in protecting lives and property by providing early warning during fire emergencies. Participants learned about the benefits of properly installed and maintained smoke alarms, recommended placement throughout the home, routine testing and maintenance procedures, and fire prevention best practices.

The session equipped homeowners and contractors with practical knowledge to improve fire safety and emergency preparedness. Through interactive discussions and educational resources, participants gained a better understanding of how smoke alarms can reduce fire-related risks and help protect families.

Volunteers Pack Food Boxes for Families in Philadelphia, PA



Sewa volunteers packed food boxes in Philadelphia, PA

Sewa volunteers from the South Jersey chapter joined the Jewish Relief Agency for a food packaging and distribution effort in Philadelphia on June 14. Volunteers packed boxes with fresh produce and pantry staples to support vulnerable households and seniors experiencing food insecurity in the Greater Philadelphia area.

Sewa volunteers sorted, packed, and organized food items to ensure efficient distribution. Many traveled significant distances to participate in the service activity and support local hunger-relief efforts. The agency conducts monthly food distributions and Sewa volunteers regularly participate in these events.

Seniors Participate in Wellness Program in Sugar Land, TX



Sewa volunteers hosted a wellness program for seniors in Sugar Land, TX

Nearly 50 seniors attended a Diabetes and Chair Yoga wellness program organized by Sewa at the Nancy and Clyde Jacks Conference Center in Sugar Land on June 13. Dr. Ulupi Choksi led an educational session on diabetes management, healthy living, wellness, and the benefits of yoga. Participants engaged in discussions and received practical guidance on maintaining a healthy lifestyle.

The program also featured a chair yoga session led by Priya Kane. Seniors actively participated in gentle exercises designed to improve flexibility, relaxation, and overall well-being. Arvind delivered a brief presentation on Father's Day, which was well received by attendees.

Volunteers Prepare 1,000 Relief Buckets for Venezuela Earthquake Response



More than 200 Sewa volunteers prepared 1,000 relief buckets for earthquake-affected families through a disaster relief initiative in Trinidad and Tobago as of July 16.

Sewa International USA is supporting earthquake relief efforts following the June 24 earthquake in Venezuela through its partner, Sewa Trinidad and Tobago (Sewa TT).

Each relief bucket contains food, medical, sanitation supplies and essential household items valued at more than TT\$500, with a combined weight of about 18,000 kilograms. The supplies will help families facing displacement, food shortages, limited access to clean water, and damaged infrastructure.

Sewa International USA allocated an initial \$10,000 for the response and had raised \$13,000 as of July 16.

Sponsor A Child Applications Open for 2026–27 Academic Year

The Sponsor A Child (SAC) intake application for the 2026–27 academic year is now open.

In an email to Sewa supporters and donors, Subba Raju Datla, Associate Director – Sponsor A Child, urged recipients to share the information with students and families who may need educational assistance and encourage them to apply for support through the program.

Link to apply: [Sewa International's Sponsor a Child](#)



Upcoming Events

- July 1 to July 30, 2026: 9th annual back-to-school drive | Sai Baba temple, Bhartiya Ekta Mandir, Gilbert, Phoenix
- July 26, 2026: Sewa Nirman | Sai Mandir Cleanup | Sri Sairam Temple, 585 Franklin Gateway SE, Suite 100, Marietta, GA

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