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"A will protects your loved ones, states your wishes, and guides your family's future."

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Sewa International Releases \$100,000 for Nepal Flood Relief - Launches Fund Raiser



Courtesy: CBS News



Rescue teams airlifted stranded people [first photo], while Sewa volunteers distributed emergency relief supplies [next photo] to communities affected by devastating floods in Nepal

Sewa International USA has released \$100,000 for Nepal Flash flood relief as Sewa volunteers work on the ground to rescue stranded people and provide emergency assistance in Rasuwa, Nuwakot, and Dhading districts.

"Sewa has started a fundraiser, 'Nepal Flash Flood Relief,' and raised more than \$134,000 in the last few days," Srikanth Gundavarapu, President of Sewa International, said. "Flash floods have devastated parts of Nepal, killing hundreds and sweeping away many devotees gathered for the Kailash Yatra. It is heart-wrenching to see the suffering and grief of people," he said.

On August 26, catastrophic flash floods struck northern Nepal following a glacier collapse, avalanche, and landslide. The disaster has killed 955 people, left at least 4,471 missing, and severely affected about 93,000 people. More than 11,000 people have been rescued.

Floodwaters destroyed homes, roads, bridges, hydropower facilities, water systems, and communication networks. Several Sewa International USA volunteers who were at the Nepal-Tibet border when the disaster struck remain missing.

The devastating floods in Nepal have prompted an urgent relief response and a missing-person helpdesk at the Nepal Flood Relief program in Nepal, on August 29.

Link: <https://sewausea.org/NepalRescue>

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Seattle Chapter Distributes Mattresses to Wildfire-Affected Native American Families in Eastern Washington Tribes



Sewa volunteers delivered mattresses and blankets to wildfire-affected Native American families in Eastern Washington Tribes

Sewa's wildfire recovery efforts provided mattresses, blankets, and essential materials to affected families in the first phase of the disaster response in Spokane Valley, WA, on August 16. Sewa International Seattle chapter volunteers, LEAD (Leadership, Education, and Development) students, and alumni organized and transported relief supplies to affected communities.

The first phase focused on providing 100 Native American families with mattresses, pillows, and blankets. Volunteers transported mattresses, pillows, and 150 blankets to Arlington Airport near Seattle for air shipment to the affected areas. Coulee Dam, WA, was identified as the destination for the blanket shipment.

At the distribution site, Sewa volunteers received the shipment, loaded to vehicles, and worked with a local logistics partner to distribute it to the families that needed bedding. LEAD students also helped deliver and handle relief supplies.

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Volunteers Distribute Food & Essentials Door-to-Door in Flood Hit Assam, India



Sewa volunteers delivered relief and ration kits to flood-affected families in Assam, India

Sewa mobilized volunteers and relief supplies to support flood-affected families across Upper Assam, particularly in Sivasagar, Charaideo, and Jorhat. Between late June and early August 2026, the region experienced multiple spells of heavy rainfall that triggered flash floods and widespread destruction, affecting more than 22,000 people across six districts and causing extensive damage to infrastructure, homes, livestock, and livelihoods.

Sewa volunteers distributed 1,600 relief kits across affected communities, including Nimai Jan in Sivasagar, Robi Gaon in Jorhat, and other villages. Volunteers delivered essential supplies door-to-door, prioritizing vulnerable families who suffered significant losses. In Robi Gaon, all 200 households were severely affected by the floods, losing homes, livestock, and essential belongings. With support from IndusInd Bank, Sewa distributed 200 relief kits and 200 ration kits to these families on August 10. The operation began with the flag-off of a relief vehicle, followed by door-to-door distribution by Sewa volunteers.

Link: <https://www.facebook.com/share/r/1J5QsW1DP4/>

Phoenix Volunteers Adopt a Street to Support Cleanliness in Peoria, AZ



Sewa volunteers began maintaining a one-mile stretch of Lake Pleasant Parkway in Peoria, AZ

Sewa Phoenix started its Adopt-a-Street initiative along Lake Pleasant Parkway in Peoria, AZ, on August 15. Volunteers removed litter and helped maintain the area as a clean and welcoming public space.

The City of Peoria accepted Sewa International's proposal to maintain a one-mile stretch of the road between Happy Valley Road and Pinnacle Peak Road. Sewa Phoenix is committed to organizing cleanup activities along the adopted stretch three times a year.

Volunteers Plan STEM Sessions and Keep Highways Clean in Milwaukee, WI



Sewa's Good Karmi Team Planned STEM Sessions [first two photos] and volunteers cleaned highways [next two photos] in Milwaukee, WI

Sewa International - Milwaukee's Good Karmi team met on August 10 to plan a series of interactive STEM [Science, Technology, Engineering, and Mathematics] sessions in underserved communities. The team discussed ideas, and planned to conduct over 20 sessions in next four months.

In another event, volunteers cleaned up a highway in Milwaukee, WI, on August 7. The volunteers worked together to remove litter and improve the area's cleanliness.

Volunteers Clean an Adopted Street in Parker, CO



Sewa volunteers cleaned an a street in Parker, CO

Sewa volunteers marked India's 80th Independence Day by participating in cleaning up an Adopt-a-Street in Parker, CO, on August 15. Volunteers worked together to collect litter. Eight volunteers cleaned up Chambers Road, specifically covering section 58 from Bramwell Drive to Spirit Trail Boulevard in Parker, Colorado.

Volunteers reflected on India's history and the sacrifices countless people made for freedom while giving back to the Colorado community they call home. The activity brought volunteers together across generations and connected the spirit of Independence Day with the values of service and civic engagement..

Volunteers Deliver over 150 Meals in Chesterfield, NJ



Sewa volunteers prepared and delivered more than 150 fresh meals in Chesterfield, NJ

Sewa Northern Burlington volunteers prepared and delivered more than 150 fresh meals to Westminster Presbyterian Church in Trenton, NJ, on August 8. The monthly Sewa Meal included PB&J sandwiches, salads, Portuguese rolls, chips, pretzels, brownies, and cake.

Youth and parent volunteers worked together to prepare the meals, with support from program sponsors. Over the past six years, the Sewa South Jersey Chapter has prepared and delivered nearly 12,000 meals to local communities in need. The activity gave young volunteers a hands-on opportunity to serve and give back to those in need.

Volunteers and Participants Complete a 5K Walk/Run In Fulshear, TX



Over 100 People participated in Sewa's 5k walk/run in Fulshear, TX

Sewa Houston organized a 5K walk/run in partnership with HSS (Hindu Swayamsevak Sangh), Heartfulness, a global nonprofit organization promoting simple, heart-centered meditation, relaxation, and wellness practices, and the City of Fulshear at Arbor Park in Fulshear, TX, on August 8. The event began with warm-up exercises and Sun Salutation (*Surya Namaskara*), followed by remarks from partner organizations about their community initiatives and service efforts.

Nearly 100 participants completed the 5K along the scenic Cross Creek Ranch trail. Participants received water, fruits, and cereal bars from the partner organizations, while children proudly received finisher medals. Despite the summer heat, participants completed the route with enthusiasm. Following the walk/run, several participants joined a Heartfulness meditation session. The event combined physical activity, meditation, and opportunities for participants to connect.

SAC Builds Youth Leadership through Anubhuti Camp in Tripura, India



Over 60 students Participated in Sewa's Anubhuti Camp in Tripura, India

The Sponsor A Child (SAC) Anubhuti Camp 2026 brought together over 60 students from three schools at Sadhak Ratnamani Vidyalaya in Anandabazar, in the Indian state of Tripura, in August. The two-day camp engaged students in activities focused on leadership, teamwork, and Indian values.

Through interactive and enjoyable activities, the students developed confidence, learned to work together, and explored the importance of service and responsibility. The camp also provided an opportunity for teachers, schools, and Sewa volunteers to work together in supporting youth development.



Meditation Workshop Helps Families Prepare for the School Year in Milpitas, CA

Sewa hosted a meditation workshop, "A Mindful Start to the School Year," at the Sewa Center in Milpitas, CA, on August 8. Supported by an AACI [Asian Americans for Community Involvement] grant and facilitated by Monica K., the session introduced participants to simple practices for managing stress and building awareness as they prepared for the new school year.

The workshop included breathing exercises, guided meditation, and a body scan meditation that encouraged participants to focus on physical sensations from their feet through the rest of the body. Twelve adults and children participated in the session and practiced techniques designed to promote relaxation, focus, and mindfulness.



Participants practiced meditation techniques in Milpitas, CA

LEAD Volunteers Create Greeting Cards in Phoenix, AZ



Sewa volunteers and parents created handmade greeting cards in Phoenix, AZ

LEAD volunteers and parents participated in a greeting card-making service activity at St. Vincent de Paul Hearts2Hands in Phoenix, AZ, on August 9. The group worked together to create handmade greeting cards designed to bring encouragement and joy to recipients.

The activity provided an opportunity for participants to use their creativity while supporting the outreach efforts of St. Vincent de Paul Hearts2Hands. Volunteers and parents collaborated throughout the session and contributed a variety of thoughtfully designed cards.

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Sewa International Launches Nepal Flood Relief and Missing-Person Helpdesk

Within 48 hours, Sewa mobilized emergency supplies, including 300 heavy-duty tarpaulins, foam mattresses, raincoats, ponchos, floating foam, water bottles, ration kits, cookies, volunteer jackets, paracetamol, and about 5,000 oral rehydration solution packets.

"Sewa's immediate priority is to help families who have lost their homes, are stranded, and face hunger, cold, and health emergencies," said Vinayak Astekar, Sewa's Associate Director for Disaster Response. He said, donors can support Sewa's Nepal Flash Flood Relief efforts at: <https://sewausa.org/NepalFlashFloodRelief>

Contd...from Page 1

Seattle Chapter Distributes Mattresses to Wildfire-Affected Native American Families in Spokane Valley, WA

The wildfire relief work will continue with transporting and delivering mattresses, pillows, and blankets to affected families, including those in Coulee Dam. The relief team will work closely with affected families to assess their needs and organize relief work and supplies as required.

Volunteers Support Kids' Meals in Houston, TX



Sewa volunteers prepared meals and snack packs for children and families in Houston, TX

Fifty Sewa Houston volunteers supported Kids' Meals, a Houston-based nonprofit working to address childhood hunger, at the organization's facility on August 1. Founded in 2006, Kids' Meals provides free, healthy meals to preschool-aged children living in food-insecure households. The organization prepares and delivers more than 13,000 meals each day across 56 Houston-area ZIP codes.

Sewa volunteers sorted food items, prepared peanut butter sandwiches and cheese burritos, and assembled snack packs. Together, they prepared 2,350 sandwiches and cheese burritos for children and assembled 800 snack packs for families.

The volunteers also learned about organization's meal delivery model, which connects enrolled families with nutritious meals through direct deliveries to underserved neighborhoods and apartment communities. The experience gave Sewa volunteers a closer look at the challenges of childhood hunger and the organization's approach to serving families.

Food Pantry Service Supports Families in Detroit, MI



Sewa volunteers organized and distributed food items at a pantry service activity in Detroit, MI

Sewa volunteers supported a local food pantry by organizing, sorting, and distributing essential food items to families in need at a pantry service activity in Detroit on August 8.

Volunteers prepared and distributed nutritious food, ensuring that families had access to essential supplies. The activity supported the food pantry's efforts to serve residents.

Volunteers Prepare Meals for Those in Need in Boston, MA

Sewa volunteers participated in a *Cor Unum* cooking activity in Boston on August 22. Over ten volunteers worked together in the kitchen to prepare fresh, nutritious meals for individuals in need. They contributed 20 volunteer hours.



Sewa volunteers prepared meals for those in need in Boston, MA

Western Region Workshop in Bakersfield, CA: Renewed Focus on 4K Framework



Sewa volunteers participated in the Abhyas Varg in Bakersfield, CA, and strengthened their leadership skills

Sewa International recently organized an Abhyas Varg [workshop] for the West Region in Bakersfield, CA, with 45 volunteers from five chapters participating. The full-day workshop included seven sessions on the five factors of accomplishment from the Bhagavad Gita (18.14): *Adhithanam* (purpose), *Karta* (volunteer), *Karya Paddhati* (systems), *Chesta* (effort), and *Daivam* (grace).

Dr. Anurag Mairal, a Professor at Stanford University, discussed the 4K Framework [*karya*, *karyakarta*, *karyapaddhati*, and *karyakrama*], highlighting Sewa's vision, mission, and values. The sessions emphasized disciplined execution and building value-based organizations. He connected Swami Vivekananda's teachings on

Karma Yoga with organizational practice, emphasizing selfless service without attachment to results.

Yashwant Belsare, Coordinator, Community Outreach, discussed *Karya Paddhati* and *Lok Sangrah*, focusing on *Lok Sampark* (building relationships), *Lok Samskar* (instilling values), and *Lok Niyojan* (engaging people in service). A team-building exercise helped participants apply these principles while highlighting the importance of developing volunteers and future leaders.

Anupam Shekhawat, Senior Manager, System Development, discussed the qualities of an effective *karyakarta*, emphasizing humility, empathy, and genuine concern for others. Dilip Karandikar, VP Technology, focused on *Karya Kushalata*, or excellence in action, and explained how discipline, equanimity, and thoughtful responses to conflict can strengthen organizational work.

Nutrition and Wellness Session Promotes Healthy Living in Houston, TX



Sewa volunteers Partnered with Jain Vishwa Bharati (JVB) to Host the nutrition and wellness session in Houston, TX

Sewa International Houston, in partnership with Jain Vishwa Bharati (JVB), hosted a Nutrition and Wellness Session at the JVB Preksha Meditation Center in Houston on August 16. Dr. Ajay K. Bhora, M.D., led the session, which focused on nutrition, healthy body composition, and health-focused lifestyle choices.

Participants received complimentary body composition scans and personalized health reviews covering key indicators such as body fat, muscle mass, and water levels. The session provided practical guidance on adopting mindful and sustainable habits to support healthier, more active lifestyles. Participants also had an opportunity to connect and share their experiences.

Blood Drive Brings Neighbors Together in Cumming, GA



Sewa volunteers organized a blood drive in Cumming, GA

Sewa volunteers organized a blood drive in the Briarwood subdivision in Cumming, GA, on August 16. LEAD (Leadership, Education, and Development) students led the drive and encouraged neighbors to participate. The event registered 16 donors, including nine whole-blood donors, one platelet donor, and one red-cell donor. About seven volunteers contributed 35 hours to organize and support the drive.

Sewa Launches Mobile Health Care Unit in North Tripura, India

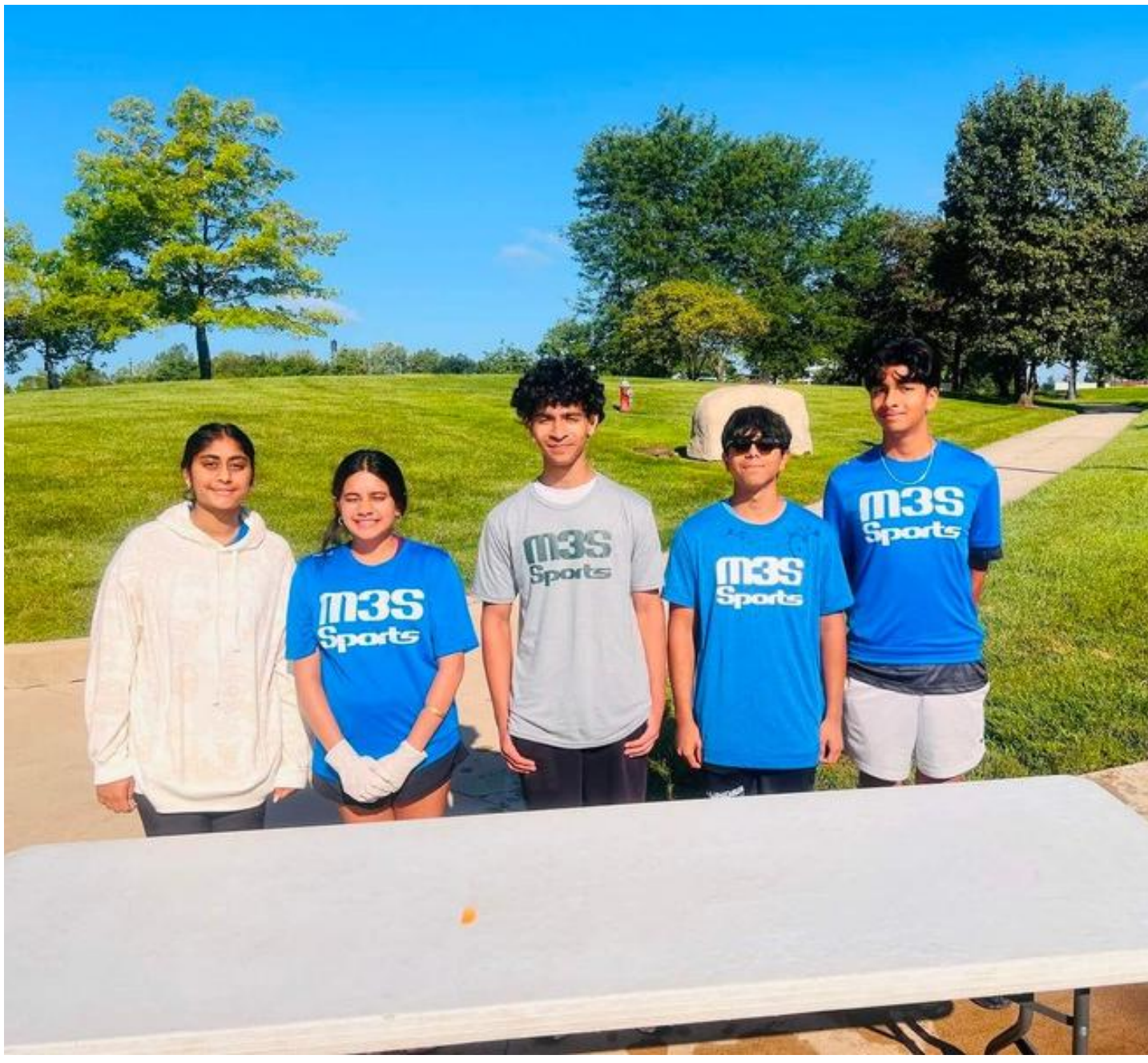


Sewa volunteers launched a mobile health care unit to serve families living in Remote villages of North Tripura, India

Sewa International launched a Mobile Health Care Unit at Chinta Lohar Sadan in Jubarajnar block, in the Indian state of Tripura, on August 4. Supported through CSR (Corporate Social Responsibility) funding from Veedol Corporation Ltd., the initiative aims to improve access to healthcare for families in remote areas.

The District Magistrate and Collector of North Tripura attended the launch as Chief Guest and flagged off the mobile health unit. The clinic aims to provide physician service, free health check-ups, and medicines to underserved communities. Sewa International's local team is planning to operate the mobile unit to bring essential healthcare services closer to families who face challenges accessing medical facilities. Link: <https://www.facebook.com/share/v/18qjzDwtTH/>

Volunteers Manage Water Stations at Grandview Marathon in Columbus, OH



Sewa volunteers supported runners by managing a water station at the Grandview Marathon in Columbus, OH

Sewa teens and adult volunteers supported the OhioHealth Grandview Yard Half & Quarter Marathon at the aid station in Columbus on August 23. About 14 volunteers set up and managed a water station, keeping runners hydrated throughout the race. They also encouraged participants along the route, creating an energetic and welcoming atmosphere. The volunteers contributed 28 hours of service to support the race.

Volunteers Combine Youth Engagement and Food Service in Tampa, FL



Sewa volunteers participated in youth engagement and meal service activities in Tampa, FL

Sewa LEAD (Leadership, Education, and Development) students participated in an escape room activity in Temple Terrace on August 8 to recognize their contributions during the 2025–2026 program year. The activity allowed students to relax, have fun, and strengthen teamwork. An escape room activity is a team-based game where participants solve puzzles and clues to complete a challenge within a set time.

On August 16, two LEAD volunteers supported a meal service for underserved individuals in partnership with Hearts and Hands. The program provides about 100 meals each week to individuals in need.

Seniors Explore India through Yoga and Bingo in Alpharetta, GA

Sewa volunteers hosted a Senior Sewa session in Alpharetta, Cumming, and Johns Creek on August 8.

The session began with introductions and a yoga activity. The highlight was an interactive Bingo game featuring clues about cities across India.

Nearly 19 seniors identified the cities based on the clues, with each city assigned a number for the Bingo game. The activity combined learning and recreation, giving participants an engaging way to explore different Indian cities while spending time together.



Sewa volunteers engaged seniors through yoga and an India-themed Bingo game in Alpharetta, GA

Sewa Yatra: Los Angeles Coordinator Visits Sewa projects in Nagpur, India



Srinivas Kothapalli, Los Angeles Chapter Coordinator of Sewa International USA, visited Sewa projects in Nagpur, India on August 21.

Kothapalli spent the day interacting with the local Sewa International team, sharing experiences, discussing organizational activities, Sewa projects, and taking LMS courses. The team also shared lunch, providing an informal opportunity to connect and exchange ideas.

Srinivas Kothapalli, [fifth from left, standing] with the Sewa Nagpur office team [photo on the left]

Protect What You Have Built, Strengthen What Sewa Is Building

PROTECT WHAT YOU HAVE BUILT

- Strengthen what Sewa is building



MAKE-A-WILL MONTH

START MY ESTATE PLAN

A will is more than a list of your assets. It protects your loved ones, clearly states your wishes, and guides your family in the future.

This Make-A-Will Month, use FreeWill's free online tool to create or update your will. The tool guides you through each step, including printing, signing, and finalizing your will.

HELP TODAY

Gifts of appreciated stock, donor-advised fund grants, eligible IRA charitable distributions, or cryptocurrency can support Sewa International's work today.

PLAN FOR TOMORROW

After providing for your loved ones, you can include Sewa International in your will, trust, or beneficiary designation. A legacy gift can help sustain Sewa's mission for the future.

Your generosity helps Sewa serve communities in need and sustain its work in disaster response, education, family services, and community empowerment.

Protect your loved ones. Honor your wishes. Carry your values forward.

EXPLORE SMART GIVING

START MY ESTATE PLAN

The Sewa Path – Gaining Momentum

After launching its introductory episode, The Sewa Path released its first official episode, "College Preparedness," featuring Dr. Archana Sudame, Founder of Admission Crew, who has mentored and guided over 4,000 students.

Dr. Archana shared valuable insights and practical guidance for students and parents as they navigate the college journey, make informed decisions, and prepare for the road ahead.

The podcast is steadily gaining momentum, with growing engagement and interest across social media platforms, through meaningful conversations with experts and changemakers.

Link: <https://www.youtube.com/watch?v=EuDUZniZRL4>



Host Anjana Bhadri [left] and College Admissions Expert Dr. Archana Sudame [right], discussed "College Preparedness"

Volunteers Provide Meals to Community Shelter Residents in Reston, VA



Sewa volunteers provided breakfast and lunch to shelter residents in Reston on August 23. In partnership with the Embry Rucker Community Shelter, 10 volunteers prepared and donated about 15 trays of lunch, serving over 200 people.

The meal included vegetable pulao, jeera rice, cilantro lemon rice, mixed vegetables, salad, spinach dal, chana masala, rajma masala, samosas, and naan. Volunteers contributed 10 hours of service.

In a separate effort, Sewa volunteers and residents of The Preserve prepared and served breakfast for 70 shelter residents. The breakfast included croissants, butter, lemonade, orange juice, bananas, and strawberries.

Upcoming Events

- September 12, 2026: Step for Hope | 5K Run/ Walk | cancer Mukti Foundation | Soldier Field Road, Boston, MA
- September 12, 2026: Sewa Sur Taal | The Elaine Wolf Theater | 350 S Dahlia St, Denver, CO
- September 18, 2026: Ekse Garba Night | Manav Seva Mandir | 101 S Church Road, Benesenville, IL
- September 26, 2026: Sewa LA, Dandiya | California Lutheran University | 60 W Olsen Rd, Thousand Oaks, CA

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