

# Sewa Bank

THEME	EVENT	TYPE	SEWA ACTIVITY
Animals	Sewa Event	Day / Evening Event	Take the dogs at a local dog kennel for a walk
Animals	Any Event	Quick Sewa	Buy organic milk & encourage people to do the same
Animals	Any Event	Regular	Adopt an animal for £x per month
Animals	Any Event	5-30 Min Sewa	Make a bird feeder for your garden
Animals	Sewa Event	Day / Evening Event	Help in a nearby farm to care for the animals
Animals	Mandir Trip	Day / Evening Event	Milk cows in a farm or Mandir
Any	Sewa Event	Day / Evening Event	Participating in local or national charity projects
Any	Any Event	5-30 Min Sewa	Do some micro-volunteering
Any	Any Event	Quick Sewa	Give them a 'Do Good' card
Awareness	Any Event	Quick Sewa	Raise awareness of the importance of giving blood
Awareness	Any Event	Quick Sewa	Distribute leaflets for local charities
Awareness	Any Event	5-30 Min Sewa	Holding discussion sessions on issues today
Awareness	Any Event	Quick Sewa	Raise awareness and drive campaign on organ donation
Awareness	Any Event	Quick Sewa	Raise awareness and drive campaign on bone marrow donation
Awareness	Any Event	Quick Sewa	Promote recycling days and their importance
Awareness	Any Event	Quick Sewa	Promoting No Smoking Day

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Awareness	Any Event	5-30 Min Sewa	Raise awareness of a cause or issue
Awareness	Any Event	Quick Sewa	Raise Awareness through materials you can hand out
Community	Sewa Event	Day / Evening Event	Volunteering in a soup kitchen
Community	Sewa Event	Day / Evening Event	Cleaning up a community park or hall
Community	Mandir Trip	Day / Evening Event	Organising a Diwali function for the local Mandir
Community	Sewa Event	Day / Evening Event	Join a befriending service run by council or SU
Community	Sewa Event	Day / Evening Event	Painting local community buildings
Community	Mandir Trip	Day / Evening Event	Help clean up the local Mandir
Community	Sewa Event	Day / Evening Event	Painting the homes of elderly or disabled people
Community	Mandir Trip	Day / Evening Event	Volunteer at the local Mandir
Community	Mandir Trip	Day / Evening Event	Make and donate Prashad to a Mandir
Environment	Any Event	Quick Sewa	Encourage recycling at all events
Environment	Any Event	Quick Sewa	Encourage people to turn off electrical goods when not in use
Environment	Any Event	Quick Sewa	Clothes collection and recycling the clothing
Environment	Any Event	Quick Sewa	Have a display of environmental facts at events
Environment	Sewa Event	Day / Evening Event	Plant a tree or two!

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Environment	Sewa Event	Day / Evening Event	Clean up an area of the university
Environment	Sewa Event	Day / Evening Event	Clean up the local park
Environment	Sewa Event	Day / Evening Event	Get involved in conservation work
Environment	Any Event	Quick Sewa	Send old phones and computer equipment to charity
Environment	Any Event	Quick Sewa	Turn off the lights when you leave a room! Encourage others!
Environment	Any Event	Quick Sewa	Turn off the heating and wear a few extra layers! Encourage others!
Environment	Any Event	Quick Sewa	Use less water for showering or brushing teeth
Environment	Any Event	Quick Sewa	Collect old batteries from members so you can recycle them safely
Environment	Sewa Event	Day / Evening Event	Volunteer at a local nature reserve or wildlife trust
Environment	Sewa Event	Day / Evening Event	Revamp the gardens of hospital / care home / school
Fundraising	Sewa Event	Day / Evening Event	Bagpacking customers' shopping at a local supermarket
Fundraising	Sewa Event	Day / Evening Event	Movie Night
Fundraising	Any Event	5-30 Min Sewa	Bake Sale
Fundraising	Any Event	5-30 Min Sewa	Hindu Quiz Night
Fundraising	Sewa Event	Day / Evening Event	Sponsored Run / Skydive / Bungee Jump
Fundraising	Any Event	5-30 Min Sewa	Sponsored Wax / Haircut
Fundraising	Any Event	Day / Evening Event	Sponsored Silence

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Fundraising	Sewa Event	Day / Evening Event	Indoor Mela / Bazaar
Fundraising	Any Event	5-30 Min Sewa	Committee / Member Auction
Fundraising	Sewa Event	Day / Evening Event	Beauty Treatment night
Fundraising	Sewa Event	Day / Evening Event	FIFA tournaments
Fundraising	Sewa Event	Day / Evening Event	Bhajan singing during Diwali
Fundraising	Any Event	Quick Sewa	Chilli eating competition
Humans	Any Event	5-30 Min Sewa	Make sandwiches for a homeless shelter
Humans	Sewa Event	Day / Evening Event	Visiting a care home for the elderly
Humans	Sewa Event	Day / Evening Event	Packing customers' shopping at a local supermarket
Humans	Sewa Event	Day / Evening Event	Volunteering at a children's hospice or foster home
Humans	Any Event	Quick Sewa	Toy collection for the less fortunate children
Humans	Sewa Event	Day / Evening Event	Visiting and speaking to patients at a local hospital
Humans	Sewa Event	Day / Evening Event	Giving Blood together as a group of members / chapter
Humans	Sewa Event	Day / Evening Event	Set up a talent show for children in a local hospital
Humans	Sewa Event	Day / Evening Event	Create a mural for a local nursery or children's ward
Humans	Sewa Event	Day / Evening Event	Organise a day out for a group
Humans	Sewa Event	Regular	Start a mentoring scheme for students at university or school

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Humans	Any Event	Quick Sewa	Collect & donate gifts to hospices and children's wards at hospitals
Humans	Any Event	5-30 Min Sewa	Make gifts to donate to hospices and children's wards at hospitals
Humans	Flagship Event	Regular	Get a local Youth Club involved with your flagship or diwali event
Humans	Sewa Event	Day / Evening Event	Do a talent performance for residents of a nursing home
Humans	Sewa Event	Day / Evening Event	Run a fun class at a nursing home or with residents from one
Humans	Sewa Event	Day / Evening Event	Organise an intergenerational skill sharing event
Humans	Sewa Event	Day / Evening Event	Teach a class at a school or youth club
Humans	Sewa Event	Day / Evening Event	Teach the elderly how to use technology
Humans	Sewa Event	Day / Evening Event	Do the shopping or help the elderly with their shopping
Humans	Sewa Event	Day / Evening Event	Organise a wellbeing event, providing workshops and advice
Humans	Any Event	5-30 Min Sewa	Make random cards for people to make their day
Humans	Any Event	5-30 Min Sewa	Make cards for sick children
Humans	Any Event	5-30 Min Sewa	Make festival cards to share the festival spirit
Humans	Any Event	5-30 Min Sewa	Make sandwiches as a group and feed the homeless with them

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Humans	Any Event	Quick Sewa	Collection for food or clothing
Soul	Aarti	5-30 Min Sewa	Run a Yoga session or do several regularly
Soul	Sports Event	5-30 Min Sewa	Run a Yoga session or do several regularly
Soul	Sewa Event	Day / Evening Event	Run a Yoga session or do several regularly
Soul	Any Event	5-30 Min Sewa	Incorporate breathing techniques into the start of an event
Awareness	Any Event	5-30 Min Sewa	Research a mental health disorder and share what you've learnt
Awareness	Any Event	5-30 Min Sewa	Raise awareness about mental health disorders
Soul	Any Event	5-30 Min Sewa	Do a short yoga or mediation activity during an event
Soul	Any Event	5-30 Min Sewa	Sporting activities or exercises
Soul	Sewa Event	Day / Evening Event	Chapter fasting days
Soul	Any Event	5-30 Min Sewa	Promote healthy lifestyles
Soul	Sewa Event	Day / Evening Event	Hold cooking classes to promote healthy diets in student life!
Soul	Sewa Event	Day / Evening Event	Surya Namaskar classes
Soul	Sewa Event	Day / Evening Event	Self Defence classes
Soul	Sewa Event	Day / Evening Event	Patience Exercises
Soul	Any Event	5-30 Min Sewa	Mindfulness session