

Sewa Week

This is a week of events dedicated to Sewa activities and raising the profile of Sewa. Sometimes people get caught up in their busy lives and do not get time to stop and help. Sewa Week is a week dedicated to helping others, a chance to stop your busy workload and give back to the community. Although Sewa should be done all year round, this week allows organised events and active Sewa to be undertaken.

Since 2014, we have initiated the SEVEN SEWA THEMES to be encompassed within every chapters' Sewa Week. An event should be organised from a variety of themes to allow students to partake in a variety of Sewa activities. This is your chance to think of CREATIVE SEWA IDEAS and implement it within your university – here are the themes:

1) SEWA 4 THE ENVIRONMENT

“Service to man is Service to God, but Service to the earth is Service to all living things.”

By caring for the environment not only are you looking after mankind and benefiting generations to come, but you are also taking care of all ecosystems.

2) SEWA 4 ANIMALS

“The greatness of a nation can be judged by the way its animals are treated”

- Mahatma Gandhi

Hinduism teaches that God resides in every being and this includes animals. Many people would regard animals as companions for life and just as worthy of our respect as human beings.

3) SEWA 4 THE COMMUNITY

“Vasudhaiva Kutubakam”

- The whole world is one family

Community sewa is one of the broadest forms of sewa you can do. It can encompass even the smallest acts of kindness. Volunteering in your local community or campaigning for the global community all counts as sewa for the benefit of your community.

4) SEWA 4 THE SOUL

“Selfless service alone gives the needed strength and courage to awaken the sleeping humanity in one’s heart”

- Shri Sathya Sai Baba

Although Sewa is all about selfless service, we need to look after ourselves to ensure that our mind and body remains fit and healthy which can then help us to perform sewa to the best of our abilities.

5) SEWA 4 HUMANS

“I do not want a kingdom, salvation, or heaven, what I want is to remove the trouble of the oppressed, the poor and the needy”

– Mahatma Gandhi

As a concept, sewa is embedded in Hinduism - to sacrifice your time and resources for the benefit of others without wanting anything in return is an inaugural teaching and a way of living.

6) SEWA 4 FUNDRAISING

Financial sewa is a form of personal sacrifice, by giving money or spending your time to help raise money can prove invaluable. Like it or not, money is a key factor in

making things happen. By raising money for charity you are directly giving those charities the support they need to continue the good work that they do.

7) SEWA 4 AWARENESS

“If one sows goodness, one will reap goodness”

In some cases, to educate others is to work selflessly. To raise awareness to others regarding issues that may benefit the community or environment is another integral form of sewa.