

Sewa Day



Sewa Day is a registered charity which NHSF (UK) has been working with for a number of years.

On Sewa Day, thousands of good-hearted people from across the world come together to perform Sewa and experience the joy of giving in its truest sense. By participating in this collective endeavour, we hope that the seeds of Sewa are watered so that acts of kindness and public service are performed more often. Sewa Day is a catalyst in making this happen.

Previously, participating groups have organised Sewa Day volunteering projects in old peoples' homes, homeless shelters, schools in disadvantaged areas, hospitals

and hospices, country parks, conservation areas and city farms – all with an aim of making a positive difference to someone else's happiness and prosperity. Join this year to make many dreams come to reality.

We're all concerned about disadvantage, deprivation and ignorance. Sewa Day provides an opportunity to do something positive that makes a meaningful difference to someone else's quality of life.

Projects that involve fund-raising are discouraged as the purpose is to give your time. So, let's focus more on that.

THE THREE PRINCIPLES OF SEWA DAY:

- Help relieve hardship and poverty
- Bring a little joy to others
- Help the environment

Every year over 50 universities get involved in sewa day through multiple projects

SEWA IDEAS

Here are some ideas of Sewa Day projects to help you prepare planning activities for Sewa Day. However, please do not be restricted to these ideas only and don't be afraid to be innovative.

- Mandir Visit
- Make and donate prashad for a mandir

- Restoration projects in your community

Please see the Sewa Google drive for a bank of more fun Sewa ideas

- Helping at a local care home

- Help the homeless in your city

- Toy/tin/food collections

- Random acts of kindness in your community

- Painting the homes of elderly or disabled people

Remember, Sewa is limitless and these are only ideas to help you help!

