

My thoughts about SEWA

Sewa is helping someone without expecting anything in return and it makes us feel good. Sewa can be done for people, animals or mother earth. It can be done by cleaning the garbage and other things like plastic that are not environment friendly. Sewa can be done by helping people for their education, starvation and health. There are many methods to do sewa. For example, you can help disabled people, senior citizens and young children in their progress. It is important not to overdo the sewa, so they retain their self-respect. If you help a disabled person, you stay with them for emotional and physical support to help them live their life independently.

FACT:

Do you know that if you use the recycling bin instead of throwing it on the ground it will be a sewa, too.

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