

Tokyo Gaijin

People ask me if I am an artist, I say no. I am dancer and the world is my stage.

Sewa Day in London

📅 [OCTOBER 6, 2014](#) 👤 [ANA LUIZA](#) 💬 [LEAVE A COMMENT](#)

Yesterday October 5th was Sewa Day. Sewa is a universal concept, which involves performing an act of kindness without expectation of reward. It is performed selflessly and without ulterior motive. As a concept, Sewa is embedded in Indian traditions, and is actively promoted by different cultures and faiths – as the core belief is the same – to sacrifice your time and resources for the benefit of others without wanting anything in return.

Yesterday together with the SOAS Hindu Society we volunteered to help out at an event for the elderly people in the community, hosted by the good people at The Swaminarayan School in Neasden and the National Hindu Students' Forum.



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We had live performances of music, dancing and comedy, and, of course, delicious vegetarian dishes. It makes me extremely happy to see how many young people were eager to participate in organizing this event, and I hope to see more initiatives like this within universities in London.



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The day wouldn't have been complete without a visit to the beautiful BAPS Shri Swaminarayan Mandir (Neasden temple), where we cleared our minds and souls.

All in all it was a great way to spend a beautiful Sunday afternoon, and I recommend everyone who hasn't seen the temple to go there because it's an illuminating trip!

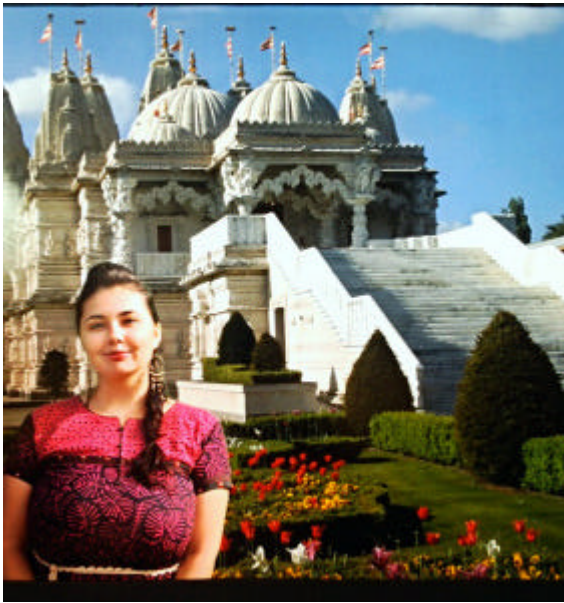
Thank you everyone who participated in the event!

Forever in search of sunrise,

Tokyo Ga?in



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