



**sewa day**

**Change the lives of those around you, donate time**

# What is Sewa Day?

[www.sewaday.org](http://www.sewaday.org)



# what is sewa day?

## short version

In the ancient Indian language of Sanskrit, Sewa means selfless service.

The aim of Sewa Day is to provide people a chance give back to our community through volunteering on a single day to make a difference.

Each event organised is based on at least one of the guiding principles below:



To make a difference in your communities, join us on Sewa Day which takes place in October each year to touch the lives of thousands of people in the UK and across the world.

Sewa day provides an opportunity to do something positive that makes a meaningful difference to someone else's quality of life. It really doesn't matter if you're a pensioner or a young child, whether you're physically able or not, or whether you black, brown or blue. All that matters is that you commit to doing a good deed on Sewa Day.

We discourage all projects that involve fund-raising; as the purpose is to give your time. So, let's focus on that.

Sewa Day is a project of Sewa UK, a secular, non-political UK registered charity.

# what is sewa day?

## long version

'Sewa' as a concept has a deep rooted belief in every society, 'sewa' involves selfless service. It is performed without any expectation of result or award for the person performing it; it is performed without any ulterior motive. The organisers of Sewa Day passionately believe in the ethos of 'sewa'. 'Sewa' is for everyone; irrespective of your age, colour and creed. All it requires is the commitment to do something good for another person.

The concept of 'sewa' is not new. It has existed from time immemorial. Sewa has been the foundation for many faiths, cultures and ancient civilisations. It may be called different things in different cultures but the core belief is the same - doing good deeds for others without any expectations.

At Sewa Day, we believe that if we help even one person kindle the belief of 'sewa' in to their very being – we would have achieved our aim. Sewa Day is not just about one day – it is about imbibing the values of 'sewa' in to your life to serve others selflessly. We hope that through our small endeavour Sewa Day can act as a catalyst to mobilise people in to action and make performing 'sewa' a regular habit in one's life.

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Each event organised is based on at least one of the guiding principles below:

- To relieve hardship and poverty
- To bring a little joy where none exists
- To help the environment

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# 5 easy steps to organising you own sewa day project

## Identify projects

Projects should meet one of Sewa Day's core aims. Try and get as many people from your organisation involved in Sewa Day. Previously, participating groups have organised Sewa Day volunteering projects in old people's homes, homeless shelters, schools in disadvantaged areas, hospitals and hospices, country parks, conservation areas and city farms. Assign a Sewa Day co-ordinator from your end. We will provide guidance throughout the process.

## Register your project at [www.sewaday.org](http://www.sewaday.org)

It is as easy as that. One of our team will be in touch with you to provide more information.

## Organise your project

Get the required permission from the local authorities, if necessary. Ensure that the project is well advertised and there is a buzz about it in the local community.

## Sewa Day

Have fun taking part in Sewa Day. Please take lots of pictures and also ensure a report is written about your project. Our aim is to involve thousands take part in Sewa Day. We need you to make our dream a reality.

## Tell us how it went

Give us your feedback and tell us what your participants enjoyed most about taking part in Sewa Day.

[info@sewaday.org](mailto:info@sewaday.org) - and the contact details for Nisha Patel 07977 017 466