

# CHARCHA

NEWSLETTER

SERWA

Sarvodaya Enclave Residents' Welfare Association

JUNE 2016  
VOLUME 1 | NO. 3

## From The President's Desk

Bhaswati | Didi | Aunty

Dear Friends and Family,

It has been a long and difficult summer while waiting for the monsoon clouds to roll in. Water shortages and power outages for those of us who braved out the summer here did not diminish the Sarvodaya spirit of mutual help and cooperation steered by RWA. We were in constant contact with the concerned agencies and did our best for all during this trying period.

Our priorities continued to be Swachh, Security and Service before self. We organized a security briefing for residents on Sunday 19th June to elaborate on our Security plan which we would implement on a trial basis for a 3 month period. Some key residents have promised support and this is so encouraging.

The needs of the elderly residents in particular motivated our team to organize a Property tax camp and Aadhaar camp this month. Both had a phenomenal response. This is heartwarming.

In a money driven environment, our children need guidance to develop correct ethical values. Driven by my two Team members, Vasumati and Shafali, with full support of NGO "Parvaah", the "Do Mutthi Ahaar", where our kids walked the sweltering streets of our colony to collect grains from residents to benefit among others under privileged children of a blind school, was a huge success. A special word of recognition to the benevolence of resident Benu Malhotra, who was the driving spirit.

Yoga day in the Central Park, an international recognition of India's intangible heritage thanks to our Prime Minister, was graced by Somnath Bharti ji. It demonstrated yet again the bonds of family and community with Mrs. Veena Jain, Mrs. Raj Mittal and Mrs. Ila Goyal providing delicious homemade breakfast, Thyrocare giving complimentary health check ups to the participants and two yoga sessions with the support of celebrated yoga practitioners Yog guru Pradeep Pandey and Monica Tyagi. The Society graciously offered, at short notice, the Community Center Hall as a back up venue.

Finally, our RWA team practices what Gandhi ji said:  
**That service is noblest which is rendered for its own sake.** JAI HIND

## International Yoga Day

Monica Tyagi



**INTERNATIONAL YOGA DAY**, 21st June 2016, was organized at Sarvodaya Enclave by the RWA. Organized in typical yogic style, the morning began in the midst of chirping birds and rising sun, at the Central Park. Residents gathered in huge numbers to attend the opening session of **Yoga and Naturopathy for Senior Citizens**, conducted by Yog Guru Shri Pradip Pandey and team. It was a great way to warm up the body from inside to out, with *Yogic Asanas, Kriyas, and Pranayamas*. Subsequently more enthusiasts joined in for a short but packed **Power Yoga Session** by Yogacharya Ms. Monica Tyagi from Pace to Peace Yoga Studio. The yoga practice concluded, leaving participants refreshed and energized.

*Continued on Page 2*