



2020

# **ANNUAL REPORT**

SEWA TT



### **Our Vision**

To be an active and united body dedicated to the eradication of social disparities and the removal of human miseries.

### **Our Mission**

We are inspired by the noble Hindu tradition of selfless service, working for the promotion of voluntarism and philanthropy and aiming to see happiness and well-being in everyone, everywhere.

## **A MESSAGE FROM THE CHAIRMAN**

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The year 2020 was one of the most challenging years faced by the world society. The COVID-19 Pandemic showed the many gaps in the systems of our society whilst bringing out the best of volunteerism from society. Sewa TT developed and practiced many protocols over the years which were all put to a test as a result of the pandemic. Without a doubt, the volunteers and donors excelled in the test of these protocols.

Sewa TT was registered as a not-for-profit entity in 2013 and since then has been doing gap analysis of the emergency response of the country. Given the organisation's limited resources it identified specific areas to strengthen. Some areas being Blood Donation, Disaster Response, supplemented with cooked meals and food supplies, Rapid Health Assessments, and Clothing Support.

COVID-19 resulted in a shortage of blood in the nation's supply, our volunteers stepped up and provided over 300 pints of blood in 2020 alone. Sewa TT provided and delivered over 1,600 high quality Ready-to-Eat Meals, prepared under the strictest safety protocols to frontline healthcare personnel during the peak of the lockdown period. Over 6,000 Food Packs were assembled and distributed, under strict COVID-19 protocols, to minimize any potential risk of viral spread to volunteers or recipients. Additionally, over 30,000 face masks were made and distributed over 3 months to persons who would have otherwise not been able to source face masks.

The work shows that Sewa TT's volunteers were creative, innovative, diligent, and dedicated in all that they did. Sewa TT gathered the support of over 400 volunteers, touched the lives of more than 57,000 people at least once during 2020. Our service to society is valued at close to TT\$3 million, in addition to 17,700 highly skilled volunteer hours.

All of this we gave to our society and country at a time when there was a great need. For this we salute our volunteers and donors for their love and mostly, their dedication to serving humanity.

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**Revan Teelucksingh**

Chairman



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## **SUMMARY OF ACTIVITIES**

### **Sewa TT 2020 End of Year Report**

Project	Description	Volunteers	Volunteer Hours	Beneficiaries	Estimated Value
<b>11 Yoga Teachers</b>	Yoga Teacher Training with specific attention on Diabetes done by Yoga Bharti and the S-VYASA Institute	13	2,600	11	\$188,650.00
<b>50 SDM</b>	Stop Diabetes Movement Designed to bring a holistic intervention for persons with Diabetes and Pre-Diabetics	63	1,184	63	\$265,200.00
<b>55 Units</b>	Blood Drive	75	200	165	\$55,000.00
<b>720 Meals</b>	60 Meals per month for 12 months prepared and deliver to Court Shamrock Homeless Shelter	60	720	60	\$21,600.00
<b>22,000 Masks</b>	Production and distribution of Reusable masks to low income members of the public without charge	110	4,500	22,000	\$330,000.00
<b>5,000 Masks</b>	5,000 masks held in reserve in case of a natural disaster during the pandemic	50	1,000	-	\$75,000.00
<b>3800 Masks</b>	700 completed masks and 3,100 pre-cut masks with all necessary assembly materials given to the Prison Service	50	500	3400 Inmates	\$26,000.00
<b>41,800 Masks</b>	Surgical masks donated to the health care workers throughout T&T	2	150	Healthcare Workers	\$200,000.00
<b>100 Sessions</b>	Free online Yoga sessions for Stress Management	12	746	300	\$60,000.00

Project	Description	Volunteers	Volunteer Hours	Beneficiaries	Estimated Value
<b>7 Releases</b>	Covid-19 Information Videos - Washing hands, keeping hope, how to quarantine, dealing with neighbours, etc	20	200	Wider Community	\$40,000.00
<b>Voucher Support</b>	Providing Vouchers for those with specific needs beyond food	25	100	500	\$75,000.00
<b>6,100 Food Packs</b>	Providing food support for 6,100 families, safely, and without Incident during the lockdown	230	2,500	24,000	\$1,300,000.00
<b>805 Relief Kits</b>	Special packs customised for families with special needs members (Autistic & Hearing Impaired)	15	200	3,020	\$161,000.00
<b>1,628 Meals</b>	Meals for Medics during the period where restaurants were closed.	15	670	75(Daily)	\$55,000.00
<b>3,000 Grant Forms</b>	Assisting persons without proper means to fill out Grant Forms	50	2,100	3,000	\$70,000.00
<b>260 Units</b>	Carried out 5 Blood Drives under quarantine conditions effectively and with proper adherence	105	412	618	\$30,000.00
<b>7 devices</b>	Refurbished and donated 3 Tablets and 3 Laptops to students in need of devices for online school	5	10	7	\$10,000.00

**Summary - 17 Major Projects, 400+ Individual Volunteers,  
17,792 Volunteer Hours**

**57,218 Beneficiaries, Total Value \$2,962,450.00**

**Sewa TT is a 100% volunteer organisation**



## GENERAL ACTIVITIES

### Stop Diabetes Movement (SDM)

#### Objectives:

- To demonstrate how Yoga as a lifestyle choice can assist individuals in reducing the negative impact of Diabetes
- To promote Yoga as an adjunct treatment for management of diabetes
- To get Yoga Therapy as a covered service by Insurance companies

#### Description

This year, Sewa TT recruited and trained 11 volunteers to become certified yoga teachers specialising in Yoga for Diabetes (November 2019 - April 2020). This training was conducted by Yoga Bharati (USA), together with the S-VYASA University (Bengaluru, India).

The SDM project, held from 24th January - 30th April 2020, was a 12 week (46 contact hours) program consisting of lectures and workshops on anatomy, physiology and yoga practice. SDM is proven by research to be helpful in the management of Diabetes. In addition, participants were required to practice Yoga on a daily basis for the duration of the program. Participants were screened by a medical doctor in an initial assessment of both their blood sugar levels and physical fitness and then a final assessment of the same upon completion of the program for comparison.

The arrival of COVID-19 to the country disrupted the normal course of the program. Physical classes were ceased and a switch was made to virtual sessions which led to decreased attendance. Participants' blood samples were collected and tested 3 months after completion of the program.

No. of Volunteers: 13	Volunteer Hours: 2,600
Beneficiaries: 11	Estimated Value: \$188,650.00

#### Outcomes of SDM:

- 11 Yoga Teachers trained
- 50 Participants, 35 participants completed the program
- Of the completed, 6 participants were **Pre-diabetic** (HbA1C between 6% to 6.5%). They had an average HbA1C of 6.317% before and an average of 5.917% after. This represents an **average reduction of 0.4%**.
- Of the completed, 12 persons were **Diabetic** (HbA1C greater than 6.5%) and had an average HbA1C of 7.967% before SDM. These 12 persons had an average HbA1C of 7.183% after SDM with an **average reduction of 0.784%**





## Court Shamrock Homeless Shelter Meals

### Objectives:

- To allow families to donate their time and resources
- To provide cooked meals for the shelter
- To encourage the homeless to move from the streets to the shelter
- To engage volunteers in finding solutions for taking persons off the streets and getting them back on their feet
- To get our volunteers to practice cooking for large numbers and transporting food so that in times of natural disaster we will have experienced volunteers preparing food for relief

### Description

Sewa TT recruits volunteers who would like to assist in cooking for the homeless and in times of disasters. We help them figure out the quantities and the ingredients required for a proper hot meal and coordinate the deliveries and serving of the meals to displaced persons at Court Shamrock Homeless Shelter. If for a particular month we are unable to secure a volunteer to cook, we look for a worthy food fundraiser (curry-que or barbeque) and try to sell 60 tickets amongst our volunteers. The person doing the fundraising gets the funds and Sewa TT collects and delivers the food to Court Shamrock thus doing double service with the same resource.

<b>No. of Volunteers: 60</b>	<b>Volunteer Hours: 720</b>
<b>Beneficiaries: 60</b>	<b>Estimated Value: \$21,600.00</b>

### Outcomes:

- **720 meals**
- **60 meals per month for 12 months** prepared and delivered to Court Shamrock Homeless Shelter





## Blood Drives

### Objectives:

- To continue raising awareness about the importance of blood donation.
- To easily facilitate donation to the national blood bank.

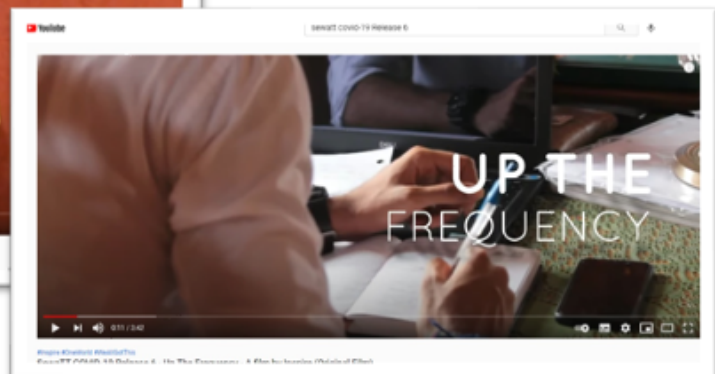
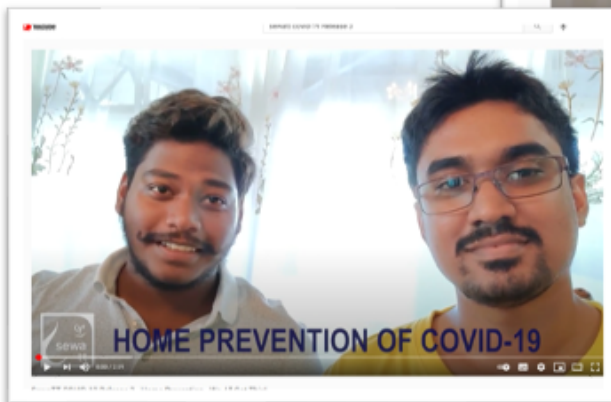
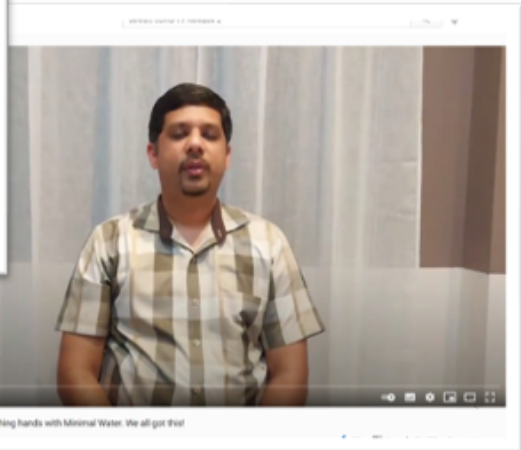
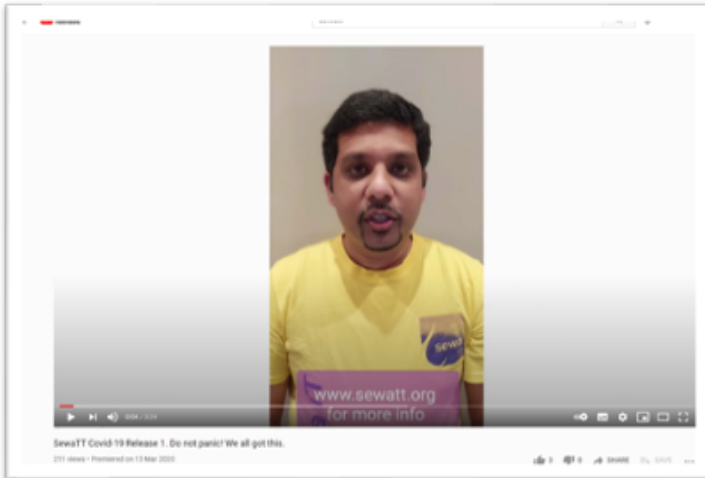
### Description

Since starting in 2013 Sewa TT has hosted 23 blood drives. We coordinate with the National Blood Transfusion Services to select an appropriate date and venue. We recruit donors with an emphasis on engaging first time donors. Donors are pre-registered and scheduled in an effort to minimise waiting time. Emphasis is placed on creating a friendly atmosphere in which people can interact and build relationships and networks pre- and post-donation.

No. of Volunteers: 105	Volunteer Hours: 612
Beneficiaries: 783	Estimated Value: \$85,000

### Outcomes:

- Total: **6 Blood Drives**
- Total Units Collected = **315 units**
- Carried out **5 Blood Drives** under quarantine conditions effectively and **with proper adherence to COVID-19 Guidelines** collecting **260 units**



## **COVID-19 RELIEF PROJECTS**

### **Informational Videos**

#### **Objectives:**

- To spread awareness among the population about proper safety practices to manage the spread of COVID-19.

#### **Description**

Sewa TT produced a number of videos illustrating important COVID-19 safety practices. These videos were aimed at being both informative and easy to understand. Topics included the proper method for hand-washing, hand-washing without a pipe-borne water supply and proper social distancing. These videos were circulated via social media platforms, such as Facebook, Instagram and WhatsApp. There were an average of 20,000 Views per video on Facebook/Instagram and 2000 per video on Youtube.

<b>No. of Volunteers: 20</b>	<b>Volunteer Hours: 200</b>
<b>Beneficiaries: Wider Community</b>	<b>Estimated Value: \$40,000.00</b>

#### **Outcomes:**

- **6 videos produced**
- Topics included:
  - Hand washing General
  - Do's and Don'ts
  - How to socially distance
  - How to self-isolate
  - How to treat your neighbours during a lockdown
  - How to care for a person with COVID-19



## Mask-making

### Objectives:

- To manufacture and distribute reusable masks for members of the public.
- To create a reserve of masks to be used in the event of a national disaster.

### Description

At the onset of the pandemic, citizens of Trinidad and Tobago became mandated by law to wear masks in public. Sewa TT sought to provide reusable masks for those in need and to encourage mask-wearing by making masks that would be free of charge to the public.

Sewa TT recruited a number of seamstresses who volunteered their time to sew masks. Guidelines and material for sewing the masks were provided by the organisation. To make this project a success, Sewa TT organised the transport of material to the seamstresses and the completed masks to the Chinmaya Ashram for sanitisation. These activities were completed while ensuring that all COVID-19 safety protocols were adhered to.

No. of Volunteers: 110	Volunteer Hours: 6,000
Beneficiaries: 25,400	Estimated Value: \$431,000

### Outcomes:

- **30,800 reusable masks sewn**
- **22,000 reusable masks distributed** to low income members of the public free of charge
- **700 completed masks** given to the **Trinidad and Tobago Prison Service**
- **3,100 pre-cut masks** with all necessary assembly materials given to **Trinidad and Tobago Prison Service**
- **5,000 masks kept in reserve** to be distributed in the event of a major natural disaster during the pandemic





## Surgical Mask Distribution

### Objective:

- To provide PPE for healthcare workers

### Description

At the beginning of the pandemic, several countries stopped exporting personal protective equipment. Sewa TT made a call as an NGO to several institutions globally and Sewa International USA and The Embassy of the Republic of China (Taiwan), Saint Vincent and the Grenadines responded.

The Embassy of the Republic of China (Taiwan), Saint Vincent and the Grenadines donated 20,000 3-ply surgical masks to Sewa TT for distribution to healthcare workers.

Sewa International USA donated 20,000 3-ply surgical masks, 500 N95 masks and 1,300 KN95 masks for distribution to healthcare workers

<b>No. of Volunteers: 2</b>	<b>Volunteer Hours: 150</b>
<b>Beneficiaries: Healthcare Workers</b>	<b>Estimated Value: \$200,000.00</b>

### Outcome:

- **41,800 surgical masks** distributed to **Healthcare Workers**

Sewa International Trinidad & Tobago

# YOGA SESSIONS

FREE VIA ZOOM



**MONDAY**  
6:00AM TO 6:30AM  
Yoga for Strength & Immunity  
(On Mat)  
6:00PM TO 7:00PM  
Holistic Yoga & Meditation  
- Mr. Dapiechan Basdeo



**TUESDAY**  
6:00AM TO 6:30AM  
Breath Based Yoga & Meditation  
(On Chair)  
5:00PM TO 6:30PM  
Holistic Yoga & Meditation  
- Dr. Winthrop Harewood



**WEDNESDAY**  
6:00AM TO 6:30AM  
Yoga for Strength & Immunity  
(On Mat)  
6:00PM TO 7:00PM  
Holistic Yoga & Meditation  
- Mr. Dapiechan Basdeo

**THURSDAY**  
6:00AM TO 6:30AM  
Breath Based Yoga & Pranayama  
(On Chair)  
6:00PM TO 7:00PM  
Holistic Yoga & Meditation  
- Mr. Dapiechan Basdeo

**FRIDAY**  
6:00AM TO 6:30AM  
Yoga for Strength & Immunity  
(On Mat)

**SATURDAY**  
6:00AM TO 6:30AM  
Breath Based Yoga & Pranayama  
(On Chair)

**SUNDAY**  
6:00AM TO 6:30AM  
Yoga for Strength & Immunity  
(On Mat)

All Sessions are **FREE**  
To register or donate  
to Sewa TT  
[www.sewatt.org](http://www.sewatt.org)  
Email at [admin@sewatt.org](mailto:admin@sewatt.org)

## Yoga & Meditation

Join us for **FREE** Online Classes



### 30 MINUTE ONLINE SESSIONS VIA ZOOM

6:00 AM	Monday, Wednesday, Friday, Sunday	Yoga for Strength & Immunity (Mat)
6:00 AM	Tuesday, Thursday, Saturday	Breath Based Yoga & Pranayama (Gentle/Chair)

*\*Open to all citizens of T&T, especially  
encouraging healthcare workers to engage\**

To register visit <https://yogabharati.org/onlineyogatt>  
For more information email: [admin@sewatt.org](mailto:admin@sewatt.org)  
Call or Whatsapp: Emily 381-6308, Pravesh 460-0601,  
Birendra 471-2181

A Project by: Sewa International TT in collaboration with Yoga Bharati USA



## Yoga for Stress Management

### Objectives:

- To promote stress relief among members of the public during the lockdown period

### Description

Sewa TT recognised that the pandemic would have a profound impact on the mental health of some citizens. Thus, we hosted a number of virtual yoga sessions for members of the public. This helped to facilitate a means of stress relief that was accessible to people in the safety of their homes during the period of lockdown.

No. of Volunteers: 12	Volunteer Hours: 746
Beneficiaries: 300	Estimated Value: \$60,000.00

### Outcomes:

- **100 sessions** hosted
- Average attendance: **30 persons per session**



## Food Pack Distribution

### Objectives:

- To provide packages of grocery items to families in need
- To facilitate the packing and distribution of food packs in a safe manner, without incident, during the pandemic

### Description

Food Pack Distribution has been an ongoing project carried out by Sewa TT. The COVID-19 pandemic increased the need for such a project but also changed the typical circumstances under which it is carried out.

Sewa TT sought to innovate and arrange for the food packing and distribution in a manner that adhered to all COVID-19 safety protocols. Two (2) events were held, Saturday 30th May 2020 (3100 food packs) and Saturday 12th December 2020 (3000 food packs). Volunteers pre-registered and were screened before taking part in the packaging of the food packs. The food packs were packaged and distributed to a number of organisations for distribution to identified families in need.

<b>No. of Volunteers: 230</b>	<b>Volunteer Hours: 2,500</b>
<b>Beneficiaries: 24,000</b>	<b>Estimated Value: \$1,300,000.00</b>

### Outcomes:

- **6,100 Food Packs**



## Special Relief Packs

### Objectives:

- To provide food packs that included items for persons with special needs.

### Description

Sewa TT came to know of this need through our based on interaction with Special Needs groups, for example, persons with autism, hearing and visual impairments. We learned that these persons were usually left for last when competing with abled persons for relief packages provided by the others. Sewa TT decided to have a special program dedicated to these persons in need. Special Relief Packs consisted of food and medical items as well as general requests.

No. of Volunteers: 15	Volunteer Hours: 200
Beneficiaries: 3,020	Estimated Value: \$161,000.00

### Outcomes:

- 805 Relief Packs
- Distributed over **6 months** to an average of **134 families per month**

## Distribution for Devices for Online Learning

### Objectives:

- To repair/purchase and distribute devices to students in need for online learning.

### Description

All of our nation's schools moved towards facilitating online learning as a result of the COVID-19 pandemic. This created a greater need for devices to access such learning. Devices were either donated or sponsored by Sewa TT members and distributed to families based on needs (one device per family).

No. of Volunteers: 5	Volunteer Hours: 10
Beneficiaries: 7	Estimated Value: \$10,000.00

### Outcomes:

- 7 devices





## Voucher Support

### Objectives:

- To provide cash-value vouchers to families with specific needs beyond food

### Description

Sewa TT partnered with Events Land and the Hindu Prachar Kendra to provide aid, in the form of vouchers, to families who were in dire need but had not received State support by July 2020.

No. of Volunteers: 25	Volunteer Hours: 100
Beneficiaries: 500	Estimated Value: \$75,000.00

### Outcomes:

- Vouchers distributed to **150 families** in Central Trinidad

## Grant Forms

### Objectives:

- To provide assistance to persons in completing forms to seek government grants.

### Description

Sewa TT recognised that there were persons who did not have the facilities to fill out forms, photocopying, etc. Efforts were focused on Communities in Central and South Trinidad and community groups engaged to identify persons who needed help in filling out the form. Advertisements were made to inform the communities of the dates and venues allowing us to assist as many people as possible. Forms were filled out for those who could not read and/or write properly.

No. of Volunteers: 50	Volunteer Hours: 2,100
Beneficiaries: 3,000	Estimated Value: \$70,000.00

### Outcomes:

- **3,000 persons assisted**





## Meals for Medics

### Objectives:

- To assist members of the medical profession by providing meals when restaurants were closed during the lockdown
- To prepare and distribute meals in a safe manner, observing COVID-19 protocols at the highest level

### Description

During the lockdown of all non-essential services, restaurants were temporarily closed. Members of the medical professional were sacrificing their personal safety during the pandemic to take care of others. Many of them would have relied on fast-food services due to their busy schedule. Thus, Sewa TT partnered with the Garam Masala restaurant to provide meals to some medical workers as a means of providing some assistance to them during this time.

Chefs were in self-isolation for the duration of the lockdown period to minimise interactions. Ingredients were ordered from nearby supermarkets and delivered to the restaurant where they were sanitised by the chefs before storage. The chefs prepared ingredients and meals daily and packaged them in special containers for transport. Special importance was placed on using as much compostable packaging and utensils as possible.

Volunteer drivers would arrive, open their vehicles, and the chefs would put the already individually packaged food into the vehicle while minimising contact and exposure. The driver would then deliver the food to the hospital with the nurses off loading the food. At no point would the driver actually touch or interact with the food. The special containers would then be returned to the restaurant to be sanitized and used for the next day's transport.

<b>No. of Volunteers: 15</b>	<b>Volunteer Hours: 670</b>
<b>Beneficiaries: 75 (daily)</b>	<b>Estimated Value: \$55,000.00</b>

### Outcomes:

- **1,628 meals distributed over 30 days**

Thank you for your support in 2020.

WAYS TO CONTRIBUTE:

- Republic Bank Account 8708 0110 7401
- Online via credit card: <https://donate.tegotv.com/sewa-tt/>
- Sponsor a Food Pack - \$100 at Partner Supermarkets listed below. Sewa TT will collect all contributions from the Supermarkets and assemble Food Packs for distribution
- Visit our Website at [www.sewatt.org](http://www.sewatt.org).
- Contact us at [admin@sewatt.org](mailto:admin@sewatt.org)
- Revan Teelucksingh 686-6888



Together we serve better.