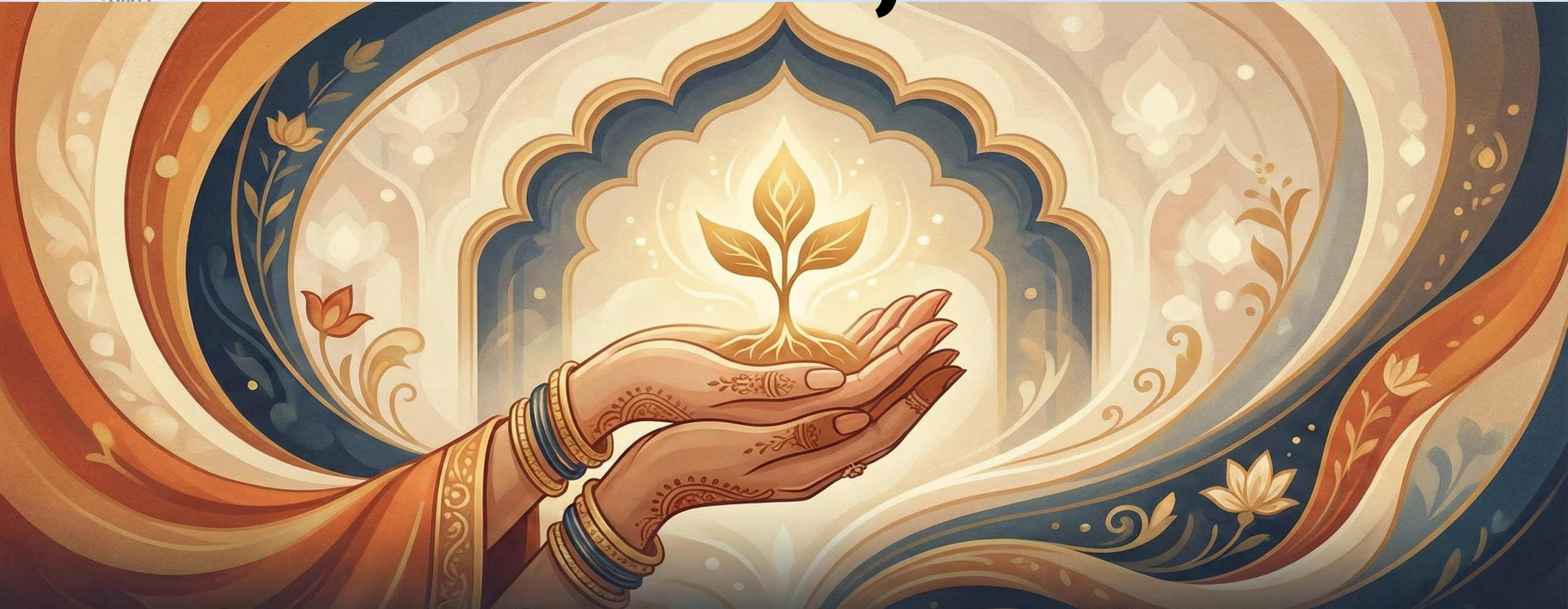




**HINDU  
EDUCATION  
BOARD UK**

# Sewa

## *Selfless Service*





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# What is Sewa?

Sewa (seva) is **selfless service**.

Sewa is to serve or work without expecting anything in return. It is not mere charitable acts, in Hindu Dharma it has a deeper meaning to it.

Sewa stimulates selfless service mixed with

- devotion
- compassion
- humility
- duty
- charity

Sewa is considered as one of the greatest virtues:  
***to serve and protect humanity for greater good than oneself.***



**One who performs Sewa is called:**

**Sewak (Male)**

**or**

**Sewika (Female)**



# Importance of Sewa in Hindu Dharma

In Hindu Dharma, it is believed that “**everything is a part of divine and divine is a part of everything**”.

Thus, serving a part of divine, is considered as a service to divine itself, leading to phrase:

**“Nar Sewa hi Narayan Sewa”**

This means, ***service to humanity is service to almighty.***





# The Essence of Sewa

The sense of Sewa at its core makes one humble enough to acknowledge that one is part of something larger than him/herself, and yet powerful enough to have a positive impact.

In Sanatana Dharma (Hinduism), *sewa* (selfless service) is considered

- a form of *dharma* (righteous duty)
- *karma yoga* is a spiritual path to realise the divine by providing selfless service to the world. This reduces attachment and influences of one's ego which can ultimately lead to *moksha* (freedom from the cycle of rebirth).

# The Essence of Sewa

Krishna's teaching to Arjuna:

*“You have the right to perform your prescribed duties, but you are not entitled to the fruits of your actions.”*

*(Bhagavad Geeta 2.47)*

One must perform duties without attachment to outcomes.

In Chapter 3, Krishna further explains *Karma Yoga*—the path of selfless action.



# Different ways of performing Sewa



## Tan (Physical Sewa)

Service through physical effort, such as helping the needy, feeding the hungry or volunteering.



## Man (Mental Sewa)

Service through mental support, including offering guidance, teaching or spreading wisdom.



## Dhan (Material Sewa)

Service through donations and resources, such as giving money, food or shelter to those in need.



# Different ways of performing Sewa



## Silent Sewa

Anonymous acts, quiet help,  
humility-driven service



## Social Sewa

Community upliftment,  
empowerment, justice, equality  
projects.

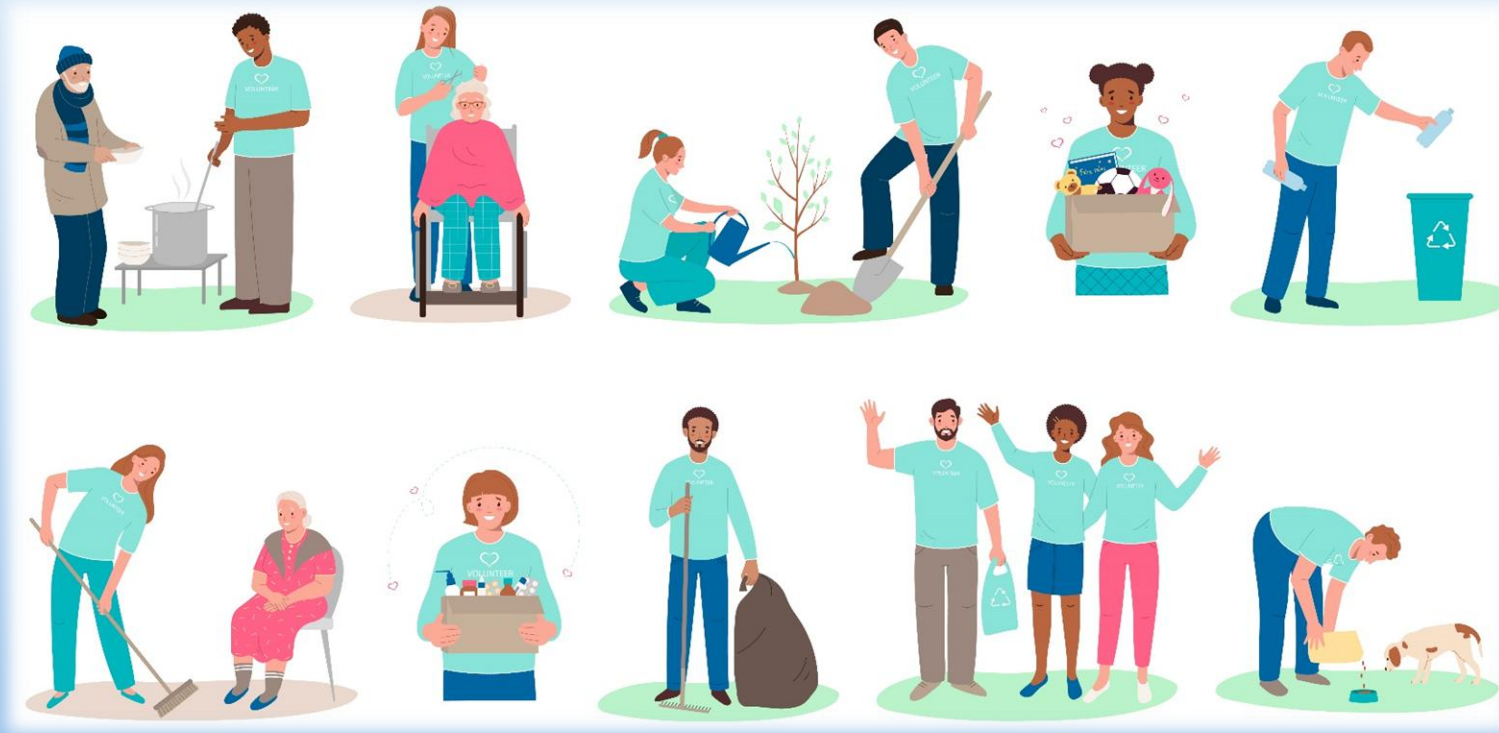


## Spiritual Sewa

Serving God through serving  
humanity, temple service,  
devotional acts



# The Spirit of Sewa in Daily Life



- Temples, shelter homes – Serving food, cleaning and assisting devotees.
- Social Work – Helping the poor & needy, providing education and running charities for elderly, children or animal protection and protecting nature.
- Daily Life – Assisting family and friends, community and nature (environmental sewa).



# Sewa from *Itihasa* with context

Sewa is a duty which encourages a person to serve others regardless of your age, social status, wealth, strength or whom you are serving be it human or animal or nature.

The duty of sewa (selfless service) arises from our shared humanity and a sincere desire to serve wherever help is needed, to the best of one's ability, without any attachment to one's ego.

Sewa has been a core pillar of Hindu culture and regarded as one of the highest virtues, even Gods and Goddesses performed with utmost humility.

Sewa (selfless service) is a practical expression of Karma Yoga, transforming everyday actions into spiritual practice.

# Examples of Sewa in Hindu Scriptures



Draupadi serving food to the spiritual rishis, despite being in exile and experiencing hardship.



Lord Shri Krishna respectfully washing the feet of his poor friend, Sudama



Mighty Hanuman helping Lord Rama and Lakshman completely selflessly, without expecting anything in return.



Shabari offering berries to Lord Rama, with sincere devotion.

# Examples of Sewa in Hindu Scriptures



Shravankumar serving and caring for his parents by carrying them to pilgrimage.



King Rantideva distributing all his wealth and food to guests and the needy, even at the cost of his own needs.



Karna was known for his generosity, no one left empty handed from his home.



King Shibi saving a dove's life from a hawk by offering his own flesh, serving compassionately both the hawk and dove.

# Sewa activities in the UK

There are many Hindu organisations that provide opportunities to perform sewa activities in the UK.





# Sewa UK

UK based charity which supports charitable projects worldwide

## Medics4Sewa



Medics4Sewa runs free medical camps by doctors and volunteers.

## Adventure4Sewa



Adventure4Sewa offers a chance to undertake demanding challenges for humanitarian causes.

## Youth4Sewa



Youth4Sewa offers unpaid internship in healthcare, education, environmental awareness, women's empowerment and more.

## Charity shops



There are multiple charity shops run by Sewa UK to support many charity projects.



# How can you perform Sewa (selfless service)?

- Start small, look around in your own home, can you do Sewa for your parents, or the people live with you in the same house?
- Think about your local community, can you perform some selfless service for your neighbours, your teachers or your school?
- Spread the word of Sewa to wider community. Can you engage with charities of your choice and volunteering your time, your physical efforts or raising funds for the cause of your choice.

